



# PROACTION POST

## Monthly members newsletter

**January 2023**

## Welcome to Proaction Post

Earlier this month we heard a comment by Judd Trump the winner of the Masters Snooker final. He talked about his personal resilience and how he was well aware that he hadn't played his best during the tournament, so he'd had to give himself a mental talking to, to grind out the win. He therefore described it as his greatest victory.

It struck us how this is a lesson we could probably all do with reminding ourselves, particularly when there's a lot going on, or things we're dealing with are not going to plan, or hard. So, as we look towards the first gradings of the year, take a leaf out of Judd Trumps book and remember that over coming challenges are sometimes more rewarding than the result.

Which could be said of our new instructors who took part in a graduation challenge last weekend to celebrate completing their 12-month training programme. The aim was for them to come together as a team to build a stretcher and a raft, play a hilarious game of 'The Floor is Lava' among other things.

Our amazing instructor team are a major part of what makes Proaction unique. And in the coming weeks we'll be introducing them to you.

***Mr Tom Nicholson and Mrs Jas Nicholson***

***Directors, Proaction Martial Arts and Fitness***

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## News and updates

### New instructor graduation

Last weekend saw the Trainee Instructor class of 2022 undertake their final challenge as part of their graduation. But this was no ordinary graduation. Not only did our new instructors have to negotiate the tricky challenges set out by Mr Nicholson and the team, they were also being chased by our existing instructors.

Phase 1: They worked against the clock to solve the treasure hunt clues to find coins they needed to buy materials to build a stretcher. Yes, a stretcher! The stretcher needed to be



strong enough to carry one team member to the next location for phase 2. Special thanks to Mr Simon Hill for his hard work and organisation in masterminding phase 1.

Phase 2: In their teams they had to work together to build a raft, travel down the rapids and collect their well earned instructor uniforms.

The aim of the day was to celebrate their fantastic achievement and dedication shown throughout their 12-month training

programme. It was also an opportunity for our new and existing teams to bond as a team.

Check out the photos and videos on the [official Proaction Facebook Group](#).

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## Discovery sessions - Junior Leaders and Instructor University

This is an opportunity for anyone that thinks they might be interested in either program to discover what is involved. The hour session is a presentation to parents (where appropriate) and potential candidates to give all details including commitment levels, course requirements, dates, costs and of course to answer any questions you may

have. If you are interested, then you have nothing to lose, and only information to gain. [Please contact us to register your interest and we will send full details.](#)

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## February half term holiday camp

We will be running our holiday camp on Monday 13th and Tuesday 14th February. We'll be offering 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.

Led by our passionate team of instructors, the camps are filled with opportunities to create unforgettable memories in a fun and active environment.

This will be open to both members and non members aged 6-13 years old.

Each day will start at 9am (earliest drop off 08:30) and finish at 3pm (latest pick up 3:30).

Holiday Camp will be held at Proaction Academy, 15 Osyth Close, Brackmills, Northants, NN4 7DY

The cost for the 2 full days is just £50. [Booking your place today via the Reaction Sport website.](#) Places are limited so book early. [If you have any questions or queries please contact us.](#)





## Grading feedback

Gradings are an important opportunity for all our members to recognise their progress, reflect on what they've achieved and sharpen their focus on what they want for their future. We always ask for your feedback, as it is vital to help us improve the event experience.

## Improving the seating at the Academy

It is wonderful that so many families and friends want to attend the grading events, but you have told us that it can sometimes feel slightly cramped, and the view of the proceedings can be obscured. We will be providing extra seating in the future by moving the training mats to make more space. Please could we ask for your patience in the meantime and try to keep guests at the gradings to a minimum.

## Instructors at gradings

We appreciate that not seeing your usual instructor at gradings might be unnerving, but all our instructors are excellent at making you feel welcomed, at ease and will help you overcome any nerves during the events.

## Locations of our gradings

We have several central hubs where gradings take place. We have tried to make these as accessible as possible for all members who are spread across Bedfordshire, Buckinghamshire, Northamptonshire, and the East Midlands. By bringing together members from different clubs our aim is to help build a sense of community among the breadth of Praoction members.

## Great communication by instructors

Lots of you have told us how friendly our instructor team is, what an amazing atmosphere they create on graduation days and how they always make the children feel relaxed and comfortable.

If there is something you'd like to [tell us about the grading events please email us.](#)

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## Safeguarding

As a club that offers combat sport-based lessons, safeguarding is at the heart of what we do. We're committed to providing a training environment that is safe for all our members and instructors.

We have dedicated staff at Proaction Martial Arts who are specially trained and it is our responsibility to manage any concerns raised and report them on to the appropriate authorities.

Our safeguarding officer is Mrs Jas Nicholson and she can be contacted on [safeguarding@martialartslessons.co.uk](mailto:safeguarding@martialartslessons.co.uk) or [07710 821 777](tel:07710821777).

If you are concerned about the risk to a child/young person/vulnerable adult outside our business hours, you can contact the NSPCC, Childline or the Domestic Abuse Helpline.

- NSPCC Helpline [0808 800 5000](tel:08088005000) Mon- Fri 8am – 10pm or 9am – 6pm at the weekends
- Childline 0800 1111 – available 24 hours a day
- Domestic Abuse Helpline Tel [0808 2000 247](tel:08082000247), 24 hours a day





## Stars of the Month – January

Our Star of the Month award is designed to recognise and celebrate those members who have developed in confidence, resilience, focus and Martial Arts ability. Congratulations to all of these members who received the award this month.



**Joshua Honey, trains at Northampton,** always gives 100% effort in class and has had an amazing start in Mighty Monkeys. Well done Joshua.



**Tommy Bonar, trains at Northampton,** has a fantastic start to his martial arts journey. He always comes to class with a smile and always trains hard. Keep up the good work Tommy.



**Elliott Effah, who trains Northampton,** has had a massive confidence boost and is very focused in class. Fantastic effort Elliott!



**Billy Hemmington, trains at Corby,** has shown a massive improvement in his confidence and martial arts ability. Congratulations Billy.



**Terrell Cranston, trains at Northampton,** has received Star of the Month for being an amazing helpful student and for persevering each class. Amazing Terrell!



**Grace Hardington, who trains at Corby,** has been awarded Star of the Month for outstanding hard work, commitment and improvement. Well done Grace.



**Marchisio Lagatta, who trains at Bedford,** has shown how, with focus and hard work, he can make such a big improvement. Keep the great work Marchisio.



**Harrison Turner, who trains at Bromham,** is constantly working hard with fantastic focus. What a great start to Mighty Monkeys Harrison.



**Nevaeh Taylor, who trains at Market Harborough,** has shown incredible focus during her training. Keep up the amazing work Nevaeh.



**Olivia Kopcanova from Bedford,** has shown amazing confidence in her classes. Awesome work Olivia.





**Harry Pearson, who trains at Bromham,** has been given star of the month for helping others during sparring and has massively improved his own sparring. Absolutely fantastic Harry.

**Samuel Carr, who trains at Bromham,** has shown excellent progression with his confidence and has been putting in fantastic effort. Well done Samuel.

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## Kickboxing training tips



### Stretching guide for Kickboxing

A good stretching routine can help to improve your athletic ability, improve your overall kickboxing performance and reduce the risk of injury.

Dynamic stretches form part of your pre-fight warm-up or training warm-up. They are used to prepare your muscles for the rapid contractions experienced during kickboxing.

Static stretches, are more useful to improve your overall flexibility and are most effectively done after your fight or training session, at the end of your cool down.

For more on stretches for kickboxing [click here](#)

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### What to eat before and after a Kickboxing class

For optimal performance during your kickboxing training you should eat:

- 30 – 90 minutes before your training starts: primarily simple carbohydrates; or
- 1.5 – 3 hours before: primarily complex carbohydrates and proteins; or
- 3+ hours before: a full meal of complex carbohydrates, proteins and fats.



But what are simple and complex carbohydrates? Do these fit with every diet? And what is the best food for after the training? [In the blog \*The Warrior Way of Living\*, you'll find a useful overview of all the key food groups and when to consume them.](#)

Read the full article on [Warrior Way of Living](#)

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## Up and coming events

### 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 consideration for Black Belt Testing, 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 February, 13:15 - 14:00, Nunchaku](#)
- [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](#)

## Competition and Development team trial

### Competition and Development team trails - 19 February

We will be holding trials for our development and competition teams on Saturday 11th February. This is perfect for anybody interested in competing in either Tae Kwon-Do or Kick Boxing, and taking their training to the next level. [Uptake has been very fast and very popular, so please contact us asap to book your space.](#)



### Proaction Martial Arts

15 Osyth Close, Brackmills

NN4 7DY

Northampton

Tel: 07717 116 115

Email: [enquiries@martialartslessons.co.uk](mailto:enquiries@martialartslessons.co.uk)



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