

Frontline



Newsletter for Frontline Martial Arts

Issue 17, April 2017

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 Marcus, to the Mighty Mites and Hugo, to the Ninja Niños. The team at Frontline Martial Arts hope you enjoy your training.

Youth Centre Open Day

The Alveston Youth Centre management committee held an Open Day on 15th January. The event was a showcase for all of the groups which hire the Youth Centre or the Jubilee Hall. We were invited to have a stall at the event and to give a demonstration for the visitors.

I would like to say a big thank you to all those members who attended. The demonstration was very well received and the event has generated a few enquiries.

Contact Details

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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

Mobile: 07758212976

WhatsApp: contact Andy to join the group



Instructors' AGM

In order to conform to current coaching standards, the team of instructors are obliged to hold regular AGMs, to discuss current issues and suggest ways forward. This meeting was held in January. Details will be published on the club website.

Cross-over Class

Following the coloured belt grading, at Alveston, the first half hour of the adults' class on a Monday will be open to the junior red belts to allow them some extra practice for their black belt grading. The last hour of the class will revert back to adults-only, as their training emphasis is different and, at times, unsuitable to the juniors.

Gradings

Alveston

Congratulations to all those who took part in the coloured belt grading, in Alveston, on 19th March. There were some really stand-out performances, including three who are now closing in on a black belt grading.

Everyone was focussed and performed superbly. I was really proud of you all.



Horfield

Congratulations also to all the Ninja Niños, after their grading on 1st April.

Some excellent performances were on show and Andy was so impressed by the amount of effort and practice put in by all of you – parents and kids alike. He's a very proud instructor.



Black Belt Grading

I am looking to hold a Black Belt grading around June / July. As we now have a number of people who will be eligible to grade at that time, we will start to gear up the training towards that.

A black belt is the recognised standard by which any martial artist is measured and, as such, is not something that is given lightly. You will be expected to earn the grade !!!

Weapons Work

January saw the first of a series of classes dedicated to weapons work, with the Junior class training with the 4' staff and the sword. The point of these sessions is not primarily to teach how to use a weapon but to show how many of the empty hand techniques stem from the use of weapons in battle, originally.

Self-Defence Sessions

Master Mark James has recently been running a series of self-defence / close-quarters combat sessions for the adults' class.

As Taekwondo stylists, we tend to emphasise our kicking but, often, we don't get the chance to use our feet in a real world situation. These sessions were geared towards alternative techniques and tactics.

UKCDKT Competition

On Saturday 18th February, UK Chung Do Kwan Taekwondo held its 9th annual invitational championships, in Keynsham, Bristol. Although we had no fighters this year, Simon was asked to officiate, running one of the WTF style competition rings.

There were some good fighters showcasing their skills and a great atmosphere all round. If anyone fancies giving tournament fighting a go, this is a good event to enter, to give you a flavour of competition.



Best wishes

Simon