

# Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 5, December 2012

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

## Club News

Firstly, I would like to extend a welcome to the new members – Haydn, Timothy, Andrew, Damon and Harry. I hope you all enjoy your training.

## New Black Belts

Congratulations to Demelza, Megan, Graham and Jacob on attaining their first Dan Black Belts. A great performance by all. Congratulations too, to Mike on gaining his 2nd Dan. In one day, we have managed to double the number of resident Black Belts, in the club !!!

Special thanks to Paulo, Des, Connor and Lewis for making up the grading panel.

## Coloured Belt Grading

October saw the most recent coloured belt grading and, again, the standard was particularly high. The Alveston Mighty Mites were especially good, with some superb performances. The next generation of martial artists has a bright future.



The stand-out performance of the day, though, went to Steve Ballard, pushed close by James Bennett. All have now moved at least one step

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closer to the time when they, too, test for their Black Belts. Well done to all.

## Technical Descriptions

To help with grading preparations and to act as a general training aid, I have written out a series of technical descriptions for all of the individual techniques involved in each of the grading syllabuses. I hope they will prove helpful in practicing technique. All are available in the "Members" section of the Frontline Martial Arts website – [www.frontline-ma.co.uk/](http://www.frontline-ma.co.uk/)

## General News

### Olympic Games

August 8th–11th saw Taekwondo take centre stage at the Olympic Games in London. Some of you were lucky enough to get tickets to the event and thoroughly enjoyed the competition. I have my reservations about the rule changes, brought in for this tournament, but this in no way takes away from the performances of the fighters. On top of this, Great Britain got their first ever Olympic Taekwondo Champion in Jade Jones, plus a first ever men's Olympic TKD medallist in Lutalo Muhammed.

## UK Chung Do Kwan

Through our associate membership of UK Chung Do Kwan Taekwondo (UKCDKT), we now have access to registration of our grades with the headquarters of World Chung Do Kwan in Korea. In my opinion, this is a move by the World group to try to rival the Kukkiwon in certifying Dan Grades within the World Taekwondo Federation. As our full membership is via the Amateur Martial Association, and they are happy to accept our grades within the UK, without needing Korean recognition, I see no point in this, at the moment

The UKCDKT were original founding members of the British Council for Korean Martial Arts (BCKMA), an umbrella body for all Korean styles. However, it appears that the BCKMA has, effectively, broken up.

## The New Year

As is traditional at this time of year, we look to the coming year. This is what the members of Frontline Martial Arts and Alveston Mighty Mites can, hopefully, look forward to in the new year...

### Guest Instructor

Sifu Neil Young, of Thornbury Wing Chun, has agreed to give us an introductory session in Wing Chun Kung Fu in the new year. Wing Chun is a very close-quarters fighting style, relying on fast, multiple hand strikes as opposed to the longer range power kicking that we are used to. The seminar will be run along the same lines as the one given by Sensei Reynolds, earlier this year, with the juniors for the first part and the seniors for the second.

### Boxing Session

Along the same lines, I am also hoping to arrange a date for David Kingsland-Wain to run a boxing session for us. He has said that we may be able to use the gym he coaches at, including the use of their facilities, pads and, of course, the ring.

### Courses

Mike Tovey has spoken to a fully qualified paramedic, who is prepared to run a First Aid course for us. So, I am (finally) looking to get a course organised.

Andy Day has offered to run a Child Protection course for us, as he is qualified to the highest level. This can only be a good thing, as we have a

relatively large number of children training. Please let me know if you are interested in the course.

The AMA have stated that they are happy for me to run a WTF style referee's course and they will fully certify it. So, if enough people are interested, I will arrange a course. This will be necessary if we have anyone planning to compete in the future.

Now that we have more Black Belts, it would be good to have as many as possible registered as qualified coaches. So, if enough are interested, I will contact the AMA to see if they will put on another coaching course for us, down here.

### Gradings

The next coloured belt grading is currently pencilled in for Sunday February 17th. As usual, this will be in the Youth Centre, from 1pm – 4pm.

The next Black Belt Grading has yet to be scheduled.

### Competitions

The UK Chung Do Kwan Taekwondo will be holding their National Championships, at Keynsham Leisure Centre, on March 23rd. If anyone would like to compete in this event, we can gear the training towards competition style sparring, in the new year.

Ideally, we need to have as many of the Dan Grades as possible qualified as WTF style referees if we intend to have competitors.



Following the Christmas and New Year period, training resumes on Monday January 7th, for the senior class and Friday January 11th for the Alveston Mighty Mites, when we can start to work off all of that turkey and Christmas pud !!! ☐

I wish you all a Merry Christmas and a Happy New Year.

Simon

