



KIXX Martial Arts Club, Granville Rd, Maidstone, Kent ME14 2BJ

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[www.kixxmartialarts.co.uk](http://www.kixxmartialarts.co.uk)

# JANUARY 2021 Newsletter

## HAPPY NEW YEAR 2021

We would like to wish everyone a much better year than that of 2020. Despite the hassles that we have all experienced in one way or another, we are staggered by the Team Spirit of those that are part of KIXX Martial Arts Club.

It is nice for us to be able to thank friends, instructors and students from the UK and many countries eg: USA, Thailand, Malaysia, Philippines, Australia, Scotland, etc. for their support and encouragement with Zoom Classes and Zoom Social Meetings.

### KIXX Martial Arts Club - Zoom Classes

As a result of the continuation of the Tier 4 restrictions in our area of the country, it is necessary for us all to focus on our training and motivation via the Zoom classes.

Until we are allowed to have classes even small classes, at the Club, we shall do our best to provide highly interactive sessions suitable for all of our members.

Our current timetable provides for a wide range of classes including:

South Shaolin Wuzuquan (Chinese Kung Fu)  
Wujiqian (similar to Tai Chi - Relaxation)  
Chinese Boxing and Competition Wushu Forms

KIXX Boxing Exercise (Cardio, Stamina, Endurance)

Gutz N Butz Exercise (Muscle toning, Core training)

Personal Training - 1 to 1 sessions may be arranged in any of the classes. For those who prefer closer attention with their martial arts, martial fitness and relaxation.

We will have normal Zoom classes beginning the 2nd January:

**9am Wujiqian (relaxation similar to Tai Chi)**

**10am Competition Wushu (excellent, dynamic movement for children and adults)**

**11am Gutz N Butz Exercise (Toning, Core, strength and Conditioning)**

Please remember to book in advance for the Zoom classes. This will give us enough time to check payments (as necessary) and send out the codes.

For more information about our Zoom Class Timetable and for details of payment options, please contact us on:

**[enquiries@kixxmartialarts.co.uk](mailto:enquiries@kixxmartialarts.co.uk)  
+44 (0) 7941 340284**

### CALENDAR – Dates to Remember...

12th Feb 2021 - Chinese New Year (OX)  
2nd April 2021 - Good Friday  
4th April 2021 - Easter Sunday  
5th April 2021 - Easter Monday  
3rd May 2021 - Bank Holiday  
31st May 2021 - Bank Holiday  
30th August 2021 - Bank Holiday  
25th December 2021 - Saturday  
26th December 2021 - Sunday  
27th December 2021 - Bank Holiday  
28th December 2021 - Bank Holiday

A FULL TIME CENTRE for Chinese Martial Arts; Traditional SHAOLIN Kung Fu, Modern Wushu, Sanshou (Fighting), Self-Defence, Weapons, Relaxation, Tai Chi (Wuji) and Martial Fitness / Circuit Training... Classes to suit all ages and abilities...