

THE OFFICIAL CLUB NEWSLETTER ...

SEPTEMBER 2018



KIXX Martial Arts Club - Grading

Well done Sean Gleeson for passing you Purple Sash level at the grading at KIXX Glos on Sunday 5th August. Sean's instructor Andy Cole and KIXX Martial Arts Chief Instructor Nigel Gilham were very pleased with the standard. If you live in or near Stroud in Gloucestershire please feel free to contact Andy via his website: www.kixxglos.co.uk



Andy presenting Sean with his Purple Sash and Certificate

KIXX Martial Arts - Fight Club (August)

Well we expected the August Fight Club to be quite a low key event but were very pleased to have 10 people turn up. Well done and thanks for the support!!!

Some of the fighters...

The next Fight Club on Saturday the 15th September 2018

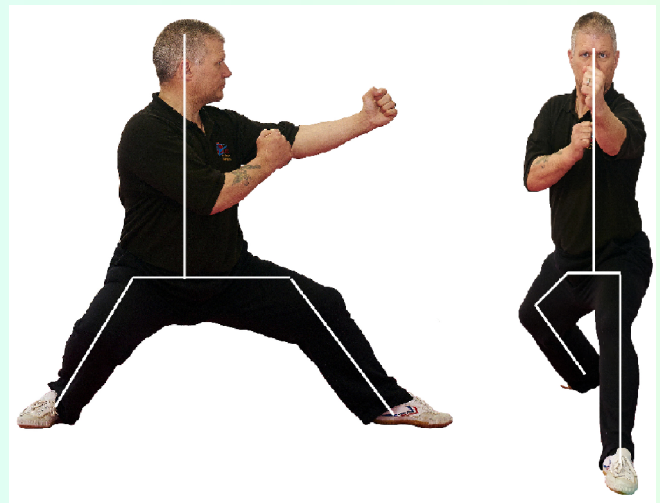


KIXX Martial Arts Club - Chinese Boxing Grading

Please note that the next Chinese Boxing grading will be held on Saturday 22nd September. If you would like to grade please speak to your instructor to confirm that you know the syllabus requirements. Correct uniform and sashes must be worn to gradings. For more information please speak to Tracy...

KIXX Martial Arts Club - STANCE TRAINING BACK Stance (Banmabu)

A number of students are demonstrating the Back Stance (and other stances) incorrectly. The photos below show the correct placement of feet and posture for Back (Rear) Stance.



Next month the stance will be...
Cross Leg Sitting Stance (Xiebu)...

KIXX Martial Arts Club - KIDZ Chinese Boxing

The names of the winners to be awarded the weekly KIXX KIDZ Chinese Boxing Trophy for this month:

***Emily Mikli, Pavel Barkanovs
and Will Keeley,***

KIXX Martial Arts Club - KIDZ Qingda Sparring

The names of the winners to be awarded the weekly KIXX KIDZ Qingda Sparring Trophy for this month:

***Oliver Rous, Max Older
and Isaac Stoker***

CALENDAR 2018 - Dates to Remember...

Saturday 15th SEP - Fight Club (Open Mat)
Sunday 16th SEP - Adult High Grades Class
Saturday 22nd SEP - Chinese Boxing Grading
Sunday 23rd SEP - Junior High Grades Class
Saturday 29th SEP - British Squad Training K2

KIXX Martial Arts Club is a Chinese Martial Arts Centre of Excellence for Adults / Children

Traditional Southern SHAOLIN Kungfu, Self-Defence, (Wu Chi) Relaxation, Wushu, KIXX Boxing, Martial Circuits, Strength and Conditioning, Weapons, Competition Fighting ...

LOCATION: Granville Rd, Maidstone Kent. ME14 2BJ

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