

# Frontline Martial Arts

&  
The

# Alveston “Mighty Mites”



# WELCOME PACK

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## **Welcome to Frontline Martial Arts and the Alveston “Mighty Mites”.**

Welcome to our club. The purpose of this pack is to provide you with information as you begin training in martial arts. There is lots more information on our website, and of course, feel free to ask us any questions.

We provide classes for children (from 4 years of age) and adults (any age!). We mainly practice Korean style martial arts – Taekwondo, Tang Soo Do & Hapkido – and freestyle kickboxing but we also incorporate influences from many other styles of martial arts.

We are a community based, family club, run on a not-for-profit basis. Our emphasis is on learning martial arts/self-defence in a fun and supportive environment.

During your training you will learn new skills and techniques, experience a continual sense of achievement, get fit and meet new friends.

You will learn effective self-defence techniques and how to avoid the need to use them! You can compete in a whole new sporting experience which could, with dedication and hard work, take you all the way to the Olympic Games!

Your confidence will soar, your fitness improve, your concentration levels rise and, above all, you will have fun doing it ... smiling is definitely encouraged!

You will probably pick up some bumps and bruises along the way, this is the nature of martial arts training, but you will train in a safe, monitored and child-friendly environment. We have a Welfare Officer / Child Protection Officer, qualified to the highest level possible and the instructors are DBS criminal records checked.

Grandmaster Simon Evans – 8<sup>th</sup> Dan  
Chief Instructor

### **Contact Details**

Website: [www.frontline-ma.co.uk](http://www.frontline-ma.co.uk)

Email: [info@frontline-ma.co.uk](mailto:info@frontline-ma.co.uk)

Mobile: 07771 692222



Join our Facebook groups:

“Frontline News” – posts specifically related to Frontline Martial Arts

“Frontline Martial Arts” – General martial arts discussions

## **Fees and Joining**

Frontline Martial Arts offers good quality martial arts training at fair and reasonable prices.

Your first session is free. From then on, you pay per session. If, after three weeks, you like us enough to join and train regularly, please complete the membership form (in this pack) and pay the annual club membership fee. Membership is important – it includes insurance, membership of Frontline Martial Arts, membership of UK Chung Do Kwan Taekwondo, and associate membership of The UK Taekwondo Commission.

There are no hidden costs, no contracts, no minimum attendance requirement. You only pay for the training you receive. Our club is run on a not-for-profit basis; training fees go towards hall hire or are put back into the club to pay for equipment or courses.

### **Session/class fees**

Mighty Mites £4.00

Juniors £5.00

Adults £6.00

Dan Grades £10.00 per month

Dan Grades (with instructors insurance) Free of Charge

**Annual membership** (all ages) £25 per year

### **Other costs**

Dobok (uniform)

Children approx. £17.00

Adults approx. £20.00

As you progress, you may wish to buy your own head guard / protective armour / gloves. However, we have plenty of spare kit available to borrow each session.

All information and prices correct at time of writing.

### **Class Times and Locations**

Mighty Mites – for children aged 5 to 10

Friday evenings

Beginners: 4:30pm – 5:15pm

Higher Grades 4:00pm – 5:15pm

Traditional Korean Martial Arts - Age 10+

Monday evenings 7:15pm – 9:15pm

Thursday evenings 7:00pm – 9:00pm (Adults and Senior grades only)

*Alveston Youth Centre, Greenhill Road, Alveston, Bristol BS35 2QX*

We appreciate that some of the younger members may not wish / be able to attend for the full 2 hours on a Monday evening. Those who can only attend for a limited time are welcome to leave when they need to.

## Training Room Terminology

Taekwondo is a Korean martial art and we use a few basic Korean words for instruction and equipment. The ones you will hear most often are:

Cha Ryo	Attention
Kyongye	Bow
Chunbi	Ready
Shijak	Start
Kalryo	Pause
Guman	Stop
Dojang	Training hall
Dobok	Training uniform
Dee	Training belt
Hogu	Competition armour

## Tenets of Taekwondo

The tenets (traditional principles) of taekwondo are:

Etiquette (ye ou)  
Modesty (yom chi)  
Perseverance (in ne)  
Self-control (kukchi)  
Indomitable spirit (bekchool balgool)

## Rules of the Dojang

- Always bow when entering or leaving the Dojang (training hall). This is a traditional sign of respect to the instructor(s), the other students and the training venue.
- Please do your best to arrive promptly. Late students will miss the vital warm-up and stretching periods of the class.
- If you do arrive late please ensure you are properly warmed up before you join in the class.
- Always ask permission from the instructor before joining class if you have arrived late.
- Always talk to the instructor in a respectful manner and show respect to your fellow students.
- Always follow the instructor's instructions and do not talk while the instructor is teaching.
- No running or shouting unless instructed to do so.
- No eating or smoking. Water is the only beverage allowed in the training area.
- Ensure that clothing and equipment are clean and in good condition.
- Only light training shoes or bare feet are allowed in the training area. Bare feet only, on the mats.
- Toenails and fingernails must be clean and neatly clipped for both safety and hygiene reasons.
- Uniforms must be clean and pressed and worn as a complete set, both top and bottom.
- Once a belt has been awarded, it should be worn in classes at all times.
- Ladies should wear a white T-shirt beneath their uniform top.
- No jewellery or hard hair clips are allowed during training. Only a plain wedding band is allowed. Rings with stones must be removed.

## Instructor Profiles

### Grandmaster Simon Evans



Simon started training in Taekwondo in 1987, achieving black belt status in 1990, and enjoying several national tournament successes. Simon established Frontline Martial Arts in 1999, with a group of fellow senior grades and students, in order to continue to train in the true ethos of the martial arts, and to allow the freedom to train in and learn from other martial styles.

Simon is the chief instructor for Frontline Martial Arts, as a whole and is the coach for the Alveston "Mighty Mites"

#### Qualifications

- 8<sup>th</sup> Dan Black Belt, Chung Do Kwan Taekwondo
- 7<sup>th</sup> Dan Black Belt, Chun Kuhn Taekwondo
- Registered chief instructor with Frontline Martial Arts and the UK Taekwondo Commission
- DBS criminal records checked for teaching students of all ages
- Level 2 national coaching award
- Class 1 WTF style Tournament Referee.
- Former UK Open champion

### Master Mark James



Mark began training in Taekwondo in the early 90's, having previously trained in Wado-Ryu Karate and Western Boxing. Mark founded Frontline Martial Arts, alongside Simon, where he specialises in close quarters combat and effective self-defence.

#### Qualifications

- 6<sup>th</sup> Dan Black Belt, Chung Do Kwan Taekwondo
- Registered instructor with the UK Taekwondo Commission
- Level 1 national coaching award
- Advanced First Aid certified
- Qualified close quarters defence specialist
- Multi-time national medallist

### Master Andrew McGrath



Andy began training in Tang Soo Do in the early 80s. He trained in various forms of Karate and Kung Fu, at university before returning to Tang Soo Do in the late 80s. In the 90s, Andy trained in Jun Jung Do under Grand Master Yun Kul Yun. Andy joined Frontline Martial Arts in 2018.

#### Qualifications

- 4th Dan Black Belt - Chung Do Kwan Taekwondo
- 2nd Dan Black Belt – Tang Soo Do (Korean Karate Association)
- 1st Dan Black belt – Yun Jung Do
- World Tang Soo Do Championship silver medallist
- Also trained in Karate, Krav Maga and Kung Fu

## Team Instructors

**Mister Steve Ballard – 3rd Dan**  
Club Coach



**Mister Des French – 2nd Dan**  
Kickboxing Coach



**Mister Christian Ferraro – 2nd Dan**  
Club Coach



**Mister Andy Belfin – 1st Dan**  
Club Coach



**Miss Emily Shelton – 1st Dan**  
Club Coach



**Miss Megan Day – 1st Dan**  
"Mighty Mites" Club Coach



## Junior Black Belts

**Miss Rose Evans – Junior 2<sup>nd</sup> Dan**  
Assistant Coach



**Mr Isaac Ryall – Junior 1<sup>st</sup> Dan**  
Assistant Coach



**Mister Alfie Mansbridge – Junior 1st Dan**  
Assistant Coach

