

Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 10, February 2015

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 Evren and Sam to Frontline Martial Arts, and Kyle, Beck, Zac, Devan and Ethan to the Alveston Mighty Mites.

Welcome Back

I would also like to take this opportunity to welcome Mr Paul Gibson, 1st dan, back to training. Paul's return brings the number of active black belts back up to 10.



Senior Honours

On Sunday 23rd November, Master Evans was formally awarded a 7th dan black belt by Master David McGoldrick (7th dan) and Grandmaster Mark Iles (9th dan) at a ceremony in Newbury.

Schools Coaching

Master Evans has been teaching basic sports martial arts to groups of year 11 students at Marlwood School, in Alveston. The sessions included basic punches, kicks and strikes plus an introduction to non-contact, semi-contact and Olympic style competition sparring. These sessions are now moving onto a series of self-defence classes.

Mighty Mites

The Mighty Mites class has lots of new members and it is a very exciting time. We might even need to consider operating a waiting list! We are really pleased that so many local children are enjoying learning martial arts with us.



Missing Training Helmets

Please could I ask you to put your child's name on their training helmets. The Mighty Mites have got theirs muddled up, with helmets going home with the wrong child on many occasions, and it's easier to sort out if kit is labelled. Thanks.

Training Videos

I am hoping to produce a series of DVDs, showing the line-work associated with each set of the coloured belt grading syllabus, to allow people to practice outside of the regular training classes.



Wednesday Training

Since April 2014, we have been running a second class for the seniors, on a Wednesday evening. Initially, this was to enable the black belts to get some extra training before their next grading but it was extended to include everyone. However, it has now become clear that this class is not paying its way.

As the demand for a second class is not high enough, the Wednesday session shut down at the end of January. If, somewhere down the line, there is enough demand I will look at re-opening the Wednesdays but, for the time being, the Monday class will be our only weekly training for the seniors.

Other News

Outside of training, Demelza Emmerton has taken a place at Sheffield University, studying medicine. The instructors at Frontline Martial Arts would like to wish Melz the best of luck with her studies.

Good luck, also, to Megan Day and Connor French who face their A Levels in June and hopefully university in September.



Upcoming Events

Training Seminar

On Sunday 22nd March, the last of the group of senior masters who formed Taekwondo in 1955 will be in the UK to conduct a seminar celebrating TKD's 60th anniversary. This is a very rare opportunity to train with one of only two people in the world who can legitimately claim to hold a 10th dan – Supreme Grandmaster Kim, Bok Man. Grandmaster Kim has a vast technical knowledge. His seminars are based on the traditional, martial aspects of the art with much less emphasis on the sporting side and much more on self-defence.

Please let Master Evans know if you would like to attend.

Coloured Belt Grading

Frontline Martial Arts will be holding a coloured belt grading in mid-April (date to be confirmed). As usual, the grading will start at 1pm, with a "brush up" lesson. The Mighty Mites will then grade at approximately 2pm and the seniors at 3pm. As always, the grading will be "open" and all are welcome to come along to watch.

Black Belt Grading

The next black belt grading will take place later in the year.

Guest Instructor

We did not manage to arrange a guest instructor for 2014, so I would like to arrange this early for 2015. Thornbury and the surrounding villages host classes by instructors of Aikido and Wing Chun Kung Fu, both of whom have already kindly given us introductory classes. There are also classes in Muay Thai, Kickboxing and ITF style Taekwondo. Further afield, there are MMA, Judo and Ninjutsu instructors in our region. There are also Ju Jitsu classes in Bristol or even Kendo if you would like to give it a go. Please let me know your preference and I'll see what I can do.

Best wishes

Simon