

Fighting Fit Academy

Sabaki-do Karate, Phantom Kickboxing, Grappling Classes, Fitness Classes

VOLUME 1, ISSUE 1

AUGUST 2014

15 August 2014
DISCO



DISCO

Date: 15 August 2014

Time: 6pm—8pm

Cost: \$5 p/person

(under 5's Free)

Come along and have some fun.

Bring a friend

Games, prizes, raffles, sausage sizzle, soft drinks, snacks.

Wine and Beer available for the adults

On the night only—gear available at discounted prices—gloves, shin-pads, shorts etc (cash only)

GETTING FIT FOR THE TOURNAMENT.

Practice doing proper push-ups. Put a cup under your chest and see how many you can do touching the cup and keeping your back straight.

Practice your sit-ups. Don't use your legs to pull you up.

Work out a training program that suits your timetable. Try to practice something every day.

Raffles and Prizes

If you work for a company, or know someone who does, that could donate a prize or raffle for the disco. Their business will be advertised and they can give us a short blurb to read out when we award the prize/raffle.

Please contact on
Mandy 027 689 7979.

If you can help on the 15 August at the disco. Please let Mandy know. (027 689 7979)

NEWS

Congratulations to Pete and Amin who had their first fights on the 26 July. You did us proud guy's.

Good Luck to Daria, THE BOSS. Who is fighting on the 9 August in a 4 woman elimination fight in fielding.—supporters always welcome.

Thai Kick Boxing Event

6 September 2014

Come and support our fighters.

If you can help out on the night, please let Mark know

Sabaki-do Karate uses rational and realistic techniques, and teaches Sabaki—a method of turning defence into offence, with the use of circular movement and blind spot positioning.

Woman's Self Defence

If you are interested in joining the woman's only self defence seminar late October/early November (TBC). Please let Mark know.

4 hours of intense self defence, learning skill that will save your life ONLY \$50 p/person. Bring a friend.

Holiday Program

October 6 — 10

Cost p/child: \$125 (book and Pay before the end of August)

or \$150 after August.

Sai and Tonfa (police batten)

Weapons optional—we will share around what we have.

Kids Tournament

20 September 2014

Be ready for this years kids tournament.

There are 5 categories:

- Kata
- Board Breaking
- Self Defence
- Sparring
- Fitness



For more information on any of our classes available please contact Mark or go to the website.

www.fightingfit.co.nz

DON'T WAIT

GET IN SHAPE FOR SUMMER!

CODE OF A CHAMPION

- *We are all born to win*
- *Attitude determines my altitude*
- *Determination is my will to succeed*
- *Goals are the map to my success*
- *Courage is the confidence to face my fears*
- *Perseverance is my strength to finish*
- *I'm on the quest to be my best, and I will win*