



PROACTION POST

Monthly members newsletter

May 2023

Welcome to Proaction Post

In May was Mental Health Awareness Week. Martial Arts is widely recognised for its positive impact on mental health. Mr Josh Lawrie was flying the Proaction flag as he led a self-defence class at Tesa in Milton Keynes for its employees. The feedback from them was amazing and all the staff had a great time. Sounds like it has sparked something in them as they already want us to run another session for them. A massive congratulations to Mr Lawrie as this was a learning curve for him and he nailed it.

For us learning and development never stops. I've [Tom] been in Poland recently training with the world-class Master Jedut and Master Tadeusz Loboda at the Lubartow Dojang. It is always a pleasure and a privilege to training with them. I'll be competing at the European Cup in Poland in June alongside two students, Mr Marcin Glos and Mr Finn Brown, both trainee instructors at Proaction.

One of the things we discussed was the key to improvement in any discipline is consistency. By committing to a regular practice routine, you develop discipline and build a strong foundation of skills. Consistency allows your body to adapt, and your mind to reinforce the techniques and principles of martial arts.

Mr Tom Nicholson and Mrs Jas Nicholson

Directors, Proaction Martial Arts and Fitness

News and updates

Tony Hill celebrates getting his 5th degree

We're thrilled to congratulate Mr Tony Hill on his amazing achievement of attaining the prestigious 5th Degree. Achieving a 5th Degree in Taekwon Do is no small feat. His dedication, perseverance, and unwavering commitment have truly paid off, and this milestone is a testament to his skills and indomitable spirit.



He has over 30 years of Taekwon Do experience including competed at international level, winning multiple British Championships and has been crowned King of the Ring Champion three times. He owns Proaction Daventry and Banbury.

Picture on the right: Master Palcic (VII degree), Mr Hill (V degree) and Mr Nicholson (VI degree)

Rick O'Neill promoted to instructor

Mr Rick O'Neill has been officially presented with his instructor certificate. Rick was away on business when we had our instructor graduation in January and we wanted to celebrate his amazing achievement. [He recently share a video about our Martial Arts Instructor University which we shared on Instagram.](#) Well done Rick.



Father's Day

As Father's Day approaches (18th June) we'll be giving all those father figures a special offer to join the club. If you join by the end of June you will receive 50% off the joining fee and will have nothing to pay until 1st August.

Next month we'll also be sharing some of the stories from our instructors who joined Proaction to be positive role models for their children; who were able to earn extra money as qualified instructors and those who have completely changed their careers to become full-time instructors.

Supporting Home Start charity

If you come to the Academy you will see posters for Home Start. We're supporting this Wellingborough-based charity to help raise funds so that it can offer practical help and friendship to parents with at least one child under five years of age, living within the Borough of Wellingborough.



We know the importance of having a solid support network as we try to make sure that we provide that family feeling in our clubs, with a welcoming and supportive environment giving our members a place to belong.

For more information about Home Start

Safeguarding at Proaction



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 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 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

Picture: Mrs Jas Nicholson, Safeguarding Officer, Proaction Martial Arts.



New instructor Profile – Harry Fisher

Harry Fisher graduated from our Martial Arts Instructor University in January. He's been training with Proaction for the last 15 years, joining as a Mighty Monkey aged 5. He is currently teaching in Banbury and Daventry.

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

started training with Mrs Hill, and her classes were so fun and beneficial to me that I couldn't stop going. They were so good they got both my brother Josh and dad,

Mr Fisher, involved too.

What has been your biggest challenge getting to where you are now? I think learning all the aspects of teaching were the most challenging. Teaching techniques has always come naturally to me but learning all the different ways to teach and large range of students took a while.

How did it feel to earn your instructor status? As I started at such a young age I've seen my skills and achievements in Taekwon Do grow alongside my life, and becoming an instructor has been one of my goals since my dad became one. Finally getting my suit was one of my proudest moments, alongside my black belts, and it feels like I've started a new chapter in my life, and I can't wait to see where it takes me.



Membership options and discounts

We want to make training with Proaction as accessible as possible so we have several offers to give you the best options for training with us. Many of you will be on our

monthly payment plan, these are some of our alternative plans.

Black belt programme – one off payment

This is the best value for those who want to train multiple times a week and are committed to achieving their Black Belt. This one-off payment includes:

- License and insurance
- One-to-one personal training session with an instructor of your choice
- All tuition required for to reach black belt
- All graduation events including Black Belt pre-grade and Black Belt grading
- Three workshops (Nunchaku, Sparring and Self Defence)

It is an incredible saving for those are truly committed to reaching their goal of black belt. [Get in touch with us to receive your personalised quote.](#)

Gold – annual payment

The cost of training is calculated across a 12-month period. This option does have the benefit of being slightly cheaper than the pay-monthly and could potentially be easier to manage financially as it is one payment per year. Payments for graduations are in addition to the cost of tuition. You will receive an email alert before the renewal date.

Family membership

We do offer a family membership package. [Please contact us for more details.](#)

Refer a friend

If you refer a friend who joins the club, you'll get the chance to spin the wheel and receive a special gift. This could be anything from kit bags and pads to Proaction clothing or membership renewal. If you'd like to bring a friend to class, [please drop us an email so we can let the instructors know to expect them.](#)

Get in touch with us

If you want to discuss what membership option is best for you, please get in touch with the Proaction office team on [07717 116 115](tel:07717116115). If we're unable to answer your call, please leave us a voicemail with the member's full name, and we'll call you back as soon as we can.

Stars of the Month for April

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.



Ruby Clark, who trains at MK1, has been awarded Star of the Month for her brilliant self determination to learn and understanding new techniques. Well done Ruby.



Rume Onokiti, who trains at MK1, has been focusing on positive energy in class and trying hard to be the best Mighty Monkey in his new skill. Amazing Rume, keep it up.



Noah Matthews, who trains at MK2, brings great energy and a big smile always to class.



Hayzah, who trains at MK2, always shows positive attitude in class. Keep it up Hayzah.



Avi, who trains at MK2, takes on board what he needs to work on and give its his best. Excellent work Avi.



Ethan, who trains at MK2, shows true perseverance towards his learning. Fantastic Ethan, well done.



Matthew, who trains at MK2, has demonstrated an absolutely brilliant attitude & willingness to learn. Excellent Matthew, well done.



Jeevan, who trains at Wellingborough, comes into every single class smiling, and puts all his energy into learning his drills. Well done, Jeevan.



Joshua Plumb, who trains at MK1, has shown massive improvement in his martial arts journey. Showing commitment to developing his skills.



Aarav Shah, who trains at MK1, has been given Star of the Month for April for brilliant focus and giving 100% in all techniques. Awesome work.



Josie Howson, who trains at Banbury, has shown real drive and focus on her training. Well done Josie.



Chloe Latchford, who trains at Banbury, has received Star of the month for her effort and focus in class over the past month. Outstanding Chloe.

Ttraining tips and hints

Improve flexibility for kicking

Flexibility is one of the most effective and powerful techniques in your arsenal as a martial artist. You can master it through stretching. Not only will it improve your sparring performance, but it will also prevent injuries. It may be simple, but it is effective; therefore, do not overlook it during your training.

[Click here for flexibility and stretching techniques](#)

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 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.

A further requirement of your black belt is to have attended at least one competition. We have the Proaction In House competition scheduled for 9th July and look forward to bringing you all the exciting information about this in next months newsletter.... its going to be even better than ever!

[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 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](#)
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Graduations May and June

Congratulations and good luck to all of your who are graduating. Please be reminded that your full graduation fee **must** be paid and your licence book handed to your Instructor (or reception) **on or before the deadline specified on your letter** (we will not be accepting any payments after this date). Payment is online only.

- MK, MM, Tuesday 6th June
- Daventry and Banbury Tuesday 13th June (pm)

Taekwon Do

- MK TKD, Thursday 8th June
- TKD foundation, Saturday 10th June, The Academy (am)
- TKD intermediate/advanced, Sunday 11th June
- Daventry and Banbury Tuesday 13th June (pm)

Kickboxing

- Kickboxing, Saturday 10th June, The Academy (pm)

Our graduation days are designed to be fun, rewarding and challenging. You will be tested on all the relevant material for your grade. Should you be successful, you shall be rewarded with your new belt and certificate.



Proaction Martial Arts

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