



## In-house competition special

Today [Wednesday 5th July] is deadline to enter our fantastic in-house competition. If you're thinking about entering but haven't yet we thought these articles might help make up your mind:

- 7 things you might not know about our in-house competition
- 6 myths we've busted – we heard these things last year and want to set the record straight
- Article from one of our members who entered the competition for the first-time last year and loved it
- Short video showing you what it was like last year
- How to register in 6 easy steps

Our in-house competition is an amazing opportunity to put everything they learn in their lessons into action.

We hope you can join us on Sunday 9th July. Its a great way to meet other members, cheer on your friends, and be inspired by the incredible dedication and talent on show.

Don't miss out on this amazing experience. [Register now as today](#) - registration link closes tonight at 10pm.

### ***Event details: In house competition***

***When: Sunday 9th July***

***Where: Proaction Academy , 15 Osyth Close, Brackmills, Northampton, NN4 7DY***

#### **For members under 13 years:**

Registration at 08:30. for a 9.00am start aiming to conclude that session with medal presentations at approximately 3:30pm.

#### **For members 13yrs + and adults**

Registration at 3.30pm for a 4pm start and conclude with medal presentations at 7pm-7:30pm approx.

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## 7 Secrets about the in-house competition

1. We want to keep the event running to time as much as possible so this year we're creating two sparring rings. To create these two rings, we're having to take up the floor in the Academy and relay it.

**2.** This year we're using an industry standing, martial arts competition, scheduling platform, [Kihapp](#), to help the event run even more smoothly this year.

**3.** Last year we had a staggering 147 members competing in the in-house competition. The atmosphere was fantastic. We're planning to accommodate even more people this year and we've got a lot more instructors, junior leaders and volunteers working on the day.



**4.** We've got loads of extra parking just down the road at Quinton Major and it is only a very short walk to the Academy – perfect for calming any pre comp nerves.

**5.** It was very, very hot last year so we've now got lots of cold drinks available in reception and an ice cream van in our car park to help keep everyone cool (you can pay cash or card).

**6.** We're always impressed by the effort that everyone puts in, so we'll livestream the special technique on our Facebook page.

**7.** If you see lots of Whisper Golds on sale in reception this is because they are Mr Nicholson's favourite chocolate bar.

Come and see what the in-house competition is all about. You might surprise yourself.

[Register today \(Wednesday 5<sup>th</sup> July\)](#) otherwise you'll have to wait until next year.

## **6 myths about the in-house competition that everyone thinks are true....but they're not!**

**1. Only the competition- and development team enters.** This is not true. The in-house competition is a flagship event for Proaction. It is designed to give everyone a taste of what a martial arts competition is like, meet like-minded people from other Praoction clubs and to put into practice what they learn in lessons.



**2. The referees/instructors are biased towards members from their clubs.** Absolutely not true. All our instructors are there to support everyone. Everyone of our instructors wants every member to success and feel confident.

**3. It's all about full contact sparring, and you can hit people as hard as you want.** This is definitely not true!! We have strict guidelines, that all competitors need to familiarise themselves with, which clearly states that only controlled/light contact sparring is permitted.

**4. It over runs massively.** Our in-house competition takes months of planning to ensure it runs as smoothly as possible. On the day some doubts and decisions may take longer than planned. It can also take longer than expected to get competitors to where they need to be.

**5. You'll spend hours waiting around for each round.** Last year we had a huge amount of interest and the largest number of competitors we've ever had. This year we've got two sparring rings which will keep proceedings and minimise the waiting times. But do bring something along to entertain yourself between your categories.

**6. My child was left disappointed and was upset as they lost their bout.** Taekwondo and Kickboxing are both combat sports. Our in-house competition is a chance to put techniques are members learn in class into practice. Disappointment is a natural part of any

competition. All our instructors will be on hand to help everyone talk through, give feedback if they're not successful and help develop good sportsmanship.

Come and see what the in-house competition is all about. You might surprise yourself.

[Register today - Wednesday 5<sup>th</sup> July.](#)

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## What's it really like at the in-house competition

Charlotte Smith has been with training with Proaction for almost three of years and as a result her confidence has grown massively. Last year she attended our In-House competition for the first time and [here she shares her experience and top tips for getting the most out of the day.](#)

Read the full article on the Proaction website

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## How to register in 6 easy steps

We've made it even easier to register this year. Here's how to register in 6 easy steps:

1. [Open the Kihapp ink](#)
2. Click 'Register competitor'
3. input your child's/your details
4. selecting what categories they want to compete in (Patterns, Flag Sparring, Sparring, Special Technique, Breaking, etc).
5. grab a tap measure you need to know how tall you/your child is in cms so we can make the bouts as fair as possible
6. tick the T&Cs box and pay the £30 registration fee

[Frequently asked questions and rules of our in-house competition can be found on our website.](#) But if you have any questions please put on our Facebook page and one of our team will get it answered.

Register via Kihapp here

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## Looking back at last year's competition

Click on the image below to play a compilation of some of last years action.



**Proaction Martial Arts**

15 Osyth Close, Brackmills

Northampton

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