

NEWSLETTER June 2011

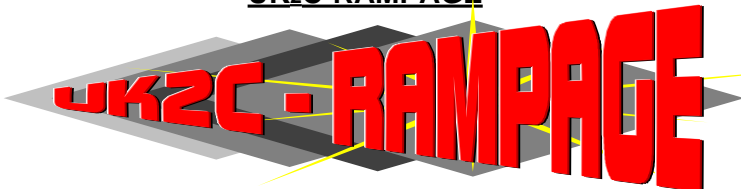
WELL Done Jenga!



We are very pleased to announce that at only 20 years of age Jenga (aka Eugene Hadlow) has won a Silver medal in the under 75kg event at the British Council for Chinese Martial Arts (BCCMA) National Sanshou (Full-Contact) Championships on Sunday the 8th May 2011. Despite college and upcoming exams affecting training Jenga managed to work well under pressure for the Silver. Well Done.

For all youngsters interested in competing, it is worth remembering that your school / college / university work should take precedence. Training in martial arts or any sport is a worth while choice but it is always a good idea not to 'Put all your eggs in one basket' :-) ie get an education.

UK2C-RAMPAGE



KIDS, look out for **SUNDAY the 5th JUNE** and your chance to take part in the popular martial event at KIXX Gym in Granville Rd. Get you entry forms in quick before we reach the limit for numbers!!! There are lots of prizes to be won and certificates for everyone who enters. **DON'T DELAY ENTER TODAY :-)**



Tai Chi and Daoist Yoga Course

This follow up to the May 14th course, will take place on Saturday the 18th June (from 12 noon). The Tai Chi and Daoist Yoga course will cover fundamental exercises for

strengthening and stretching the body, focusing on breathing and posture in preparation for the Wudang Tai Chi 28 form. In this course you will also learn the 5 Animal Qigong Set, one of the most important internal exercises from Wudang mountain. For more information please speak to Jonesy, a Gold medallist in the Tai Chi section of the British Festival for Chinese Martial Arts held in Oxford in April this year.

KIXX in Parade



KIXX Martial Arts was very pleased to be asked by the Mayor of Maidstone to take part in the Civic Parade on Sunday 22nd May. It was another enjoyable outing for the members and for the children that came from North Borough and St Francis school clubs.

SENSEI RAY FULLER (1934 - 2011)

It is with great sadness that I report the death of **Sensei Ray Fuller** who passed away on Friday 20th May aged 77. He was a major force within the Shotokan Karate organisations and a massive influence in my own training. Remember all the training we did at Ray's Coxheath club!!! :-)

Written by Nigel Gilham (2nd Dan Shotokan)



KIXX KIDZ Chinese Boxing

The winners of this months KIXX KIDZ Chinese Boxing Weekly Trophy are:

Lucy Wilkinson, Bartosz Kardas, Daisy Malion and Ben Lincoln

CALENDAR Dates to Remember...

- Sunday 5th June** - UK2C-RAMPAGE Event for the children. **Don't miss it !!!**
- Saturday 18th June** - Taoist and Yoga Course. For more information please speak with Jonesy.
- Sunday 26th June** - Five Ancestors - extra class.
- Saturday 2nd July** - KIXX Chinese Boxing Junior Grading and Chinese Boxing Course.
- Saturday 9th July** - KIXX Demo in Barming. For more information please speak to Nigel or Tracy.

If you would like more information or you would like to attend any of the above events please speak to Nigel as soon as possible, thank you.