



Flips & Kicks Gazette

www.flipsandkicksplus.com

Winter Camp at BSB Shunyi

Staying in Beijing over the Winter holidays?...

This winter holiday Flips & Kicks will be putting on a sports camp at British School of Beijing, Shunyi campus.

Participants will have the opportunity to try out a number of different sports including Martial arts, Gymnastics, ball sports and many more.

Our specialist coaches and foreign group coaches will ensure that your child's experience is both **safe** and fun.

For more information please check our website or contact us directly;

www.flipsandkicksplus.com
info@flipsandkicksplus.com

Tel:
Coach Kai: 15810686744
Coach Fred: 18311462632

Karate Growing Rapidly



Big congratulations to all the Children from ISB and BSB that took their red Belt grading earlier this term. They all performed far beyond expectations.

Flips and Kicks are looking into expanding the Karate program to WAB next term.

If interested please drop coach Fred an email.

info@flipsandkicksplus.com

Competition Season



Photo by Riann Caban

We kicked off the competition season by putting on the first ever Flips & Kicks Plus - Fall Invitational on November 17th.

This was not only the largest competition we have organized to date, it was also the first time we have had an outside team come to participate at one of our meets. In total 28 girls, representing Western Academy Beijing and Flips and Kicks Plus, were in attendance.

"It's so nice to see all of the girl's hard work pay-off!" Said one proud mum after the competition.

A great experience in its self, the meet also doubled as a practice for a much larger competition held on November 30th and December 1st at the Shrewsbury International School Bannok.

The meet took place over 2 days to accommodate the 360 boys and girls in attendance. It was a great experience for all involved to compete at such a big meet with teams representing schools from Thailand, Singapore, Philippines, Malaysia and China in levels 1 right the way through to level 6. Congratulations to all the girls representing WAB and F&K Plus! They all did so well performing under the pressures of a big international competition.

It was really inspirational to see such a high level of gymnastics in Southeast Asia. Hopefully this will further motivate our girls to keep improving and go back even stronger next year! Huge thank yous to all the parent volunteers that put in so much hard work in organizing the Fall Invitational. Another massive thank you to the parents of children that went to the Bangkok meet for organizing and funding the trip.



Photo by Riann Caban

On the fun note



Coach Fredrik's karate background helped him get picked for the stunt team of the movie Outcast, starring Nicholas Cage and Hayden Christianson.

The movie was filmed in Tianjin and Hebei province and was directed by Nick Powell, known for movies such as the Last Samurai, Braveheart and Born Identity.

Keep your eyes peeled for a short guy getting shot with lots of arrows.

Schedule change for next term

Next term will see some changes to our usual schedules at BSB Sanlitun and WAB.

Our 3&4 year olds class at **British School Sanlitun** will now run for 45min instead of half an hour. We will be able to fit in a lot more with the extra 15 minutes.

BSB SLT SCHEDULE 2014

Age / Level	Time
3 & 4	16:00-16:45
5 & 6	16:45-17:30
7+	17:30-18:30

Looking for Sponsors

We are looking for company sponsorship.

If your company is interested in reaching out to our ever growing expatriate client-base drop us an email.