



# Inner Depth: Health, Fitness & Well-being

# News & Information

## January 2020



Tai Chi and Kung Fu for adults & children; BodyStretch classes

Master Trainer: Steve Cockburn BA (Hons)

## *2019 has come and gone but we go from strength to strength.....*

We have had another successful year with a steady influx of new students for all of our classes and of all ages. Many have stayed with us and we can see a new level of young ones coming through. But, of course, that means others have grown and gone forward to new opportunities. Well done to Caleb for securing a place at Swansea University and we wish him all success and look forward to seeing him in the holidays, especially now that he has achieved his Blue sash.

It is great when one of our Club Members does well but even sweeter for us when it is your own kids. So many have expressed how proud they are of Tianna & Mackenzie's Gold medals in the World Tap dance championship in Germany. Mac also won a Silver and two Bronzes. They will be going for it again this year and we welcome your continued support. Their dedication does reflect the level of commitment, and discipline that has been instilled in them from a young age. The results speak for themselves and having now achieved their yellow sashes they are high graded in the Kung Fu system as well.

By the way, if YOU do well at something - let us know and we can tell everyone else! We are always proud of your achievements.



Steve & Jo with Tianna & Mackenzie

## *So, how are the classes going?.....*

### **Kung Fu "Dragons"**

Our revised class schedule is working well and the teaching clearly reflects the Grades that have been achieved. Currently the classes are:

- **Saturday 9.00 – 10.00** ..... Members & Beginners (7 years and under)
- **Saturday 10.15 – 11.15** ..... Members & Beginners (over 7 years old)
- **Wednesday 4.45 – 5.45** ..... Senior class (Members only)
- **Thursday 4.45 – 5.45** ..... Elite class (Invitation only)

The classes still remain the best of fun and thanks go out to Ethan for joining in and doing so well. You are a pleasure to have around.



## Kung Fu “Teenagers”

We had to switch some classes around after the summer to ensure we can continue offering you classes during all the holidays. The current schedule is:

- **Monday 6.00 – 7.00** ..... Club Members & Beginners (alongside adults)
- **Wednesday 6.00 -7.00** ..... “Teenagers” only class
- **Thursday 6.00 – 7.00** ..... for Club Members only (adults & teenagers)

Duke Of Edinburgh: we have continued supervising students for the D of E awards. Well done to James, Ollie-Wilbur, Malachy and Osip who have now been signed off after very successful placement periods. Please let us know if it is something you wish us to oversee for you.



## Adults Kung Fu

With the change over in classes, the adult Members have access to two classes per week: **Monday & Thursday 6.00 - 7.00pm**. Those classes are available all year round. Well done to all of those who have moved up Grades – it is great to see the new Red sashes in class. Special recognition has to go to the Tai Chi students who have really embraced the extra challenge and learning experience of being in the Kung Fu classes. Of course, the re-emergence of Buffy in classes has continued to fill me with a great sense of fulfilment this last year.

## Tai Chi Classes

We continue to have daily enquiries about the classes and the benefits of Tai Chi for overall health & well-being.

This is reflected in the number of people that come and try us out. Some stay, others go. All we can do is keep offering a chance to try out this fantastic Lee family style of Tai Chi.

Well done to John for taking on the Tuesday night class which does offer an alternative time schedule which suits certain students.



The classes currently on offer are:

- **Monday 7.30 - 9.00pm** ..... Advanced students (invitation only)
- **Tuesday 6.45 – 8.15pm** .... “open” class for any student. This is the best class for teenagers.
- **Wednesday 10.30 – 12.00am** ... “open” class for any student.
- **Thursday 7.30 – 9.00pm** ... “open” class for any student.

And, as ever, well done to Adrian, Caroline & Wendy for their continuing success in **Paignton** at the Sacred Heart Church Hall on **Thursdays 10.30 – 12.00am** with a very well-attended Tai Chi “open” class.

## Tai Chi for the Elderly – Wednesday & Friday

Adrian continues at Ridgely Residential Home, Totnes on Wednesday afternoons, whilst Wendy does a class at Forder Lane House, Dartington on Fridays. Both classes remain a highlight for the residents and staff can really see the benefits offered by participation.

## BodyStretch - Wednesday 9.30-10.30am

This overall body conditioning class continues to be well supported. It does offer a controlled stretching session which improves overall body function and combats the stresses of daily living. Certainly, it helps you to undertake normal daily activities with much more ease and a reduction in potential injuries. It is really suitable for any age or gender.

## Other things of note:

Do keep a check on our facebook page throughout the year: [www.facebook.com/InnerDepth](http://www.facebook.com/InnerDepth) as it is being constantly updated with loads of photos and immediate information.

Also, check out: [www.inner-depth.com](http://www.inner-depth.com)

We do keep up-dating information on there and this year we intend to be adding Blogs/training tips.

And, you could also look at our bookshop on [www.arturusbooks.co.uk](http://www.arturusbooks.co.uk) where we have a new web-site. There are an inordinate amount of adventures in the Mind, Body and Spirit lodged there. We are going to increase our Lee Family section throughout this next year.

Do write a Review for everyone to see what you think about our endeavours.

Of recognition for 2019 special awards at the Gradings are:

- “Dragons” shield (awarded to a senior student who is excelling in their training):

[Charlotte Perkins & Jonas Connolly](#)

- Endeavour Cup (awarded to a student who is displaying genuine effort and dedication):

[Lyla-Grace Gordon & Mylo Povey-Naylor](#)

- Inner Depth Cup (for a student who has embraced what the Lee “family” Arts are about):

[Dolores Dalton & Gesche Buecker](#)

## In Conclusion -

So, a new year is ready to go and we are too! We keep pushing and having as much fun as possible. There have been amazing changes in a wide variety of students and all we can say is “thank you” for allowing us the opportunity to change lives. It is a real privilege for us all.

### Class Fees for 2019

**Kung Fu "Dragons" & Teenagers (4-16 years old)**

Half-term of classes ..... £4.50/class

- second set of classes in same period ..... £4.00/class

- further set of classes in same period ..... £3.50/class

#### **Siblings**

Paying in for a half-term of classes at same time will pay £4.00/class.

**Pay As You Go** ..... £5.00/class (Members & non-members)

#### **Adults Kung Fu & Tai Chi classes**

- 1 hour class ..... £5.00 members/£6.00 non-Members

- 1.5 hour class ..... £6.00 members/£7.00 non-Members

### Membership Renewal Fees

“Dragons” under 16.....£20

Adults.....£25



## Workshops/Courses for 2020

There are fewer workshops this year due to other commitments for Team GB.

The students who take the workshops invariably leap forward to become our best. So, do look out for the workshops that you want and book them in your diary early.

The “soft” Weapons (Silk and Stick) workshops come from the Tai Chi system and have been extremely well-received. They were heavily over-subscribed last year so make sure you put your name down if you want a space. Preference will always be given to “Advanced” Tai Chi students on these workshops.

**Note: there will now be a cancellation charge of £5.00 so think before you sign up!!!**

### **WORKSHOPS - Saturdays 1.30-5.30pm**

**\*\*\* All of our classes and workshops are held @ Follaton Community Hall, Totnes \*\*\***

Cost: **Adults:** £25 (Members) £30 (Non-Members) **Under 16s:** £20 (Members) £25 (Non-Members)

Bring: Snack/lunch & drinks. Tea & Coffee available

Date	Type	Participants	Other information
January 25 <sup>th</sup>	Tai Chi	Open	Suitable for Beginners
February 8 <sup>th</sup>	KF “Dragons”	“Dragons”, Teenagers & Adults	Adults must be Members
March 7 <sup>th</sup>	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
March 21 <sup>st</sup>	Kung Fu	Adults & Teenagers.	Suitable for Beginners
April 18 <sup>th</sup>	Tai Chi	Open	Suitable for Beginners
May 16 <sup>th</sup>	KF “Dragons”	“Dragons”, Teenagers & Adults	Adults must be Members
June 13 <sup>th</sup>	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
July 4 <sup>th</sup>	Kung Fu	Adults & Teenagers.	Suitable for Beginners
Summer Break			
September 12 <sup>th</sup>	KF “Dragons”	“Dragons”, Teenagers & Adults	Adults must be Members
September 26 <sup>th</sup>	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
October 17 <sup>th</sup>	Kung Fu	Adults & Teenagers.	Suitable for Beginners
November 7 <sup>th</sup>	Tai Chi	Open	Suitable for Beginners
December 5 <sup>th</sup>	Weapons	Tai Chi & Kung Fu Adult Grades	Members only

### Other Important Dates - 2020

- **Grading Ceremonies** - June 14<sup>th</sup> & December 6<sup>th</sup> (Sunday 3.00 – 5.00)
- **Christmas Party** - December 20<sup>th</sup> (Sunday 2.00 – 4.30)

**May 2019**



**Dec 2019**

