

## 2nd Academy Black Belt Pre-Grading Programme Starts Sunday 10<sup>th</sup> September – 2017

Location: MMC's -198 Marua Road, Ellerslie

Times: Sunday evenings 4.30 - 6.30pm plus a full days Pre-Grading.

Overseen by Mr Matthew Breen – A Graded 6<sup>th</sup> Dan and Mrs Sonya Robinson – 4<sup>th</sup> Dan, as well as Special Guest Instructors (SGI's) all of which are Senior Black Belts.

**Session 1 - Sunday 10<sup>th</sup> September** – Grading Tips/General Assessment – **SGI -Master Bhana – 8<sup>th</sup> Dan, Senior Examiner**

**Session 2 - Sunday 17<sup>th</sup> September** – Patterns, **SGI – Master Bhana – 8<sup>th</sup> Dan, Senior Examiner**

**Session 3 - Sunday 24<sup>th</sup> September** – Line work and Fitness, **Mrs Sonya Robinson – 4<sup>th</sup> Dan**

**Session 4 – Sunday 1<sup>st</sup> October** – Breaking, - **Mr Matthew Breen – 6<sup>th</sup> Dan**

**Session 5 – Sunday 8<sup>th</sup> October** – Self Defence, **SGI – Mr Brett Kimberley – 4<sup>th</sup> Dan**

**Session 6 – Sunday 15<sup>th</sup> October** – Breaking, **SGI – Mr Brett Kimberley – 4<sup>th</sup> Dan**

**Session 7 – Sunday 22<sup>nd</sup> October** – Sparring, **Mrs Sonya Robinson – 4<sup>th</sup> Dan**

**Session 8 – Sunday 29<sup>th</sup> October Pre-Grading Day from 9.00am to 3.00pm with Master Bhana – 8<sup>th</sup> Dan and Senior Examiner**

**Session 9 – Sunday 05<sup>th</sup> November** – Patterns - **SGI – Master Bhana – 8<sup>th</sup> Dan, Senior Examiner**

**Session 10 – Sunday 12<sup>th</sup> November** – Sparring –**SGI – Mrs Melissa Bray – 4<sup>th</sup> Dan**

**Session 11 – Sunday 19<sup>th</sup> November** – Self Defence – **SGI – Mrs Debbie Hart – 4<sup>th</sup> Dan**

**Session 12 – Sunday 26<sup>th</sup> November** - Theory and Grading Tips with **Mr Matthew Breen - 6<sup>th</sup> Dan**

So how much for 11 – 2 hour Sessions plus a 6 hour Pre-Grading day – 28 Hours of high level Instruction from a variety of our topmost Seniors? The cost for the Full Pre-Grading Programme is \$150.00 per person. (That's only just over \$5.00 an hour!)

Casual rates are \$20.00 per night and/or the Pre-grading day is \$40.00.

Payment can be made by cash, cheque or electronically to ASB bank, Account name Hard Out Holdings Ltd. # 12-3027-0478817-00 with your Name/s and Academy as the References.

To Register or for any more details please contact Sonya Robinson via e-mail [BfitBhealthy@kinect.co.nz](mailto:BfitBhealthy@kinect.co.nz) or text 027 319 5261.