

# Frontline



Newsletter for Frontline Martial Arts

Issue 15, October 2016

## New Members

As is usual, I would first like to welcome all of the new members, who have joined us over the past few months.

Welcome to Annabelle, Alex and Callum to the Alveston Juniors class and Ché and Cody to the Ninja Niños. The coaching team hope you all enjoy your training.

## Mighty Mites

The Mighty Mites class is moving back to it's original time and venue, from November.

As many of you know, I had to change the time and venue of this class when I started a new job. However, I now have an agreement with my boss which frees me up to run the class at it's original time. So, from November 4<sup>th</sup>, we will be back in the Alveston Jubilee Hall on Friday evenings: 4:30 – 5:15pm.

There will be one other minor change, in that the class will now run term-time only.

## Juniors Class

The Monday Juniors class continues to grow, with classes regularly having 13 - 16 members training. In fact, I may need to start operating a waiting list for this class, quite soon ! Many thanks to all who train regularly, you're a great group to teach. I hope you're enjoying it as much as I am.

However, with the Mighty Mites moving back to Fridays, the Saturday Juniors class will be ending after October.

## New Class

Following the success of his Ninja Niños class, some of the parents have asked Andy Morris to run a class for the adults. The Grandes Ninjas class is now running on Wednesday evenings (term time only) in Horfield. Contact Andy for details of either class.

## Coaching Videos

Andy and I are currently looking to gain formal sports coaching qualifications. As part of this, we need to provide evidence of our coaching abilities, in video format. So, for the next few weeks, we will need to film our classes. These videos will only be viewed by the coaching assessors. However, if there are no objections, extracts may be used to create promotional videos to post onto social media. Please let us know if you do not wish to yourself / your children on these videos and they will be edited accordingly.

## Ladies Self-Defence

Following recent events in the village, I was looking to run a short series of self-defence classes, specifically for the ladies, during October. However, this has had to be cancelled due to a lack of demand. If there are enough people interested in a possible one-off session, please let me know and I will look into hosting it. My apologies to those who have already booked places, I will obviously refund your fees.

## Contact Details

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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 WhatsApp group for Ninja Niños and Grandes Ninjas.



### **Weapons Training**

We have started to introduce a small amount of weapons training to some of the Alveston classes. Many of the “empty hand” techniques stem from weapons training. It also harks back to the traditional side of the martial arts. There will be no “live” bladed weapons involved, only the 4’ staff, the short stick and the wooden sword. We are also starting to introduce more knife defence too, using safe training (plastic) knives.

### **Alveston Community Show**

We were invited to perform at this year’s Alveston Community Show but, due to a combination of elements, we were unable to do so this time around. Should we be invited to perform again, I will ensure that we are ready to do so, as it is a great local event and I would like us to support it as much as we can.

### **Alveston Guides**

I was invited to host a Self-Defence session for the Alveston Guides, on September 22<sup>nd</sup>. Due to recent events in the village, where strangers have approached some of the young girls, the group leader was keen to have the Guides learn a little basic self-defence. They all threw themselves (and me ! ) into it enthusiastically ... loudly, too !



### **Falfield Scouts / Thornbury Brownies**

In a similar vein, I have also been invited to run introductory martial arts “taster” sessions for the 1st Falfield Scouts and the 5th Thornbury Brownies. Reports from these sessions will appear in the next newsletter.

### **First Aid Qualification**

Andy completed a course in Paediatric First Aid, on 20th August and I am due to take a First Aid course on 12th October. This will mean that all of our current team of black belts will then hold first aid qualification as Mark, Mike and Steve are already qualified.

### **DBS Clearance**

The Disclosure and Barring Service (DBS) is a government service which checks coaches, teachers and instructors who regularly deal with children, to ensure that they have no criminal records. It allows parents to be confident that their children are being taught in a safe and protective environment. All of the current team of black belts at Frontline Martial Arts now hold current DBS clearance, for teaching people of all ages.

### **Grading – Alveston**

The next coloured belt grading in Alveston will take place on Saturday October 29<sup>th</sup>, in the Youth Centre. The format will be slightly different in that the timeslot is shorter (2 hours), so the pre-grading practice hour will not take place. Grading begins promptly at 12:45 pm.

### **Sport Martial Arts - I**

Our national governing body - UK Chung Do Kwan Taekwondo - are hosting their national championships in Keynsham, Bristol in February or March next year, the date is yet to be confirmed. Please let me know if you would like to compete and we will adjust the training accordingly.

### **Sport Martial Arts - II**

Some people have asked about the possibility of expanding our sports style training, to include Freestyle, Boxing and Kickboxing. We do a little of this, as part of our usual training but to introduce it more into our current schedule would start to detract from the Taekwondo core elements. Therefore, if we want to introduce more of this particular sport style, it would need to be in another, separate session. Would there be enough demand for this ? Please let me know if you would be interested or know people who would.

We have the expertise within our coaching team – Andy is a former freestyle competitor, Mark has trained in boxing and I have trained in kickboxing over the years. On top of this, Des has taught, trained and competed in kickboxing and Dave is an ABA qualified boxing coach, if we can tempt them back to training ...

### **And Finally ...**

Andy Morris's wife, Lucero, runs a Spanish language theatre company "Grupo Mamarracho", which recently put on a very successful performance of "Nieveland" (a continuation of the "Frozen" story) at the Redgrave Theatre, in Bristol.



Many of the local secondary schools teach Spanish in their curriculum and this is an excellent way to try out your skills. If anyone is interested in any of their future performances, please let Andy, Lu or myself know and we will keep you up-to-date with the group's calendar.

**Best wishes**

**Simon**