



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 ...*

## HAPPY CHINESE NEW YEAR of the (Fire) ROOSTER



### KIXX Martial Arts Club - Chinese New Year

This year will be the year of the Rooster and the celebrations will begin on the 28th January. There will be traditional activities for example: the giving of oranges (symbolising abundance and wealth) and the giving "Red Packets" (for good fortune for the giver and the receiver).



Some of the members with their Lucky Oranges :-)

### KIXX Martial Arts Club - High Grade Classes

This year High Grade classes began on the 22nd Jan with the Adults followed by the children on the 29th Jan. Both classes were well attended and the improvement in the standard is noticeable. Keep it up!!



The Children after the Junior High Grades Class...

### KIXX Boxing and Gutz 'N' Butz Classes

Sometimes we get people coming into the club asking if we teach kickboxing classes but when we mention the Sanshou Sparring or KungFu classes they actually do not want the contact side of these classes they just want to do martial fitness circuits and exercises.

If you want to increase your fitness and stamina levels without the contact side of the martial arts i.e. sparring and / or the traditional kung fu classes, then these classes are for you. They are circuits, bag work, partner work and training with partners but without the contact. In a safe, welcoming environment these enjoyable class are for all adults at every level from beginners to advanced.

Give these classes a go to give your New Year fitness goals a 'KIXX' start!!!!!!

**Contact - Tracy - Senior Instructor**

### 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 reason for the temporary closures during school term time is 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 very much in advance for their help and support with this endeavour.

### 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:

**Finley Lavin, Isla Nunn, Austin Warriner and Alexander Catterall**

### 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:

**Zain Kaler, Balazs Toth, Grace Stiff, Ella Broderick and Jake Cumming**

### CALENDAR 2017 - Dates to Remember...

- 14th FEB - Valentines Day Massacre - Exercise Course for the kids (limited numbers)
- 19th FEB - Adult High Grades Class
- 25th FEB - FIGHT CLUB (1:30pm)
- 11th MAR - Chinese Boxing Grading (Adults and Kids)
- 12th MAR - Adult High Grades Class
- 19th MAR - FIGHT CLUB (1:30pm)