

Students achieve Black Belt



Two year 12 students at Feversham have achieved their senior black belt in Ju Jitsu.

Ju Jitsu is based on the principle of using an aggressor's energy to their own disadvantage. It gives students the opportunity to develop their fitness in addition to teaching them a form of self-defense where they use throws, joint locks and strikes to fend off an aggressor. It can improve a student's strength and flexibility as well as their self-esteem and confidence.

Saima and Zoya, both in year 12, have had an interest in martial arts since they were young. Over the last 5 years they have attended weekly after-school classes held at Feversham and have gradually progressed from a white belt to the black belt they achieved recently. They have also attained other qualifications during this journey such as the level 1 and 2 coaching qualifications.

On Saturday 13th December they finally achieved their black belts and acquired the title of 'Sensei', which means teacher in Japanese. The grading was attended by representatives from West Yorkshire sport and Sport England, including Sensei Martin Dixon and Sheila Dixon of the British Ju Jitsu Association.

"Feversham has given me the opportunity to pursue one of my goals, which was to learn a martial art." Saima, year 12 student.

Ju Jitsu coaching still takes place at Feversham on a weekly basis for students in all year groups who want to follow in the footsteps of Saima and Zoya.

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