GREAT NEWS AND EVENTS
November & December 2019

Weekly Tai chi and Meditation Afternoon Class at Lynx Black Belt Leadership Academy Retford. The class will include 1 x 45min Lesson Every Wednesday at 1pm to 1.45pm. £6.00 Book Online or at Reception. **Course curriculum;** Tai Chi, Meditation, Breathing and Relaxation, Increases Concentration, Strengthen & Conditioning and Co-ordination and Improves Postures. Open to children 12 years plus, adults. All participants will need to wear appropriate clothing e.g. track suit bottoms and T shirt for their 1st lesson.

FULL CLASS SCHEDULE Click Here

Congratulations to all students that attended the October's Graduation. Checkout News & Events Page or https://www.facebook.com/LynxBlackBeltLeadershipAcademy/

Friday 1st November 12 Noon to 4pm Kids Half Term Safety Activity delivered by Master Blinston, follow with Fire, Police, and Water Safety. Lunch, then finish with 1-hour play at Captain Jack's Adventure Play Centre. Reserve Online Today. Click To Book Online or Visit the Online Store

Saturday 9th November: Personal Development 12.30pm to 4.30pm. Semi-private educational seminar designed to enhance your martial arts discipline, paying special attention to all core areas of the Korean martial arts. Work in a motivated team environment with the ease and guidance of Master Blinston and you will successfully graduate to your next belt level or midterm grade. Please reserve your space online at www.lynxmartialarts.com or call us on 01777 700252. **(Only 3 Places Left).**
Good luck to all students taking Black Belt or Dan Grade graduations on this date.

Saturday 16th November: Kick Target Seminar 12.30pm to 2pm. The kick is a surprise weapon when mastered correctly. It is a much more powerful technique than a punch and the reach of the leg is greater than the arm. Learn the true knowledge of how, when and where to kick – all applied to training targets. Full of energy and excitement. **Focus on target training, developing speed and confidence, master combinations of moves through skill and learn the art of deception. Book Online or at Reception**.
Loyalty Card Holder's Save 10% or up to 30% off Seminar Packages. Check your Christmas Wish List.

Receive up to £200 in Gifts: Throughout November & December Lynx Black Belt Leadership Academy is giving you the chance to earn £200 in gift vouchers. Invite your friends and family along using the **"Sharing The Art" Voucher**, place the sharing the art in the lead box at the academy or send your guests to our website and ask them to complete the online form, www.lynxmartialarts.com you can send your guests an email inviting them to take advantage of the **Complimentary Private lesson, when they join they will receive a free uniform and insurance.** You can collect some leaflets and pass out at school or to your neighbours. Don't forget ask your friends to Like our Face book page. https://www.facebook.com/LynxBlackBeltLeadershipAcademy/ or share the email via social media. Watch out for the email which will be an invitation to your friends and family. Also give out your Gift Scroll's to family members or friends.

Monday 18th – 23rd November: Bring a friend to Class. Give the academy a call 01777 700252 with your friend's details and we can schedule them into a class. Send them to our website to complete the online form. Lynx T-shirts, caps and team wear can be purchased via the reception or online. **Remember receive a star and your referral gifts when they join.**

Saturday 7th December: Orientation Seminar (Great for new Students) 10.30am – 11.15am. Free Event This is an informative seminar designed for all new students/parents, which covers the conduct and protocol of the academy not found in your information booklet or on our website. All new students/parents are invited to attend at least one seminar to get the best out of their training. On the floor mat training is conducted by Master Blinston, demonstrating how to use targets correctly and tips on safely practising at home. Please Confirm your attendance or call the academy. 01777 700252. Open to all Students.

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Saturday 14th December: Colour/Belt Midterm Graduation and Student of The Year Award. Graduation will replace all training lessons for this day. Please return your forms to the academy reception by 30th November. Reserve Online, over the phone or at the academy. Tel 01777 700252.

CHRISTMAS TREE FESTIVAL 2019: Lynx Black Belt Leadership Academy Christmas tree was part of 100 trees displayed last year, maybe you will be one of our lucky winners this year. Visit with family and friends to see this spectacular event. Address St Swithun's Church, Cannon Square Retford Nottinghamshire DN22 6PL.

Last Chance Christmas Wish List Return back to the academy by Tuesday 3rd December:

Christmas and New Year Holiday Times

THE ACADEMY WILL BE CLOSED FROM SATURDAY 21ST DECEMBER.

BACK OPEN FROM THURSDAY 2ND JANUARY

VISIT OUR SCHEDULE https://www.lynxmartialarts.com/Website/book-me

REMEMBER OUR PROMISE TO YOU: HOLIDAY: Lynx Black Belt Leadership Academy will operate a minimum of 48 weeks per year. 7 to 14 Days holiday maybe taken between the months of July and August, 7 to 14 Days holiday maybe taken during Christmas and the New Year at the academy's discretion.

"Our promise to you" If a student misses' class due to illness, holidays, injury, school or work commitments, we will help a student catch up with extra lessons, offer mini private lessons at no additional cost or add more time to a student's training program. **For a student to maintain this benefit -** None communication will lose the benefit of our "Promise to you"

EVENTS TO LOOKOUT FOR 2020

Stretch & Flex Seminar: Improves the range of motion in joints and muscles. Reduces muscle soreness and risk of injury. Stretching keeps muscles/joints loose and flexible. When flexible you will use less energy, which improves your performance.

Tai Chi, Breathing Meditation Seminar: Tai Chi is a powerful antidote to the stresses of the modern-day life. Aiming to unify the mind, body & spirt for health and fulfilment. A fit and supple body can be developed through this practice of posture. Working on all the body systems, toning the muscles, stimulating circulation and improving overall health Book Online or at Reception

Additional to the above Seminars

Lynx Black Belt Leadership will offer 12 monthly seminars throughout the year, all attendees will receive certification of participation, a 6month package or 12month package is available with up to 30% off when ordered via the Christmas Wish List.