

# Frontline



Newsletter for Frontline Martial Arts

Issue 26, January 2020

## Membership News

As is usual, my first job is to welcome the new members who have chosen to start training with Frontline Martial Arts.

Welcome to Jack, Finley, Delilah, Evan, Avery and Toby to the Mighty Mites class and Alexander to the Juniors. Welcome also to Chloe, Gabriel, Angel and Cody, on moving up to the Juniors from the Mighty Mites class.

The Juniors class is now at capacity and, for a while at least, we will need to operate a waiting list. Now, we just need a few more adults... ☺.

## Coloured Belt Gradings

I am aware that we have only held one coloured belt grading, this year and I hope to redress the balance in the New Year. I will start gearing up training towards the grading syllabus.

## Junior Reports

I have written up some mini progress reports for the Mites and the Juniors, so that I can keep a track on what each individual needs to work on.

Some of the parents have expressed an interest in receiving a regular copy, especially those whose children have banned them from the classes!

I'll send out the first set to all of the current parents. Please let me know if you would like to continue to receive them and I will adjust the distribution list.



## Black Belt Grading – November 2019

Congratulations to Mister Steve Ballard on attaining his 2<sup>nd</sup> Dan and Master Andy McGrath on gaining his 4<sup>th</sup> Dan and Master status. Both proved themselves extremely worthy of their grades, which are just rewards for their hard work and dedication.

## General Meeting

The instructor team will need to get together to discuss the current syllabus, at some point in the New Year. In particular, to discuss which elements of Master McGrath's Tang Soo Do background to add in. This will give our training another layer and more choice of technique. I would especially like to incorporate some of the weapons techniques and patterns, at the very least.

## 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 our Facebook groups:

"Frontline Martial Arts"

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

## Class Times at Alveston Youth Centre

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

## New Year

So, what should we look forward to, in the New Year ?

- Our governing body – UK Chung Do Kwan Taekwondo – will be holding their annual championships, in Bristol, in February or March. It's always a good event, should anyone want to come along to spectate or compete.
- With the number of Juniors and Mighty Mites we now have training, I would like to hold another “in-house” competition for the youngsters. The previous event went very well and acted as an introduction to sport martial arts, should anyone decide they would like to compete in the future.
- As we didn't have a guest instructor in 2019, I will look to arrange one for the early part of the New Year. I have had a few suggestions for potential styles to try, so I shall be contacting them soon.



**BEFORE  
CHRISTMAS**

**AFTER  
CHRISTMAS**



**TIME TO GET  
BACK TO TRAINING**

I hope you all had a great Christmas break and we'll see you all back, raring to go, in the New Year.

**Training resumes on Monday 6<sup>th</sup> January for the Juniors and adults, and Friday 10<sup>th</sup> January for the Mighty Mites.**

Best Wishes  
Simon – 7<sup>th</sup> Dan  
Chief Instructor, Frontline Martial Arts