



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

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# AUGUST 2022 - KIXX NEWS

## KIXX Martial Arts Club - Open Afternoon



Ray's jokes...

The KIXX Open Afternoon held at the Club on the 9th July 2022 was in honour of all those members, and some non-members, that have supported KIXX throughout the Pandemic Years. We were very pleased with that so many people were able to attend. The photos show approx half the number. Many thanks to Ray for providing the 'humourous' interlude during the buffet and refreshments.

## KIXX Martial Arts Club - FIGHT CLUB Event

Please note the next (Adults) Fight Club date:

**Saturday 13th August 2022 12:30 to 4pm (£5)**

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



All attendance is pre-booked only. You will need to bring your own sparring equipment (KIXX will be unable to loan equipment).



Some people from the July Fight Club

Have a go at the many different 'contact based' events on offer eg: full-contact sparring, semi-contact sparring, pushing hands, 'catching', groundwork, sparring sets, etc. Rules to be agreed prior to the bout.

## KIXX Martial Arts - Sanshou

The weekly Sanshou (full-contact) sparring classes are gaining momentum with more people showing an interest. Our Instructor, Jenga, will help you to develop your punching, kicking and throwing skills whilst improving footwork, timing, defence, strength and conditioning!!

Classes are on Wednesdays or Fridays so please get in touch for a copy of the Sanshou timetable up to the Christmas 2022...

## KIDz Chinese Boxing TROPHY

The names of the winners to be awarded the weekly KIXX KIDz Chinese Boxing Trophy last month...

[Will, Socrates, Ruby, Melina and Aaron](#)

## CALENDAR – Dates to Remember...

Saturday 13th August - FIGHT CLUB (usual rules) Booking only!

Monday 29th AUG - May Bank Holiday (Closed)

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...