

FEBRUARY 2021 Newsletter

HAPPY CHINESE NEW YEAR of the OX (Metal)



2021

Chinese New Year 2021

The Chinese New Year of the Metal Ox will begin on the 12th February and last for 2 weeks. We would like to wish all our club members, students and friends friends of KIXX a Happy, Healthy and Fulfilling 2021.

Lockdown Zoom Training

Despite the positivity of the Chinese New Year celebrations, we were all sad to hear about the Lockdown in January. It is making life uncomfortable and will not be reviewed for 6 weeks?!?

In an attempt to help a little, we have resumed the Tuesday and Thursday 3pm in the Afternoon Exercise Zoom classes to help with daytime activities for those that have had to stay at home. and the Sunday KIXX Zoom Social s at 11am. We hope the Afternoon sessions will be of use because it is very important for the children to have some form of physical activity if they are being forced to stay in. There is also the social and positive interactivity benefits that are a big part of the classes. Fun as well as fitness. Everyone is encouraged to try their individual best whatever their age or ability. We will make adjustments to the exercises for any one with difficulties. This will be done in the interests of health and safety as well as personal development.

Stance Training

A handy reference for those that would like to practice their stances (between classes LOL)...

Gongbu
Forward, Front
Stance



Mabu
Horse Stance



Pubu
Side Stance (One
Leg Sitting)



Xiebu
Cross Leg Sitting
Stance



Xubu
Empty Step (Back)
Stance



CALENDAR – Dates to Remember...

- Friday 2nd April - GOOD FRIDAY Bank Holiday
- Sunday 4th April - EASTER SUNDAY
- Monday 5th April - EASTER MONDAY Bank Hol
- Monday 3rd May - BANK HOLIDAY
- Monday 31st May - BANK HOLIDAY