



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

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# MARCH 2021 Newsletter

## KIXX Martial Arts Club - COVID Update

On Monday the 22nd February the UK Government announced that there will be Four steps to Unlocking the current Lockdown.

This is our understanding of those steps...

- 1) March 8th; targets schools so all children in England will return to school.
- 2) 12th April; non-essential shops, hairdressers and **leisure facilities (gyms)** will open. Pre-booked, personal gym use and 1-2-1 personal training permitted. No contact permitted.
- 3) 17th May; group classes and the rule of 6 will be applied. No contact permitted.
- 4) 21st June; it is hoped that all restrictions lifted. We shall be able to use contact in the classes.

We shall of course, keep you all up to date with respect to any changes or updates via our Facebook pages.

## Grandmaster Han's Training Manual



A number of you have taken advantage of an advanced purchase of his Nan Shaolin Wuzuquan Training and Coaching Manual. It is a handy A5 size publication that has been produced as a quick guide to highlight useful warm up and training techniques to properly prepare students for learning Wuzuquan. There is a section for your 'own notes' to record your personal thoughts, questions and answers.

For more detailed information and a wider appreciation of the style, please see the series of books entitled; **The Fundamentals of Nan Shaolin Wuzuquan by Grandmaster K.S.Han**. There are currently TEN books published with two more in the pipeline.

Books 1 to 10 so far.....



If you would like more information or would like to purchase a book(s) please speak to Nigel or Tracy.

## KIXX Martial Arts - Easter Zoom Timetable

As a result of the restrictions and the difficulty faced by all of us in terms of taking a holiday, we have decided to keep our normal time table for all classes over Easter. Please see below:

- Good Friday 2nd April - ALL CLASSES AS USUAL
- Saturday 3rd April - ALL CLASSES AS USUAL
- Sunday 4th April - KIXX SOCIAL AS USUAL
- Easter Monday 5th April - ALL CLASSES AS USUAL

## CALENDAR – Dates to Remember...

- Friday 2nd April - GOOD FRIDAY Bank Holiday
- Sunday 4th April - EASTER SUNDAY
- Monday 5th April - EASTER MONDAY Bank Holiday
- Monday 12th April - Re-open for Personal Use
- Monday 3rd May - BANK HOLIDAY
- Monday 17th May - Re-introduce group classes (pre-booked and rule of 6 applies)
- Monday 31st May - 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...