

Frontline



Newsletter for Frontline Martial Arts

Issue 23, December 2018

New Members

First of all, I would like to welcome all the new members to Frontline Martial Arts. Welcome to Chloe, Angel, Cody, Vinnie, Ivy, Charlie, Max and Miles to the Alveston Mighty Mites.

This takes the number of regular attendees to between 14 and 16 in the Mighty Mites class, the maximum that this class can accommodate without sacrificing safety or training standards. Any new enquiries will now need to go onto a waiting list. The Monday evening Juniors class is also nearing capacity, with 12 – 14 regularly training.

Thanks to all the youngsters, for making these classes so popular. I hope that you all continue to enjoy your training.

Alveston 10 Year Anniversary

On 29th September, Frontline Martial Arts reached our 10th anniversary of running classes in Alveston. Our classes are going from strength to strength and I would like to thank all of the people who have passed through our doors to train over the years.

The Alveston Mighty Mites will reach their 10th anniversary in 2019, too.

Patterns Seminar

On Sunday 23rd September, we held one of our regular sessions dedicated exclusively to the training patterns (Poomsae), gearing up towards grading time. This covered all of the Taegeuk patterns and Poomsae Koryo, the 1st Dan black belt pattern. I hope this was useful to all who attended.

If you'd like to practice for your next belt, you can look up the patterns required on the appropriate grading syllabus on our website (<http://www.frontline-ma.co.uk/syllabus.html>). We also have videos of the patterns for you to watch (<http://www.frontline-ma.co.uk/taegeuks.html>).

Coloured Belt Grading

We held our most recent coloured belt grading on Sunday 14th October. As usual, the standard was very high with the stand out performance from Alisdair King.

Black Belt Grading

The black belt grading, scheduled for 18th November has been postponed, at the request of the candidates, to enable more time to prepare. The grading will be re-scheduled for early in the New Year.

Contact Details

For **Mighty Mites** and **Alveston Juniors/Adults**, contact Simon Evans:
Email: info@frontline-ma.co.uk
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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

Fri 14 th Dec	Last Mighty Mites before Xmas
Mon 17 th Dec	Last Juniors/Adults before Xmas
Mon 7 th Jan	Juniors/Adults resumes
Fri 11 th Jan	Mighty Mites resumes

Class Times at Alveston Youth Centre

Mighty Mites (under 10's)	Fridays 4.30-5.15pm
Juniors (ages 10-13)	Mondays 7.15-8.15pm
Adults & over 13's	Mondays 8.15-9.45pm

Child Protection Training

On Thursday 15th November, Paula and Simon attended a session of “Child Protection Training for the Community and Voluntary Sector”, specifically for community groups in and around the Thornbury area. This was a very worthwhile session and a must for all instructors who deal with children in their classes.

Goodbyes

Sadly, we will soon be saying goodbye to Sam and Megan Fairman-Foster, as they move closer to their parents’ old stomping grounds, near Swansea. They will be sadly missed.



I really hope you have enjoyed your training, over the years. It has been a pleasure teaching you and watching your skills mature over time. We hope to be able to award you with black belts before you leave!

New Year

Here is what we have to look forward to, early in the New Year...

- The postponed Black Belt grading will most likely be re-arranged for February.
- Our governing body, UK Chung Do Kwan Taekwondo, will be hosting their annual national championships in Bristol. This is always a good fun event for competitors and spectators alike. If anyone would like to see what competition TKD is all about, this is an excellent event to attend.
- Thornbury Leisure centre hosts its annual “Swimarathon”, in aid of charity. I am thinking of entering at least one, maybe two, teams into next year’s event. Please let me know if you are interested.
- Finally, and quite significantly, Frontline Martial Arts celebrates its 20th Anniversary in April. We started training at Speedwell School, Bristol, in April 1999 and some of our original black belts still train regularly with us. Watch this space for a trip down memory lane!

Christmas Break

Training stops for the festive period, with the final classes of the year held on Friday 14th December for the Mighty Mites and Monday 17th December for the Juniors and Adults.

Training resumes on Monday 7th January for the Juniors and Adults and on Friday 11th January for the Mighty Mites.

Have a great Christmas and I hope to see you all back, raring to go, in the New Year.

Best Wishes

Simon – 7th Dan

Chief Instructor, Frontline Martial Arts

