

# Frontline



Newsletter for Frontline Martial Arts

Issue 24, May 2019

## Membership News

First of all I would like to welcome the new members, who have chosen to start training with us. Welcome to Hudson, Pixie, Esme and Ollie to the Alveston Mighty Mites and Sinead to the Juniors' class.

There are still plenty of spaces in the Adults' class, if any of the parents or older siblings are interested in giving it a go...

Sadly, we also have to say some goodbyes. Sam and Megan have moved across the Severn, to Swansea, making the commute to training more difficult. They will continue to train with us when they can, however they have also started to go over to the "dark side", training with the TAGB in Swansea ☺.

Goodbye also to Mollie, who is taking a break from training due to other commitments.

## Frontline 20 Year Anniversary

We are celebrating 20 years since Simon and Mark first started Frontline Martial Arts, originally training in Speedwell School, Bristol. Many venue moves and a house move later, the club is still going strong, now in Alveston, with a thriving membership and continued emphasis on having fun while we train. Thank you to all of you who have trained with us over the years.

The Speedwell black belts in 2000...



Billy Pallett, Garry Vowles, Simon Evans, Jason Pittaway, Mark James.

## Contact Details

For **Mighty Mites** and **Alveston Juniors/Adults**, contact Simon Evans:  
Email: [info@frontline-ma.co.uk](mailto:info@frontline-ma.co.uk)  
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Join our Facebook groups:

"Frontline Martial Arts"  
"Mighty Mites - Martial Arts for under 10's"

## CONTENTS

- 1 Membership News  
Frontline 20 Year Anniversary
- 2 UKCDKT UK Champs  
Black Belt Training and Grading
- 3 Coloured Belt Grading  
Cubs / Scouts  
Guest Instructor  
And Finally ...

## Diary Date

Sun 23<sup>rd</sup> Jun Coloured Belt grading  
(1pm-4pm)

## Class Times at Alveston Youth Centre

Mighty Mites (under 10's)	Fridays 4.30-5.15pm
Juniors (ages 10-13)	Mondays 7.15-8.15pm
Adults & over 13's	Mondays 8.15-9.45pm

### UKCDKT UK Champs

On Saturday 23<sup>rd</sup> February, Master Mark James competed in the 11<sup>th</sup> annual UK Chung Do Kwan Taekwondo British Invitational Championships in Bristol, taking a silver medal in WT “Olympic” style and a gold medal in semi-contact style. Huge congratulations to Mark.



Many thanks to Steve Ballard and Andy McGrath, who got co-opted into being corner judges for the event at very short notice. Thanks also to John Camm who became our official team photographer for the day, and to Paula, Laura and Rose for supporting from the balcony.

### Black Belt Training

On Sunday 3<sup>rd</sup> March, we held a session dedicated to preparation for the black belt grading. Open to blue belts and above, it gave them the opportunity to assess what is expected on the day along with the chance to pick up some last minute tips and to gauge their readiness. Well done to all who took part. The application and concentration levels were excellent. Good preparation for the grading itself.

### Black Belt Grading

Huge congratulations to all who took the black belt grading on Sunday 24<sup>th</sup> March. The standard, as usual, was excellent and, although there were things which still need work, the panel were all very happy to award 1<sup>st</sup> Dan black belts to Andy Belfin, Christian Ferraro, Sam Fairman-Foster, Megan Fairman-Foster and Rose Evans.



A black belt is seen as the “gold standard” for all martial artists but, in reality, this is where your training really begins. Now you learn to refine the basic techniques and modify them to best suit you.

Massive congratulations also to Master Mark James on attaining his 5<sup>th</sup> Dan senior master grade.

All of you have been putting in a lot of hard work over the past few months. I hope you all feel very proud of yourselves. As instructors, we were very proud of you.



Thanks to Steve, Mike and Andy for making up the grading panel and acting as sparring partners / victims / mobile punch bags !!!



## Coloured Belt Grading

Now that the black belt grading has taken place, we can start to concentrate on the coloured belts again.

The next coloured belt grading has been booked for Sunday 23<sup>rd</sup> June at 1pm. Now that we have more black belts, we can split the classes down more, to allow each grade to work on their specific techniques.

## Cubs / Scouts

The 1<sup>st</sup> Falfield Cub pack invited us back to run a session of basic martial arts for their first session after the half term break. I always enjoy putting on sessions for the youngsters and this one was just as much fun as previous ones. All the cubs threw themselves into the session whole-heartedly and all came out with big smiles on their faces. Thanks to Rose for assisting and to Craig (the scout leader) for “volunteering” for my demonstrations! I will be putting on a similar session for the 1<sup>st</sup> Falfield Scouts on 15<sup>th</sup> May.



Jack Todd has been awarded his Martial Arts badge at 1<sup>st</sup> Thornbury Cubs, based on his training with us at Frontline Martial Arts. Congratulations to Jack.

Following on from that, the 1<sup>st</sup> Thornbury Cub pack leader has also asked if I would conduct a session of introductory martial arts for them. This will take place on the 21<sup>st</sup> May.

## Guest Instructor

Following on from last year's Jiu Jitsu session with Sensei Field, I am looking at options for our next guest instructor. Please let me know if there is any style you would especially like to try and I'll see what I can arrange. At the moment, the only request I've had has been for some Krav Maga but until I can contact an instructor, I'm not sure how suitable that will be for the Juniors.

## And Finally ...

Congratulations to Dr Demelza Emmerton, 1<sup>st</sup> Dan, on passing the finals of her medical degree at Sheffield University. Demelza was one of our first junior members in Speedwell, training with us from approx. 5 years old to 16 years. She will make an excellent doctor.



Best Wishes

Simon – 7<sup>th</sup> Dan

Chief Instructor, Frontline Martial Arts