

# NEWS LETTER

## POOLE JIJITSU

ISSUE 6 | 04/02/2024



## WELCOM TO SPRING 2024

As we look forward to a new year at PJJC, we must acknowledge what a great 12 months we've just had. From gradings and coaching courses to competitions and club visits. The adult and junior sections have been busy, and we've welcomed many new members. A massive thank you to all our members and their families for supporting our club. We look forward to expanding on our success in 2024.

## A NEW YEAR

### FAREWELL

After 20 years with the club Sensei Wendy has decided it's time to hang up her Gi for good. She officially retired in January after serving as Assistant Instructor and Child Welfare Officer. She has been an integral part of the club's growth and success, and we wish her well as she starts a new chapter. Thank you, Sensei Wendy, for all your hard work over the years.

### GRADING SUCCESS

Congratulations to Layla who totally smashed her Junior Black Belt grading in front of the academy's senior instructors. After months of intense training and preparation with Sensei Andy AND Layla made the long journey from Poole to Bushido HQ in Ellesmere Port, Cheshire.

### PROMOTION

We always knew we had a great instructor in Sensei Andy so when news came through that he'd been awarded his 6th Dan his students couldn't have been more pleased. Sensei Andy shows true dedication and passion for his art and is a great role model for all.



# JUJITSU JUNIORS



## New Class coming soon

We are thrilled to share some great news that the club will be starting a new junior ground fighting class is set to start in March and we hope this will grow in to a adults class also.

This new class will improve the juniors with the skills needed to compete in the continuous fight system



**FINANCIAL NEWS** - The Junior members mat fees for 2024 has still remain the same with no intension of increasing saving you more money with the cost of living increased by 10%



THE 3RD SOUTHERN  
AREA JU JITSU  
CHAMPIONSHIPS  
WILL BE COMING  
SOON

## SOUTHERN AREA CHAMPIONS



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ANALYSIS

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# ADULT JIJITSU



The adult class has a steady of members with mixed adult grades. We are looking at a few high grades this year from blue belts to black belts to grade. Our very own Course & Interclub in October was a great success. We welcomed participants, competitors and instructors from Dorchester, Reading, Exeter, Leicester, and Gibraltar and were pleased to see different Ju jitsu associations training together. 12 guest instructors took to the mats for the morning course which was followed by the afternoon competition and main event. Well done to everyone who took part and thank you to all those who volunteered their time to help make it a fantastic day. Listen out for news of our next event as we look to become the number one competition venue in the south.

## TRAINING TIPS

Visualise the techniques and mentally rehearse them in your mind over and over again. What your next on the mat do the same and watch the results. and remember to have fun working hard on the techniques and in no time you'll be sailing through the grades





# LITTLE WARRIORS

Classes are going well and some from the little Warriors have graduated to the Ju jitsu juniors class. Parents will need to book to secure their places as its a popular after school activity for the little ones.



Having fun is key to child development and our instructors are registered coaches and regularly refresh their coaching skills so you can rest assured that your little warriors is in good hands.



To secure a place, Please log on to the main Ju jitsu website book now page. And don't forget our intro deal is at an amazing price of only £95.00

