

GRADING

G.F.F.A undertook its first grading session on 11th April. Congratulations to

- Nathan Jones
- Giacomo Smith
- Rhianydd Walker
- Mia McGovern
- Bradley Newman
- Sarah Finch
- Curtis Finch
- Daniel Harris

Each of you has successfully passed your grading for your

RED BELT

Special Grading awards go to

1. Top Grading Student.....Nathan Jones
2. Most ImprovedDaniel Harris
3. Rising Star.....Curtis Finch
4. Instructors Choice.....Giacomo Smith

Congratulations to each of you on your awards....Now training starts for your Yellow Belts.... **Good Luck Everyone!!!**

To see photos of the day please turn over.

Grading days will take place every 3-4 months and students will be invited to grade by their instructor. Students must wear club uniform during both grading days and regular classes. Only students with uniform will be asked to grade. On completion of an initial assessment (white belt) you will require a uniform/belt & grading syllabus.

For more information about grading days ask Mal

New classes and Times

G.F.F.A has opened a second club in Ynyshir, Porth. Classes will be held at the

Ynyshir Boys Club:

Wednesday 7.30pm to 8.30pm

We are also extending the classes at

Miskin Manor Health Club:-

Thursday 7.15 pm to 8.15pm

Friday 6pm to 8pm

The Friday class will be split into 2 sessions; 6-7pm will be the usual family freestyle class. While 7pm to 8pm is the advanced Technique class

MASSAGE

Get Fighting Fit grading students qualify for an extra discount on sports and relaxing massage therapy. A perfect gift for a loved one or great tool in prevention of injury and correction. For more information email

mal@getfightingfit.co.uk

**UNIFORMS**

You will need to purchase a club uniform after 6 weeks of training, in order to enter onto the grading syllabus. Uniforms can be purchased from your instructor. They must not be altered or modified in anyway.

CONTACT DETAILS

If you have any questions contact Mal on 07979408257

E-Mail: mal@getfightingfit.co.uk

Web: www.getfightingfit.co.uk

Summer Camp :- Coming Soon

G.F.F.A will be running a summer Kickboxing Camp through the school summer holidays.

If you are interested please let Mal or Donna know, so we can put your name forward.