



OCTOBER 2016

KIXX Martial Arts Club, Granville Rd, Maidstone Kent. ME14 2BJ +44 (0) 7941 340284 www.kixxmartialarts.co.uk

***A Chinese Martial Arts Centre of Excellence for Adults / Children to Learn ...
South SHAOLIN Kungfu, Self-Defence, Wu Chi / Tai Chi Relaxation, KIXX Boxing Martial Circuits, Competition Fighting ...***

KIXX Martial Arts Club - NUTRITION COURSE

An excellent course focusing on Healthy Eating, Nutrition, Sports Nutrition, Fad Dieting, was presented by Dr Rosalind Fallaize on Sunday the 25th Sept. She addressed a wide range of topics including; vegetarianism, veganism, weight gain, weight loss, portion sizes, salt and sugar content, meal timing, supplements, food diaries, diet apps, and much more in the Q & A part of the course. We are very keen to ask Dr Fallaize to return for another, similar presentation next year. The topics to be discussed may be determined by Question Cards that will be submitted to her a week before the course. This ensures that all areas of interest are covered adequately on the day. Everyone enjoyed taking part in the scales exercise giving readings for weight, BMI, fat content, muscle content and visceral fat content and were very interested in the results.

We would all like to thank Dr Fallaize for her presentation and for taking the time to come and speak with us.

KIXX Martial Arts Club - Fight Club



The Fight Club on the 10th Sept provided the usual level of fun and interest in the sparring. Everyone managed to get what they were looking for from the agreements and had a really good time. The last Fight Club for 2016 will be held on Saturday the **22nd October from 12:30pm...**

KIXX Martial Arts Club - High Grades

The Junior High Grades Course on Sunday 25th Sept was marked by a fantastic turnout from children from a number of KIXX Martial Arts School around Maidstone. We were please to see children Purple Sash and above coming from North Borough, Saint Francis, Leybourne with others that already come to the club in Granville Rd, Maidstone.

The children enjoyed learning some self-defence, sparring, throwing, weapons, hand sets and form routines for the grading syllabus.



KIXX Martial Arts Club - Junior High Grades Course 25th Sept 2016

The last Adult High Grade Course for 2016 will be held on Sunday 16th October with the last Junior High Grades Course on Sunday 23rd October. Owing to commitments in China etc the High Grades Courses will resume in 2017 so please check the notice boards.

KIXX Martial Arts Club - DAY TIME USERS

Day time users of the KIXX Martial Arts Club facility please note that during school term time the club house in Granville Rd may be closed on **Mondays** (2:45pm to 5pm), **Tuesdays** (3:15pm to 4:30pm) and **Thursdays** (2:50pm to 4:45pm). The temporary closures are during school term times to enable instructors to attend local primary schools to provide KIXX Martial Arts - After School Clubs. We would like to thank all of our members for their continued support with these courses.

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:

Sara Reszka, Lucy Wilkinson, Bobby Brouard and Theo Glee

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:

Tom Savage, Tyler Grant, Grace Stiff and Isla Nunn

CALENDAR 2016 - Dates to Remember...

1st OCT - Grading for Adults and Juniors

16th OCT - Adults High Grades Class

22nd OCT - Fight Club (Last one for 2016!!!)

23rd OCT - KIDz High Grades Class

13th NOV - Remembrance Day Parade through Maidstone Town Centre

15th NOV - Competition in CHINA - PLEASE CHECK THE TIMETABLE FOR CHANGES TO CLASSES WHILST THE TEAM IS IN CHINA, Thank you...