

# Frontline



Newsletter for Frontline Martial Arts

Issue 21, June 2018

## Ten Year Anniversary

This year marks 10 years of training in Alveston. Our first class ran on Tuesday 29<sup>th</sup> September 2008 in the Youth Centre. Ten years later and we are going stronger than ever, providing high quality martial arts training for ages 4 and up. I would like to say a big "thank you" to all of the members and instructors throughout the years.

We are also forging links with other martial arts clubs in the Thornbury area – more on this later in the newsletter.

## New Members

I would like to welcome the new members to Frontline Martial Arts. Welcome to Mike into the Adults' class plus Ava, Zack and Caleb into the Juniors'. Welcome also to James, who has moved up to the Juniors' class from the Mighty Mites.

## Coloured Belt Grading – Alveston

Huge congratulations to everyone who took the coloured belt grading at the end of March. Everyone was on their game and some raised theirs significantly. Well done everyone. Now to maintain that standard...

## Coloured Belt Grading – Horfield

Congratulations also to the Horfield Ninja Niños on their coloured belt grading on Saturday 14<sup>th</sup> April. I have always been impressed with their standards and attitudes, whenever I get to see the Niños in action, and it's good to see their efforts recognised with new belt colours. Keep it up, guys! You are a great credit to Andy's teaching.



## Contact Details

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

Email: [info@frontline-ma.co.uk](mailto:info@frontline-ma.co.uk)

Mobile: 07771 692222

[www.frontline-ma.co.uk](http://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](mailto:andrewpmorris2@hotmail.com)

Mobile: 07758212976

WhatsApp: contact Andy to join the group

## Diary Dates

Fri 13th July	Mighty Mites last class before Summer Shutdown
Sat 14th July	Ninja Niños last class before Summer Shutdown
Mon 30th July	Jiu Jitsu Session
Sun 23 <sup>rd</sup> Sept	Black Belt grading, Alveston (1pm-4pm)
tbc	Coloured Belt grading, Alveston
Sat 29th Sept	Alveston 10th Anniversary

## Class Times

Ninja Niños (ages 4-7)	Saturdays 11.00-11.45am	Horfield United Reform Church Hall, Bristol
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

### Juniors “In-House” Competition

On Sunday 6<sup>th</sup> May we hosted a competition for the Juniors and Mighty Mites in the Alveston Youth Centre. The atmosphere was fantastic and the action was superb. Everyone really threw themselves into it enthusiastically and all produced superb performances, truly displaying all the qualities of the tenets of Taekwondo – Etiquette, Modesty, Perseverance, Self-Control, and Indomitable Spirit.

Congratulations to the medal winners – Kevin, Christian, Isaac and Rose in the “Olympic” style and James and Megan in the semi-contact. Special mention to Evie T for displaying a real battling attitude and for refusing to give up.

If there is enough interest, I will be looking at holding this kind of event on a regular basis.



### Scouts / Cubs

I had an absolutely fantastic session with the 1<sup>st</sup> Falfield scouts on the 28<sup>th</sup> February. From all the responses from the parents and leaders, the scouts thoroughly enjoyed it too. On the back of this, their cub scouts leader asked me to run a similar session for them. This session took place on 1<sup>st</sup> May with, again, some really enthusiastic youngsters. Many thanks to Craig and Joe for “volunteering” to allow me to demonstrate on them on both occasions!

On 20<sup>th</sup> April, I was also asked to put on a session of self-defence for the 2<sup>nd</sup> Alveston scouts. Again, the scouts seemed to really enjoy the session and really threw themselves (and their training partners) into it! It was also good to see so many familiar faces, as many of the scouts were current or former members of Frontline Martial Arts. Thanks to James and Sam for being my “willing” victims, this time...



### UKCDKT Invitational Championships

On Sunday 4<sup>th</sup> March, UK Chung Do Kwan Taekwondo held their national Invitational Championships in the City of Bristol College campus at Speedwell, Bristol. Master Mark James attended on our behalf and met up with a number of the senior Grand-Masters in our governing body.

Mark assures me that, much as the standard was good, it was no higher than the standard we train to week-in week-out. If anyone is interested in competing in next year’s championships, please let me know and I will steer some of our training towards competition.

## **Thornbury Area Martial Arts – new Facebook page**

Some time back, I contacted a number of instructors of other martial arts styles who are based in Thornbury and the surrounding villages. These are all people who share our training ethos and do not run their schools in order to make money from their students. This was in order to forge relationships, share knowledge and experience, encourage co-operation and to promote martial arts training as a whole.



To this end, I have created a new Facebook page “Thornbury Area Martial Arts”, to allow all of our schools to promote their events, share relevant articles, discuss the martial arts in general and to advertise their clubs. It can also act as a public-facing forum, to promote all of our schools.

Anyone can post articles and comments but I retain the right to censor anything deemed unsuitable. Please use it to promote positive aspects and not as a forum to slate other styles or groups.

## **Guest Instructor – Sensei Alex Field – Jiu Jitsu**

I contacted a Jiu Jitsu instructor a while ago, with a view to him running a session concentrating on takedowns and groundwork for us, as we don't practice them. However, this fell through as we didn't have the numbers to make it viable. I have now contacted another instructor who is very keen to run the session but I need to be sure that we will have enough people attending.

I realise that Jiu Jitsu is often seen as a “vicious” style, so I propose to run this as a session of basic throws and take-downs for the youngsters, then a class of core Jiu Jitsu for the adults.

As Sensei Field is unable to make weekends, the session is booked for our usual Monday evening training slots on 30<sup>th</sup> July. Please make every effort to come along.

## **Pilates / Yoga**

I have also contacted a Pilates instructor and a Yoga teacher about the prospect of them running sessions for us, too. However, I plan to push this back, in favour of the Jiu Jitsu session. I am still keen to get one or both of them in, at some point, as these forms of exercise will complement our training very well.

## **GDPR**

As I'm sure you are all aware, on 25<sup>th</sup> May, new data protection legislation came into effect across the country. For insurance purposes especially, I have a need to hold specific details (name, age, address, etc.). This will be deleted one month after insurance expiry, if it is not renewed.

For emergency purposes, I also need to hold contact details. However, for non-emergencies, the new legislation insists that people “opt-in” if they wish to continue receiving news, updates etc. That includes continued receipt of this newsletter. If you have not already done so, please confirm if you would like to continue to receive them. Otherwise I will need to remove you from the distribution list.

## **Summer Shutdown**

The Mighty Mites and the Ninja Niños will be shutting down for the summer holidays.

Mighty Mites last class – Friday 13<sup>th</sup> July.

Ninja Niños last class – Saturday 14<sup>th</sup> July.

For those who wish to continue training, you are welcome to attend the Monday Juniors class (7.15-8.15pm) for the summer period. Otherwise, I hope you enjoy the summer break and Andy and I look forward to re-starting in September.

Best Wishes  
Simon