

Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 11, May 2015

Welcome to the latest edition of the newsletter for members of Frontline Martial Arts and Alveston Mighty Mites, past and present.



If you use Facebook and would like to keep up-to-date between newsletters, you might like to join one (or both!) of our Facebook groups, for club news and martial arts tips. Join us at [Frontline Martial Arts](#) and [Mighty Mites - Martial Arts for under 10's](#).

New Members

Firstly, I would like to welcome Martin to Frontline Martial Arts and Josh, Alfie and Sam to the Alveston Mighty Mites. I would also like to welcome back Sam and Megan, after their trip around the World!

Kup grading –19th April

Congratulations to everyone who took part in the coloured belt grading on 19th April. Special mention goes to all of the new Mighty Mites, who took their very first grading. The standard and the enthusiasm were exceptionally high, from everyone.

Special congratulations to Devan Curtis, on receiving the Mighty Mites “Star Performer” award, this time around, although it was tough to choose between so many outstanding performances.



Marlwood School

Master Evans has recently been running a series of sessions, at the invitation of the Physical Education department, at Marlwood School in Alveston.

The school offers year 11 students some extra PE options, alongside the standard “in-house” PE choices. These sessions have been run in 4 week blocks, with 2 sets concentrating on sport martial arts and the other 2 training in self-defence techniques.

The students all seemed to enjoy themselves, most throwing themselves into it with a lot of enthusiasm, despite it being a new experience to most of them.

It was certainly a positive experience for me and one I hope to repeat, should I be invited back for the next academic year.



School Talent Show

Laura and Rose Evans recently showed off their martial arts skills in the “St Helen’s Got Talent” show final, after impressing the judges in the preliminary rounds. Their routine involved an array of blocks, strikes and kicks, performed to the “Enter The Dragon” theme tune.

When all of the acts had performed, another of our members, Millie Cole, was announced as the winner, having showcased her footwork with her tap dancing skills.

Congratulations to all. I’m not sure I would have been able to perform that well in front of a large audience at their age.



Guest Instructor

On a regular basis, Frontline Martial Arts try to invite guest instructors, from different styles of martial arts, to run a session on the basics of their training style. Previously, we have had instructors from Wado-Ryu Karate, Aikido and Wing Chun Kung-Fu run an introductory seminar for us.

This time around, I have arranged for Renshi Trevor King (5th dan), of Maru Jiu Jitsu, to come along and teach us some of the basics of Jiu Jitsu and Judo. I am looking to run this in early July, after the school exam period.

Black Belt Grading

We are looking to arrange a black belt grading later in the year, for those who will be eligible.

Following the recent coloured belt grading, we will be starting to separate the classes, allowing the black belt candidates chance to practice their techniques.

“In-House” Competition

After seeing the enthusiasm toward sparring, especially from the new Mighty Mites, I am hoping to arrange an “in-house” competition, just between ourselves, later in the year. This will be run using both the WTF “Olympic” style rules and semi-contact “freestyle” rules. The hope is to give everyone a friendly environment in which to introduce them to the competition arena, to see if they enjoy it, before entering national competitions.

Please let me know if you are interested in taking part and I will arrange a date for this. I will also start gearing up the training towards competition style training.

Self-Defence Seminar

We are looking to arrange a session dedicated purely to street-style self-defence, at some point.

Some of our instructors are either security professionals or are former military, so are amply qualified to coach effective self-defence.

I'm hoping to arrange this for later in the year.



Goodbye

Sadly, we have to say goodbye to Andrew, Helen, Megan and Hannah Day, as they move to Oxfordshire where Andrew will take up a new head teacher's post.

Long-term injury forced Andrew to give up training a little while ago but Megan joined the team of black belts in December 2012, and coaches the Mighty Mites classes. Megan will be remaining in Bristol for a while longer but, as her "A" Level exams take place in May and June, we will be seeing less of her at training. She will then be off to university, in September.

The Mighty Mites class, especially, will miss her.

Summer Holidays

I would like to remind everyone that Frontline Martial Arts and the Alveston Mighty Mites continue to train throughout the school summer holidays. Classes will run as normal.

Best wishes

Simon