

Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 8, April 2014

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

New Members

Firstly I would like to welcome Ben, Peter, Jess, James and Charlie to the Mighty Mites class. Welcome, also, to Jacob and James to the Monday senior class. I hope you all enjoy your training with us.

I would also like to welcome Laura, Sam and Millie to the Monday senior class, moving up from the Mighty Mites.

Club News

Coloured Belt Grading

Congratulations to all who took part in the recent coloured belt grading, on March 16th. The standard was excellent, yet again. For Laura and Steve they have some hard work ahead of them now, as their next grading will be for their Black Belts.

Special congratulations to Millie Cole, on receiving the Mighty Mites "Star Performer" award, this time around.



Black Belt Grading

The next Black Belt grading is scheduled for August 17th. It will be an "open" grading, so any club members can come along to watch, if you would like to.

Wednesday Training

In order to allow the Black Belts some specialist training, prior to the Black Belt grading, we will be running classes on Wednesday evenings, from the end of April. These classes will be limited to the red and black belts only until after the Black Belt grading. If there is enough interest in continuing these sessions, once the grading is over, we will look to carry them on and, maybe, open them up to all grades.

Competition Training

Just before Christmas, we held a third session dedicated to competition training. The session included lots of fitness training, pad work and competition sparring. All participants thoroughly enjoyed the session and are looking forward to the next.



Falfield Scouts

Wednesday March 9th saw some of the senior grades give an introductory session on Martial Arts training, to 30 members of the Falfield Scout Troop. The session involved some basic blocks, kicks and strikes, followed by some pad work and sparring, ending with some basic self-defence techniques. The session appeared to go down very well with the participants and it has to be pointed out that the girls were definitely more prepared to have a go than the boys !

Local Media

Recently, Frontline Martial Arts has had an article published in the Alveston Parish magazine – The Helmet – and a number of small articles in the “In Brief” section of the Thornbury Gazette. Together with our website, posters in the local school and traditional word-of-mouth, this has been generating significant interest in our classes.

Welcome Packs

We have now started to produce “Welcome Packs” for prospective new members, outlining who we are and the training we offer. The hope is that this will give prospective new members all the information they need, to decide whether continuing to train with Frontline Martial Arts / Mighty Mites is what they are looking for.

DBS Clearance

In an ongoing process, we are aiming to have all of the coaches at Frontline Martial Arts cleared by the DBS (Disclosure and Barring Service, formerly the Criminal Records Bureau) for coaching children of all ages. Currently, Simon, Mike, Megan and Connor are all DBS cleared.

Frontline Martial Arts

Contact Details

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Join our Facebook groups:

[Frontline Martial Arts](#)

[Mighty Mites - Martial Arts for under 10's](#)

Dates for your Diaries:

Mighty Mites 5th Birthday

June 20th

Coloured Belt Grading

June 22nd

Black Belt Grading

August 17th

Mighty Mites

This coming June, the Mighty Mites class will celebrate its 5th birthday. The class still proves to be popular with the under 10's. A number of people have since graduated to the senior class, after beginning with the Mighty Mites, with Jacob Ford now sporting a Black Belt, having started with Mighty Mites from its early days.

Governing Body

Taekwondo England, of which we are associate members via UK Chung Do Kwan, have issued a statement that they are now purely interested in Sport Taekwondo, not Taekwondo as a Martial Art. If that is the case I will not be renewing our membership of Taekwondo England. We are, primarily a Martial Arts school, not a sports team. Instead, I plan to register all new memberships as associate members of the UK Taekwondo Commission, which pledges to promote TKD as a martial art (with a sport element) and not just a sport. All current TKD England memberships will remain valid but will not be renewed when they expire. This does not affect our membership of UK Chung Do Kwan Taekwondo.

For more information on the UK TKD Commission, please see www.theuktaekwondocommission.co.uk

Guest Instructor

We have yet to arrange this year's guest instructor, following previous sessions with local instructors in Aikido and Wing Chun Kung Fu. Our options, this time around, would be a local Ninpo (ninjutsu) instructor or a Mixed Martial Arts coach, specialising in groundwork (throws / takedowns / pins / ground-fighting etc). I suggest the Ninjutsu instructor, this time, with the groundwork specialist next.

Social Media

For more details of any of these activities, or for general training related discussion, please join up to our Facebook groups.

Search for "**Frontline Martial Arts**" or "**Mighty Mites – Martial Arts for under 10s**".

