



PROACTION POST

Monthly members newsletter

February 2023

Welcome to Proaction Post

These first few weeks of 2023 have certainly been busy. You may have seen on our social media that we had a team away day this month. It was great to have everyone together. This was the first time attending this key annual event for the newly qualified instructors. Coming together highlighted how our club is more like a family and how supportive we are of each other.

We shared stories about when we first joined Proaction, what it was that inspired us and kept us coming back. The stories were so emotional, but all were grounded in the environment that we've created to make everyone feel safe, understood, supported, included and proud. We hope that you share this sentiment as its not just our team that makes Proaction unique but its also you too.

This year, the resounding theme was about how we can better connect with our members, as well as their parents and carers. In the coming months we want to involve our members a lot more in developing our community and a deeper connection with the club.

We're really excited about what the future holds for Proaction and you, as our members, are such a vital part of that.

Mr Tom Nicholson and Mrs Jas Nicholson

Directors, Proaction Martial Arts and Fitness

News and updates

Proaction annual staff meeting

Earlier this month, the extended Proaction team of instructors, office staff and new instructors, met for the annual face-to-face meeting. It gave us a chance to share ideas, best practice, and a chance to get to know each other a little better.



It was a very positive session with several themes consistently being discussed. These included more connection with our members and their families, wanting to make our

members have a better understanding of what Proaction stands for and how we can provide the best possible environment for everyone to progress and succeed – junior leaders, members, and the Proaction team.

In the coming months you will start to see these ideas being put into practice and we'll also be looking to you to help us create a more inclusive, informed, and supportive community.

- Mentoring programme for instructors
- Helping inform our members about what to expect at each progression milestone whether they're Mighty Monkey, Taekwon Do or Kickboxing
- Putting in place interventions to support our members to succeed
- Expanding the Taekwon Do Foundation syllabus to offer even more benefits
- Enabling our members to make deeper connections with who they train with
- Creating more social opportunities for the parents and carers of our members

We always love to hear from our members with ideas on how to improve our approach. [If you have anything that you'd like to share with us please send us an email or give us a call.](#)

Let us take the hassle out of the school holidays

We know that keeping children entertained during the schools holidays can sometimes be a challenge. Which is why we host our specially designed Holiday Camps for children aged 6-13 years.

Our **Easter Holiday camp from Monday 3rd-Thursday 6th April** offers a brilliant mix of martial arts skills and energising activities to get children moving as well as creative sessions that encourage children to make new friends.

Members who came to our February half term camp gave it 4 out of 4 stars and said that learning flying side kicks, chopping boards and making friends were some of the best bits of the camp.

So if you're looking for something fun and active for your children to do in the Easter holidays, we've got just the thing.

- Monday 3rd to Thursday 6th April
- For children aged 6-13 years
- Early bird offer of £109 per child if booked before 10th March (regular price £119 per child)

Book your place today!

[For more information or if you have any questions please get in touch with our office team.](#)



Mothers Day offer

As Mother's Day (19th March) approaches and we turn our thoughts to celebrating all our maternal figures. We want to show our appreciation to all you mothers, grandmothers, aunts, sisters and others, who give up evenings and weekends to drive children to and from training and competitions.

Many of you have spent hours sitting, watching the lessons, or waiting patiently to collect your children. You encourage them to practice in between lessons and calm their nerves before gradings and competitions. You are amazing!

We want to thank you and recognise your commitment, as without you our club wouldn't be what it is today.



Have a free session on us

From 1st March we'll be offering the mother figures of all our members the chance to have a free training session at any point throughout the month. In addition to this, if you choose to join (a one off, discounted, membership payment of £75, usually £99), you'll receive free tuition until 1st May – giving you two-months free tuition.

Why not bring a friend

Why not share the experience and bring a friend with you and they'll be entitled to the same discounts. Joining Proaction could help form stronger bonds with your children and friends by doing martial arts together. You'll have more to talk about together and more to celebration together. You'll also improve your fitness and build confidence in a safe and fun environment.

All you have to do

- Contact us on [07717 116115](tel:07717116115) to arrange your free session
- Join after your trial session for just £75 – include your dobok, membership and insurance for the year – saving 25% off our standard joining fee
- Pay nothing else until 1st May
- Have fun and feel good

If you have any questions or queries either call us or [email us](#).

Don't worry dad's we haven't forgotten about you. Watch this space for our Father's Day offer in June.



New approach to sparring at Proaction

We've been working on a new approach to sparring. We know that sparring is an element of martial arts that many of our members find challenging when they progress from TKD Foundation to Intermediate and for our Kickboxers. How to help members overcome the fear of sparring is one of the most common

question our instructors get asked.

Previously when members reach yellow stripe (Taekwon Do) and yellow (Kickboxing) controlled sparring to the body and head would form part of the grading syllabus.

New 'no head contact' sparring

However, we recently trialed a 'No head contact' approach at Coventry and at the Academy in Northampton for our White - Green Stripe (Yellow/Green) Belts. The feedback from parents and members was overwhelmingly positive. We have now made this a policy for all our instructors to follow in their classes.

Once our members reach Green Stripe (Taekwon Do) or Orange Belt (Kickboxing), head contact is permitted.

Wellbeing of members top priority

Student safety is always our priority. We used a well-structured process to take our students from a non martial artist to proficient practitioner, to controlled sparring participant, and onto competitor, for those that choose.

If you have any questions about sparring, please speak to your instructors. Alternatively you can [email us](#).



Our new instructors – Mr Max Farrington

We've grabbed our new instructors for a quick-fire interview and put three killer questions to them. Each month we'll be profiling a different instructor. First up is Mr Max Farrington. He has been with Proaction for 11 years, since the age of 6.

Max has worked his way up through Mighty Monkeys, Taekwon Do Foundation, Intermediate, Advance, Junior Leader and has now successfully completed his Martial

Arts Instructor University course earning his Assistant Instructorship (he currently wears the red assistant instructor suit and we are confident he will progress to his black instructor suit when he turns 18). You'll see Mr Farrington in classes at Wellingborough, Bromham and Northampton.

Question: Thinking back to when you first joined Proaction, what most inspired you and kept you coming back?

It was something completely new and fun, I straight away felt at home. Week in, week out I was supported by the instructor team and fellow students. There is always something to aim for if that's the next belt or getting better at a pad drill!

Question: What has been your biggest challenge getting to where you are now?

I would say going for my 2nd degree as COVID got in the way, I was meant to pre grade the week before the first lockdown, from there I did all the zoom sessions I could then pre graded via zoom, then as we eventually came out of lockdown I pre graded in person only to be put into lockdown over Christmas so there was not a graduation. During this time I struggled as it felt like I was getting to the next step just be knocked down again by COVID. Then finally in the summer I pre graded again, got through then went on to pass the grading with a distinction.

Question: How did it feel to earn your instructor status?

It felt very surreal as this is somewhere I have always wanted to be and I have been working towards it for a long time.

Photo from left to right: Mr Nicholson with Mr Farrington at the MAIU graduation event in January.

Grading: your questions answered

As we start gearing up towards the first graduations of 2023 we want to help all our members get the most of this fantastic opportunity. It not only tests what they've learnt but is also a chance to acknowledge their incredible progression. Plus it is



always a very proud moment for everyone at Proaction to see our students succeed.

Get in contact with us

If you are in any doubt about anything please give the Proaction office a call on [07717 116 115](tel:07717116115). The office is managed by a very small team so if your call goes unanswered please leave us a voicemail and we'll get back to at our earliest opportunity. [Or drop us an email](#).

It will help us answer your enquiry quicker if give us the full name of the member you're calling about when we answer the call.

How to pay for grading

Payments can only be made online. The payment link will be in the email and letter inviting you to grading. Please make sure all payments are made ahead of the deadline. No late payments can be accepted as the complex process of finalising timetables, members and staffing at each event will have already begun.

All you need to know about our workshops

You may have seen that we run workshops every month for our members. These offer a completely focused experience to develop our members in certain areas of our syllabus – self-defence, sparring and nunchaku. These sessions are always fun and incredibly rewarding for all who attend as it accelerates their progression.



Who are the workshops for?

Workshops are open to all our Taekwon Do and Kickboxing members aged 6+, White Belt + (not available for Mighty Monkeys). The times of the workshops are 13:15 – 14:00 and are held at the Proaction Academy, 15 Osyth Close, Brackmills, Northampton, NN4 7DY.

How do I book onto a workshop?

Booking is online only via the [Reaction Sport website](#). They do book up fast, so its best to book your place early. We have many members do them multiple times as they're very informative and fun.

Requirement for Black Belt

Completion of all three workshops (self-defence, sparring and Nunchaku) is a requirement for Black Belt.

When are the workshops?

The list of workshops and dates can be found at the end of the newsletter. [Any questions or queries please get in touch with us](#).

Stars of the Month – February

Our Star of the Month is a difficult award to achieve and if a student has achieved the award it is a huge accomplishment. It shows that they have shone in a particular area of their training, the way they have conducted themselves in their lessons, how they have helped others in their lessons, or even for a massive achievement they have done outside of the club such as fundraising, or school achievements.

As a community we celebrate all of these hard working individuals, so what better of a way to do so then to celebrate in the monthly newsletter. Congratulations to all of these members who received the award this month.



Zahaa, who trains at Coventry, has shown excellent work on her Mighty Monkeys life skills and is super focused in class. Well done Zahaa.



Archie, who trains at Coventry, has received the Star of the Month award for massive improvements in his learning. He took on feedback and acted on it immediately. He has also been helping lots of the newly promoted Mighty Monkeys get familiar and settle in the class. Archie you're amazing. Keep up the good work!



Bushan Seesunker, who trains at Leicester, is showing a brilliant attitude to learning, always asking questions and taking on the challenge. Absolutely fantastic Bushan, well done.



Seraina Kanabar, is a Mighty Monkey who trains at Leicester. She always comes to class with a big smile, is always polite to her instructors and the other students and shows such a fantastic willingness to learn. Excellent effort Seraina.



Lucea Whitehead, who trains at Leicester, has a brilliant attitude to training, is always willing to learn and take on new challenges. Keep up the amazing work Lucea.



Cooper Whelan, who trains at Bedford, has received Star of the Month for outstanding focus and attention. A fantastic achievement Cooper, well done.



Charlie Gott, who trains at Northampton, has won the award this month because he has been smashing it the last few months. He always gives 100% effort in every single class and his form is wicked. Well done Charlie.

Arya Wu, who trains at Northampton, has been awarded Star of the Month because every single lesson she gives 110% even when it gets difficult and every single time she does the splits she has a cheesy grin on her face.



Noah Pickering, trains at Northampton. In a nutshell he is awesome. Since he started he has smashed through the programme, he does nothing but give it his all in every class. His pad drills is spot on too! Keep up the great work Noah.

Training tips and hints - Mighty Monkeys

Life skills - learning a phone number

Remembering parents phone numbers are part of the life skills our Mighty Monkeys learn. We teach our members how to learn a phone number in chunks. This works well because smaller parts are easier to remember.

Try it at home:



Say the first 5 digits of the phone number and have your child repeat them. Stick with just repeating these 5 digits until your child can say them when you ask. This may take a minute, few days, or weeks.

Once they have the first 5 digits memorized, teach them the next 3 but teach them to add them onto the first 5. For example, [\(07717\) 116 115](#).

You build the second set of digits onto the first set so they are learning 5 digits at first and then 8. Once your child has these 8 digits memorized, add the next 3 digits. This is usually the hardest part and will take the longest. Don't worry if it seems to take a while.

This is a hard skill for kids to learn and recalling 11 digits in a specific order requires some higher-level recollection on their part. So when they've achieved it make sure you give them lots of praise.

Getting your Mighty Monkey active

If you're looking for some inspiration to get your children more active why not [head over to our YouTube channel and check out our series of PE with Proaction](#). These videos are easy and fun to follow for any age. Join Mr Hill as he takes you through a warm-up, stretches, strength exercises and a cool down. Can you keep up with him?



PE with Proaction on YouTube

Up and coming events

Graduations

Everyone is working hard towards the first graduations of 2023, below are the dates of all the graduations. If you have met the criteria of grading you should have received a letter and email explaining the process with a payment link and timetable on.

[If you have any questions about your grading, please contact us.](#)

Kickboxing graduations

- Saturday 11th March, Kickboxing, The Academy Northampton (pm)

Mighty Monkey graduations

- Saturday 4th March, Leicester and Coventry, at Coventry
- Sunday 5th March, The Academy Northampton
- Thursday 9th March, MK, Mighty Monkeys
- Saturday 18th March, TKD, Daventry and Banbury, at Banbury

Taekwon Do graduations

- Saturday 4th March, Leicester and Coventry, at Coventry
- Tuesday 7th March, MK, TKD
- Saturday 11th March, TKD Foundation, The Academy Northampton (am)
- Sunday 12th March, TKD Intermediate/Advance, The Academy Northampton
- Saturday 18th March, TKD, Daventry and Banbury, at Banbury (am)

Black Belt Pre-Grade

- Sunday 26th March, Black belt pre-grade, The Academy Northampton

Workshops

We run several workshops every year. These are completely focused on developing specialist skills and techniques including sparring, self-defence, and nunchaku competency.

Completion of all three workshops is a requirement for Black Belt consideration, and they do book up fast, so the quicker you get these booked, the better – many people return to them as they are informative and fun, so please book early to avoid disappointment.

[Booking is online only via the Reaction Sport website.](#)

Workshops are open to all of our TKD and KB members aged 6+, White Belt + (not available for Mighty Monkeys). The times of the workshops are 13:15 – 14:00 (subject to change) and are held at the Proaction Academy, 15 Osyth Close, Brackmills, Northampton, NN4 7DY.

- [Saturday 4th March, 13:15 – 14:00, Sparring](#)
- [Saturday 1st April, 13:15 – 14:00, Self Defence](#)
- [Saturday 13th May, 13:15 – 14:00, Nunchaku](#)
- [Saturday 17th June, 13:15 – 14:00, Sparring](#)
- [Saturday 8th July, 13:15 – 14:00, Self Defence](#)
- [Saturday 23rd September, 13:15 – 14:00, Nunchaku](#)
- [Saturday 14th October, 13:15 – 14:00, Sparring](#)
- [Saturday 11th November, 13:15 – 14:00, Self Defence](#)

External competitions

Peterborough Championships Series, Sunday 26th March

The Proaction Martial Arts competition team will be in action at the [Peterborough Championship Series](#), at the Bushfield Leisure Centre, Orton Centre, Peterborough. Keep up to date with their results via our [Facebook](#) and [Instagram](#) pages.





Proaction Martial Arts

15 Osyth Close, Brackmills
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