



國際松濤館空手道連盟



Wrekin Shotokan Newsflash 2 - Dec 2009

1. Revised training sessions from January 2010

Brand new Wednesday session (mainly for Juniors)

Starting on Wednesday 13th January

New sessions for (mostly) juniors at Wrekin College, starting at 6pm till 7 pm (approx) every Wednesday.

The senior grades and club instructors want to encourage the juniors to train more regularly than just once a week on a regular basis.

Sports Science research shows that twice a week is 3x better than once a week 😊 Three times a week is 5x better than once a week 😊 Please take advantage of this new opportunity

Adult/seniors 8pm Mondays + Wednesdays at TCAT.

2. Special course on Saturday 30th January

Sensei Seamus O'Dowd, 5th Dan, World expert in Bo-Jutsu (Japanese quarter-staff, as used by the Warrior Monks of China and Japan) will teach basics, applications and kata of 'Kanazawa no Bo' at our extended session at Wrekin College - normal start time, 10.30. There will be many visitors from far and wide; please make sure that YOU are there for this VERY SPECIAL EVENT!

New Monthly Fees from January 2010:

Juniors Once a week: £20 per month - Twice or more only £25

Adults once a week £20 per month - Twice or more only £35

Family Max fees: only £60 per month, any number of sessions.