



Inner Depth: Health, Fitness & Well-being

News & Information

February 2024



Tai Chi and Kung Fu for adults & children

Master Trainer: Steve Cockburn BA (Hons)

Well, 2023 was a year for consolidation after the affects of the pandemic....

and the Club has continued to attract a lot of new members as others move on to University and world-wide travels. The Tai Chi students provide an underpinning to all our classes especially the Advanced students who also get involved with the Kung Fu classes. So, thanks to Val and Wendy for coming in and helping the Kung Fu students understand what a “stance” is!! But, of course, our “Dragons” are the ones who make the whole thing vibrate and they are coming through thick and fast. Some outstanding students now who are pushing the boundaries of the sash gradings.

We must say “congratulations” to Mackenzie for becoming the World Tap Champion, once again, in Germany. Hope you enjoyed him and Tianna showing their skills at the Christmas party. But, we have also got others doing really well in other sports – good luck to them this year and we look forward to reporting their successes next time. It is great to hear of all the “wins” by our students.



January 2024 Gradings



New “Dragons” Instructors – Jo & Steve

Gradings

In 2024 we are introducing a new Grading system: January Gradings will be exactly the same as now and will be for the whole Club. But, Gradings in June will now be on a formal basis. Individual students can “opt” whether they wish to be assessed or not. Details will be announced in class along with guidance notes of our expectations for each Sash. This is all in line with our imminent launching of the **iDragons Academy** on the Web which will provide home learning support and training for all students who wish to access it. But, of course, there were already some great achievements throughout the Club this year and special awards went out to:

- “Dragons” shield (Most promising student): **Benji & Flora**
- Endeavour Cup (a student displaying 100% effort and dedication): **Imogen & Amelia**
- Inner Depth Cup (a student who is embracing all of the Lee “family” Arts): **Val & Susan**

and, a “well done” both, to Jo & Steve, for becoming “Dragons” Instructors.

Classes for 2024

Kung Fu “Dragons” (£6 members/£7 non-members)

- **Saturday 9.00 – 10.00** Members & Beginners (7 years and under)
- **Saturday 10.15 – 11.15** Members & Beginners (7 - 11 years old)
- **Wednesday 4.45 – 5.45** Senior class (Members only)

Adults & Teenagers Kung Fu (£7 members/£8 non-members) (under 18: £6 members/£7 non-members)

- **Monday 6.00 – 7.00** Senior class (Members invitation only)
- **Tuesday 6.00 – 7.00** Teenagers class & invited Dragons (Members only)
- **Wednesday 6.00 -7.00** Teenagers (including Beginners) & Ladies Self-Defence
- **Thursday 6.00 - 7.00** Adult & Teenagers (including Adult Beginners)

Tai Chi Classes (£7 members/£8 non-members)

- **Monday 7.30 – 9.00pm** Advanced students (invitation only)
- **Tuesday 7.30 – 8.30pm** “open” class for any student.
- **Wednesday 10.00 – 11.00am** “open” class for any student.
- **Thursday 7.30 – 8.30pm** “open” class for any student.

Stay Informed

Web: www.inner-depth.com

Club up-dates, information & teaching videos.

Facebook: InnerDepth

Information, videos, photos

Instagram: innerdepth1

Weekly class photos/videos

Workshops for 2024

Tai Chi x 4; Kung Fu x 3; “Dragons” x 3; Weapons x 4

Date	Type	Participants	Other information
February 24th	Tai Chi	Open	Suitable for Beginners
March 23rd	Kung Fu	Adults & Teenagers.	Suitable for Beginners
April 13th	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
April 27th	KF “Dragons”	“Dragons”, Teenagers & Adults	Adults must be Members
May 18th	Tai Chi	Open	Suitable for Beginners
June 8th	Kung Fu	Adults & Teenagers.	Suitable for Beginners
June 22nd	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
September 7th	Tai Chi	Open	Suitable for Beginners
September 21st	KF “Dragons”	“Dragons”, Teenagers & Adults	Adults must be Members
October 5th	Kung Fu	Adults & Teenagers.	Suitable for Beginners
October 19th	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
November 16th	Tai Chi	Open	Suitable for Beginners
November 30th	Weapons	Tai Chi & Kung Fu Adult Grades	Members only
December 7th	KF “Dragons”	“Dragons”, Teenagers & Adults	Adults must be Members

Workshops : Saturdays 1.00-5.00pm

Cost: **Adults:** £30 (Members) £35 (Non-Members) **Under 16s:** £25 (Members) £30 (Non-Members)

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

Other Important Dates - 2024

- **Grading Sessions** - **Saturday July 13th** (2.00 start) – optional Grading
- **January 2025** (date TBA) – Club Grading for all students
- **Christmas Party** - **Saturday December 14th** (Saturday 3 – 6.00)