

# Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 6, June 2013

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 – Harri, Delilah, Nathan, Owen, John and Kelly. I hope you are all enjoying your training with us

## Affiliation

After 8 years under the umbrella of the Amateur Martial Association (AMA), we have left this organisation and registered as full members of UK Chung Do Kwan Taekwondo (UKCDKT). This also includes associate membership of Taekwondo England. The AMA has been fine for us, over the years, but their Taekwondo resources are limited and UKCDKT membership offers us access to many more TKD instructors, courses, seminars and competitions.

## New Black Belts

February saw David Kingsland-Wain join the ranks of the Black Belts at Frontline Martial Arts. Congratulations to Dave as he joins the ever expanding team.



## Contact Details

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

## Coloured Belt Gradings

February and June saw Frontline Martial Arts holding more coloured belt gradings with some outstanding performances, once again. All of the Alveston Mighty Mites, especially, showed plenty of enthusiasm and excellent technique. I am extremely proud of them all.

The June grading saw the introduction of the “Star Performer” award for the Alveston Mighty Mites. Congratulations to Christian Ferraro on being the first recipient of this award.



## Next Coloured Belt Grading

The next coloured belt grading is due to take place on Sunday 20th October. As usual, this will be held in the Alveston Youth Centre, from 1 – 4 pm.

The next Black Belt Grading has yet to be arranged. I will do so, when people become eligible to grade.

### Guest Instructor

In April, we hosted the latest in our series of guest instructors, giving us an insight into other styles of martial arts. Sifu Neil Young, of Bristol Ving Tsun Academy, along with some of his senior students, gave us an introductory seminar on the basics of Wing Chun Kung Fu.

The emphasis, for this session, was on close-range hand fighting instead of the long-range leg fighting we are used to.



Many thanks to Sifu Young, for his time and expertise. The session was thoroughly enjoyed by all participants.

### Next Guest Instructor(s)

I am hoping to arrange a “multi-style” session, involving ourselves, Sensei Reynolds’ Aikido group and Sifu Young’s Kung Fu group. If this cannot be arranged, then I will look to invite a local Ninpo (Ninjutsu) instructor to run a session for us.

### Training Seminars

In May, Master Evans attended a training seminar with former WTF World number 1, Aaron Cook. The training was very physical, involving lots of fitness training, pad work and sparring drills. It was a pleasure to train alongside one of the world’s top tournament fighters.

The organisers are hoping to get Aaron back for another session, after the World Championships, later in the year. I would urge anyone who is considering competing at some point, to come along.

Hopefully, we will then be able to train with a reigning World Champion...



### Publicity Photos

The Jubilee Hall Management Committee recently sent a photographer along to one of the Mighty Mites classes, to take some publicity shots. The results of this session are now framed and mounted on the wall of the Jubilee Hall. I will try to get some copies of the “montage” and the individual photos, if anyone would like a copy.

### Competition Training

A number of people have asked about competitions. As a club, we haven’t had anyone competing for a few years.

So, I’m thinking about possibly setting up a few competition style training sessions and then, later in the year, organising a club competition, between ourselves, to give everyone an introduction to competition style fighting. I’ll be looking to get some proper competition mats, so we can have the tournament ring set up.

If enough people get bitten by the bug, we can start entering bigger competitions in the new year.

### Team Clothing

We now have a range of high quality Team Clothing, embroidered with the club emblem, available to order.

Hoodies are available at £27 for Seniors and £15 for Juniors, with Polo Shirts at £15 and £10. All can be customised with your name, grade etc. too, if you would like ...

### Social Media

For more details of any of these activities, or for general training related discussion, please join up to our Facebook groups.

Search for “**Frontline Martial Arts**” or “**Mighty Mites – Martial Arts for under 10s**”.

*Simon*