

Frontline



Newsletter for Frontline Martial Arts

Issue 20, February 2018

New Members

As is usual, I would like to start by welcoming the new members to frontline Martial Arts. Welcome to Amelie, Elena and Yasmin to the Juniors class and Dakota and Dexter to the Mighty Mites. Welcome also to Steve, to the adults class. I would especially like to welcome back Andy to the adults class, after a few years out.

Moving Up

Rose, Isaac and Sam have also "moved up" to the Juniors class, from the Mighty Mites.

New to the Team



Welcome to Andy McGrath to the team of black belts at Frontline Martial Arts. Andy holds a 2nd Dan black belt in Tang Soo Do and 1st Dan in Yun Jung Do (a variation on Taekwondo).

Andy has a wealth of martial arts experience, having been a World Tang Soo Do Championship silver medallist and a forms competitor. He also holds grades in various other martial styles, particularly

Karate, Kung Fu and Krav Maga. His experience greatly adds to our pool of knowledge.

Ninja Niños Competition

On Saturday 9th December, Andy Morris held an in-house competition, to give the Ninja Niños and some of the Mighty Mites an introduction to competitive sport Taekwondo. The atmosphere was excellent and the enthusiasm from the youngsters was superb. Many thanks to Andy for organising the event, and congratulations to Henri on winning gold, Ruben (silver) and Fabio (bronze).



Contact Details

For **Mighty Mites** and **Alveston Juniors/Adults**, contact Simon Evans:

Email: info@frontline-ma.co.uk

Mobile: 07771 692222

www.frontline-ma.co.uk



Join us on Facebook at:
"Frontline Martial Arts" and/or
"Mighty Mites - Martial Arts for under 10's"

For **Ninja Niños** in Horfield, contact Andy Morris:

Email: andrewpmorris2@hotmail.com

Mobile: 07758212976

WhatsApp: contact Andy to join the group

Diary Dates

Sun 4 th March	UK Chung Do Kwan Open Tournament
Sat 16 th March	Ninja Niños coloured belt grading
Sun 25 th March	Alveston coloured belt grading (1pm-4pm)
Sun 6 th May	Kids competition, Alveston (1pm-4pm)
Sun 23 rd Sept	Black Belt grading, Alveston (1pm-4pm)

Brownies and Scouts sessions

On Wednesday 7th February, Simon hosted a martial arts session for the 1st Falfield & Stone Brownie pack, with Rose and Laura's help, giving them a mixed session of sports style Taekwondo and some Hapkido based self-defence.

We have held this kind of session for the Falfield Brownies before and it was a real pleasure to be invited back. All the girls applied themselves brilliantly and with big smiles on their faces. Some of them could well be potential black belts in the making!



Simon will also be hosting a similar session for the 1st Falfield Scouts, on Wednesday 28th February. A review will appear in the next newsletter. This will be the third time that we have been invited put on this kind of session for the scouts. It is a real endorsement of the way we present ourselves and the training we offer, to receive repeat invitations.

Coaching Qualifications

For the next few months, I will need to video a number of the classes in order to provide evidence in support of applications for formal sports coaching qualifications for some of our instructors. These videos will not be used for any other purposes.

Please let me know if you object to yourself or your child being included in these videos and they will be edited accordingly.

UPCOMING EVENTS

Coloured Belt Gradings in March

The next coloured belt grading has been provisionally booked for Sunday 25th March in Alveston (1pm-4pm) and on Saturday 16th March for the Ninja Niños in Horfield (usual class times).

UKCDKT Competition on Sunday 4th March

UK Chung Do Kwan Taekwondo will be hosting their annual Invitational National Championships at the Brunel Academy sports centre in Speedwell, Bristol on Sunday 4th March. I have been to this event on a number of occasions and they are usually good, fun events. If anyone is interested in competing at some point in the future, I recommend coming along.

Kids / Juniors Competition on Sunday 6th May

Following the Ninja Niños in-house competition, I would like to host a similar event on Sunday 6th May (1pm-4pm), in the Alveston Youth Centre. The competition will be open to the Ninja Niños, the Mighty Mites and the Juniors. Rules will be both a modified version of World Taekwondo ("Olympic") rules and semi-contact freestyle. Heavy contact to the head will **not** be allowed. As we have enough mats and black belts to officiate, we should be able to have 2 rings running.

Black Belt Grading on Sunday 23rd September

I am provisionally looking to host the next Black Belt grading, in Alveston Youth Centre, on Sunday 23rd September from 1pm- 4pm. This will give us approximately 6 months' preparation time for all the prospective candidates.

Yoga

To complement our standard training, I have spoken to a yoga instructor about the possibility of running a session for us. She is keen to do so and, as our style emphasises balance and flexibility, I think it would be advantageous to us.

The yoga session will be open to club members aged 10 years to adult. I propose to open this session up to any parents / siblings (age 10 years+) etc. who may want to join in, though priority will be given to club members.

Please let me know if you are interested and I will book the session.

Guest Instructor

Some time ago, I contacted a Judo / Jiu Jitsu instructor about him running an introductory session of these styles for us, as a guest instructor. He was keen to do it but, at the time, we didn't have enough people to make it viable. We now have a much larger membership, so I would now like to re-visit this.

I propose to run this as a 1 hour session for the juniors, concentrating on Judo – throws and grappling – then a 2 hour session of Jiu Jitsu for the adults. Date to be confirmed.

A FEW REMINDERS

Training Hall Rules

These rules are to keep you safe and to help you get the most out of your training. They are especially relevant to the childrens' classes but can be applied to all sessions!

- Please be on time.
- Bow when entering and leaving the training hall.
- When you arrive, sit quietly on the red mats and wait for class to start.
- Sit quietly on the red mats when it is not your turn to practice with the instructor.
- Watch and learn.
- Do not practice techniques (particularly kicking) unless the instructor has told you to.
- Do not run around while others are kicking.
- Be courteous to the instructor and fellow students.
- Listen more than you talk.
- Treat the hall and all equipment with respect.
- Disruptive behaviour will not be tolerated.
- Do not use martial arts outside of the training hall unless in self-defence (and then with the least force needed).

Class Times		
Mighty Mites (under 10's)	Fridays 4.30-5.15pm	Alveston Youth Centre
Juniors (ages 10-13)	Mondays 7.15-8.15pm	Alveston Youth Centre
Adults/over 13's	Mondays 8.15-9.45pm	Alveston Youth Centre
Ninja Niños (ages 4-7)	Saturdays 11.00-11.45am	Horfield United Reform Church Hall, Bristol

Best Wishes
Simon