

Frontline



Newsletter for Frontline Martial Arts

Issue 22, September 2018

Welcome back to the Alveston Mighty Mites after the summer break. It was a brilliant first session, with everybody trying their hardest and having fun too! This is why we do it! Great to see some new faces too – hope to see you all again soon.

New Members

We recently welcomed Ben Tovey to Mighty Mites. Ben's dad, Mike, is one of our team of instructors and is also helping to coach the youngsters.

Ninja Niños

Sadly, the Ninja Niños class, in Horfield, has had to close. Andy Morris has been running this class for almost 3 years but, due to other commitments, he is now unable to do so.

I have always been impressed by the Niños' enthusiasm coupled with Andy's patience and commitment to making them the best they can be. Hopefully, they have all taken something positive from their training experience.

The Niños are, of course, welcome to come along to the Mighty Mites class in Alveston, if they would like to continue training.



Women's Self-Defence

Master Mark James and Mister Mike Tovey hosted the second series of women's self-defence classes in Bromley Heath, Downend, at the end of July. This was as a response to requests for a refresher course, following the sessions last year. Hopefully, they will never need to use any of the techniques shown but I hope that they have been given the confidence to do so, should it be necessary.

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 our Facebook groups:

"Frontline Martial Arts"

"Mighty Mites - Martial Arts for under 10's"

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Diary Dates

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| Sun 16 th Sept | UK CDKT Black Belt grading (see article on page 2) |
| Sun 23 rd Sept | Patterns training (1pm-4pm) |
| Sat 29 th Sept | Alveston Club 10th Anniversary |
| Sun 14 th Oct | Coloured Belt grading (1pm-4pm) |
| Sun 18 th Nov | Frontline Black Belt grading (1pm-4pm) |

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 |

Jiu Jitsu

On Monday 30th July, we welcomed Sensei Alex Field from the University of Gloucestershire Jiu Jitsu Club, who gave us an introductory session of basic Jiu Jitsu. Jiu Jitsu combines strikes with wrist / arm locks and throws; things we don't do enough of. It was great to be able to concentrate on some of these techniques, to add to our options.

Many thanks to those who attended and especially to Sensei Field for his time and expertise.



Black Belt Gradings – Sunday 18th November

The black belt grading has now moved to Sunday 18th November, in order to allow the candidates a little more preparation time. The grading will run from 1pm – 4pm. Please make sure you arrive on time and are suitably warmed up and ready to go promptly at 1 o'clock.

Successful candidates can apply for World Chung Do Kwan certification, should they wish. UK Chung Do Kwan Taekwondo certification will be provided.

For those who would prefer to grade in front of the national panel (judges all 8th and 9th Dans), UK Chung Do Kwan Taekwondo will be hosting a Black Belt grading on **Sunday 16th September**. If you would prefer to grade at this event, I can forward applications.

Those who wish to grade for 5th Dan or above must grade in front of the national panel.

Coloured Belt Grading – Sunday 14th October

We will be holding a coloured belt grading on Sunday 14th October from 1pm – 4pm. The re-arrangement of the black belt grading gives us time to move the training emphasis back toward the coloured belt grades.

Patterns Seminar – Sunday 23rd September

As we draw nearer to both coloured belt and black belt gradings, it will be useful to hold another session dedicated to Poomsae (patterns). These patterns allow us to practice some of the more self-defence oriented techniques but without the need for a partner. They are also an integral part of gradings.

The patterns seminar will be on Sunday 23rd September from 1pm – 4pm, in place of the re-arranged black belt grading, and is open to all grades and ages.

TAMA website

Following on from the Thornbury Area Martial Arts page on Facebook, I have also drawn up a web page, in order to advertise all of our respective clubs. It is not yet searchable on Google, as it is currently hosted under the Frontline Martial Arts page, until I get some more details from the other instructors. Until then, if you would like to take a look and provide some feedback, the page can be found at ...

www.frontline-ma.co.uk/tama.html

Safeguarding

Lucy Taylor (mum to Evie in the Mighty Mites) has volunteered to take on the role of Welfare Officer and Child Protection Officer for Frontline Martial Arts. Lucy takes over from Kelly Cole, whose children have moved on from the club.

I'd like to thank Kelly for her time with the club, and Lucy for taking on this important role. Lucy is a teacher at a local school and has received current Safeguarding training through her role there.

If there are ever any safeguarding concerns about the club, these should be reported to Simon (info@frontline-ma.co.uk) or Lucy (lucysummers@gmail.com).

And Finally ...



Congratulations to Megan Day (1st Dan and former Mighty Mites coach) on her graduation from the University of Kent at Canterbury, with an honours degree in Psychology.

Also, Good Luck to Demelza Emmerton (1st Dan) as she heads into her final year studying Medicine at Sheffield University.

Best Wishes
Simon – 7th Dan
Chief Instructor, Frontline Martial Arts