



***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 ...***

WELL DONE Andy Cole

Long term member of KIXX Martial Arts and Chief Instructor at KIXX Glos won his bout at a cage fighting event in Newport on the 6th May. He won with a turning kick to the temple which resulted in a TKO in 35 seconds of the first round. He was entered into the Cage Warrior event and supported by Mark Weir of The Range, Gloucestershire.

Everyone at KIXX Martial Arts would like to congratulate Cole on his win.



KIXX Martial Arts Club - Fight Club

The Fight Club on the 6th of May was very good fun and well attended. The fighters took part in bouts of; stand up (with / without boxing gloves), ground work and fixed step pushing hands. The next Fight Club will be held at KIXX Martial Arts Club on Saturday the 17th June from 1pm.



KIXX Martial Arts Club - Junior Sparring Day

The junior students from KIXX Martial Arts Club and Jo'Li martial Arts Club will meet up for a sparring session on Saturday the 3rd June (12:30pm). The bouts will be set to suit the levels of individuals. The session

will be FREE of charge. For more information please get in touch ...

KIXX Martial Arts Club - JUNIOR High Grades

The Junior High Grades class on Sunday the 21st May was exciting and enthusiastic. The children are progressing well with the extra, focused training. The next session will be held on Sunday the 25th June 2017 from 9am. Invitations to follow ...



KIXX Martial Arts Club - Closed 16th June '17

The Club will be closed all day on Friday the 16th June 2017. We are very sorry for any inconvenience. Saturday will continue as normal. Many thanks for your help, Nigel.

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, Fin Emmott, Katie Sargent
and Nathaniel Carrington-West***

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:

***Christie Glenister, Sara Reszka,
Ella Broderick and Tom Savage***

CALENDAR 2017 - Dates to Remember...

- 3rd JUNE** - Sparring Day with Jo'Li Martial Arts Club
- 10th JUNE** - KIXX Chinese Boxing Grading
- 11th JUNE** - Adult High Grades Class
- 16th JUNE** - GYM CLOSED FOR TODAY ONLY
- 17th JUNE** - FIGHT CLUB (usual rules apply)
- 24th June** - DEMO at SANDLING SCHOOL
- 25th JUNE** - Junior High Grades Class
- 1st July** - DEMO at ST FRANCIS SCHOOL