



October Newsletter

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Fantastic Competition Result:

We're thrilled with the results from our competitors at the Cambridge Open, Grandslam, and WMAC World! From total beginners to advanced athletes, our team delivered outstanding performances.

At the Cambridge Open:

- Ava secured 1 gold and 1 silver in point fighting
- Daisy won 1 gold in blitz and 1 silver in point fighting
- Logan earned 1 gold in point fighting and 1 silver in blitz
- Samuel took home 1 silver in light contact

At the Grandslam:

- Gabriel claimed 2 golds in point fighting
- Ivanna brought home 1 gold in point fighting
- Ignancy earned 1 gold in point fighting
- Alex secured 1 bronze in advanced point fighting

At the WMAC World:

- Ivy won 1 bronze in point fighting and 1 bronze in light contact
- Violet earned 1 silver in point fighting
- Phoebe secured 1 silver in point fighting and 1 bronze in light contact
- Lilly took home 1 gold in light contact

Amazing effort from everyone!





Celebrating Success: Grading Achievements and New Beginnings

Fantastic grading on 29th September! Congratulations to everyone who passed – it was a pleasure to witness your hard-earned achievements.

A special shout-out to our new black belts:

- Teresa, Nikita, Toby, Ellie, Fionne, and Charlie for achieving their Black Belt
- Summer and Jude for earning their First Dan
- Hans and Alekisis for their Second Dan

Remember, a black belt is never the end – it's just the beginning. Well done to all!



Team Training with Tigerstyle in Exeter

Last Sunday, our competitors traveled to Exeter for an incredible 4-hour training session with one of the top teams in the UK, Tigerstyle! It was a fantastic opportunity to exchange knowledge and train with different partners, sharpening our skills for future competitions. The session was an excellent way to prepare, and we're excited to make this a regular part of our training routine. Stay tuned for more!



Upcoming Competitions: Welsh Open and Bristol Open

In the coming weeks, our competition team will be heading to Wales for the Welsh Open on 13th October, followed by the Bristol Open in Bath, one of the largest competitions in the world, on 19th and 20th October. Let's wish them all the best of luck as they represent our team!



Christmas Party!

It's that time of year again—time to book your spot for the Christmas Party before it sells out! This event has been a sell-out every year, and after the success of previous years, we're excited to host our Christmas Party again on Sunday, 15th December 2024, from 4:00 PM to 6:00 PM.

The event is an exclusive hire for our members, with tickets priced at £7.50 per person. You can register through the app or at the reception. Don't forget to complete the waiver on the Adrenalin Leisure website and bring your special socks! Be sure to book early—we can't wait to celebrate with you!



Flip Comp is Back

You can book your space through app or in Reception.

Date: Tuesday 29th October

Time: 13:00–15:30

Fee: £20 Per Person