

# Frontline Martial Arts

Incorporating

## Mighty Mites

&

## Ninja Niños

MIGHTY MITES



MARTIAL ARTS

Frontline



Martial Arts



# WELCOME PACK

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## **Welcome to Frontline Martial Arts, Mighty Mites and the Ninja Niños.**

Welcome to our club. The purpose of this pack is to provide you with information as you begin training in martial arts. There is lots more information on our website, and of course, feel free to ask us any questions.

We provide classes for children (from 4 years of age) and adults (any age!). We mainly practice WTF style Taekwondo but we enjoy incorporating influences from many other styles of martial arts.

We are a community based, family club, run on a not-for-profit basis. Our emphasis is on learning martial arts/self-defence in a fun and supportive environment.

**[www.frontline-ma.co.uk](http://www.frontline-ma.co.uk)**

During your training you will learn new skills and techniques, experience a continual sense of achievement, get fit and meet new friends.

You will learn effective self-defence techniques and how to avoid the need to use them! You can compete in a whole new sporting experience which could, with dedication and hard work, take you all the way to the Olympic Games!

Your confidence will soar, your fitness improve, your concentration levels rise and, above all, you will have fun doing it ... smiling is definitely encouraged!

You will probably pick up some bumps and bruises along the way, this is the nature of martial arts training, but you will train in a safe, monitored and child-friendly environment. We have a Welfare Officer / Child Protection Officer, qualified to the highest level possible and the instructors are DBS criminal records checked.

Master Simon Evans  
Chief Instructor

## **Contact Details**

Website: [www.frontline-ma.co.uk](http://www.frontline-ma.co.uk)

Email: [info@frontline-ma.co.uk](mailto:info@frontline-ma.co.uk)

Mobile: 07771 692222



Join our Facebook groups:  
Frontline Martial Arts  
Mighty Mites - Martial Arts for under 10's

## **Fees and Joining**

Frontline Martial Arts offers good quality martial arts training at fair and reasonable prices.

Your first session is free. From then on, you pay per session. If, after three weeks, you like us enough to join and train regularly, please complete the membership form (in this pack) and pay the annual club membership fee. Membership is important – it includes insurance, membership of Frontline Martial Arts, membership of UK Chung Do Kwan Taekwondo, and associate membership of The UK Taekwondo Commission.

There are no hidden costs, no contracts, no minimum attendance. You only pay for the training you receive. Our club is run on a not-for-profit basis; training fees go towards hall hire or are put back into the club to pay for equipment or courses.

### **Session/class fees**

Mighty Mites / Ninja Niños	£3.00	Family (1 adult 2 children)	£11.00
Juniors	£4.00	Family (2 adults 1 child)	£12.00
Adults	£5.00	Family (2 adults 2 children)	£15.00
Dan Grades (who are prepared to teach)	Free of Charge		
Dan Grades (who only wish to train)	£10.00 per month		

**Annual membership** (all ages) £25 per year

### **Other costs**

Dobok (uniform)  
Children approx. £14.00  
Adults approx. £17.00

As you progress, you may wish to buy your own head guard and protective armour. However, we have plenty of spare kit available to borrow each session.

All information and prices correct at time of writing.

### **Class Times and Locations**

#### Alveston, South Glos.

Mighty Mites – for children aged 5 to 9

Friday evenings 4:30pm – 5:15pm

*Alveston Jubilee Hall, Greenhill Road, Alveston, Bristol BS35 2QX*

For youngsters aged 10-14

Monday evenings 7:15pm – 8:15pm

For Age 14+

Monday evenings 8:15pm – 9:45pm

*Alveston Youth Centre, Greenhill Road, Alveston, Bristol BS35 2QX*

#### Horfield, Bristol

Ninja Niños – For ages 4 to 7

Saturday mornings 11:00 – 11:45am

*Horfield United Reform Church Hall, Muller Road / Downend Road, Horfield, Bristol, BS7 9PU*

## Training Room Terminology

Taekwondo is a Korean martial art and we use a few basic Korean words for instruction and equipment. The ones you will hear most often are:

Cha Ryo	Attention
Kyongye	Bow
Chunbi	Ready
Shijak	Start
Kalryo	Pause
Guman	Stop
Dojang	Training hall
Dobok	Training uniform
Dee	Training belt
Hogu	Competition armour

## Tenets of Taekwondo

The tenets (traditional principles) of taekwondo are:

Etiquette (ye ou)  
Modesty (yom chi)  
Perseverance (in ne)  
Self-control (kukchi)  
Indomitable spirit (bekchool balgool)

## Rules of the Dojang

- Always bow when entering or leaving the Dojang (training hall). This is a traditional sign of respect to the instructor(s), the other students and the training venue.
- Please do your best to arrive promptly. Late students will miss the vital warm-up and stretching periods of the class.
- If you do arrive late please ensure you are properly warmed up before you join in the class.
- Always ask permission from the instructor before joining class if you have arrived late.
- Always talk to the instructor in a respectful manner and show respect to your fellow students.
- Always follow the instructor's instructions and do not talk while the instructor is teaching.
- No running or shouting unless instructed to do so.
- No eating or smoking. Water is the only beverage allowed in the training area.
- Ensure that clothing and equipment are clean and in good condition.
- Only light training shoes or bare feet are allowed in the training area. Bare feet only, on the mats.
- Toenails and fingernails must be clean and neatly clipped for both safety and hygiene reasons.
- Uniforms must be clean and pressed and worn as a complete set, both top and bottom.
- Once a belt has been awarded, it should be worn in classes at all times.
- Ladies should wear a white T-shirt beneath their uniform top.
- No jewellery or hard hair clips are allowed during training. Only a plain wedding band is allowed. Rings with stones must be removed.

## Instructor Profiles

### Master Simon Evans



Simon started training in Taekwondo in 1987, achieving black belt status in 1990, and enjoying several national tournament successes. Simon established Frontline Martial Arts in 1999, with a group of fellow senior grades and students, in order to continue to train in the true “amateur” style of the art, and to allow the freedom to train in and learn from other martial art styles.

Simon is the chief instructor for Frontline Martial Arts, as a whole, and is the coach for the Alveston “Mighty Mites”

#### Qualifications

- 7<sup>th</sup> Dan Black Belt, Chun Kuhn Taekwondo
- 6<sup>th</sup> Dan Black Belt, Chung Do Kwan Taekwondo
- Registered chief instructor with Frontline Martial Arts and the UK Taekwondo Commission
- DBS criminal records checked for teaching students of all ages
- Level 2 national coaching award
- Class 1 WTF style Tournament Referee.
- Former UK Open champion

### Master Mark James



Mark began training in Taekwondo in the early 90’s, having previously trained in Wado-Ryu Karate and Western Boxing. Mark founded Frontline Martial Arts, alongside Simon, where he specialises in close quarters combat and effective self-defence.

#### Qualifications

- 4<sup>th</sup> Dan Black Belt, Chung Do Kwan Taekwondo
- Registered instructor with the UK Taekwondo Commission
- Level 1 national coaching award
- Advanced First Aid certified

### Mister Andrew Morris



Andy started training in 1990, with the Taekwondo Association of Great Britain. He joined Frontline Martial Arts in 2005, becoming our semi-contact style competition coach. Andy now also coaches the Ninja Niños, training the next generation of martial artists.

#### Qualifications

- 2<sup>nd</sup> Dan Black Belt, Chung Do Kwan Taekwondo
- Registered instructor with the UK Taekwondo Commission
- Multi-time medal winner
- Class 2 WTF style Tournament Referee
- Working towards level 2 coaching award