



JULY 2008

Your monthly magazine from the Catapult Club

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Don't Miss Out!



The next Life Launcher takes place from 19th to 22nd September 2008. For more details please visit our website:

the Catapult Club

"My expectations were nowhere near high enough! Every woman deserves to experience the Life Launcher."

Dear Reader,

Welcome to the July issue of *the Curiosity*. We wish we could say it was the summer issue but summer seems to have gone away on holiday. In this drizzly gloom it can be tricky to keep the spirits up. Check out Delicious Dozen below for amazing ways to make your summer shine.

As promised, this month we take an in-depth look at the unique self-defence system taught on the Life Launcher experience. This system will soon be taught in a range of one-day courses taking place near London. The dates and locations will be confirmed shortly. In the meantime we've provided you with some simple advice on how to keep yourself safe in our feature Best Defence.

As always, we've included a superb cocktail recipe. This month we introduce "Sophisticated Summer", a mouthwatering combination of pomegranate juice and raspberry vodka.

And just to finish on a high note, some meteorologists are forecasting a scorching September.

Best wishes,

Emelie & Louise

Quick link to our website...
<http://www.thecatapultclub.com>

Best Defence

In the article below, the Catapult Club Way, we describe the incredible self-defence system taught at our empowerment experiences. But for those who don't have the opportunity to attend one of our courses here is some basic advice on staying safe.

The most important thing is to protect your personal space. Don't worry about being polite or causing offence. If someone gets too close and you don't like it, take a step back and tell them to move away.

Sometimes there's no time to put space between yourself and your assailant. You have no choice but to physically defend yourself. Here are some things to remember:

- Aim for the vulnerable areas: eyes, groin, throat.
- Strike with the open palm - Unless you have a very strong punch it is best avoided as you risk breaking the tiny bones in your hand.
- Use your voice as a weapon - Screaming will help attract attention, it may unnerve an attacker and will add impetus to your strikes.
- Use your knee - One of your most powerful weapons, it can cause severe damage to the groin and when aimed at the outer thigh it will leave the assailant with a "dead-leg".
- Never forget that you are looking for a way to make a safe escape.



the Catapult Club Way

Self-defence training is really important to us at the Catapult Club. We teach a unique system that anyone can learn in a few hours. Soon we will be teaching self-defence and assertiveness skills in a range of one-day courses near London. DATES AND LOCATIONS TO BE ANNOUNCED SOON!

Our training is based on the simple fact that fear has a huge physical effect on people. A rush of adrenalin is an instinctive reaction to stress. It is your body's natural self-defence system, designed to help you fight harder and run faster. But this rush of hormones can have a disabling effect, causing you to freeze or become "paralysed" with fear.

The key to defending and asserting yourself successfully is being able to harness all that adrenalin. At the Catapult Club we train you how to do this by teaching simple defence techniques alongside a series of stress-inducing scenarios to build up your adrenalin level.

You learn whilst you are adrenalinised, replicating real life fear in a safe environment. After a few hours you will have reconditioned your negative fear and freeze response into a positive response of amazing strength and power.

Being able to defend yourself when faced with danger is not the sole benefit of this training. By learning a new response to stressful situations you will become more assertive in other areas of your life. True self-defence is really the most empowering skill you can acquire.



'By learning a new response to stressful situations you will become more assertive in other areas of your life.'

the Catapult Club Cocktail of the Month

"Sophisticated Summer"

1 measure triple sec
1 measure raspberry vodka
2 measures pomegranate juice
1 teaspoon caster sugar
Fresh juice from half a lime
Some fresh raspberries to serve

Shake all the ingredients, apart from the raspberries, with some ice. Pop the raspberries into a martini glass and fill with strained cocktail and serve.



Delicious Dozen: 12 Ways to Make this Month Magic

1. An excuse to wear a hat! Go for a night out at the races. Royal Windsor Racecourse is now open every Monday evening. Ladies Night is on 28th July.
2. Go to the Proms. This is the 114th year of this very British tradition. You can join in the experience for free on the 20th July at the Royal Festival Hall.
3. Be at one with the sea. Go snorkelling (yes - in the UK!). One highly recommended site is in Kimmeridge Bay, Dorset: a 400 yard marine trail where you can see a variety of fish including wrasse, pollock and blennies.

4. **Scare yourself silly.** Watch *The Exorcist* (and many other non-horror films) at Somerset House, London. From 31st July to 9th August Film4 host their annual outdoor cinema. Arrive early to soak up the atmosphere and bag a good spot for your blanket.
5. **Eat al fresco.** The weather might be rubbish but as long as you're wrapped up warm (and have an umbrella!) you can make the most of summer. Whenever you can, get the barbecue on in the garden or pack a picnic to eat in a local park. At lunchtimes grab your sandwich and eat it outside.
6. **Drink beer and cider.** Summer is great for festivals, and not just music festivals. Cool down with some local brews at one of the many Beer and Cider Festivals taking place all over the UK.
7. **Read *The Five People You Meet in Heaven* by Mitch Albom.**
8. **Go camping.** A cheap way to experience the great outdoors and retreat from the stresses of daily life. Going without your creature comforts for a few days is totally invigorating. Visit www.coolcamping.co.uk to buy their excellent guides to the coolest campsites in Britain.
9. **Do something good.** Find out about volunteering for a charity that interests you. Discover local opportunities at www.do-it.org.uk
10. **Learn to juggle.** It will not only impress your friends, but it's a great exercise for using both sides of your brain.
11. **Write a list!** Write a list of ten things you used to enjoy doing, but for whatever reason, haven't for a while. (Skimming stones, building sandcastles, climbing trees, dancing, drawing etc). Pick one and make a promise to yourself to do it in the next month.
12. **Cook something completely different.** Make a mess in the kitchen and create something totally extravagant and exotic.

Thank you for reading *the Curiosity*. It's written with you in mind, so we welcome your feedback. Email info@thecatapultclub.com and let us know what you think.

To make sure you receive the next issue please add info@thecatapultclub.com to your address book.

Enjoy the month of July!