

# Frontline



Newsletter for Frontline Martial Arts

Issue 13, February 2016

## New Members

Frontline Martial Arts would like to take the opportunity to welcome all of the new members. Welcome to Danni to the adults class; Tom and Abi to the Juniors; and Isaac to the Mighty Mites.

Welcome also to Nico, Niels, Finn, Timo, Rafa, Fabio, Mellisa, Alex, Joah, Henry and Sean to the Ninja Niños.

All of the instructors at Frontline Martial Arts hope you continue to enjoy yourselves and that you keep the enthusiasm you've all shown towards your training.

## Mites to Saturdays

The Mighty Mites class has had to move to Saturday afternoons, from its original Friday evening slot. Unfortunately, it has not been possible to accommodate all of the Mites so, sadly, we have had to say goodbye to Isaac Freeman, who was the Mites "star performer" at the last grading. We are sad to lose him.

## Ninja Niños

On Saturday 30<sup>th</sup> January, Simon paid a visit to Andy's "Ninja Niños" class in Horfield and was very impressed with their enthusiasm, their attitude and their Ninja skills. He is looking forward to seeing you all again soon.

## Contact Details

Website: [www.frontline-ma.co.uk](http://www.frontline-ma.co.uk)

Email: [info@frontline-ma.co.uk](mailto:info@frontline-ma.co.uk)

Mobile: 07771 692222



Join our Facebook groups:  
[Frontline Martial Arts](#)  
[Mighty Mites - Martial Arts for under 10's](#)

For Ninja Niños

Contact Andy Morris for details of WhatsApp group



## Grant Aid Application

Many thanks to Alveston Parish Council for awarding us grant aid which will allow us to buy extra training mats. Currently, we have 36 mats which have been enough up until now. However, as the number of attendees, particularly in the juniors class, increases this is not enough to enable them to train safely. This grant will help to buy an additional 24 mats, providing us with a 6m x 10m training area for sparring and self-defence training.

## Coaching Qualifications



Simon, Mark and Andy all attended an introductory seminar, with a view to obtaining formal Sports Coaching qualifications. The session was led by the head of the UK Taekwondo Commission, Grand-Master Andrew Davies (9th Dan).

In general, the martial arts have been slow to adopt this type of qualification, due to the reliance on the belt system. However, just because someone has obtained a senior grade and can perform the techniques, it doesn't mean that they can teach / coach to a suitable standard. This qualification will enable us to prove that our instructors are capable coaches, as well as practitioners.

Simon and Andy will be attending the second stage of the coaching assessment process towards the end of February and hope to be formally assessed and qualified shortly after. All instructors will need to be qualified at some point in the near future, in order to teach classes.

### BINGO Evening

On Tuesday 12<sup>th</sup> January, Simon hosted an evening, along with Andy, teaching self-defence techniques to 21 ladies from Alveston village as part of their BINGO (Been In, Now Going Out) series of events. The evening included discussion of the law regarding self-defence, effective strikes, joint manipulations and a lot of good fun and banter. All participants thoroughly enjoyed themselves and left the hall with very big smiles on their faces. I suspect that a number husbands were nursing minor injuries the next morning, having been practiced on, that evening ... :-)

### Thornbury Explorer Scouts

Simon was invited back to Steve's Thornbury Explorer Scouts on 20<sup>th</sup> November, to present an evening of self-defence based training. At one point, however, the self-defence got a bit out of hand, with one of the scouts kicking another in the groin and him retaliating with a BIG right hook. Thankfully, it didn't land ...

### Falfield Brownies

Simon has been invited to give a taster session of martial arts to the 1<sup>st</sup> Falfield Brownie pack on Wednesday 24<sup>th</sup> February. A report will follow in the next newsletter.

**Best wishes**

**Simon**