

# Frontline



Newsletter for Frontline Martial Arts

Issue 14, May 2016

## New Members

Firstly, I would like to take this opportunity to welcome the new members to Frontline Martial Arts.

I would like to welcome Isaac to the Mighty Mites; Cody and Che to the Ninja Niños; Peter, Sidonie and Rhonaugh to the Juniors and Emily to the adults' class. Devan, Ethan, Charlie, Kevin, Joe and Carter have moved up to the Juniors' class from the Mighty Mites.

## Coaching Qualifications

On Sunday 28<sup>th</sup> February, Simon and Andy took part in the second stage of the sports coaching award process, at the headquarters of the UK Taekwondo Commission in Bristol. We now have until the end of October to complete our evidence portfolios, ready for appraisal by independent verifiers and hopefully leading to the formal qualification – something which the majority of martial arts instructors have been slow to adopt.

## First Aid Course / Child Protection Course

Allied to the coaching qualifications, our instructors should ideally be First Aid qualified and have undergone a child protection course. The UK Taekwondo Commission organised a first aid course but not at a time when any of our instructors were able to attend, so I am looking to arrange something independently. I will then be looking to contact South Gloucestershire Council to see if it is possible to arrange a child protection course via them. Please let me know if you are interested in attending either or both.



## Grant Aid / New Mats

Thanks to Alveston Parish Council's grant aid programme, Frontline Martial Arts has been given funding to buy some additional training mats, expanding the matted area to 60m<sup>2</sup>. On Monday 7th March, Alison Peters, chair of the Parish Council, visited us to officially inaugurate the new mats. Once again, many thanks to the council for their help.

## 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

If you use Social Media and would like to keep up-to-date between newsletters, you might like to join one (or all!) of our Facebook or WhatsApp groups, for club news and martial arts tips.



Join us on Facebook at:

[Frontline Martial Arts](#) and/or  
[Mighty Mites - Martial Arts for under 10's](#)

Contact Andy Morris to join the "Ninja Niños" WhatsApp group for Ninja Niños.

### Grading – Alveston

Congratulations to everyone who took part in the coloured belt grading on Sunday 24<sup>th</sup> April, in the Alveston Youth Centre. As always, the standard was extremely high, with some stand-out performances from the juniors, in particular. Everyone really raised their game and showed exactly why they deserved to be wearing new belt colours. I am very proud of you all.



### Grading – Horfield

May saw the first coloured belt grading held for the Ninja Niños in Horfield, throughout the month. The first of the youngsters are now sporting new belt colours. Many congratulations to all of them.

### New Saturday Arrangements (Alveston)

Due to the popularity of the under 15's class, we have now opened a second class for the same age group, immediately after the Mighty Mites class on a Saturday afternoon. This allows us to specialise a little more in each session. The new class will concentrate mainly on the more physical elements – competition style training and some Hapkido – with the Monday class concentrating on the more technical aspects of the martial arts. There will, of course, be plenty of cross-over, so no-one will miss out.

The Mighty Mites class now runs from 12:45pm to 1:30pm, with the new class following on at 1:30pm. The new class will run until 2:15pm in the weeks when the dance school need the hall in the afternoon, and until 2:30pm when they don't. These times will allow us to set up and pack away the mats without impinging on the dancers' hire times.

Thanks for all your support through all this change.

### Falfield Brownies

On Wednesday 24<sup>th</sup> February, Simon and Laura visited the 1<sup>st</sup> Falfield Brownie pack, to give them a “taster session” in martial arts training. The session involved some basic warm-ups and kicks, followed by some free sparring and finished with some basic self-defence techniques. All involved thoroughly enjoyed themselves, with Brown Owl (Jane) quoted as saying “A big thank you to you and your daughter for a brilliant evening. We have some very shy girls and it was great seeing them take part and hearing them shout ☺”.



### Ninja Niños

On 19<sup>th</sup> March, Simon did a guest instructor spot at the Ninja Niños class in Horfield. The enthusiasm was fantastic and they all seemed to really enjoy sparring with Simon. They are all a credit to Andy’s teaching.



### Travelling Ted

Following in the footsteps (hoof / paw-steps ?) of Harry the Horse and Banana Bear at Mighty Mites, the Ninja Niños were joined by Travelling Ted for a class. He was keeping tight-lipped but we think he enjoyed the class ... ☺

### Guest Instructor

We have twice had to cancel a proposed guest instructor recently. I would like to re-arrange this session soon as I firmly believe that exposure to other styles of martial arts can only benefit our training. I have agreement from a local Jiu Jitsu instructor but, if you would prefer a different style (we have previously had Aikido and Wing Chun Kung Fu instructors in), let me know and I will see what can be arranged.

Best wishes

Simon