

Frontline



Newsletter for Frontline Martial Arts and Alveston Mighty Mites

Issue 7, December 2013

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

Firstly, I would like to take this opportunity to formally welcome back Des, Michelle, Connor and Lewis French, following their return from Spain. Their return raises the number of active Black Belts at Frontline Martial Arts, up to 12.

New Members

Welcome to Millie, Carter and Kevin to Frontline Martial Arts and, specifically, the Alveston Mighty Mites. I hope you all enjoy your training and, eventually, go on to earn your own Black Belts.

Club Affiliation

Our membership of the Amateur Martial Association has now formally expired. Our affiliation is now to UK Chung Do Kwan Taekwondo, with associate membership of Taekwondo England Ltd.

October Grading

On Sunday 20th October, Frontline Martial Arts held our most recent coloured belt grading.

Congratulations to all of the successful candidates, the standard was excellent, all round.

Special congratulations go to Nathan Wong on receiving the Alveston Mighty Mites "Star Performer" award, although Millie Cole made it a close run thing.

Contact Details

Website: www.frontline-ma.co.uk

Email: info@frontline-ma.co.uk

Mobile: 07771 692222

Join our Facebook groups:



Frontline Martial Arts

Mighty Mites - Martial Arts for under 10's

Final Training dates for 2013:

Monday 16th December – Seniors

Friday 20th December – "Mighty Mites"

Training resumes on:

Monday 6th January – Seniors

Friday 10th January – "Mighty Mites"



Next Dan Grading

Our last Black Belt grading was at the end of 2012. This means that most of the people who graded that day are now eligible for their next grading. On top of this, we have some members who are now ready to take their first Black Belt grading. I will look to arrange this grading for the New Year.

New Equipment

Early August saw Frontline Martial Arts take delivery of 36m² of training mats, allowing us to practice competition training under proper conditions. These mats also allow us to practice throws, takedowns and ground-work with a higher degree of safety. All gradings will now take place on the mats.



We also have a free-standing kickbag. However, due to its size and weight, it cannot be stored in the Youth Centre.

Competition Training

The new mats were almost immediately put to good use, with two sessions specifically dedicated to competition training. August 18th saw training in WTF “Olympic” style, with ITF “semi-contact” style on September 8th. Both sessions were very well received and will be repeated on a regular basis, if enough people are interested in competition training. Now that we have the mats, the full competition equipment and enough people to officiate, we can run these sessions under full tournament rules and conditions. Another session of WTF “Olympic” style training is scheduled for December 15th.

In-house Competition

It was planned to have a small scale competition, as a safe introduction to tournament fighting, in December. Unfortunately, this has had to be cancelled, as we don’t, yet, have enough competitors. I will see if we can rearrange this, if enough people would like an introduction to TKD competition but without the pressure of a major tournament.

Coaching

A number of the Black Belts have asked about the possibility of increased coaching role within the club. I am very happy to accommodate this and have started to draw up new coaching plans.

Megan Day has already begun coaching the Alveston Mighty Mites on a regular basis and has been invaluable in helping them progress. Connor French is a Physical Education student, so will be able to bring new fitness training techniques to the classes. Des previously ran a successful dojang in Spain, Dave is a qualified boxing coach and I regularly call on Mike, Andy and Graham for coaching.

For those who are interested, coaching Taekwondo also counts towards the Duke of Edinburgh’s award scheme.

All coaches will need to be CRB checked. I am looking to arrange this.

Demonstration

On Friday 27th September, Simon, Andy and Steve gave a demonstration and introductory session on basic martial arts to the Explorer Scouts unit, which Steve leads in Thornbury. The session included basic blocks, strikes and kicks, some paddle work and sparring, finishing with some self-defence techniques.

Many thanks to Steve for arranging this (and for volunteering for the self-defence demonstrations) and thanks, as ever, to Andy. The scouts seemed to thoroughly enjoy the session and I am hoping to get to see at least some of the photos and videos taken at the time.

New Website

I am looking to have the club website redesigned and updated. If there is anything you would like to see added, please let me know.

Photo Session

I am hoping to arrange a photo session for the senior class, with the gentleman who came along to take some photos of the Mighty Mites class, earlier in the year. Once it is arranged, I will let you know, so you can all get your training kit ironed ☺.

Next Guest Instructor(s)

I am in contact with some of the martial arts instructors in the Thornbury area, with a view to arranging our next Guest Instructor. I am hoping that I can arrange a series of multi-style sessions with the other local groups but I have other irons in the fire, too. For instance, the option of the Ninjutsu instructor is still there, plus David may be able to arrange a session with a Mixed Martial Arts instructor, specialising in groundwork, something our regular training doesn't deal with.

Local Press

I have also spoken to some of the Thornbury area instructors, with a view to contacting the editors of the Thornbury Gazette about running an article on the Martial Arts clubs in this area. This could prove to be some very effective advertising for us all. At the very least, it could help with "networking" with the other groups.

Frontline Martial Arts have a regular advertisement in The Helmet, the local parish magazine. I have also written an article, introducing who we are and what we do, to be published in the magazine to give us a wider profile in the village and, hopefully, attract new members.

UKCDKT Tournament

Saturday 15th February will see the 6th "UK Chung Do Kwan Taekwondo Invitational" tournament, in Keynsham Leisure Centre in Bristol. We have previously had fighters in this competition, over the years, winning a number of medals. If anyone is interested in competing, this time around, we can start to build up the training with competition in mind. The tournament caters for WTF "Olympic" style, ITF Semi-Contact style and patterns competition.

This date, however, is around the time of our next planned coloured belt grading, so if people want to compete then I will look to re-arrange the grading, to allow them sufficient time to train for both.

TKD England / UKCDKT Squad Training

For those looking to train alongside some of the best competition fighters and coaches this country has to offer, Taekwondo England run regular squad training sessions with former Olympic fighters. If you would like to try out for the GB squad or just pick up some training tips from some of the UK's best, I will get a full list of the dates and venues.

On top of this, UK Chung Do Kwan Taekwondo also has its own National team and runs its own squad training outside of the TKD England sessions.

I hope you all have a great Christmas break and return in the New Year, refreshed and ready to work off all that turkey ☺.

Simon

Dates for your Diary

15th December – WTF "Olympic" style training, Alveston

15th February 2014 - UK Chung Do Kwan Taekwondo Invitational tournament, Keynsham

February – Coloured belt grading, Alveston