

**GRADING**

G.F.F.A undertook its second grading session on 25<sup>th</sup> July.

Congratulations go to

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

Each of you has successfully passed your grading for your **YELLOW BELT**

Congratulations also go to

- Michael Morgan
- Michael Spicer
- Cameron McLeon
- Byron Morse
- Katie Elston
- Gildas Griffiths
- Leah Griffiths
- Shane Evans
- Curtis Browning

Who all achieved their **RED BELTS**  
Special Grading awards go to

1. Top Grading Student..... Rhianydd Walker
2. Most Improved ..... Mia McGovern
3. Rising Star..... Curtis Browning
4. Instructors Choice..... Katie Elston

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

To see photos of the day please turn over and also see the website for even more.

[www.getfightingfit.co.uk](http://www.getfightingfit.co.uk)

**CONTACT DETAILS**

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**New classes and Times**

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

**Ynyshir Boys Club:**

**Monday 7.30pm to 8.30pm**

**Starting 20<sup>th</sup> September**

**Wednesday 7.30pm to 8.30pm**

We also hold classes at

**Miskin Manor Health Club:-**

**Thursday 7.15 pm to 8.15pm**

**Friday 6pm to 7pm**

**GRADING AT YNYSHIR BOYS CLUB**

G.F.F.A will be holding its first grading day at Ynyshir Boys club on **Monday 27<sup>th</sup> September**

This will be a **grading only session**, which is by invitation only.

If you have received a letter inviting you to grade please return to Donna asap.

On the day of the grading remember to arrive 15 minutes early to complete registration. Late arrival will mean you will not enter into the grading.

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.

**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. The cost of a uniform is £30 including your first initial white belt grading. They must not be altered or modified in anyway.