

# Frontline



Newsletter for Frontline Martial Arts and Mighty Mites

Issue 1, January 2011

Welcome to the first in a, hopefully, regular newsletter from Frontline Martial Arts.

Firstly, I would like to wish you all a Happy New Year and I hope you had a good Christmas and are ready to return to training, to work off the turkey and Christmas cake !!!

Thank you all for making 2010 a success.

The highlights included ...

## Dan Gradings

A number of Black Belt gradings took place in 2010, resulting in new grades for ...

Master Simon Evans – 6<sup>th</sup> Dan  
Mister Andrew Morris – 2<sup>nd</sup> Dan  
Mister Mark Coombs – 2<sup>nd</sup> Dan  
Mister Des French – 2<sup>nd</sup> Dan  
Mister Connor French – 2<sup>nd</sup> Dan  
Mister Lewis French – 1<sup>st</sup> Dan

## Tournament Successes

Frontline Martial Arts had 4 competitors in the “UK Chungdokwan” UK Invitational tournament, returning with 4 silver medals. Now that we are back on the “tournament circuit”, we can look forward to more medals in 2011 !

### Contact Details

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## Demonstrations

Frontline Martial Arts and the Alveston Mighty Mites were invited to perform at the St Helen’s School Fete and the Alveston Community Show.

The Mighty Mites, especially, were the stars of the shows !

## Guest Classes

Following our displays at the school fete and the Community Show, Master Evans was asked to run two classes for the 1<sup>st</sup> and 3<sup>rd</sup> Alveston Brownies. Most seemed to enjoy themselves and left the sessions with big smiles on their faces.

## Hellos and Goodbyes

2010 saw a number of “hellos and goodbyes”.

Firstly, we would like to welcome Nicolas Morris to the World. Nicolas is the first child for Andy and Lu Morris. Congratulations to them. I’m sorry, Andy, but they don’t make training suits in Nico’s size ☺

At the end of May, we said “Goodbye” to Des, Michelle, Connor and Lewis French, as they headed off to Spain. Good luck to them all in their new home and, judging by the photos on Facebook, the move seems to be agreeing with them !!!

Finally, we have had to say Goodbye to the Kingswood classes. For over 10 years, these classes were the heart of Frontline Martial Arts but the venue is expensive and the classes are no longer viable. They will formally end at the end of January 2011.

# 2011

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Now, as is traditional at this time of year, let's look forward to what we hope 2011 could bring for the members of Frontline Martial Arts ...

## **Black Belt Gradings**

2011 should see Mr Mike Tovey promoted to 2<sup>nd</sup> Dan and Miss Demelza Emmerton grading for her 1<sup>st</sup> Dan.

Add to this the possibility of Mr Paulo Ferreira grading for 4<sup>th</sup> Dan (and "Master" status) and Mr Richard Legg grading for 3<sup>rd</sup> Dan and we have an exciting time for the senior grades.

## **"Coloured Belt" Gradings**

I am looking to make the coloured belt gradings more formalised in 2011. All coloured belt gradings will be conducted on the same day – Seniors, Juniors and Mighty Mites.

## **"Squad" Training**

Now that we are starting to get more people competing on the local tournament circuit, it would be good to introduce some training dedicated to tournament sparring, both WTF style and semi-contact.

The session we ran in 2010 was very successful, so we may be able to make this a more regular thing.

## **Guest Instructors**

I am hoping to invite some guest instructors, from other styles, to run "one-off" sessions for us.

I already have tentative agreements from Aikido and Ninjutsu instructors. Hopefully, we can formalise this for 2011.

## **Associated Courses**

Along with the "pure" martial arts training, I am hoping to arrange some additional courses to complement this.

The AMA are trying to arrange a Sports Coaching course in the West Country and I would hope that all of the Black Belts, at least, could attend.

I am also hoping to arrange a First Aid course, at some point, this year. If anyone has connections with the St John's Ambulance, or similar organisations, please let me know if we can arrange a course.

There is also the possibility of a course to keep up-to-date on tournament refereeing.

## **Competitions**

We should be invited to compete in the UK Chungdokwan West & Wales championships again this year.

Also, the AMA are organising more semi-contact style tournaments around the country.

Please let me know if you fancy the idea of competing in 2011.

## **Social Events**

Our pre-Christmas get-together never materialised, so I am hoping to arrange something for early in the New Year.

It would be good to do some more social events, along with just the martial arts training. Any ideas, please let me know.

Do you fancy Bowling ? Karting ? Paintballing ? Getting together for a drink / meal ?

## Team Clothing

I have contacted a local embroiderer, who is happy to produce a line of polo shirts, t-shirts, sweatshirts, hoodies etc. with the club's emblems on, to help establish our "team" identity.

They will also embroider the emblem onto our training suit jackets, too. This works out as a cheaper option than producing sew-on badges.

Please let me know if you would be interested in ordering any team clothing.

## Dates for you Diaries ?

2011 sees a number of national events which might be of interest.

The "AMA Martial Arts Showcase" is pencilled in for 2011, promising to highlight the best of each of the martial styles represented in the AMA.

Plus, the tickets become available for the biggest martial arts event there is, with the Taekwondo events for the 2012 Olympic Games in London.

I have already registered with the organisers so, if you are interested in attending, I will look into arranging tickets for the club as a group.

Just as a reminder, training resumes on:

- Monday January 10<sup>th</sup> in the Alveston Youth Centre
- Wednesday January 12<sup>th</sup> in Kingswood, and
- Friday January 14<sup>th</sup> for the Alveston Mighty Mites.

As the grading at the Youth Centre got postponed, due to severe weather, at the end of December, it has been re-arranged for the 24<sup>th</sup> January. The 10<sup>th</sup> will be a work-out, to lose some of the Christmas pud ☺, with a "pre-grading" on the 17th.

Here's to a successful 2011 !

*Simon*