

Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 9, November 2014

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

New Class

Frontline Martial Arts is now open on Wednesday evenings, in the Alveston Youth Centre. Now that we have two classes for the seniors, we can split the emphasis. Mondays will now have its emphasis more on "sport" Taekwondo, speed kicking and fitness work, with Wednesdays leaning more towards the impact techniques and self-defence aspects.

New Members

Welcome to Mel, Alex and Joe. I hope you are all enjoying your training.



Retirement

Sadly, Graham Brook has had to announce his retirement from training, due to a long-term injury. His input will be sadly missed. Hopefully, Graham will still be available to help out with grading panels etc. in the future. We wish him well for the future.

Black Belt Grading

On the 17th of August, we held a Black Belt grading, with Steve Ballard gaining his 1st Dan black belt and Mark James obtaining a 4th Dan black belt and "Master" status.

Coloured Belt Gradings

Frontline Martial Arts held coloured belt gradings in July and October, with Mel, Alex, John, Harri, James, Charlie, Christian, Kevin and Rose now all sporting new belts. Congratulations to all.

**Come and try our NEW
Wednesday classes!**

**7.30pm to 9pm
Alveston Youth Centre**

Final Training dates for 2014:

Monday 15th December – Seniors
Weds 17th December - Seniors
Friday 19th December – "Mighty Mites"

Training resumes on:

Monday 5th January – Seniors
Weds 7th January - Seniors
Friday 9th January – "Mighty Mites"

Contact Details

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Join our Facebook groups:



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



Senior Honours

Grand-Master Andrew Davies, the president of our governing body (UK Chung Do Kwan Taekwondo) and Master Evans and Master James's original instructor, has been awarded a 9th Dan black belt, the highest rank possible, by one of the original founders of Taekwondo, Supreme Grand-Master Kim Bok Man. This is the first time GM Kim has promoted a non-Korean national to this rank.

As part of Grand-Master Davies's promotion, he has been given the opportunity to recommend a select few senior masters for promotion and full recognition in Korea. This honour can only be given to those with an unbroken training record and the necessary skills. Master Evans is proud to be part of this select group and has been promoted to 7th Dan, and will be awarded his certificate in an official presentation in November.

Additional Advertising

In an attempt to attract new members, we have placed some advertisements in the parish magazines in the villages surrounding Alveston. Spread the word!

Upcoming Events

School Coaching

Master Evans has been invited to conduct a series of training classes, in both sport martial arts and self-defence, for the year 11s at Marlwood School in Alveston. These sessions are one of the PE options open to the students in year 11. This is an excellent opportunity to get our name out into the wider community.

Dates for your Diary

February – Black Belt Grading

28th February – British Championships

March – training seminar with Grand-Master Kim Bok Man

Weapons Training

UK Chun Do Kwan Taekwondo have started to adopt a number of Supreme Grand-Master Kim's more traditional training elements, including training in traditional weapons. In my opinion, some of these weapons techniques are not relevant to modern day training or are purely for show. However, some weapons work is still relevant, whether that is as a practical weapon or related to the empty hand techniques. To this end, I will be starting to introduce some sword, 4' staff and short stick training into our programme.



Black Belt Grading

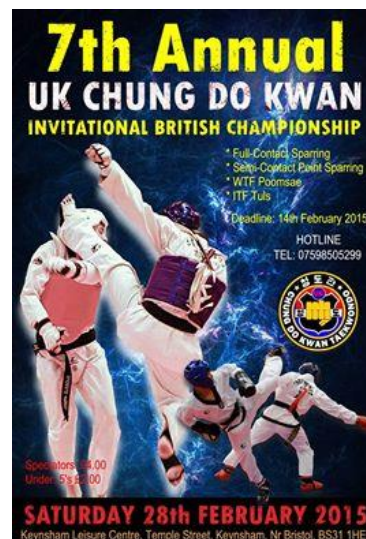
Frontline Martial Arts will be holding our next Black Belt grading in early February 2015, for those who are eligible.

British Championships

UK Chung Do Kwan Taekwondo will be holding its Invitational British Championships, in Keynsham on February 28th. Competition categories will be WTF-style “full” contact, ITF-style “semi” contact (continuous or point-stop) or patterns. Please let me know if you would like to compete and we can start to tailor the training towards competition techniques and tactics.

Training Seminar

In March 2015, the only surviving founder of Taekwondo, Supreme Grand-Master Kim Bok Man, will be holding a seminar in Crawley, Surrey, as part of Taekwondo’s 60th anniversary celebrations. Please let me know if you would like to attend.



This will be our last newsletter before Christmas, so please take note of the training dates on the first page and have a great Christmas and New Year.

Best wishes
Simon

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