

# Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 3, December 2011

Welcome to the latest edition of the newsletter for members of Frontline Martial Arts and Alveston Mighty Mites, past and present.

## Courses

### AMA Coaching Course

On Saturday 13th August, Master Evans, Mr Tovey, Andrew Day and David Kingsland-Wain took part in the AMA's Accredited Coaching Course at the Alveston Jubilee Hall. This was the first time such a course has been run in this part of the country and, as it was right on our doorstep, hopefully not the last. The course covered the fundamentals and legal requirements for sports coaches. The follow-up assessments will need to be arranged for the New Year.

### Grandmaster Park

Saturday 19th November saw world-renowned Grandmaster Park, Sung Jae (9th Dan) teaching a seminar on basic technique, patterns, sparring and self-defence. Master Evans, Jacob Ford and Laura Evans all attended and thoroughly enjoyed the seminar. Grandmaster Park, although Korean, is based in the USA, so he understands the Western culture and language very well. This allowed him to put on a superb seminar, well received by all the attendees. Grandmaster Park is hoping to return in 2012 and I would recommend trying to attend.



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## Demonstrations

Saturday 3rd September saw our third performance at the Alveston Community Show. The show has greatly increased in size since our first invitation in 2009. This time, we were given the "Top Billing", being chosen to close the events in the display ring. The Alveston Mighty Mites' performances, together with Graham Brook's comic turns (☺), more than justified our billing. I am hoping that we will be invited to perform again in 2012.



## New Grading Arrangement / Additional Training

Sunday 16th October saw a change to the grading arrangements for Frontline Martial Arts and the Alveston Mighty Mites. Until recently, all gradings have taken place within the normal classes, on Monday and Friday evenings. Now, all gradings will take place on a Sunday, in the Youth Centre, unless prior arrangement is made.

Holding the gradings this way allows for a preparation lesson to be held beforehand and also allows the juniors to train and grade alongside the seniors and to view the standards they are expected to maintain as they continue to train.

On a regular basis, as people come through the ranks, these gradings will also include Black Belt gradings. These gradings will also be held on an "open" basis, allowing all students to stay and watch the standard required to be awarded the ultimate status symbol for any martial artist.

Gradings are now being held on a 4-monthly basis. In between, we are also holding additional weekend training sessions, concentrating on specific training elements or hosting guest instructors from different styles. The first of these sessions, concentrating on the self-defence aspects, took place on 4<sup>th</sup> December.

Congratulations to all those who took part in the gradings in October. All excellent performances, well done to all of you.



### **"Moving up"**

2011 saw the first of the Alveston Mighty Mites move up to the senior classes on Monday evenings. The Mighty Mites classes are designed to teach the basic techniques of the martial arts but with the emphasis on fun. Once these basic techniques have been learned, then they are ready for the more serious training of the senior classes. A number of the juniors made this step in 2011 and have proven themselves to be up to the challenge.

# 2012

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**Traditionally, at this time of year, people look forward to the upcoming year. So, in time-honoured tradition, here's what the members of Frontline Martial Arts can hopefully look forward to, in 2012.**

### **Courses**

I have tacit agreements with two local instructors, to run introductory sessions in the basic techniques of their chosen styles in the New Year. I plan to arrange these sessions for April and August 2012. I have also contacted other instructors with a view to their running a seminar for us, too.

Grandmaster Park is expected to return in 2012 to run another set of training seminars. The venue has yet to be decided but I would urge you to try to attend, if you can. It is well worth the effort, to train with someone who holds the highest grade possible in Taekwondo.

Outside of purely martial arts instruction, I am still looking to organise a first aid course for those who are interested. All the instructors, at least, should aim to be first aid qualified.

### **Competitions**

For those of you who wish to test yourselves on the competition mat or want to watch some of the best competitors around, there are a number of events for your diaries.

Firstly, the UK Chung Do Kwan Taekwondo invitational tournament will be held on Saturday 31st March in Bristol. Like previous years, the event will be split between Semi-contact "point stop" and Full Contact WTF style.

For spectators, the AMA are holding their "Showcase" event in Sheffield, postponed from 2011. This will highlight competitors from all the different styles which the AMA caters for. Date to be advised.

Highlight of the competition calendar is the Olympic Games, where the best WTF style Taekwondo fighters in the world will be competing in London. In my opinion, ticket allocation for these events has been farcical but the competition will be shown on the digital TV "Red Button".

## Gradings / Dan Gradings

The next coloured belt grading is set for Sunday 19th February, again at the Alveston Youth Centre. The format will be the same as that of the October grading :-

1pm – 2pm : Technical Lesson / Final Practice

2pm – 3pm : Alveston Mighty Mites grading

3pm – 4pm : Senior class grading

The gradings due to be held in June and October may also incorporate a Black Belt (Dan) grading, as we have a number of people who will be eligible at this time.

## Governing Body Affiliation

Following the seminar with Grandmaster Park, I was approached by the president of “UK Chung Do Kwan Taekwondo”, with a view to our affiliating to their organisation. This would give us access to more Taekwondo style tournaments and training with very senior Masters and Grandmasters. However, I am reluctant to give up our membership of the AMA.

I am hoping that all parties will agree to an arrangement where we remain full members of the AMA, plus we have “associate” membership of the UK Chung Do Kwan Taekwondo. This would give us the best of both worlds.

I will keep you all posted...

Last training dates this year are:

- Monday 19<sup>th</sup> December for the senior class in the Alveston Youth Centre
- Friday 16<sup>th</sup> December for the Alveston Mighty Mites in the Jubilee Hall.

Training resumes on:

- Monday 9<sup>th</sup> January for the senior class in the Alveston Youth Centre
- Friday 13<sup>th</sup> January for the Alveston Mighty Mites in the Jubilee Hall.

**I wish you all a Merry Christmas and a Happy New Year. I look forward to working off all that Christmas pudding in January ... ☺**

*Simon*