

# Storm Gym News

Welcome to April's newsletter.

It's starting to feel a lot like spring now that the Beast from the East has been and gone! The clocks have gone forward giving us more daylight, and with that spirits are lifted and we are ready to train and work on our summer bodies, no more excuses! There are classes available for all ages and levels of fitness.

## Kids

4 classes per week for age 4 to 11. Each class is 45 minutes long and is broken down into warm up using games, such as dodge ball, tag or running. We find the games engage the kids and they quickly form a bond, friendships and most importantly team spirit. After warm up comes techniques, with many of our advanced class assisting the younger students on the pads and demonstrating and inspiring the beginners to what they can achieve.

Advanced children's class is by invite only and the coaches will trial each new admission giving them 10 sessions to see if they are ready to be moved up. The advanced class is more focused than the beginners class and a lot of the students compete at interclubs and a select few make up the first team with them competing in open competitions and even high end fight shows such as SuperFight Series.

## Adults & Juniors (12yrs+)

Have a variety of classes every day other than Friday (closed). All of our beginner and intermediate classes are busy and led by our head coach Amir. His warm ups are legendary and after you will be taught the technical skills of K1 and Muay Thai by one of the most internationally renowned coaches. Thursday and Sunday we have MMA classes which are open for all levels as the class is divided into skill sets and several instructors ensure that the grappling aspect of MMA is performed correctly and safely, again this is for juniors and adults. Saturday we have a Muay Thai and K1 classes that is great for all levels of fitness and quite often will be finished with a sparring session, this class is for those who wish to develop their skills.

Sunday's at 12.45 Lucy Smith teaches our Muay Thai class. Lucy is a director of Storm Gym and originally designed our Dojo and gym area. She is passionate about fitness and can often be seen training in the gym, trying out new exercises and likes to deliver a fun and dynamic class. Lucy came back to coaching on a regular basis at the beginning of the year and we have seen her class grow and is a fantastic starter class for those slightly nervous. Lucy likes to join in the warm up and really get involved in the class as well as teach, and if you are nervous about sparring then this is the class for you as Lucy will end the class with a short one & two step session to introduce the concept of sparring if she or you feel ready, if not you won't be able to get away with watching, she'll have you doing some strength and conditioning exercises!



We also offer gym circuits classes on a Tuesday and Thursday in the gym area, alongside our regular gym members with Natalie. Last but by no means least is our exclusive ladies only kickboxing fitness class on Sunday sectioned off with notices in the Dojo area of our gym. This class is taught by Anne Marie and Natalie, the pair of them ensure that all the ladies are put through the works with a 20-30 minute warm up and the remainder of the class is martial arts based fitness.

We also offer gym circuits classes on a Tuesday and Thursday in the gym area, alongside our regular gym members with Natalie. Last but by no means least is our exclusive ladies only kickboxing fitness class on Sunday sectioned off with notices in the Dojo area of our gym. This class is taught by Anne Marie and Natalie, the pair of them ensure that all the ladies are put through the works with a 20-30 minute warm up and the remainder of the class is martial arts based fitness.

## What happened in March?

In March Amir hosted SuperFightSeries at York Hall, Bethnal Green, true to SuperFight Series nature it was an action packed show, with our own Roma Patsalides from the children's first team opening up the show. This little girl is only 10 years old and it was such a huge stage for her to perform on, but she was composed and calm, listened to her coaches Amir and her dad Aiden and delivered the performance of her lifetime and won by unanimous decision and is now the proud owner of yet another title, WKO British Champion. We are very proud of Roma and her opponent Rylee from Knowsley academy was a worthy opponent. After their bout they spent the rest of the evening playing and have declared that they are going to have sleepovers and help each other prepare for each other fights.



Next up was Antony War Machine Okoli who had said in his pre-fight interview that he was going to win his fight by a stoppage in the first round, and yes he did with a flying knee! He is not called War Machine for the sake of it!



## Amateur Kings

Sunday 22nd April Aiden and Amir will be hosting the fourth Amateur Kings at the Chiltern Hotel in our home town of Luton. This show is always a sell out and we still have a few tickets remaining at £20.00 each which are available at Storm Gym. We have many of our fighters from the kids fighters team competing and many for a title including an European title. It is a show not to be missed and if you have never been to a fight show, this show is definitely a great introduction.



Coming up....

On 12th May we will be hosting our first ever female only interclub, this is a new venture for us and we are very excited to be hosting this together with Safari Kick Boxing. If your interested in competing in a female only environment please contact your instructor or Storm Gym reception.

*Storm Gym*

Follow us on  
[@stormgymuk](#)

