

Frontline



Newsletter for Frontline Martial Arts

Issue 18, August 2017

Moving Up

Firstly, I would like to welcome Josh, Jack and Alfie to the Juniors class, having moved up from the Mighty Mites.

Self-Defence Course – Downend

Mark and Simon hosted a series of women's self-defence sessions in Downend, Bristol. All of the participants found the sessions very worthwhile, with feedback such as...

"They have been fun, thought-provoking, physical and informative. I hope I never have to use it but would encourage anyone who would like to find out more about self-defence to give it a go – you won't regret it!"

"It was just the right balance of talking, demonstrations and actually trying things out for ourselves. It was fun. It was really interesting and I really feel I learned a lot from it."

We have already received enquiries about the possibility of holding another series of sessions.

Summer Break

The Alveston Mighty Mites and the Ninja Niños classes begin their summer breaks after the classes on 14th / 15th July.

During the summer holiday, they will be welcome to attend the Monday evening Juniors class in Alveston from 7:15 – 8:15pm, if they would like to. Any parents who would like to train alongside the youngsters can do so free-of-charge during the Summer holidays.

During this time, the junior red belts / red stripes will be welcome to attend the Adults class, where we will be able to concentrate on preparation for the black belt grading.

The Mites classes resume on 8th September with the Ninja Niños re-starting on 9th September.



Contact Details

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If you use Social Media and would like to keep up-to-date between newsletters, you might like to join one (or all!) of our Facebook or WhatsApp groups, for club news and martial arts tips.



Join us on Facebook at:

[Frontline Martial Arts](#) and/or
[Mighty Mites - Martial Arts for under 10's](#)

Contact Andy Morris to join the "Ninja Niños" WhatsApp group.

Coloured Belt Grading (Alveston)

I am looking to hold the next coloured belt grading in Alveston, on Sunday 17th September. As usual, the grading will run from 1pm – 4pm.

Black Belt grading

I am hoping to host the next Black Belt grading on Sunday 26th November. As always, this will be an “open” grading, so anyone will be able to attend if you would like to see how the Black Belt grading is conducted. You will also be able to assess the standard you need to reach in order to take the grading when your time comes.

Equipment

We have recently acquired another 16m² of new mats, bringing the total to 76 – enough to allow us to set the training hall up with two 6m x 6m rings, with four spare mats.

I also have tacit agreement from the Alveston Youth Centre committee to store my free-standing kick-bag in the store room. This will allow us to expand our training and allow people to warm up without the need for a partner to hold pads / strike-shields.



Thornbury Martial Arts

I have recently contacted some of the local martial arts instructors, who run their clubs for the love of the art rather than as a business. The hope is to arrange some kind of reciprocal arrangement where we publicise all of our schools, in a bid to combat the big corporate schools which are cropping up in the Thornbury area. At the very least, I am hoping that we could arrange a multi-style training day sometime in the future.

Guest Instructor

We are still yet to re-arrange a guest instructor, following the need to cancel the proposed Jiu Jitsu session, last year. If there is any particular style you would like to try, let me know and I will see what can be arranged.

In the local area there are ...

ITF style Taekwondo, Aikido, Wing Chun Kung Fu, Tang Soo Do, Muay Thai, Freestyle Kickboxing, Jiu Jitsu...

Slightly farther afield there are ...

Lau Gar Kung Fu, Ninjutsu, Hapkido, Kendo, Krav Maga.

Best wishes

Simon