

# Frontline



Newsletter for Frontline Martial Arts

Issue 16, December 2016

## New Members

As is traditional, I would first like to welcome the new members who have joined us over the past months. So, I would like to welcome Jack to the Mighty Mites, Tom and Neave to the Ninja Niños, and Abby to the Junior class. I hope you enjoy your time.

I would also like to welcome Josh, Charlie and Kyle back to the Mighty Mites. It's great to see you back again.

## Falfield Scouts

Continuing with a series of classes for local community groups, Simon was invited to put on a lesson for the 1<sup>st</sup> Falfield Scout Troop, on 5<sup>th</sup> October. The session introduced basic kicks, blocks and strikes, combined with some free-sparring and a small amount of arm locks and self-defence techniques. The scouts (and their troop leader) all enjoyed themselves, ending the session with very big smiles on their faces.

## Thornbury Brownies

On 12<sup>th</sup> October, Simon was invited to give an introductory session on basic martial arts to a very enthusiastic group from the 5<sup>th</sup> Thornbury Brownie pack. The Brownies were very keen to join in and all thoroughly enjoyed themselves. They were a great group to work with.



## Alveston Grading

Congratulations to all who took part in the most recent coloured belt grading in Alveston on 29<sup>th</sup> October. Everyone raised their game on the day, with some truly outstanding performances.

## 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: 07771692222



Join us on Facebook at:

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

For **Ninja Niños** and **Grandes Ninjas** in Horfield, contact Andy Morris:

Email: [andrewpmorris2@hotmail.com](mailto:andrewpmorris2@hotmail.com)

Mobile: 07758212976

WhatsApp: contact Andy to join the group

## Mighty Mites

The Alveston Mighty Mites class has moved back to its original timeslot and venue, at 4:30 – 5:15pm on Friday evenings at the Jubilee Hall.

The hall is much better suited to this class and it was great to welcome back so many youngsters who were unable to make it to the Saturday classes.



## UKCDKT championships

The UK Chung Do Kwan Taekwondo Open Championships will be taking place in Keynsham Leisure Centre, Bristol, on Saturday 18<sup>th</sup> February 2017.

The sparring that we do in our classes is geared more towards practical martial arts, rather than modern day Sport Taekwondo but it promises to be a good event, if you would like to go along. Who knows, some of you might get the competition bug and we can train you up for the next competition...

## Updated Grading Syllabus

The coloured belt grading syllabus has been updated, to formally include some Hapkido techniques alongside the standard Taekwondo. The new syllabus is available to view on the Frontline Martial Arts website (<http://www.frontline-ma.co.uk/syllabus.html>). The next grading will be conducted under the new syllabus.



## Youth Centre Open Day

The Alveston Youth Centre Management Committee is hosting an Open Day on Sunday 15<sup>th</sup> January 2017, where all users of the centre can highlight their activities. We have been asked if we can either put on a static display or some kind of demonstration. Please let me know if you are able to attend. It will only be for approximately an hour.

## Progress Reports

I am toying with the idea of producing individual progress reports for the Mites and, possibly, the juniors. It would emphasise the progress each person is making and what needs to be worked on for the next stage. Is this something that would be useful or do you think it's unnecessary?

**Black Belt grading**

We have not held a Black Belt grading since August 2014 and, as we have a number of people at red belt grade, I am looking to organise some specialist training and a grading sometime in the New Year.

**The New Year**

Training resumes, after the Christmas break, on Monday 9<sup>th</sup> January for the Juniors and Adults.

The Ninja Niños re-start on Saturday 7<sup>th</sup> January and the Mighty Mites start back on Friday 13<sup>th</sup> January.

I hope you all have a great Christmas and look forward to seeing you all in the New Year, to work off all of the extra weight you put on over the holidays ☺.



**Best wishes**  
**Simon**