

# Frontline



Newsletter for Frontline Martial Arts

Issue 27, January 2022

Welcome to the latest newsletter from Frontline Martial Arts and the Alveston Mighty Mites.

And what a strange time it has been! With the lockdown to combat the Covid-19 pandemic, we have been unable to spend as much time on the mats as we would have liked. Thankfully, we are now able to train properly again, in person rather than “virtually” from our living rooms!

## New Members

Usually, I would begin by welcoming all the new members to Frontline Martial Arts but there have been so many since the last newsletter! Thank you all for choosing to train with us and I hope you enjoy your time on the mats.

I would also like to welcome Jay, Finn, Jack, Noah and Willow to the Juniors class, after moving up from the “Mighty Mites”.

## Welcome Back!

I would like to take this opportunity to formally welcome Megan, Des and Michelle back to Frontline Martial Arts.

Megan trained with us a few years ago, also coaching the Mighty Mites class, before taking time out to go to university. Now that she has returned to Bristol, Megan has resumed her training with us and it's great to have her back.

Des and Michelle, along with their sons Connor and Lewis, emigrated to Spain some time back, continuing to run martial arts classes there. Since returning to the UK, they have both resumed their training with us.

It's great to have them all back.

## New Class on Thursdays – Adults & Juniors

In February 2020, we had just opened a new class on Thursday evenings, before lockdown forced us to meet online, so we want to let you know again about this “new” class! It is open to both juniors (ages 10-14) and adults, training together, and runs from 7:15 – 8:45pm. We concentrate more on the martial aspects of training – basic technique and patterns, with the emphasis on self-defence application etc. It's also ideal for those who feel they have outgrown for the Juniors class but are not yet ready to join the Adults & Teens class on Mondays.

This allows us to use our Monday classes to work on the more physical side – sparring, pad work and fitness training. There will still be plenty of cross-over, for those who can't make one or other of the classes on a regular basis.

## Contact Details

For **Mighty Mites** and **Alveston Juniors/Adults**, contact Simon Evans:  
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Join our Facebook groups:

“Frontline News” for Frontline club & classes news.  
“Frontline Martial Arts” for general martial arts discussion.

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## Diary Dates

Sat 19 <sup>th</sup> Feb	Training Seminar with UK CDK, Bristol
TBC	In-house Tournament
April / May TBC	Black Belt grading

## Class Times at Alveston Youth Centre

Juniors (ages 10-14)	Mondays 7.15-8.15pm
Adults & Teens	Mondays 8.15-9.45pm
Adults & Juniors	Thursdays 7.15-8.45pm
Mighty Mites (under 10's)	Fridays 4.30-5.15pm

### Virtual Classes and Restarting Training

Thank you to everybody who attended our “virtual” classes online, via Zoom, while we were unable to meet up on the mats during lockdown. I hope they proved useful and, at the very least, gave you something to keep you interested during lockdown. We certainly enjoyed the focus the classes gave us at that time.



By mid-July 2020 some facilities were starting to open up again, post-lockdown. In particular, gyms and fitness facilities were able to open up partially. However, we had to operate within the rules of the Alveston Youth Centre so could not re-open until September.

Our classes re-started on the 7th of September 2020 and it was so good to see so many of you back and ready to train again. Albeit still subject to certain restrictions, as our training is at least 50% contact training.

Unfortunately, the in-person training was short-lived, with the country going back into lockdown in early November. So, it was back to the virtual sessions again ... until we were able to re-start properly again in May 2021.

### Coloured Belt Grading Success

We were finally able to hold our coloured belt grading (postponed from April 2020) on the 21st November 2021. Many thanks to all of you for keeping the faith during the various lockdowns and restrictions. Congratulations to all those who graded and I look forward to seeing you all continue to progress.



### New Facebook Group – “Frontline News”

We have a new Facebook group entitled “Frontline News”, which will be used for information and news related specifically to the club and classes. The new Frontline News group can be found at <https://www.facebook.com/groups/128472209261541/?ref=share>

This means that those who are interested can use the alternative “Frontline Martial Arts” Facebook for general martial arts discussions. We hope you find this separation of topics useful.

### Training Videos

To complement our formal training, I have posted a number of training videos onto the “Frontline News” Facebook page. These videos concentrate on the individual grading syllabuses and coloured belt patterns. So far, I have posted the first five sets of basic techniques (up to blue stripe) and all of the Taegeuk patterns (done at half speed, to show the individual movements). I hope to post more, including the black belt patterns, three-step sparring, some one-step sparring examples and some self-defence techniques, as I record them. Hopefully, I can make them as near to a normal lesson as possible, to allow you to continue to train outside of the dojang.

## 8<sup>th</sup> Dan Promotion

On 8th September 2020, I learned that Traditional Chung Do Kwan, part of the UK Chung Do Kwan setup, has promoted me to 8th Dan Grandmaster for my “longstanding commitment and development of Taekwondo”. I would like to thank all of you, as you have all helped to keep up my standard and to maintain my enthusiasm for training and teaching.



## Looking Forward...

So, what can we look forward to, in the next few months?

### Technical Seminar

On Saturday 19th February 2022, UK Chung Do Kwan will be hosting a technical training seminar with my instructor, Grand-Master Andrew Davies (9th Dan). This event is being held in Staple Hill, Bristol, 1:30pm to 4:30pm and the cost to train is £20 per person. Please let me know if you are interested in attending.

### In-house Tournament

If there is enough interest, I would like to arrange an in-house tournament for the Juniors and Mighty Mites, especially as we now have lots of youngsters training who might like to give competition a go. Just let me know!

### Black Belt Grading

I am possibly looking to host a Black belt grading in April or May and we should have several people eligible to grade, by that time.

### Coloured Belt Grading Changes

Following a discussion with the black belt team after the most recent coloured belt grading, we are going to re-structure the grading syllabus slightly, moving toward a more traditional form of teaching. We will be re-introducing 3-step sparring at Yellow belt grade. Then, from Green stripe up to Blue belt level, there will be set one-step sparring, to give you a solid grounding in basic technique and application. From Blue belt upwards, you will need to add in techniques of your own choice.

We will also be looking at the Taeguk patterns more within the classes and the application of their techniques. Hopefully, these changes will give you a more rounded training.

Best Wishes

Simon – 8<sup>th</sup> Dan

Chief Instructor, Frontline Martial Arts