



PROACTION POST

Monthly members newsletter

March 2023

Welcome to Proaction Post

Welcome to a jam-packed March newsletter. We've got news of Mr Andrews' recent graduation success; Proaction being awarded Sport England's Safeguarding code; a profile of Miss Jazmine Hill one of our new instructors, round up of Nutrition and Hydration week and loads more. Read on to find out.

I hope the sun is shining where you are as you read this. The lighter evenings and warmer weather are definitely lifting our spirits, hope it is doing the same for you.

Talking of high spirits. We're gearing up for our Easter Holiday Camp starting on the Monday 3rd April. We have so much fun at our holiday camps. It's lovely to see so many of the same faces at our camps as it gives us the opportunity to get to know members better. All our Holiday Camps are held at the Academy in Northampton, as it has all the equipment we need to make sure everyone has fun and learns new skills in a safe environment.

Finally, this newsletter is for you, our members, to help build that sense of community across all our clubs. If you have any news or want to share, maybe some achievements from outside the club, please get in touch with us as we'd love to share and celebrate with you.

Mr Tom Nicholson and Mrs Jas Nicholson

Directors, Proaction Martial Arts and Fitness

News and updates

Mr Andrews' outstanding success at graduation

Earlier this month, Mr Andrews undertook the gruelling test to achieve his 5th degree black belt - what an incredible achievement! We are so proud of him.

In 2004, Mr Andrews brought his eldest son to a Proaction class in Wellingborough. After a few years sitting and watching the lessons, and a lot of persuasion from Mr Nicolson, Mr Andrews joined the club as a white belt - he has never looked back. In 2018, he took a leap of faith and left his job of 20 years to become a full-time martial arts instructor.

Mr. Andrews is an excellent example of how dedication, hard work and lifelong learning can lead to incredible success. He has continuously improved his skills and knowledge throughout his career by taking every opportunity with the likes of Master Jedut, renown Polish Taekwon Do national coach and Mr Nicholson.

Mr. Andrews' success is an inspiration to us all. He has demonstrated that achieving lifelong personal and professional goals are achievable with the right support around you.

Picture from left to right: Master Palcic (VII), Mr Andrews (V) and Mr Nicolson (VI)



Easter Holiday camp 3rd-6th April

Hunting for something fun to entertain your children during the Easter holiday? Book them onto our **Easter Holiday camp from Monday 3rd- Thursday 6th April.**

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

- Monday 3rd to Thursday 6th April
- For children aged 6-13 years
- Special discounted price for this week only £109 per child for four days. Sibling discount of £10 off per full price child



- Single day costs is £30 per child per day

[Book your place today!](#)

[Click here to book your holiday camp place](#)



Sport England awards Proaction Safeguarding Code in Martial Arts

Sport England has announced that Proaction was the 1000th martial arts club in the UK to have successfully demonstrated excellent safeguarding standards and have attained the Safeguarding Code in

Martial Arts.

The Safeguarding Code has been developed through close consultation between Sport England, representatives from martial arts governing bodies and those with years of expertise in safeguarding. Support is also provided by the Child Protection in Sport Unit, the Ann Craft Trust and NWG Network.

Mr Nicholson said, "As a club that offers combat sport-based lessons, safeguarding has always been at the heart of what we do. We're committed to providing a training environment that is safe for all our members and instructors. Receiving this official standard has enabled us to crystallise our processes and procedures and gives our members added reassurance."

[Read the full article here](#)

Instructor changes at Northampton, Leicester, and Coventry

We're making some changes to our instructor teams who teach at Northampton, Leicester, and Coventry. If you train on the following days at the following locations, you will see your new instructors from Monday 3rd April.

Monday at Leicester

Mr Lawrie will be moving away from Leicester on a Monday. This class will now be taught by Mr Shakir, assisted by Mr and Miss Ganpatlal.

Monday at Northampton

Mr Lawrie will now be teaching on a Monday night at Northampton, taking over from Mr G Hill. Mr Lawrie will be assisted by Miss Timms (junior) and Mr Brown. Please note Mr G Hill is not leaving Proaction, he will still be teaching at Coventry on Tuesdays and Bromham on Wednesdays.

Sunday at Coventry

Lessons on a Sunday in Coventry, will be taught by Mr Pitt, supported by Mr Brown as trainee instructor. As above, please note Mr G Hill is not leaving Proaction, you will still see Mr G Hill occasionally when he is covering classes for Mr Pitt or Mr Brown.

We know that many of you will be quite attached to your instructors, but rest reassured every single one of our instructors has qualified from our comprehensive training programme, has the wellbeing of member's at the heart of all their teaching and will make sure that you have the best possible training experience.

Reducing his teaching not leaving Proaction – Mr G Hill

Mr G Hill is having to reduce his teach capacity, hence his move away from the Monday and Sunday lessons. We wanted to take a moment to thank him for his continued support of the club. His decision to reduce the classes he teaches is purely down to increasing demands from his principal job in finance but will continue to be an instructor with Proaction.

Mr G Hill has been a student of Proaction since the age of 9 and began his martial arts journey under the instruction of Mr Nicholson. He has been an instructor with Proaction for more than 8 years and established the club in Coventry in October 2017 while at Coventry University studying photography. The club has thrived ever since.

Speaking about Mr Hill's career, Mr Tom Nicholson, Chief Instructor at Proaction, said, "Seeing his determination as he worked his way through the grading syllabus to becoming an instructor, made me incredibly proud. As his life outside of martial arts now evolves, we're evolving too, to support him balance training, teaching, and the increasing responsibilities of his job in finance."

[If you have any questions about any of these changes, please don't hesitate to contact us](#)

We value your opinion

We've launched a survey to ask for your feedback to give us a valuable insight into what our members feels are the positive things we should keep on doing, what areas we need to improve and if there is anything we could start doing. [The survey is anonymous and will take approximately 10 mins to complete.](#)

We want to hear from you. We can only develop for you, our members, with your involvement in questionnaires like this and event feedback.

If you have any problems accessing the link please [contact us directly via email](#) or phone [07717 116 115](#).

Feedback survey



New instructor Profile – Miss Jazmine Hill

We're continuing our new instructor profiles with Miss Jazmine Hill. She has been with Proaction for 11 years, joining as a Mighty Monkey aged 5.

Like many of our new instructor Jazmine has progressed through the grading syllabus including successfully completing our career development programme, Junior Leader.

Jazmine is a second-generation Proaction instructor. Many of you will know her father, Mr Tony Hill, IV Degree International and multiple-time TKD British Champion. You will see Jazmine teaching alongside Mr T Hill at Banbury and Daventry.

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

My dad is without doubt my inspiration for joining Proaction. I remember going to competition with him and looking through photos of him competing and it made me so proud. I'm so grateful to have him as my dad. At 5 I knew I wanted to get involved. I'm so inspired by what my dad does. The first time I won and got gold I felt great because I felt like my dad.

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

Staying motivated was one of the biggest challenges. I knew where I wanted to get to, but it takes time to build up the experience and confidence to become an instructor. There were times I felt like I would never get there but I took advantage of every opportunity, and it gave me targets to stay focused on.

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

Very proud and extremely happy.

Photo from left to right: Mr Nicholson with Miss Hill at the Martial Arts Instructor University (MAIU) graduation event in January.



Competition team wins five gold medals at Peterborough Championship Series

The Proaction competition team won six bronze medals and five gold medals at the Peterborough Championship Series on Sunday 26th March. This year's event attracted 46 teams consisting of 379 competitors from across the UK.

Following some outstanding performances, the team secured several podium places including:

- Mason Welsh – Bronze for Points Sparring and Bronze for Continuous Sparring
- Reece Barnard – Bronze Points Sparring
- Isaac Whewell – Bronze Points Sparring
- Finn Brown – Gold Continuous
- Michael Fitzgerald – Bronze Points Sparring and Bronze Continuous Sparring
- Lynne Barnard – Gold Continuous Sparring
- Bex Timms – Gold Points Sparring and Gold Continuous Sparring
- Josh Lawrie – Gold Continuous Open Weight Sparring and Gold Continuous Sparring

Instructors Bex Timms, V Degree International Instructor and Josh Lawrie, 2nd degree Taekwon Do also competed, both winning gold in their categories. This was the first competition in eight years that Miss Timms had taken part in.

Bank holidays in April and May

We will be closed on the bank holidays in April and May. If you are affected on any of the following dates, you can make up the classes you have missed at another venue or on another day/date.

Monday night Kickboxing at the Academy is moved to Tuesday nights every week where there is a Bank Holiday - more info will be sent directly to the members of that class.

You must make up the missed class within a month of missing a regular class. We have more than 80 classes a week. You can see [all our classes on our website](#).

Friday 7th April

Monday 10th April

Monday 1st May

Monday 8th May

Monday 29th May

Just turn up at a class of your choice and let the instructor know that you are there to make up a lesson you missed.

[Proaction Timetable here](#)

Nutrition and Hydration Week

It was international Nutrition and Hydration Week this month. The aim of this awareness week is to highlight, promote and celebrate improvements in the provision of nutrition and hydration.

Our very own Mr Andrews has been sharing advice on what to eat and how to stay hydrated when training with videos and meal plans we shared on [Instagram](#) and [Facebook](#). Well worth having a look if you missed it.



We've also launched a brand new water bottle to ensure that our members stay well hydrated during training. These sleek black water bottles hold 750ml, are BPA free, made from durable plastic with a secure-lock lid, dishwasher safe and cost just £12.

[Water bottles can be purchased from ReactionSport](#) while stocks last.

And finally we've created a short, fun quiz to test your knowledge. By giving you more information we want to help you make better choices when it comes to nutrition and hydration.

Nutrition and Hydration quiz

Test your knowledge and share you scores with us on the Proaction Facebook Group

[Begin Nutrition and Hydration quiz](#)

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Star of the Month - March

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.

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.



Kai, who trains at Leicester, always tries hard and shows amazing focus. He comes to class with a big smile. Well done Kai.



Dexter Begley, who trains at Rushden, has shown outstanding improvement to his focus in class and continues to improve in every lesson. Excellent Dexter, well done.



Ethan Taylor, who trains at Rushden, has made leaps and bounds in his improvement and continues to do so. Amazing effort Ethan, keep it up.

Training tips and hints – personal safety



Personal Safety Tips

Stay safe while you're out and about with these [personal safety tips from Crime Stoppers](#). It's an unfortunate reality that we can feel threatened on our streets and in our communities. If you ever find yourself in a situation that's making you feel unsafe, how should you act?

Personal safety tips from Crime Stoppers

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.

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

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 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](#)



Proaction Martial Arts

15 Osyth Close, Brackmills

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