



USDA NEWSLETTER

NSW FAR NORTH COAST AREA

Dec 2011

Dear Members & Parents,

Don't miss our end of the year grading test night when all of our hard working members will attempt to go for their next level belts.

Please invite all parents and friends to see the action and encourage all the participants.

All members are expected to attend in Usda uniform and stay until the end of the grading.

Watching fellow members achieve higher levels is a very important part of training!

Grading Nights Students must hand in a completed application form, with the grading test fee and a membership card with photo at least ONE WEEK BEFORE grading night.

All black belt degree tests must apply 4 weeks before grading with current first aid certificate.

16th Dec: Friday: 6.30pm to 8pm at Brunswick Heads Memorial Hall, 24 Fingal St.

GRADING TEST FEE: \$35. Family Rate: \$60 for two or \$80 for three or more.

RESULTS: Results will be announced on the following Monday night at Brunswick Hds Memorial Hall, Alstonville and Lismore classes.

Christmas Break Holidays

Check with your Instructor for any variations to holiday dates.

Last classes for 2011 will be on Mon 19th Dec at Brunswick Heads Memorial Hall, Alstonville and Lismore. Brunswick Hds Public school on Wed 14th Dec, Byron Bay Tues 13th Dec and Burringbar Thur 15th Dec.

First classes for 2012 will be at Brunswick Hds Memorial Hall Fri 13th Jan. Ocean Shores, Byron Bay and Lismore Mon 30th Jan, Burringbar Tues 31st Jan and Brunswick Heads Public School and Alstonville Wed 1st Feb

Note: Ocean Shores Mon 6pm 5th, 12th, 19th Dec class is at Brunswick Hds Memorial Hall.

So your skills do not slip please take as little time off training as possible and try to attend your nearest training centre whenever your regular classes are not on.

Monthly Training Fees Special. Pay your December monthly training fee in the first week of December and get January training free! That's 2 months for the price of one, even with the holiday break is great value as you can train at any Usda centre for December and January.

Visit www.universalselfdefence.com.au & [facebook.com/peterburkeUniversalselfdefence](https://www.facebook.com/peterburkeUniversalselfdefence)

Checkout our top ranking web site for self-defence classes and martial arts equipment and all sports fitness training shopping online. See latest Usda news, photos, class times, self-defence tips, techniques, FAQ and your user reviews. And don't forget to check out the bottom links menu too for our martial arts resources, wise proverbs, techniques and other useful information.

Training Aids & Gift Ideas - Order now for Xmas!

Instructional DVDs \$25, Unfilled or filled Punch bags from \$45.90, Punch bag mitts from \$22.90, GEL hand wraps \$16.90, Skip ropes from \$4.95, Usda uniforms from \$55, Karate shoes \$29.90, Lycra Rashie tops from \$29.95, Camo kicking pants from \$25.90, Novelty martial arts key rings from \$4.90, Online store gift vouchers from \$30

Check our web site for more products and specials!

**Best wishes, keep safe
and enjoy your holidays!**

Peter Burke Usda President

