

# JANUARY 2012

**HAPPY NEW YEAR  
FOR 2012**  
From  
**KIXX Martial Arts**



We hope you like the new logo...

## KIXX Awards for 2011

Well done to **everyone** at KIXX Martial Arts for their training and achievements throughout 2011. There are special congratulations to those that won the awards presented at the KIXX Martial Arts Award Ceremony on the 3rd December 2011. We are looking forward to continuing successes for all in 2012.



**Junior 2011:** Bartosz Kardas

**Student, Family 2011:** Steve, Fiona, Daisy, Charlotte and Elise Mallion

**Adult 2011:** John (Johnny Folkestone) King

**KIXX Award:** Mark Bond

## KIXX - LADIES ONLY Invitation ...

**A Personal Invitation to get FIT for 2012 !!**

Got that 'After  
Christmas Feeling ??'  
Ate too much ???  
Not exercised ???  
Feeling guilty ???  
**DO SOMETHING  
ABOUT IT NOW !!!**

**MAKE A REALLY  
POSITIVE START  
TO YOUR 2012**

Cost ... £15 per person (discounted to £10 for members of KIXX Martial Arts)

Ladies **ONLY** Exercise Session  
**SUNDAY 15th JANUARY**

Doors will open at 9:30am  
Starts at 9:45 am to 12noon

KIXX Martial Arts Gym  
Granville Road, Maidstone, ME14 2BJ  
07941 340 284  
www.kixxmartialarts.co.uk



**Go on, Give it a GO ... !**

## KIXX Chinese Boxing Grading

The KIXX Chinese Boxing Grading will take place on Saturday the 21st January at will start promptly at 12:30pm. An invitation letter will be circulated to those students that are approved by a KIXX Chinese Boxing Instructor to grade. To avoid delays please ensure that you are aware of the grading requirements and costs (*member or non-member and uniform*).

## BCCMA Coaching Course

We are planning a National Governing Body, Sport England Approved, British Council for the Chinese martial Arts coaching course at KIXX Martial Arts Gym in Maidstone (ME14 2BJ) on Sunday the 4th March '12. There are limited places available and conditions will apply. For more details please get in touch.

## CALENDAR Dates to Remember...

**Sunday 15th JANUARY - LADIES ONLY Work  
Out Session**

**Saturday 21st JANUARY - KIXX Chinese Box-  
ing Course and Grading  
at KIXX Martial Arts Gym**

**Sunday 4th MARCH - BCCMA Coaching  
Course at KIXX Martial Arts Gym  
(limited places are available - conditions apply)**

*If you would like more information or you would like to attend any of the above events please speak to Nigel as soon as possible, thank you.*

# JANUARY 2012

## KIXX Martial Arts - Interview

**Name:** Matt (Jonesy) Jones



**How long have you been coming to KIXX Martial Arts, Maidstone?** 6 years (began training in 2000)

**Which classes do you attend?** Chinese Boxing (Instructor), Qingda / Sanshou (Instructor), Five Ancestors Fist (Wuzuquan) and occasionally Competition Wushu, Pushing Hands, Weapons and the Martial Fitness Classes.

**What do you like about training at KIXX Martial Arts?** I get to train Kung Fu, develop my skills as a Martial Artist and Instructor.

**Personal achievements?** Black Sash (1st Dan level) awarded in December 2010  
Gold Medal in the Open Internal Section at Dan Docherty Competition  
Traveling around the World on my own.

**Favourite food?** Burritos

**Favourite film?** Jackie Chan's Drunken Master is only one from a very long list.

**Favourite actor / actress?** Michelle Yeoh

**Biggest positive influence?** The Sun (not the newspaper).

**Other Hobbies?** Guitar, Music production, Architecture (an interest).

**Ambitions?** To continually work to develop my skills while earning a living to support myself through teaching.

**Do you have a message to new members or people thinking of coming to KIXX Martial Arts, Maidstone?** If you are thinking of starting a hobby or interest you cant go wrong by getting involved in a martial art. While having a great depth, history and benefit for health and personal development. By coming to KIXX you gain all this as well as top quality instruction in a fun, friendly atmosphere.

**Interviewed by Katherine Buckley**