



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

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OCTOBER 2021 Newsletter

KIXX Martial Arts Club - Facebook

If you are a member of KIXX Martial Arts club, take a look at our **KMA Club Members** page on Facebook. This is a private page for our members only to keep up to date with classes, courses, offers, etc.

Our Public page may be found at **KIXX Martial Arts Maidstone**. The posts on this page will not be private. We shall keep this page up to date but with less detail than the private page.

KIXX Martial Arts Club - Sparring Equipment



Please note that as a result of not being able to share or provide equipment, we have taken delivery of some new sparring equipment for the children's sparring class. The list of sparring equipment that is required for each student and must be approved is: Boxing Gloves, Head Guard, Shin/Instep Pads, Gumshield and Groin Guard.

KIXX Martial Arts - Kids Sparring Class



The kids are really enthusiastic about returning to the sparring classes. We are focussing on fitness, stamina and technique to get them back to their pre-covid levels. It is nice to see how keen and motivated they are. Keep it up :-)

KIXX Martial Arts - Fight Club



Another successful Fight Club on the 18th Sept !! Ideal for those that would like to try various sparring options eg: stand up, ground work, sparring sets, pushing hands, etc...

Please note that the next Fight Club will be held on Saturday 23rd Oct from 12:30 to 4pm.

KIXX Martial Arts Club - Wuzuquan



We are pleased to say that we were able to practice some of the weapons from the Nan Shaolin Wuzuquan (Five Ancestors Fist) style for the first time since covid!! The style is very interactive and benefits greatly from contact whether it be with the weapons or personal physical contact. This is something that has been missing since 2020 Lockdown. The development of martial skill requires levels of physical contact. That being said we are continuing with Zoom for those people that are too far away to join in at the Club, for example, in Bangkok.

CALENDAR – Dates to Remember...

Saturday 23rd OCT - Fight Club (Pre Book Only)
Sunday 31st OCT – Halloween

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...