

# Frontline



Newsletter for Frontline Martial Arts

Issue 19, November 2017

## New Members

As is usual, I would first like to welcome the new members to Frontline Martial Arts, the Alveston Mighty Mites and the Horfield Ninja Niños.

Welcome to Evie T, Evie S, Sam, Joshua, Esther and Thea to the Mighty Mites. Welcome also to Nicolas and Ruben to the Ninja Niños and Rachel to the Adults' class.

Plus I would like to say welcome back to Joe, in the Juniors' class.

## Training Rules

With the return of the Mighty Mites especially, I would like to re-emphasise the importance of the rules of the training hall. Especially, as we have a number of new starters. The rules are there to keep you safe and to help you get the most out of your training.

- Please be on time. Friday classes are 4.30pm to 5.15pm.
- Bow when entering and leaving the training hall.
- When you arrive, sit quietly on the red mats and wait for class to start.
- Sit quietly on the red mats when it is not your turn to practice with the instructor.
- Watch and learn.
- Do not practice techniques (particularly kicking) unless the instructor has told you to.
- Do not run around while others are kicking.
- Be courteous to the instructor and fellow students.
- Listen more than you talk.
- Treat the hall and all equipment with respect.
- Disruptive behaviour will not be tolerated.
- Do not use martial arts outside of the training hall unless in self-defence (and then with the least force needed).

## Mighty Mites - Change of Venue

From Friday 10<sup>th</sup> November, the Mighty Mites class changed venue to the Alveston Youth Centre. The Youth Centre is a bigger hall, allowing us to use a larger matted area and, as the class is becoming more popular, it also allows us to safely accommodate more youngsters in the class.

**Please note that we are unable to use the Youth Centre on Friday 1<sup>st</sup> December, so will be back in the Jubilee Hall for one week only.**

## Contact Details

For **Mighty Mites** and **Alveston Juniors/Adults**, contact Simon Evans:

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

Mobile: 07771 692222

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



Join us on Facebook at:  
"Frontline Martial Arts" and/or  
"Mighty Mites - Martial Arts for under 10's"

For **Ninja Niños** in Horfield, contact Andy Morris:

Email: [andrewpmorris2@hotmail.com](mailto:andrewpmorris2@hotmail.com)

Mobile: 07758212976

WhatsApp: contact Andy to join the group

## Diary Dates

Fri 1<sup>st</sup> Dec – Mighty Mites in the Jubilee Hall

Fri 8<sup>th</sup> Dec – No Mighty Mites this week

Sat 9<sup>th</sup> Dec – Ninja Niños in-house competition

Final training dates for 2017:

Sat 9<sup>th</sup> Dec – Ninja Niños

Mon 11<sup>th</sup> Dec – Alveston Juniors/Adults

Fri 15<sup>th</sup> Dec – Mighty Mites (Youth Centre)

Week beginning Mon 8<sup>th</sup> Jan 2018 – classes restart this week

Sun 4<sup>th</sup> March – UK Chung Do Kwan Open Tournament

### **Pre-Grading, Alveston – 17<sup>th</sup> September**

Sunday 17<sup>th</sup> September was originally planned to be the date of the coloured belt grading in Alveston. However, this appeared to be too close to the summer break to have people sufficiently prepared. To help with this, the hall booking was used to run a technical session and “pre-grading” to get people more up-to-speed. I was very impressed with the attitudes, dedication and work ethic of all those who attended. The session was a great success.



### **Coloured Belt Grading, Alveston – 8th October**

Well done to everyone who took part in the coloured belt grading, in Alveston.

Stand out performances from Jack, Mollie and James but, for me, the star of the show was Kyle for overcoming his fears and worries and giving a great performance.

### **Patterns Training**

Poomsae (patterns) are an integral part of taekwondo training but something that we have neglected to a certain extent. The Poomsae are designed to allow you to practice self-defence techniques without the need for a partner.

A session on 19<sup>th</sup> November was dedicated to training in these Poomsae, where the technical aspects and practical applications of the techniques involved were explored, alongside learning the movements. Everyone, yellow belt and higher, will need to know their patterns in order to grade, from this point on.

### **Mini-Competition – Ninja Niños**

On 9<sup>th</sup> December, Andy Morris will be hosting an in-house competition for the Ninja Niños in Horfield. It will be run under World Taekwondo rules (body armour, head-guards etc.) and is designed to be an introduction to sport Taekwondo. A review of the event will appear in the next newsletter.

### **Combined Training – Alveston and Horfield**

As we have two firmly established training centres, one in Alveston and the other in Horfield, and the instructors from each occasionally teach at the other, it would be beneficial for the Mighty Mites and Ninja Niños to train together occasionally. I will look into this for the New Year.

### **Yoga / Pilates**

I have been toying with the idea of inviting a Yoga or a Pilates instructor to run a session for us, as this can complement our training. Yoga concentrates on relaxation and flexibility and Pilates trains the “core” muscles. Both elements can help our training. Would people be interested in this ?

### **Guest Instructor**

I have recently contacted the chief instructor of a Hapkido school in South Bristol with a view to inviting him to run a session for us. However, due to family commitments, he is unable to take on seminars at this time. I would still like to book a guest instructor, as we have not done so for some time now, so I am thinking of inviting either the Aikido or Wing Chun instructor back, while I cast the net a little wider for alternative styles. I would still like to arrange a Jiu Jitsu session, concentrating mainly on take-downs and ground-work, at some point in the future but, as we don't currently have enough adults to fill the session, this is not feasible yet.

### **Thornbury Area Martial Arts**

I have recently been in contact with some of the like-minded martial arts instructors in and around Thornbury with a view to cross-training and publicising all of our schools. All of those who have responded have been keen on the idea of a multi-style event where we all try out the other groups' styles. I will look into arranging this for the New Year.

### **T-shirts**

I am looking at the possibility of having team T-shirts made. The options are to either have polo shirts embroidered with the Frontline logo and web address or standard crew neck T-shirts screen printed with the logo and web address. I will look into prices.

### **UK Chung Do Kwan Open Tournament**

Our governing body is hosting its UK Open tournament on Sunday 4th March 2018 at Brunel Academy Sports Centre in Speedwell, Bristol. If anyone would like to compete, please let me know and we will gear training up towards competition. Otherwise, if you would like to attend to spectate, it promises to be a good day.

### **Christmas Break**

Please note that there will be no Mighty Mites on Friday 8<sup>th</sup> December, but we will be back as usual on Friday 15<sup>th</sup> December for our final session before the Christmas break.

Final training dates for 2017 for all classes are listed in the Diary Dates below. We start back for the New Year in the week beginning Monday 8<sup>th</sup> January 2018.

Have a great break.

**Best wishes**  
**Simon**

