

# FEBRUARY 2012

## Ladies Only After Christmas - Martial Fitness



On Sunday the 15<sup>th</sup> January there was another of the Ladies' Only Fun and Martial Fitness courses. This time emphasis was placed on "**KIXX-Starting**" a positive exercising habit with an exciting New Year Fitness Routine, especially after the traditional festive over-indulgence over the Christmas and New Year period.

The exercises, routines were paced over a two and half hour workout. A thorough warm up and stretching was followed by a variety of martial exercises to achieve a full body workout. Short regular breaks were taken during the session and an equally thorough warm down completed the course.

*I didn't think I would be able to do a class that lasted two and half hours but it was paced really well* said 'Sam', a member of the weekly classes.

*'Very well organised and friendly group as this was my first time everybody made me feel welcome'* said Erica, a first time member of the class though her 4 year old son is a regular member of the children's classes.

*'Lots of individual support as a 'new joiner'. Challenging and supportive'* said Beverley, another first time member of the class and to KIXX Martial Arts.

Everyone was made welcome and even though there was a mixture of abilities and levels of experience, the exercises were designed to suit all who attended (*development of the individual is of paramount importance at KIXX Martial Arts*). We all had fun with the workout well supervised and paced for all.

Keep checking the KIXX Martial Arts website and newsletters for the date of the next Sunday session. The next course with KIXX Martial Fitness for Ladies Only will be emphasising '**Getting Ready for Summer !!!**'. In the meantime come to KIXX Martial Arts Gym in Granville Rd (ME14 2BJ) and join the classes already on the timetable to **KEEP UP YOUR FITNESS HABIT** for 2012.

**Don't make any excuses, START NOW.....**

Article by: Tracy Gilham



## KIXX Chinese Boxing Grading



Well done to the following for passing their grade and earning their sash at the KIXX Chinese Boxing Grading on Saturday the 21st January 2012.

**JUNIORS:** Tyler Grant (*Yellow/White*), Randall Hadaway (*Yellow/White*), Freddie Bailey-Taylor (*Yellow/White*), Nikita Chupak (*Yellow/White*), Logan Gibson (*Yellow/White*), Ben Keetarut (*Orange/White*) and Callum Jones (*Purple/White*).

**ADULTS:** Joanne Baker (*Yellow & Orange*), John King (*Orange*), Dave Burr (*Orange*), Sandy Capon (*Blue*), Patrick Fitzhugh (*Blue*), Dan Parker (*Red*) and Eugene Hadlow (*Brown*).



The next gradings as follows:

**JUNIORS:** Saturday 19th May (12:30pm - 3:30pm)  
**ADULTS:** Saturday 26th May (12:30pm to 3:30pm)

## KIXX NEW LOGO



Please see Nigel or Tracy for information regarding the new KIXX Martial Arts logo that will now appear on all items of clothing etc. The previous logo's whilst no longer available are perfectly ok when wearing to gradings etc.

## KIXX KIDZ Chinese Boxing

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

**Luke Diment, Lucy Wilkinson, Nikita Chupak and Freddie Bailey-Taylor**

## CALENDAR Dates to Remember...

**Sunday 12th February** - Invitational High Grades Course  
**Sunday 4th March** - BCCMA Coaching Course to be held at KIXX Martial Arts Gym

**Saturday 19th MAY** - JUNIOR Chinese Boxing Grading  
**Saturday 26th MAY** - ADULT Chinese Boxing Grading

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.

# FEBRUARY 2012

## KIXX Martial Arts - In Bangkok, Thailand

Over the Christmas 2011 and New Year 2012 holidays, Nigel and Tracy were pleased to be invited by KIXX Martial Arts member in Thailand, Paul Buckley, to Bangkok to have a few days holiday whilst doing some teaching and making new friends for KIXX Martial Arts. Apart from introductions to other martial artists, we were introduced to members of the UN and other NGO's that were particularly interested in improving the lives of adults and children, that were being exploited by trafficking and the worst forms of child labour. *I will detail this a little more in the March newsletter.*

Back to the martial arts. We were fortunate to be able to conduct a number of lessons throughout our stay and promote the Shaolin styles taught at KIXX Martial Arts. One of the highlights of the stay was to be invited by the prestigious **KRUDAM Thai Boxing Gym** (Bangkok) to a Thai Boxing finals show held in the grounds of the Kings Palace. The international event was part of an elimination process held throughout 2011. More details may be found on [www.thaifight.tv](http://www.thaifight.tv) including the fights that took place at Christmas '11. The whole event was televised so the arena was absolutely packed with people. We were lucky to get seats very near the ring and the fighters entrance by the large tv screens. The fights were exciting and the fireworks, glitz and production of the event was truly spectacular.

