

HOLISTIC FITNESS STUDIOS



CLUB NEWS: SEPTEMBER 2014

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HELLO I LOVE YOU!

It seems so long since we last spoke, but then the summer break always feels rather listless. So with that in mind I hope you have returned intent on doing some serious training!

I'm going to keep this intro short as we have so much to tell you and so little space so, without further ado...

Darren Wilkinson
Club Secretary

P.s. each of our headlines this issue are a song title can you guess what they are?

CH, CH, CHANGES...

Ever wondered what was behind the black door right at the end of the studios? Over the summer months Steve has pretty much worked on his own (I did hold the drill once) to convert what was a dirty storage space into a brand, spanking new dedicated 1-2-1 personal training studio! Although the upstairs studio will still be used primarily, this second studio gives clients more opportunity for 1-2-1 early evening sessions as they will no longer clash with other classes.

If you have ever thought about having a personal trainer and are reading this then you can probably imagine how good Steve is, firm but fair to use a cliché. But don't take my word for it. Give Steve a buzz now and book him for taster session on: 079056 944 341.

(LET'S GET) PHYSICAL

After months of preparation Chad, of CRS Fitness has finally taken up a full time residency in our downstairs studio.

Chad will be providing specialist functional and conditioning classes, involving seemingly very heavy kettle bells and whiplash inducing battle ropes!

Chad has over 3 years experience across a wide range of sporting activities says: 'All classes will be unique and different to the rest, focusing on a main area of development; cardio, legs, core etc. The changes you will see over a short period of time will be much greater than using any other type of equipment.'

CRS fitness offer a range of monthly memberships with discounts on packages from 5 to 20 classes. All packages are valid for 3 months.

More details can be found at: www.crsfitness.com or contact Chad direct at: chad@crsfitness.com / 07956656960.





Last issue we promised you some pictures from the GBMAA interclub competition's and our own Interclub fund day. All were a great success and many of you participated and came out tops! But no matter if you didn't win, it really, really is the taking part that counts and lets hope these pictures inspire even more of you to have a go at the next competition... details coming soon!



KidZone

Song Title headline answers: Changes - David Bowie, (Lets Get) Physical - Olivia Newton John, Hello I Love You - The Doors, Say Hello, Wave Goodbye - Soft Cell, Hold Me, Thrill Me, Kiss Me, Kill Me - U2, Hello Friend - S Club 7, You're The Best - The Best - Theme from Karate Kid (Joe Esposito)

Say Hello and Wave Goodbye...

Despite a lull over the Summer months we still had a number of new members that we would like you all to make feel welcome in your class and so here's a hello to them:

Rob Davies, a longstanding 1-2-1 client of Steve's finally get his gloves on and joined the kickboxing crew and has already taken part in his first competition!

Kickboxing also says a big hello to Deborah Milner, who living almost next to the Dojo has no excuse to skip class! Wouter Smeulders and

Bill Eustace are yet to fully sign up for membership but know we won't let them get away, so lads get your mitts on.

Joseph Conway has been a dedicated member for many years having worked his



way up through our kids programmes and we now say hello to him in our Adults kickboxing class!

Krav Maga has seen Shane Sheppard join in the only self defence class that involves being the first to attack!?!?



MMA has seen Craig Chipfu-wamiti attend almost daily, and when he hasn't made MMA he has also been giving BJJ a go! Terry Craig has been equally as enthusiastic and we have also seen old members returning to train so keep up the good work. Aikido welcomed Ada Chang into their warm embrace.

Finally, we also need to say a fond farewell to Andrew Hall and Pearl Howie who due to our class changes are no longer with us

We would like to say thank you for all their years of support and wish them well.

HOLD ME, THRILL ME, KISS ME, KILL ME

I for one wouldn't be taking this headline too seriously as our MMA students got stuck in at an interclub Grappling Competition last month!

This friendly evening really got all the class going in a supportive but competitive spirit and our MMA instructor, Eric Stokes, gave us this report:

"What a fantastic evening of grappling at all levels and a great turn out of students.

With ten fighter in total and 2x5 min rounds, all fights were outstanding with Nayden Naydenov and Jak Pickard being awarded fight of the night!

Tap out of the night went to the mighty Craig Kruger



with a painful looking arm bar on Adrian Leeves, though Adrian did very well to take Craig to the final round. Salman Jamil also pulled out an outstanding arm bar against Charlie

Kerr."

No expense was spared on the evening with trophies going to winners and runners up, clearly Eric was in an extravagant mood!

With such a successful evening our next interclub competition will be a judo evening so get your gi on! If you need to purchase a gi see Steve Dixon who will be able to supply you with a white or blue gi.

Details of the competition will be announced soon.

As with all our internal MMA competitions, they are open to members from other classes and so if you usually come to Krav Maga or BJJ and fancy having a go, speak to Eric Stokes or Steve Dixon directly.

Our MMA classes take place every Tuesday and Thursday 8:30pm – 9:45pm



HELLO FRIEND!

Lil'Dragon says exercising is much more fun with friends so I hope you have given your best friend an invitation to one of our classes!

If you have lost your invitation or want to invite more than one friend then ask Sir for more.

YOU'RE THE BEST...

...Well we are hoping to be any-way.

It's no secret that Steve & I have our occasional tiffs, but I won this one as I approached Steve and said how important I felt it was to enter the Merton Best Business Awards.

As club secretary I have seen the hard work and commitment Steve has to the club and most importantly YOU it's members and I wanted something or someone to recognize that.

And so here we are! Finalists in the category for Wimbledon's Best Business! Will we win? I don't know. But I do know we gave it our best and I am dammed proud of it!



Yep, you are a member of one of the Best Businesses in Wimbledon. Now off you go and tell everyone!

If you would like to sponsor an issue of our newsletter and reach over 1500 Merton based residents then why not contact us?

0207 946 5255 /Darren@holistic-fitness.net

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PROPERTY

This edition of the newsletter is sponsored by **Tennisons Property** and they have *10 great knockout reasons* to work with them to sell or let your property:

- 1 Competitive Rates
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- 3 No lengthy sole agent contract for sales
- 4 Professional photography, floorplan and EPC at no extra cost.
- 5 Property listing on all major portals.
- 6 Accompanied viewings with prompt feedback.
- 7 Timely Sales progression
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INSTRUCTOR PROFILE: MIMURO SENSEI

In June, the Aikido class hosted a very special seminar with guest instructor **Mimuro Sensei**. Mimuro has trained and taught Aikido at the Meiji University for over 20 years. He was recently awarded his 7th Dan at the Kagami Biraki and Holistic Fitness Aikido Students were very proud to have the opportunity to spend time learning from such a revered Master. We also had the privilege of asking him a few questions:

What first inspired you take up aikido?

I found aikido club at Meiji University. Never have I seen before and when I watched, immediately I was pleased very much. I felt this is what I wanted to do. I felt I will be able to continue aikido until die. In reality, my sensei, Yamaguchi Shihan, did aikido three days before he died. He was



71 years old. I learnt from him three days before he died and did not feel that he would die.

What is your favourite technique?

It is difficult to say. I love many techniques. Utilize opponents power, break balance of opponents and not necessary to use big power for me.

How does Aikido inform

other aspects of your life?

Go through practice aikido we can make good relationship with many type of friends. We will have confidence, even if something happen, we can avoid or protect ourselves. Win without fighting is such a saying we have. Aikido is a big part of my life.

Beyond Aikido what other interests do you have?

Antiques and travelling to meet new people and explore new places and scenery.

How do you feel about how martial arts is represented in films?

When I was young, I was excited to watch Bruce Lee's Kung Fu. I like watching Japanese period dramas and movies. In modern movies it is a good show to enjoy, not a real fight.

What advice would you give a budding aikido students?

There are many opportunity for people to do what they want, for instance make friends, communicate with people, become strong, make our body healthy and slim. Most important thing is to continue to practice.

Has Aikido changed over the years? How does it fit into an increasingly aggressive martial arts industry?

Depends on sensei. Some people are developing their own style. Always try to improve ourselves that means it changes little by little.

A big thank you to Mimuro Sensei for a thoughtful interview to inspire us all.