



PROACTION POST

Monthly members newsletter

July 2023

Welcome to Proaction Post

Wow what a packed Proaction Post we've got for you this month! We've had our best-ever in-house competition this year and that is all thanks to you, our members, for your support, we were overwhelmed with the show of talent and sportsmanship on display.

As always, our Mighty Monkey Competition Day was an absolute delight. The energy and enthusiasm are so infectious you just can't help but get caught up in it. We all agree that it is one of the best days in our calendar.

Also, a quick reminder that from Monday 24th July we will be operating a revised summer timetable in some locations. You will have received an email, but we've also included it in the newsletter below.

We also have a few spaces left on our holiday camps in July and August. So if you're looking for something fun and active to entertain your children in the summer holidays book them onto a camp today.

We hope you have a great summer and remember to keep up the practice as we'll be looking at all those who we think will be ready for grading in September.

Mr Tom Nicholson and Mrs Jas Nicholson

Directors, Proaction Martial Arts and Fitness

News and updates

Best In-house competition to date

Sunday 9th July saw the Academy turned into the host venue of our annual in-house competition. Which was our best in-house competition ever!

Our in-house competition is always the embodiment of our club's core values – respect, integrity, professionalism, and community – and this year's



event surpassed all expectations and demonstrated the true essence of Proaction's spirit.

[Click here to read the full article](#)

Mighty Monkey Competition Day

Participating in a competition can be an incredibly rewarding and beneficial experience for our Mighty Monkeys. It challenges individuals to push themselves, encourage a strong sense of determination and perseverance. Mighty Monkey competition day offers our members the chance to interact with other members and given them the opportunity to show-off their talents gaining recognition for their hard work and dedication.



We hope that taking part in a competition is an enriching experience that goes beyond the thrill of victory or the disappointment of defeat and is remembered as being a truly awesome day.



Shortlisted for SME National Business Awards

We can hardly contain ourselves as we've been shortlisted in two categories in the [SME National Business awards!](#) We're up for Family Business of the Year and Positive Impact of the Year. And it's all because of our members. We're in two of the most fiercely covered categories and have been shortlisted from hundreds of entries from all over the UK. The ceremony will be taking place at Wembley Arena in December so wish us luck.



Summer timetable starts from 24th July

As the summer holidays approach we are rolling out our revised timetable in some of our locations. This is partly due to availability of the halls we use to teach in and partly to condense some of the lessons due to a reduction in students over the school summer holiday period. You will have received an email regarding these changes. [The timetables are also available on our website.](#)



MK2 is moving venue from 21st July

From the 21st July onwards MK2 will be relocating to Hazeley Academy Emperor Drive Hazeley MK8 0PT.



Master Jedut seminar – 5th August

We've got the legendary Taekwon Do coach Master Jedut for an exclusive training

session for Proaction members at the Academy.

Join us on Saturday 5th August (colour belts 1pm–3pm and Black Belts 3.30pm–6pm) if you're keen to improve your sparring drills, martial arts skills, and learn new strategies. You'll also develop a deeper understanding of the motivation and discipline needed to be highly successful.

[Ticket prices for colour belts £30 and Black Belts £35. Click here to book your place.](#)

[Read more about Master Jeduts seminar and to book click here](#)

Instructor with hidden talents

A massive congratulation to [Harry Fisher](#), one of our Proaction instructors, won the Paderborn BBQ Freestyle skateboard contest in Germany.

This is the world's longest running freestyle competition returning to Paderborn with over 40 freestylers travelling from across Europe to compete. The competition took place on Sunday 25th June in sweltering heat. It was a highly contested competition. Well done Harry from all of us at Proaction.



[Watch Harry's performance on YouTube](#)

Seeing red – periods and martial arts

When many people hear the words menstruation or periods, it can often make them uncomfortable, squirm or quickly change the topic of conversation.

Female Taekwondo participants understand that having their period and having to wear white, isn't the ideal pairing. Women worry that blood may seep onto their uniform, we want to reduce the stigma around being afraid to train / compete in white, and to raise awareness to males that seeing "red" shouldn't be something to be mean or laugh about.

[Read more on our website](#) or take our [Period: myth busting quiz](#)



[Click here to read the full article](#)

Star of the Month - June

Our Star of the Month is a difficult award to achieve and if a student has been presented with 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



Ronnie, who trains at MK1, has made amazing improvement in technique and strength. Fantastic work Ronnie.



Alyssa, who trains at MK1, has shown great focus, effort and attitude in martial arts. Excellent work Alyssa.



Narendra, who trains at MK1, has shown great ability in kicking and understanding his own strength. Outstanding Narendra.



Tahlia, trains at MK1. Since returning to the club has worked hard to get back to a good level in her techniques. Keep up the great work Tahlia.



Adam, who trains at MK1, has work and demonstrated what it takes to improve in technique with great success. Amazing Adam, keep it up.



Bobby, who trains at Kettering, has been improving extremely well in his current grade and awareness. Well done Bobby.



Karter Signh-Sanhera, who trains at Leicester, has been trying really hard in every class even when it's difficult. A brilliant start to Mighty Monkeys. Well done Karter!



Oscar Brown, trains at Daventry. He always shows such dedication and gives 100% effort. Keep up the good work.



Leonardo, trains at Kettering, and has improved his focus so much he has a great understanding of how to perform his techniques to a good level. Excellent work.



Joshua, who trains at Kettering, has received Star of the Month for his all round improvement and developing his understanding in his training. Well done.



Maisie, who trains at Kettering, has received Star of the Month for being confident in class and supporting the Instructors. We're very proud of you.

Tamjid, who trains at Kettering, has shown a fantastic attitude towards his training and setting a great example to his fellow students. Keep up the good work Tamjid.



Ollie, who trains at Kettering, has taken on board the instruction given to all students at the start of the year by the instructors and worked tirelessly to improve in all areas of martial arts. Keep up the good work Ollie.



Kiera Ellis, trains at Daventry, She has shown fantastic confidence and awesome attention in class. Excellent effort Kiera.



Ameliyo, who trains at Leicester, always tried hard in class, is brilliant at listening with eyes and ears, and always brings a big smile. Well done.

Up and coming events

Holiday camps

If you're looking for something active and fun for children over the summer holidays, then look no further. [We still have some spaces available on our holiday camps](#) for:

- [24th-28th July](#) - Includes sleepover and pizza in the gym on Thursday night and collection time for Friday will be 12pm at the latest (earlier if you wish)
- [14th-18th August](#)

It is fantastic value at £129 for the week. Our holiday camps are held at Proaction Martial Arts Academy, 15 Osyth Close, Brackmills. Northampton, NN4 7DY and are the perfect way your child can make unforgettable memories.

A week that is packed full of play and fun activities. We offer 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.

[Click here to book your child's place.](#)

[Click here to read more about our holiday camp](#)

Workshops

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

A further requirement of your black belt is to have attended at least one competition. 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 23rd September, 13:15 - 14:00, Nunchaku](#)
- [Saturday 14th October, 13:15 - 14:00, Sparring](#)
- [Saturday 11th November, 13:15 - 14:00, Self Defence](#)



Proaction Martial Arts

15 Osyth Close, Brackmills

Northampton

NN4 7DY



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

[Update preferences](#)

Tel: 07717 116 115

Email: enquiries@martialartslessons.co.uk



