



February Newsletter

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Congratulations to everyone who passed their grade! You're leveling up and moving one step closer to earning your black belt. Outstanding skill demonstration and effort!



We were away for the International Combat Organisation National Competition, and the results were incredible! Our team brought home 4 gold, 2 silver, and 2 bronze medals, competing against over 70 teams—what an achievement! Additionally, another team competed at the WMAC National Championship, bringing back an impressive 10 gold, 4 silver, and 7 bronze medals. A huge congratulations to everyone—fantastic effort and dedication! 🏆🥇🥈🥉



ZONE - 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	16:30 - 17:15 Sparring Point Fighting 17:30 - 18:15 TaeKwondo Mixed Level (12 yrs - 12 yrs)	16:30 - 17:15 TaeKwondo Mixed Level (12 yrs - 12 yrs)	16:00 - 16:30 Judo Arts Flips & Tricks 16:30 - 17:15 Kickboxing Junior Mixed Level (12 yrs - 12 yrs)	16:30 - 17:15 Kickboxing Junior Mixed Level (12 yrs - 12 yrs)	16:30 - 17:15 Kickboxing Junior Foundation (12 yrs - 12 yrs)	09:00 - 09:45 TaeKwondo Mixed Level (12 yrs - 12 yrs)
ZONE - 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	16:30 - 17:15 Kickboxing Junior Mixed Level (12 yrs - 12 yrs)	16:30 - 17:15 Kickboxing Junior Mixed Level (12 yrs - 12 yrs)	16:30 - 17:15 Kickboxing Junior Mixed Level (12 yrs - 12 yrs)	17:00 - 18:00 TaeKwondo Mixed Level (12 yrs - 12 yrs)	16:30 - 17:15 Kickboxing Junior Mixed Level (12 yrs - 12 yrs)	10:00 - 11:30 TaeKwondo Mixed Level (12 yrs - 12 yrs)

More Competitions Ahead! 🏆🔥

On February 15th and 16th, five of our competitors will be heading to Nottingham to compete in the WAKO National Championship—the biggest selection event for the WAKO World Championship in Portugal!

They'll be up against top and advanced athletes from across the country, pushing their skills to the limit. Let's wish them the best of luck! 🙌🙌🙌 #GoTeam

We have some great events coming up, including ones perfect for beginners:

17 27th April – Grandslam in Bath (Beginner, Intermediate & Advanced)

17 8th June – Point Fighter Cup in Swansea (Beginner & Advanced)

If you're interested in competing, please speak with your coach for more details. Let's get ready to step on the mats! 🙌🙌🙌

Mat Change Update!

We've made a change to the gym areas for Cadets and Teens classes on Wednesdays:

✓ Teens class will now be in Zone 1 (Big Gym)

✓ Cadets class will be in Zone 2 (Small Gym), just like on Fridays.

Please take note of the update—see you on the mats! 🙌🙌🙌



🔥 Bundle Deal – Limited Time Only! 🔥

Get any two of our Premium Trousers, Premium Tops, or Hoodies for just £49 – saving you up to £16!

Or grab all three for only £65, saving a massive £26!

17 Offer ends on 15th February – don't miss out! 🌟👕👖

