

# Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 12, October 2015

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



If you use Facebook and would like to keep up-to-date between newsletters, you might like to join one (or both!) of our Facebook groups, for club news and martial arts tips. Join us at [Frontline Martial Arts](#) and [Mighty Mites - Martial Arts for under 10's](#).

## Summer Shut-Down

Following the summer break, it is good to see the Mighty Mites back and eager to continue their training. The enthusiasm is great to see.

## New Members

I would like to take this opportunity to welcome Matthew, Alisdair and Isaac to the Alveston Mighty Mites and to welcome Mollie to the new Frontline Juniors class. I hope you all enjoy your training.

## New Classes

Frontline Martial Arts are now running an additional class, specifically for the 10 to 13 age group plus the higher grade youngsters. This class has already proven to be very popular. It has the advantage of giving the Mighty Mites a next step without the pressure of going straight into the adult class. The new class runs from 7:15 – 8:15pm on Monday evenings with the adult class following on from 8:15 – 9:30pm.

Mr Andrew Morris has also recently opened a new class, the Ninja Niños, on Saturday mornings from 11:00 – 11:45am in Horfield United Reform Church Hall, North Bristol. The class caters for ages 4 – 7, offering an introduction to martial arts, teaching self-defence with a mix of fun games and traditional training.

## UKCDKT Technical Seminar – 19th July

UK Chung Do Kwan Taekwondo held a technical seminar, with all of their senior Masters (5th Dan and above) present. Master Evans attended on behalf of Frontline Martial Arts.

It was a refreshing change to attend a seminar involving no sport style TKD, instead concentrating on self-defence and traditional techniques. The Hapkido training, especially, was excellent.

The next seminar is scheduled for 25th October, in London. Please let me know if you would like to attend.





### **Visit to GM Davies's Dojang**

On Thursday 4th June, Master Evans paid a visit to his original instructor's new dojang. This was the first time Master Evans had trained in Grand-Master Davies' school in approximately 15 years.

### **Kukkiwon**

UK Chung Do Kwan Taekwondo has now officially dropped its Kukkiwon affiliation. This is following an edict stating that all Black Belt gradings in this country must be held under a panel headed by the BTCB. Our own Black Belt gradings are a sterner test of ability than an official Kukkiwon grading, so I see it as a positive thing.

### **Goodbye**

The Mighty Mites bade a farewell to Megan Day on September 18<sup>th</sup>, before she headed off to University. We would all like to take this opportunity to wish Megan good luck with her studies.

### **Guest Instructor**

Following the summer break, I would now like to re-arrange the Jiu Jitsu seminar with Renshi Trevor King of Maru Jiu Jitsu, which we needed to postpone, earlier in the year. I am hoping to re-arrange this for Sunday November 22nd.

### **Competition Training**

A number of people have asked about the possibility of competing, in the future. So, I would like to arrange some competition style training and an in-house competition, to see how many get a taste for competition.

### **Self-Defence Seminar**

Early in the New Year, I am hoping to arrange a seminar dedicated purely to effective self-defence. We have instructors who are security guards or are former military, so are amply qualified to run this kind of session.

### **Next Coloured Belt Grading**

Frontline Martial Arts will be holding our next coloured belt grading on Sunday November 8<sup>th</sup>. As usual, this will be held in the Alveston Youth Centre 1pm – 4pm. Training will be gearing up towards grading day, over the next few weeks.

### **Coaching Qualifications**

Recent government legislation has stated that, by the end of 2016, all sports coaches (including martial arts instructors) must hold nationally recognised coaching qualifications. Most insurance companies are beginning to stipulate that they will not allow an instructor to take out insurance without formal coaching qualifications, from 2017.

UK Chung Do Kwan Taekwondo is the first independent TKD organisation to offer this coaching. All instructors will need to take this qualification, if they wish to teach classes. Currently, Master Evans and Master James hold coaching qualification for Frontline Martial Arts.

### **Christmas Break**

Last training sessions of the year will be Friday December 11<sup>th</sup>, for the Mighty Mites and Monday December 14<sup>th</sup>, for the Juniors and Adults.

Training re-starts on Monday January 4<sup>th</sup> for the Juniors and Adults, Friday January 8<sup>th</sup> for the Mighty Mites.

### **Best wishes**

**Simon**