

**FIGHTING FIT
TIMETABLE 2008**

EPSOM

Rainbow Leisure Centre, East Street Epsom, KT17 1BN (Epsom pool)
Monday 7.15pm - Kickboxing, Kung-fu and Thai Boxing (beginners, intermediate, men and women)

PUTNEY

Putney Leisure Centre, Dryburgh Rd, (off Upper Richmond Rd), SW15 1BL
Saturday 10am - kickboxing (beginners & intermediate)
Thursday 7.30pm - kickboxing, kung-fu and self-defence (beginners & intermediate)

KINGSTON

The Richard Mayo Centre, United Reform Church, Eden Street, Kingston KT1 1HZ (opposite the Works Night Club)
Wednesday 7.15pm- kung-fu, kickboxing and self-defence (all levels)

KINGSTON

Kingfisher Leisure Centre, Fairfield Rd, Kingston KT1 2PY (Kingston pool)
Saturday 1pm - kickboxing, kung-fu and self-defence (all ages, men & women)
Saturday 2pm - kung-fu, kickboxing and self-defence (beginners & intermediate)

NEW MALDEN

The Scouts Hall, 45 - 47 Green Lane, New Malden KT3 5BX (off South Lane)
Saturday 11.15am - kickboxing and self-defence (beginners & intermediate, all ages, men & children)

NEW MALDEN

The Malden Centre, Blagdon Rd, New Malden, KT3 4TA
Saturday 10am - children's martial arts (beginners from age 5 yrs)

WIMBLEDON SOUTH

ATC Hall, 192 Merton Rd, Wimbledon SW19 1EG (next to Tesco Express petrol station)
Tuesday 6pm - children's class - ages 4 - 11 yrs
Tuesday 7pm - women's kickboxing & self-defence (beginners & intermediate)
Tuesday 8pm - kung-fu, kickboxing & self-defence (beginners & intermediate, adults)
Thursday 6pm - children's martial arts (beginners)
Thursday 7pm - kickboxing, kung-fu & self-defence (beginners & intermediate)
Thursday 8pm - men's kickboxing fighting class

TOOTING

Tooting Leisure Centre, Greaves Place, Tooting, SW17 1NE (Off Garrett Lane and near Tooting Broadway tube station)
Saturday 11.30am - kickboxing, kung-fu & self-defence (beginners, men, women & children)

ROEHAMPTON

Roehampton Sports & Leisure Centre, Laverstoke Gardens SW15 4JB (off Danebury Avenue)
Wednesday 7.30pm - kickboxing & self-defence (beginners men & women)

design & layout: Nathalie Adoua

PERSONAL TRAINING

All our instructors give personal training, ranging from basic techniques, syllabus, combat and self-defence. Lessons must be booked and paid for in advance and a 24-hour notice must be given for any cancellation. Please see your instructor for details and prices.

**SPECIAL OFFER
GET 50% OFF YOUR CLASS FEE**

Any Fighting Fit member who brings a friend to class will get their own class for half price!
www.fighting-fit.com

FIGHTING FIT

★★ NEWSLETTER SPRING 2008 ★★

CONGRATULATIONS!!

AWARDS AND GRADINGS FOR 2007



(above) NAS Award (left to right) David Solomon, Chris Bates, Chief Instructor Tony Lloyd, Kei Enomoto and Adam Green.
(below) December 2007 graduation and Kei Enomoto celebrating her victory.

A big congratulation all round to students for awards, trophies and gradings at the end of last year.

Fighting Fit had an exceptional year 2007, with students attaining Gold, Silver and Bronze in the year's NAS (National All Styles) national competitions. This brings the total of NAS trophies won to twenty-five with 8 Gold, 11 Silver and 6 Bronze.

Last year, **Fighting Fit** students competed in three NAS competitions during the year. Held in Crawley, Sussex, these competitions are against other local clubs and include points sparring and continuous sparring bouts. The third discipline is in



forms, where the student has to complete a sequence of blocks, strikes and kicks.

Congratulations to the following students who achieved medals and trophies in the December competition.

Chris Bates: Silver in the female black belt open competition, and Bronze in continuous fighting

Kei Enomoto: Gold in intermediate points sparring, and Silver in female novice continuous

Adam Green: Gold in male novice forms, and Silver in male novice points sparring.

Picture shows group shot of all students and Fighting Fit award winners, December 2007.
From left to right: Kelly Bird, Anna Orridge, Steve Dyson, Tony Lloyd chief instructor, Leyla Ader, Steve Ray instructor, Tony Hall-Chambers and Chris Bates.



★★★ FIGHTING FIT AWARDS ★★★

The Fighting Fit awards are given every year to students who have shown skill, determination and commitment to the martial arts.

"It is not about being the best, it is about doing your best", says Tony Lloyd chief instructor. "...and the following students showed all these traits and more in abundance". These students are an example to us all to follow in our lives and in our training:

For the Women:

Chris Bates
Martial Artist of the Year

Anna Orridge
Achiever of the Year

Kei Enomoto
Fighter of the Year

For the Men:

Steve Dyson
Martial Artist of the Year

Charlie Staal
Achiever of the Year

Tony Hall-Chambers
Fighter of the Year

For the Children:

Joel Maxwell Thompson – Martial artist of the Year
Leyla Ader – Achiever of the Year

Special Award Dragon Martial Arts:

Kelly Bird – Fighting Spirit Award, in memory of Sue Dwan from our sister school Dragon Martial Arts. Sadly Sue passed away earlier last year.

FIGHTING FIT / SEAL, LUNG M.A.S

PO BOX 32973, WIMBLEDON, SW19 8NE
e: mail@fighting-fit.com www.fighting-fit.com

NEW CLASSES ROEHAMPTON AND WIMBLEDON

Roehampton Class:
Wednesdays 7.30 – 8.30pm
Kickboxing, men & women at
Roehampton Sport & Leisure
Centre Laverstoke Gardens
London SW15 4JB

Wimbledon Class:
Thursdays 8 – 9pm
Men's kickboxing fighting class
at ATC Hall, 192 Merton Rd
Wimbledon SW19 1EG

FIGHTING FIT
DISPLAY TEAM
Wimbledon Village Fair
Saturday 21st June
2pm-3pm



Display Team 2007, Wimbledon Village

Do you have what it takes to represent **Fighting Fit**? We are looking for students wishing to be in the Wimbledon Village Fair Display that we have been doing for 15 years. All levels welcome. If you are interested in joining this year's team, ask your instructor for details. Please leave your name and telephone number and you will be contacted.

FIGHTING FIT MEMBERSHIP

All members must ensure that their membership is up to date. Membership cards are to be presented to your instructor when signing in. If you do not have your card you will have to pay the non-members fee.

EASTER BREAK

Please note that there will be no classes over the Easter break, on Friday 21st March to Monday 24th March included. Classes will resume as normal on Tuesday 25th March.



Tony Lloyd teaching at the summer camp

SUMMER CAMP 2008

Limited spaces left:
BOOK NOW!!

Join us for a weekend in Colchester (4-6 July 2008) of martial arts fighting, forms and fun at this year's summer camp. Train with some of the UK's leading martial arts instructors. Throughout the 3 days you will cover kung-fu, kickboxing, aikido, weapons, knife defences, forms, speed training, ground holds and defences. Cost for the course is £110. Deposit: £50 to secure a place. Call on 020 8715 0463 or 07774 887 885 for details.

FIGHTING FIT INTER-CLUB COMPETITION

Sun 18th May 2008 at the ATC Hall in Wimbledon.
192 Merton Rd, Wimbledon SW19 1EG. 10am - 5pm

WEAPONS COURSE Kingfisher Leisure Centre in Kingston

Sat 19th April 3pm - 5pm
£20 when you bring your own weapons / £45 without

National All Styles COMPETITION

At K2, Crawley on:
Sat 14th June
Sat 27th September
Sat 6th December

Anyone wishing to take part, please see your instructor for details.



Success is a journey not a destination. Some people dream of success, while others wake up and work hard at it. Let being a part of Fighting Fit bring success to you this year.

FIGHTING FIT NEXT GRADING

Grading for all belts will be held on Sunday 30th March at the ATC Hall, 192 Merton Rd, Wimbledon SW19 1EG (next to Tesco Express petrol station). Register at 10am, followed by a lesson at 11am, with the grading starting before noon. All students are expected to know their syllabus. Bring full uniform, Gi Jacket for kung-fu students, all your fighting equipment, membership card, grading record card and grading fee.

FIGHTING FIT CALENDAR 2008 ★★★

All dates correct at time of going to press

MARCH

21th - 24th: Easter holiday. No classes
22th: NAS competition (Crawley)
Sun 30th: Grading

APRIL

21th - 24th: Weapons Course

MAY

Mon 5th: Bank holiday. No classes
Sun 18th: FF Inter-Club Competition
Mon 26th: Bank holiday. No classes

JUNE

Sat 14th: NAS competition (Crawley)
Sun 29th: Grading

JULY

4th -6th: Summer Camp (Colchester)

AUGUST

Mon 25th: Bank holiday. No classes

SEPTEMBER

Sat 27th: NAS Competition (Crawley)
Sun 28th: Grading

DECEMBER

Sat 6th: NAS Competition (Crawley)
Sun 14th: Grading