

NEWSLETTER November 2011

KIXX Family Fun and Fitness Course

On Sunday the 9th October 2011, KIXX Martial Arts, Maidstone was very pleased to host their unique FAMILY FUN and FITNESS Course at the full time Chinese Martial Arts gym in Granville Rd (ME14 2BJ). A range of skilled, qualified and insured Instructors and Assistants were on hand to provide a safe, fun packed training session.

The objective was to promote to children and parents the health and fitness benefits in the **KIXX Chinese Martial Arts** by exercising **as a family** in a relaxed, fun and safe environment. Parents were able to demonstrate their enthusiasm for exercise and encourage their children by **participating together** in tasks / games that involved stretching, stamina, self-discipline, co-ordination, pad work, balance and commitment. Ages for some of the family members, ranged from 4 years to 70+ years. The following photos give a good overview and highlight how much everyone thoroughly enjoyed the course (please see the KIXX Website Gallery for more photos) ...



Some comments from parents on the day:

Excellent session thank you. Lovely to attend as a family and workout. Look forward to the next one.

Steve, Fiona, Daisy (8), Charlotte (6) and Elise (6)

Very enjoyable for both myself and my 4 year old son, who has been wondering what I do here of an evening. Now he knows and I am sure will join the children's classes after this family day taster.

Patrick and Louis (4)

Fantastic Day. Max loved it and it really made him come out of his shell, it is great to see him exercising and having so much fun. Would love to do it again.

Jo and Max (4)

First Aid Course

The Emergency First Aid Course on Sunday the 16th October was well attended. A variety of members of KIXX were interested in becoming First Aiders and improving their First Aid knowledge in this martial arts environment. KIXX Martial Arts is a Clubmark'ed club so the course was booked through the KCC Sports Development Team and provided by PULSE First Aid Ltd.

KIXX Members march in Remembrance Parade

The members of KIXX Martial Arts have once again been invited to march with the Remembrance Parade on Sunday the 13th November. Any members or friends that would like to march with us please speak to Nigel or Tracy so you can meet us at 10am at the junction of Earl St and Week St. Children must be accompanied by a parent or guardian.

KIXX in Competition 20th Nov

The KIXX and Jo'Li Team will be competing in the BCCMA Novice Sanshou National Championships in Milton Keynes on Sunday the 20th November. Good luck to Eugene (Jenga) Hadlow, Andy May, Andy Carter (Jo'Li), Ryan Simpson (Jo'Li) and Carl Tate (Jo'Li) on the day.

KIXX Christmas Holiday Times / Dates

There is a leaflet in the reception detailing the closures dates and any modified classes / times as a result of the Christmas festivities. PLEASE pick one up for your reference over the holiday season.

KIXX KIDZ Chinese Boxing

The winners of this months KIXX KIDZ Chinese Boxing Weekly Trophy are:

Elise Mallion, Luke Diment, Nikita Chupak, Charlotte Mallion and Freddy Bailey-Taylor

CALENDAR Dates to Remember...

Sunday 13th NOV - Remembrance Day Parade
Sunday 20th NOV - BCCMA National Sanshou (Full-Contact Fighting) Competition, Milton Keynes.

Sunday 27th NOV - KIXX Glos (Andy Cole) - Chinese Boxing grading

Saturday 3rd DEC - KIXX Presentation Evening (a ticket will be required to attend)

Saturday 21st JAN 12 - KIXX Chinese Boxing Course and Grading

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.

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KIXX Martial Arts - Interview

Name: Kate Haffenden
(Joe and Sam Haffenden's mum)



Joe kicking high in an exercise session



Sam receives a Merit Certificate

How long have your sons been coming to KIXX Martial Arts, Maidstone? 3 years.

Which classes do you attend? Junior Chinese Boxing Class (Thursday), Qingda (Tuesdays semi-contact competition sparring),

What do you like about training at KIXX Martial Arts? I like the discipline they get from the classes and the fairness and the way the children are treated equally, regardless of ability.

Personal achievements? Learning to do things as a group and learning new skills. Having new goals and achieving them.

Favourite food? Pasta in all forms.

Favourite film? The Notebook for me and any Harry Potter film for the boys.

Favourite actor / actress? Ben Stiller

Biggest positive influence? The staff at KIXX.

Other Hobbies? The boys - football and tennis.

Ambitions? The boys - to continue enjoying what they are doing at KIXX and to have the ability to gain more sashes.

Do you have a message to new members or people thinking of coming to KIXX Martial Arts, Maidstone? Yes, come and have fun and learn a new skill with the support and encouragement of highly trained and caring staff.

Interviewed by Katherine Buckley