



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

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www.kixxmartialarts.co.uk

JULY 2022 - KIXX NEWS

KIXX Martial Arts Club - Fight Club Sparring

KIXX Martial Arts Club

FIGHT CLUB

Stand-Up
Groundwork
Pushing Hands
Sparring Drills

Rules will be agreed by individuals per bout and will be adhered to!!

Relax
Make YOUR Agreement
Improve YOUR Technique
Improve YOUR Confidence
Have FUN



The next **Adults Fight Club Sparring Event** will be on **Saturday 2nd July from 12:30 to 4pm (£5)**. Please book early on 07941 340284.

Have a go with friendly, like minded people and try the many sparring options available. Curious about your sparring? Want to slowly build the level of contact at your own individual pace? These rules must be set prior to any bout! Stay safe.

KIXX Martial Arts Club - OPEN AFTERNOON

Members and supporters of KIXX Martial Arts Club through the recent Pandemic, are invited to attend an OPEN AFTERNOON on 9th July from 1 to 4pm. There will be a chance to mingle and catch up with friends over a buffet of snacks and light drinks. All children must be supervised at all times. There will be some no pressure fun and entertainment from some of our members.

This event will require prior booking to attend and will be free of charge!!

Our last Club get-together was in Dec 2019!!!!!!!!!!



KIXX Martial Arts - Sanshou Classes



The Sanshou (full contact sparring) classes resumed on Wednesday 8th June (7 to 8pm). Attendance was very good and everyone enjoyed the class provided by their Instructor, Jenga.

If you would like to have a go, please book in advance on 07941 340284.

Please note that you will need to use your own specific safety equipment to take part in this class.

CALENDAR – Dates to Remember...

Saturday 2nd JULY - KIXX Fight Club Sparring (Booking Only). See poster top left...

Saturday 9th JULY - KIXX Members Open Afternoon (Booking Only). From 1pm to 4pm.

Monday 29th AUG - 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 abilities...