



## News & Views

### Self-Defence Classes

We recently finished a five-week course on Women's Self Defence. We covered the basics and made this for the women as realistic as possible. For me personally it was another way to help women who wanted a little knowledge, but not necessarily the whole martial arts journey. In the image below you see Georgia and Mila revising wrist grabs.



### Saturday Classes

There are some Saturday classes that due to family commitments I need to cancel. However, for any of Saturday classes that I need to cancel, I will schedule a double class for the kids the week after and a green belt plus class for the adults the following Tuesday. The kid's double classes on those Saturdays will start at 1pm, Adults 2pm.

<b>Saturday Class that is Cancelled</b>	<b>New Double Saturday Class Starts 1pm for Kids</b>
Saturday October 19	Saturday October 26
Saturday November 16	Saturday November 23

## Action in Class



## Mat Talks: **Courage; Focus; Ready Stance and Humility**

Our Mat Talks this month are around courage, focus, ready stance and humility. One of the learning's for the children is to reinforce what they know is the right thing to do and what that means in their world. Sometimes the conversation may stray to bullying or how they have had a not so good day, but we always bring it back to two things, doing your own personal best and having fun.

A mat talk is simply where we sit on the mat and we "talk" about a topic that we can use in martial arts as well as our life outside of martial arts.

The children are asked for their opinions and they are great with ideas and insights. Sometimes we do an exercise that illustrates the mat talk. I am always impressed with the feedback they give and they do you proud!

## The Final Word

Every week Lach jumps into class helping to lead the children's classes. He loves working with children and although he is a big kid at heart, he knows just how to get the best out of each child. You can see him in this photo doing team squats, emphasizing to the children the importance of working together.

I am always amazed at how quickly the students embrace and learn whatever we throw at them. We continually work on the basics, punching and kicking basics to break-falls to wrist grabs. We then look to see how we can stretch the students from a jumping front kick or knife hand strike. Well done team!

If you would like to share your experience as an adult student or the parent of a Bright Star or Super Star, please let us know or visit us on Facebook by clicking the logo below or clicking [here](#)

