



**KRAV
MAGA**
NEWCASTLE

KRAV NEWS

NOVEMBER NEWSLETTER

NEW GRADING SYSTEM

We are trialing a new Grading system. For the next Grading we will be taking nominations from students who wish to grade. To grade, you will need to fill out an **“Intent to Promote”** form from the front desk and hand it into an Instructor. This form has a series of questions that will help you decide if you are ready to grade. The form needs to be handed in 2 weeks before the Grading date.

When the form is handed in, your Instructors will make a judgment on whether you are ready to grade based on attendance, attitude, improvement and knowledge of grade material. If Instructors believe you are not ready, they will give you feedback on what you need to work on.

The next Grading will be held in December. As we believe we will have a large number of students to grade, we will be holding the Grading over 2 days.

On Friday 16th December, students grading for Practitioner Level 1 will be 6pm and students grading for Practitioner Levels 2 and 3 will be 7pm. All other students grading will be on Sunday 18th December starting at 9am.

Remember to be 100% ready for this grading.

*Train Consistently!
Review Grading Requirements!
Train at home!
Ask for help!*

EXTRA CLASSES

We have added two new classes to the Timetable. We are adding a fitness class on Monday night at 7 pm and a training class for Practitioner Level 1 and above on Wednesday at 7pm. The fitness class will be focused on conditioning you through exercises, drills and pad work. The extra training class on Wednesday is designed to train/drill the foundations of Krav Maga. There will be no new content to learn, just drills to re-enforce training.

MOVEMBER

It's Movember and time to focus on men's health. To show our commitment, some of the instructors (and hopefully some students) will be donating our faces to the cause by growing a moustache for the entire month of November, and we need your support. We have Info sheets on the front desk or see Instructor Andrew.

KIDS INSTRUCTOR COURSE

We have been selected to host the Kids Instructor Course for the end of November. During this time we will need kids to help out as students. Please see Head Instructor Adam if you know any children that might want to try Krav Maga!

EVENTS

NOVEMBER 8	GRADING REQUIREMENTS
NOVEMBER 9	GRADING REQUIREMENTS
NOVEMBER 11	CENTRAL COAST
NOVEMBER 18	CQB
NOVEMBER 19	VALLEY STAMPEDE
NOVEMBER 26	PARK TRAINING
NOVEMBER 27	KIC - KIDS CLASS
NOVEMBER 28	KIC - KIDS CLASS
NOVEMBER 29	KIC - KIDS CLASS

KMG PRACTITIONER DVD

We have in stock NEW Krav Maga Global DVD's based on the Practitioner 1 to 5 curriculum.

1 DVD - \$35.00
3 DVD Set -
\$90.00

WANT TO BE AN INSTRUCTOR!

We are now taking nominations for 2012 Instructor course. If interested please talk to Head Instructor Adam.

GRADING REQUIREMENTS

There are Grading Requirements this month which concentrate on your preparations for your next Grading. On these nights remember to bring your Handbooks to be signed by the Instructor.

CENTRAL COAST SEMINAR

We will be holding a basic self-defense seminar on the Central Coast on **Friday 11th November** from 6pm to 8pm. This seminar is being held in conjunction with The Fitness Factory in Erina. If you know anyone who would be interested, please contact us.

CQB

We will be holding the CQB training session on Friday 18th November this

month. We will be covering preventative tactics in basic and advanced scenarios.

VALLEY STAMPEDE

Some Instructors and students are entering the Valley Stampede on Saturday 19th November. This event is a 5km obstacle course to be held on the Central Coast. We are participating in the 3.00 pm run. If interested please see Instructor Jed. Entries have to be in by Monday 14th November.

PARK TRAINING

On Saturday 26th November we will be holding our regular Saturday class at the park on the corner of Lockyer and James Street. See you there at 9am.

UP AND COMING EVENTS**END OF YEAR PARTY**

The end of year party will be held on Tuesday 20th December. Venue will be announce soon.

NOVEMBER CALENDER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8 Grading Requirements	9 Grading Requirements	10	11 CENTRAL COAST	12	13
14	15	16	17	18 CQB	19 VALLEY STAMPEDE	20
21	22	23	24	25	26 PARK TRAINING	27 KIC - KIDS CLASS
28 KIC/No Day Class	29 KIC - KIDS CLASS	30				