

N.E.M.A. NEWS

Courtesy | Integrity | Perseverance | Self Control | Indomitable Spirit

Dates for your diary

12th Oct: No class at WJPS due to International Evening.

23rd Oct: Last date to order discounted sparring kit.

24th - 27th: Some classes cancelled for half term (see below).

3rd Dec: Winter gradings.

10th Dec: Christmas extravaganza and annual awards presentation.

Half Term

Due to the half term school holidays the following classes will be **cancelled**...

Monday 24th @ St. Mary's

Tuesday 25th @ Broadway East

Tuesday 25th @ Archbishop Runcie

Wednesday 26th @ West Jesmond Primary

Thursday 27th @ Ponteland Middle

Thursday 27th @ West Jesmond Primary

Feel free to pop into another class during the week if you need your weekly fix of Taekwon-Do.

CHILDREN'S SPARRING KIT
SALE PRICE £80

Usually £90. Order before
October 23rd

HEAD GUARD, GLOVES, BOOTS, SHIN
PADS, GUM SHIELD AND MESH BAG.



Sparring Kit and Study Guides

Junior sparring kits, which include a head guard, gloves, boots, shin pads, gum shield and a mesh bag are available for £80 (£10 off the usual price) until the 23rd October. **Order now to save some money.** We'll need your shoe size and colour choice before ordering.

We have our study guides in stock so grab one in time to study for the next gradings (don't leave it until the last minute!) Taekwon-Do study guides are £9 and Little Lion study guides are £7.

Late collection fees

Please remember that we now charge £5 per child if a student is not collected from class within 15 minutes of the class finishing. It is unfair on instructors and coaches to be held up as much as they were during the last school year.

Finish times for afternoon clubs are as follows: Monday 5pm, Tuesday 4.15pm, Wednesday 4.15pm, Thursday 4.30pm.



Halloween Pumpkin Workouts

Our Halloween themed Pumpkin workout will once again take place during the Friday 5-6pm class at Jesmond Pool on the **28th October**.

You do not need to wear your dobok and can dress up if you want to. You will need a pumpkin to weigh you down during all the squats and lunges that we have in store for you and please feel free to bring some treats to share after the class.

Summer Bootcamp Success

We had a fabulous time at Summer Bootcamp. Congratulations to the following, who received certificates for their performances:

Best Boy: Leo

Best Girl: Erin

Water fighting ninja: Erin

Best Instructor: Sara

Check out the video on our website <http://www.northeastmartialarts.co.uk> or on the club Facebook page <https://www.facebook.com/northeastmartialarts/>

New Training Video

We have put together a new training video for the members' section of the club website. This time we focus on pattern Do San. If you are a green stripe or above you should find this video really helpful. Please check it out by logging into the Taekwon-Do page with the username *NEMAI23* and the password *frontsnapkick*.

Have a request for a training video? Let us know and we'll see what we can do.

A Message From Our Coaches

This half term we will be talking with our juniors about discipline. A lot of people believe discipline in martial arts involves an angry instructor yelling commands and students blindly obeying them (indeed there are many clubs out there like that!) However, at North East Martial Arts we have a different interpretation of what discipline means in your training. Here are Faye's top three ways of showing discipline:

Doing your best even when you don't want to.

We all have bad days at work or school, the key is to leave your worries outside the dojang. When you bow to enter the training hall you are telling us that you are ready to train and to do your best. Working up a sweat in class will give you a much better sense of achievement than staying home or taking it easy during the lesson.

Doing your best even if no one is watching.

I'm pleased to say that most students work hard in class even if I'm helping another student at the other end of the hall. A few however, only give it their all if I'm right next to them to say 'well done.' We can work on this!

Don't sacrifice what you want **most** for what you want **now**.

If the goal in your Taekwon-Do or Korean Kickboxing journey is to become a black belt you shouldn't jeopardise such an amazing long term goal by letting those little voices that say '*stay home and watch Bake Off*,' or '*don't train too hard, you'll get sweaty and ruin your make up*,' get their own way.

We all have off days; but doing your best on your worst days is truly disciplined.