

**NATIONAL SANDA SQUAD TRAINING WORKSHOPS
SATURDAY 25th JULY 2015**



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The workshops for the National Sanda GB Squad, which started in January this year, continues to be received with enthusiasm and squad members have shown dedication to their training and for the sport. Squad members travel regularly, from West London, Kent, Surrey, West Sussex, Devon, Shropshire, Northumberland, and Scotland.

The training program is challenging for most if not all. It has been designed to help each athlete to improve on their own fitness levels as well as their technical skills.

Tactical sparring drills have been implemented which have been designed to help improve point scoring for competitions.

The squad is building and growing together and is becoming a strong team. Each member is showing good martial art spirit.

JUNIOR MEMBERS

We have also had many interest form juniors and have now included a junior training program - minimum age 16 to the workshops.

We welcome our 1st junior member who joined the squad last month and travels with her instructor / father from Devon.

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SANDA GB TEAM

13th World Wushu Championships, Jakarta, Indonesia

The GB Sanda team has now been shortlisted and will shortly be announced. The selected GB Sanda Team will be attending and competing at the 13th World wushu championships to be held in Jakarta, Indonesia from 11th – 19th November 2015.

SPONSORSHIP

All squad members are self-funding their costs. We will be helping to raise funds to help contribute to the GB SANDA TEAM going to Indonesia. We will be presenting sponsorship / donation boxes at each BCCMA event including the fight nights to help raise money for our team and our sport.

Your support and contribution would be appreciated.

NEXT WORKSHOP

Our next National Sanda Team Training Workshop.

SATURDAY: 25th July 2015

TIME: 3:00pm – 6:00pm

VENUE: K2 Leisure Centre in Crawley, West Sussex. RH11 9BQ

COST: £15 - BCCMA members

Registration form required.

BCCMA membership must be up to date.

**For further details contact Paniko Evagorou
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