



NEWS TO SHARE JULY & AUGUST 2024

Check your weekly emails or visit our News and Events website Page
<https://www.lynxmartialarts.com/Website/martial-arts-news-retford>

[Subscribe to Lynx Black Belt Leadership Academy YouTube Channel for Free Martial arts Leadership videos](#)

Order Your [Gifts](#), Reserve [Seminars](#), [Book Courses](#) or [Graduation](#). Order Online or at Reception [T-Shirt Personalised Belt](#), [Uniforms](#), [Lynx Team Jacket](#).

New Team Bag - Place your order Today from £50.00. Bag, fully embroidered with Logo & Academy Name



LIFE SKILL OF THE MONTH - DO YOU NEED A-LITTLE EXTRA CONFIDENCE?

Confidence is a state of being clear-headed either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective. Confidence comes from a Latin word 'fidere' which means "to trust"; therefore, having self-confidence is having trust in oneself.

Confidence is one many **life skills** we teach here at Lynx Black Belt Leadership Academy, learn to build your life skill? Invite a friend to share your skills.

MASTER'S RECOMMENDATIONS – CLICK THE IMAGE FOR DETAILS.....

JULY BREAK BOARD SEMINAR
MOST UPBEAT AND LIVELY EVENT. LEARN MANY DIFFERENT STRIKING, PUNCHING, KICKING AND CHOPPING TECHNIQUES TO A BREAK BOARD.
Master the art of positioning, correcting and perfecting the break board. Along with demonstration and practice time, you get to break real wood.
• POWER
• SPEED
Date: Saturday 20TH JULY 2024 Click Image for more information

MASTER BLINSTON'S PERSONAL DEVELOPMENT & GRADUATION SEMINAR
A FUN AND LIVELY SEMINAR DESIGNED TO ENHANCE YOUR MARTIAL ARTS DISCIPLINES, PAYING SPECIAL ATTENTION TO ALL SOME AREAS OF THE KOREAN MARTIAL ARTS.
• PATTERNS
• SELF-DEFENCE
• TECHNICAL BREAKING
• CONTROLLED SPARRING
30th November Book Now Limited Places. Try our Mini Personal Development 3rd August, Check below.
OPEN TO ALL AGES AND CAPABILITIES
A GREAT CONFIDENCE BOOSTER FOR EVERYONE TO ENJOY!

SEPTEMBER SEMINAR HAPKIDO
USED IN KOREA TODAY BY THE MILITARY POLICE AS A FORM OF SELF DEFENCE, THIS FAST PACED EVENT WILL REALLY SWEEP YOU OFF YOUR FEET.
Learn defence moves through grips, blocks, re-strain techniques, take downs and the art of deception. Study the movements carefully and become a master in self defence.
• INCREASES SELF AWARENESS
• DEFENCE
Seminar of the Year 21ST SEPTEMBER - Click Image for more information.

August's Graduation, Seminar & Free Private Lesson with Master Blinston, coloured Belt or Midterm Graduation, 1 x 30-minute Private Lesson and Hapkido seminar in September or Kick Target seminar in November, (Save £35.00, **Purchase online, ask at reception or call.**

Terms Conditions: Next coloured/midterm graduation, seminar to be used within 3-months and booked within 14 days of purchase. Private Lesson scheduled before the next graduation.

ACADEMY EVENT DATES...

Monday 8th to Thursday 18th July, Bring a friend to Class and T shirt week. Give the academy a call 01777 700252 with your friend's details and we can schedule them into a class or 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 you can receive £15 Cash Credited to your account when your guests join.**

Saturday 20th July 10am to 12Noon – Re-Breakable Board Seminar - Most upbeat and lively event. Learn many different striking, punching, kicking and chopping techniques to a break board. Master the art of positioning, correcting and perfecting the break board. Along with demonstration and practice time you get to break real wood. **Increases power, speed, technique, skill, focus and full of fun.** [Book Today](#)

Hapkido (Self Defence) will follow on the 21st September (Limited Places) [Book Today](#)



LYNX LOYALTY CARD RECEIVE 10% OFF EVERYTHING*

(on selected martial arts services & products every time you shop with us online and instore) **Receive Exclusive Offers and Promotional Codes, 1 Free Semi-Private Lesson per Student or per Family, 20% off Seminars Packages**

[PURCHASE TODAY](#) AND START SAVING NOW!

Saturday 3rd August – Summer Mini Personal Development & Semi-Private Graduation – New to 2024.

The Mini Personal Development is new to 2024, a taster of a highly motivated graduation which is a semi-private course includes 2 hours of training with Master Blinston, graduation, certification, and belt rank. Confidence Building, Motivation, special attention to educating each student on Patterns, Self Defence, One-step, Sparring and all Martial Arts disciplines.

2 Groups available for Mini Personal Development ([White to Yellow/Green](#)) & ([Green to Black 4th Dan](#)) For alternative graduation check the graduation form or visit <https://www.lynxmartialarts.com/Website/book-me>

Our next [Full Personal Development](#) is 30th November 2024 [Book early save 10% Loyalty Card.](#)

Monday 5th to Thursday 8th August, Bring a friend to Class and T shirt week.



STUDENT & LOYALTY CARD OFFERS

LOYALTY CARD HOLDERS Receive a **FREE** Lynx Black Belt Leadership Academy Mug or Keyring. Spend over £50.00 in a single transaction in July & August and Receive a free Lynx Black Belt Leadership Academy Mug or Keyring.

Purchases include Merchandise, Including **teamwear**, t-shirts, uniforms and training & safety equipment, seminars or private lessons.

The total amount of £50.00 is the amount you pay after the loyalty discount has been applied.

STUDENT ACHEIVMENTS...

Congratulation to all Students that attended the last month's seminars, graduation and events "another black belt bites the dust" Download your event photos from <https://www.facebook.com/LynxBlackBeltLeadershipAcademy/>

Don't forget to like & share the [Facebook](#) , [Instagram](#) pages. [YouTube Channel](#)



PROUD TO BE PART OF THE COMMUNITY – WHERE TO FIND US.....FREE EVENTS

Sunday 14TH July - Healthy Sunday, Retford Town Square Supporting Retford Business Forum 11am to 1pm

Thursday 1st August - Retford Museum, Child/Family Martial Arts Taster Lesson 1pm to 2pm

Thursday 8th August - Kings Park Supporting Bassetlaw District Council Martial Arts Taster lesson 12 to 12.45pm

Tuesday 27th August - Kings Park Supporting Bassetlaw District Council Ladies Self Defence 1pm to 1.45pm

Thursday 1st August - Retford Museum, Child/Family martial arts taster lesson – 1pm to 2pm

(To support any of the above community events add your name to the signup sheet and attend in uniform)

Call the academy with your friend's details and we will schedule them into a class or send them to our [website to complete the online form](#). Share the "Bring a friend" leaflets with family and friends.

Your Guests Receive, Free Complimentary event, group or private lesson, when they join free uniform & insurance. Invite your friends to www.lynxmartialarts.com or like & share the [Facebook](#) , [Instagram](#) [YouTube Channel](#) pages.

Summer Holiday Dates for Lynx Black Belt Leadership Academy

Monday 12th August to Monday 26th August - Closed

We will be Back Open as Normal from Tuesday 27th August

Catch up with extra lessons before or after your Holiday.

Please refer to "Our Promise" in the student Information Booklet or Website.



LYNX LOYALTY CARD RECEIVE 10% OFF EVERYTHING*

(on selected martial arts services & products every time you shop with us online and instore) **Receive Exclusive Offers and Promotional Codes, 1 Free Semi-Private Lesson per Student or per Family, 20% off Seminars Packages**

[PURCHASE TODAY](#) AND START SAVING NOW!