

# Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 4, July 2012

**Welcome to the latest edition of the newsletter for members of Frontline Martial Arts and Alveston Mighty Mites, past and present.**

## News

### Affiliation to UKCDKT

April 2012 saw Frontline Martial Arts become Associate members of the UK Chung Do Kwan Taekwondo – the country's fastest growing Taekwondo organisation – and the British Council for Korean Martial Arts. This gives us access to many more Taekwondo style resources than we would otherwise have, as purely AMA members. The UK Chung Do Kwan Taekwondo regularly hold "Olympic-style" competitions, which we are now welcome to attend, plus they also hold training seminars with UK-based 7th and 8th Dan masters and overseas-based 8th & 9th Dan Grandmasters. Coupled with the resources and multi-style instructors already at our disposal through our AMA affiliation, this arrangement gives us the best of both worlds.

### ABA qualification

Congratulations to David Kingsland-Wain on his qualification as an Amateur Boxing Association (ABA) boxing coach. As primarily Taekwondo stylists, our training emphasises the kicking techniques. David's qualification will allow us to work more on the hand techniques and the different combat range these techniques lend themselves to.

### Mighty Mites

The first half of 2012 has seen a number of new faces in the Alveston "Mighty Mites" class. I would like to take this opportunity to welcome Sam, Megan, Rose, Christian, Charlotte, Will, Alistair, Adam, Ebony and Jake to the classes. I hope you are all enjoying your training and I have already seen marked changes in self-confidence and abilities over this time.

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## Seminars

### Sensei Reynolds

April 22nd saw the first of a, hopefully regular, series of seminars from local instructors of other styles of martial arts. Sensei David Reynolds, of Thornbury Aikido, gave us an excellent introduction to the basics of Aikikai-style Aikido. As a style with no strikes, kicks or punches, it gave us a whole new view of martial arts techniques. Sensei Reynolds was keen to compliment us on our willingness to try a different style and the "spirit of openness" we exhibit. Thanks to Sensei Reynolds for his time and his expertise. Many thanks, also, to St Helen's Primary School, for the loan of their gym mats for the session.



## Grandmaster Pan

Following on from our association with UK Chung Do Kwan Taekwondo, eight members of Frontline Martial Arts attended a seminar in June with Grandmaster Pan, Sim Woon (8th Dan), organised by UKCDKT. Grandmaster Pan is a very popular instructor, with vast knowledge of the art and a very outgoing personality. The seminar itself introduced us to many new, dynamic, warm-up exercises followed by changes to the technical aspects of the Taegeuk patterns.



## Grandmaster Park

UKCDKT are also hoping to bring Grandmaster Park, Jung Sae (9th Dan) back to the UK for a series of seminars later in the year. If this does happen, I would urge you all to try to attend. Those who attended last year thoroughly enjoyed the opportunity to train with a man who holds the highest grade possible in Taekwondo.

## Gradings

### Kup Gradings – February / July

Congratulations to those who took part in the Kup gradings held in February and July. Special mention to those who have taken their first grades. This is always a daunting prospect. Congratulations also, to those now sporting 1st Kup black stripe belts. The next stage is a Black Belt grading and the martial artists' "badge of honour" which goes with it.

### Next Dan Grading – 9th December

There will be a formal Dan Grading on Sunday 9th December. Many of the current Black Belts will be eligible for their next grade and, following the Kup grading in July, we now have 4 others who will be ready to grade for their 1st Dan Black Belts. As a Black Belt holds a certain amount of status along with it, this will not be a "normal" grading. A Black Belt is not something which is given lightly. You will definitely be expected to earn it !

## Other News

### Olympic Games

Wednesday 8th August sees the start of the Taekwondo Competition in the Olympic Games in London. There has been a lot of controversy over the ticket allocation, the session organisation and even the team selection but, from August the competition begins. The standard promises to be high and Great Britain has a good chance of medals. The best bouts should be during the 2nd and 3rd days of competition.

### ITF Style Training

In August, we will be holding another of our bi-monthly Sunday training sessions. The date is still to be confirmed. This time, Mr Andy Morris will be running the session, highlighting the different techniques involved in ITF style Taekwondo. This style includes a different set of techniques to those we generally practice. Mastery of both styles adds another dimension to our technical arsenal, making us better "all round" technicians.

### Coaching Assessments

Following last year's AMA coaching course, in the Alveston Jubilee Hall, we are yet to arrange the coaching assessments. I am hoping to arrange this in the near future. Those who attended will need to ensure that their coaching portfolios are completed, prior to the assessment. Ideally, I would like to see all of the Black Belts qualified as club coaches. The Red Belts, too, if possible. Please let me know if you would like to be booked onto the coaching course. If there is enough interest, we may be able to arrange a course in the local area again.

### Class Sharing

On a related subject, I would like to arrange for all of the instructors to start to share out more of the classes between us. Each of us has a different specialty and a different view of technique and it would be advantageous to share these views.  
Mr Ferreira - Self-defence specialist  
Mr Morris – ITF style coach  
Mr Tovey – "Doorman" / restraint techniques  
Mr Kingsland-Wain – Boxing coach

### First Aid Course

I am still hoping to arrange a First Aid training course. I have been in contact with the British Red Cross, who run a local office out of the Chantry in Thornbury. If they can run a suitable course there, this would be ideal for us. As soon as I hear anything, I will let you know ...

### Facebook Group

Don't forget to join our Facebook group, for details of upcoming events plus file sharing and general training related banter !  
[www.facebook.com/group.php?gid=145073282187659](http://www.facebook.com/group.php?gid=145073282187659)