

Sacred Spring

Autumn Newsletter 2006



Dear Friend,

Welcome to the second Sacred Spring Newsletter of 2006, which gives details of our **autumn weekend course/grading to be held at Sandy Sports Centre in Sandy, Bedfordshire**. We are pleased to confirm that Peter Klein and Russell Stutely will be sharing some of their expertise with us during the course; we will also, of course, be teaching as usual. We hope you're enjoying the summer and look forward to seeing you!

Ad & Jo

COURSE

Friday 29th September 2006

7pm – 9pm: Tai Chi and Tanto Jutsu Master Classes with Adam Vile and Jo Biggs

Please note the venue for this session will be **Russell Park**.

Saturday 30th September 2006

9am - 6pm: Yagyu Shingan Ryu Seminar with Peter Klein, 7th Dan, Head of the IMAF in Germany

Yagyu Shingan Ryu, a 16th-century school of jiu jitsu, is a very interesting and authentic style of training. Karateka will immediately make the link to some of their katas and see how this style has influenced the development of Wado Ryu. Sensei Klein formerly trained with the last headmaster of the school in Japan and now trains with the current headmaster on a regular basis.

6.15pm - 7.15pm: Technical Kyu Grading (Sacred Spring members only)

Results and presentation on Sunday at 4.30pm.

On Saturday evening, there is a meal with Sensei Klein at a local restaurant; if you wish to come, please let us know as soon as possible.

Sunday 1st October 2006

10am - 2pm: Pressure Point Seminar with Russell Stutely, 6th Dan Karate Jutsu

Master Stutely is the founder of the O.C.F.M. fighting system and is known for his application of acupressure principles in the martial arts, as well as his work to make Kata Bunkai relevant to 21st-century situations.

2.15pm - 4.15pm: Healing Aspects of Martial Arts with Jo Biggs

4.30pm: Presentation of grades and Yudansha certificates by Jo Biggs, Peter Klein, Adam Vile and Russell Stutely

GRADINGS

Those wishing to grade must complete at least 8 hours' training over the weekend, to be signed for by Jo, Andy, Maynard or Vicky in your membership book.

Costs

Full members of Sacred Spring: Free
Affiliated members: £25 (adults)/ £15 (children)
Officially invited friends of the school: £35 (adults)/£25 (children), whether you attend all three days or just one session.

Non-members may join Sacred Spring at registration, and benefit from our members-only pricing structure.

Teachers bringing a party from their club or association as part of an invitation to train should speak to Jo to ensure we send them complimentary passes.

N.B. Teachers please note that we cannot accommodate any requests for extra teaching slots, as our programme is full.

If you have any problems please discuss them directly with Jo Biggs

by phone: 07786623921

or by email: jo-kan@sacredspring.org.uk