

# NOVEMBER 2021 Newsletter

## KIXX Martial Arts - Remembrance Day Parade

2005



2008



We are very pleased to be invited by the Mayor of Maidstone to attend the Remembrance Day Parade through Maidstone on Sunday 14th November. Last years parade was cancelled at a time when Covid forced a Lockdown. It will be nice to have other members of KIXX accompany us on the Parade so please get in touch if you are interested...

We hope you like the photos from 2005 and 2008 as a memory jogger. See who you can recognise.

## KIXX Martial Arts Club - Wuzuquan 'Catching'

On Sunday 10th October we had our second get together to focus on the skills contained within the 'Catching' of the Wuzuquan Sanzhan Form. Sanzhan may be translated as Three Battles and is the corner stone of the Wuzuquan System. The main objective to is improve 'sensing' of movement

and intent by using the mind to combine and control 'internal' and 'external' intent. This is achieved with a partner who will apply unbalancing forces in order to test base, posture, technique and adaptation.



KIXX Martial Arts - Fight Club



The Fight Club on the 23rd October was well attended despite the half term school holidays. There was a wide range of activities including; stand up sparring (with and without gloves), groundwork, pushing hands, wuzuquan catching and weapon sets...We are looking forward to the next Fight Club on Saturday 13th November 12:30 to 4pm. If you are interested in attending, please remember it is a pre-booked event.

## CALENDAR – Dates to Remember...

- Saturday 13th NOV – FIGHT CLUB (booking only)
- Sunday 14th NOV – Remembrance Day Parade through Maidstone Town Centre
- Saturday 11th DEC - KIXX Annual Awards Evening TO BE CONFIRMED