



PROACTION POST

Monthly members newsletter

October 2023

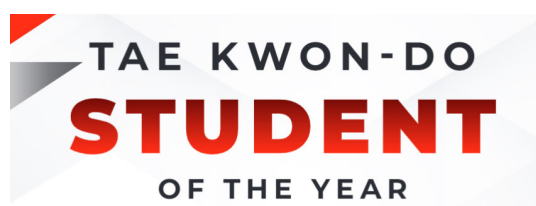
Welcome to Proaction Post

Recently we've found ourselves with numerous reasons to celebrate and reflect on the many achievements of our Proaction family. Each day seems to bring a new cause for celebration, whether it's personal achievements, professional milestones, or simply the support we see when we come together. What's truly remarkable is how everyone in the Club has become a source of inspiration, a reminder that success is a collective effort. Be it those in the competition team, those who've been awarded Star of the Month for their hard work and those successful at the Black Belt grading. Their dedication, passion, and resilience have ignited our own spirits, showing us that the journey is just as significant as the destination.

Mr Tom Nicholson and Mrs Jas Nicholson

Directors, Proaction Martial Arts and Fitness

News and updates



Student of the Year awards

Save the date Saturday 10th February! As we're gearing up for our biggest and best Student of the Year awards 2024. We're working on making the awards evening a

night where memories will be made, and we celebrate some amazing achievements. We want this inaugural awards event to be a truly fantastic awards evening for everyone - all ages welcome members and non-members included.

The awards are changing this year. In previous year's our instructors have nominated members for Student of the Year and Most Improved Student of the Year from each club. This year we've consolidated some categories and created new ones which will help us celebrate our success as a whole club rather than the fragmented location approach. We'll also be supporting a local charity and raising money on the night. We've got a host of VIPs supporting our awards and will be there on the evening.

This means that if you are nominated for any award this year, it is a very, very big deal, as you will have been recognised from across our 1,500-member community not just your club.

There will also be an opportunity for our members to nominate and vote for the Instructor of the Year Award and Member's Choice Award. You can read about the categories and how to get involved on our website soon.



Personal safety course based on Proaction's EPR approach

On Friday 10th November we're hosting a special workshop for members, friends, and family to mark National Anti-Bullying Week. Course is led by Mr T Nicholson, a close quarter combative instructor with over 30 years of martial arts experience. It will be based on Proaction's EPR approach (Education, Prevention and Reaction).

This course offers a comprehensive set of educational tools and techniques, including awareness training, simple and effective striking, mindset training, self-defence scenario training, and Q&A sessions for just £10.

Designed for all ages 8+, it will confidence and help your family protect themselves in difficult situations, whilst learning and having fun together as a family.

[Click here to register via ReactionSport](#)

Team success at the T-UK British Open Championships

On Saturday 14th October the Proaction Competition and Development team were in action in Coventry at the TUK British Open Championships. Both instructors and members were competing and there were some hard-fought bouts, but the team brought home an outstanding number of medals and ranked in the top ten of the overall medals table.



Overall, we finished 4th from 28 teams, achieving an incredible 12 British Championship Gold medals from just 18 competitors. All three clubs finishing above us in the rankings had double the number of entrants or more!

[Click here to read more](#)

National SME business award shortlist

As you probably know already, we're super excited to have been shortlisted as finalists for two NATIONAL SME Business Awards. The categories are "Family Business of the Year" and the "Positive Impact Award." We are so proud as these nominations reflect our dedication and commitment, as we're not just a martial arts club, we pride ourselves on being a force for good for our members. This is down to all our instructors, staff, and the support from our members. The award ceremony is taking place at Wembley Arena on Friday 1st December.

Keep an eye on our social media as we'll be sharing the results in real time on the night. Wish us luck!



[Click here to read more](#)



New WhatsApp community group

This month we've launched the brand-new Proaction WhatsApp Community. We want everyone to stay connected but realised that not everyone is active on social media or frequently checks their emails. Our WhatsApp community will be an easily accessible channel for all members to receive important class updates, event notifications, and exclusive offers.

Your privacy is paramount. Your number will remain hidden from other community members, so you'll only hear from us, the Proaction team. No unwanted messages, just the latest Proaction updates.

[To join the Proaction WhatsApp Community, click here.](#)

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Proaction awarded Safeguarding code second year in a row

We're proud to announce that we have been awarded the Safeguarding Code from Sport England for the second year in a row. This recognition is a testament to our commitment to providing a safe environment for our students to learn martial arts.

Safeguarding is everyone's responsibility. We want to ensure that our staff, members, and other individuals connected to our activities, operations and programmes do no harm to children and adults at risk.

Our Club's trained safeguarding officers are Mrs Jas Nicolson and Nic Andrews. If you have any concerns regarding a safeguarding issue, you can contact them directly on safeguarding@martialartslessons.co.uk or [07710 821 777](tel:07710821777) and they will treat your concern with the greatest sensitivity.



Christmas closure dates and last date for ReactionSport orders

As the festive season approaches, we wanted to let you know about our planned Christmas closure dates. We'll be closing for Christmas on Wednesday 20th December with lessons resuming on Thursday 4th January.

If you're planning on buying any Proaction clothing and equipment as Christmas presents for those martial arts enthusiasts in your life, please make sure all orders are placed via ReactionSport by Monday 11th December. We can't guarantee delivery before Christmas if orders are placed after this date.

[Click here for ReactionSport](#)

Star of the Month – September

Attaining our 'Star of the Month' award is no small feat; it signifies a remarkable achievement. 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.



Noah, always giving awesome effort and trying to do his best. Well done Noah.



Jeddy has had a great start to his martial art journey, works hard toward learning and developing. Keep up the good work.



Oliver, took onboard feedback and work on improvements. Excellent Oliver keep it up.



Sebastian, has a 'never give up' attitude towards his training and always asks questions about what his learning. You're an inspiration Sebastian.



Liam, continues to try hard to remain focused and disciplined. Excellent work Liam.



James is doing his best and showing improvement in his skills and focus. Keep up the great work James.



Srichwan - Has shown an understanding of how to apply the right techniques with correct power



Serena - Showing true perseverance by overcoming her fears



Martha's confidence has grown massively recently. Outstanding, well done Martha.

Training tips and hints



Eating well and keeping active

Taking part in physical activity, whether it is walking, running or team sports, helps keep your mind and body healthy. It can also help reduce your risk of many diseases. Eating a healthy balanced diet will give you all the nutrients you need to take part in your favourite activity.

[Click here to learn more about health eating](#)

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.

[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 11th November, 13:15 - 14:00, Self Defence](#)
 - [Friday 10th November, 17.30-19.30, Personal Safety Course \(EPR\)](#)
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Graduations

Mighty Monkeys

- Saturday 2nd December **Leicester** (for those who train at Coventry and Leicester)
- Sunday 3rd December - **Academy** (for those who train at Northampton, Bedford, Bromham, Corby, Kettering, Market Harborough, Rushden and Wellingborough)
- Tuesday 5th December **Milton Keynes** (for those who train at MK1, MK2 and MK3)
- Tuesday 12th December **Daventry** (for those who train at Daventry and Banbury)

TKD

- Saturday 2nd December, **Leicester** (for those who train at Coventry and Leicester)
- Thursday 7th December, **Milton Keynes** (for those who train at MK1, MK2 and MK3)
- Saturday 9th December, **Foundation TKD Academy** (for those who train at Northampton, Bedford, Bromham, Corby, Kettering, Market Harborough, Rushden and Wellingborough)
- Sunday 10th December, **TKD Kids White/Yellow Belt + and ALL Adults Academy** (for those who train at Northampton, Bedford, Bromham, Corby, Kettering, Market Harborough, Rushden and Wellingborough)
- Tuesday 12th December, **Daventry** (for those who train at Daventry and Banbury)

Kickboxing

- Saturday 9th December, Academy

Christmas Party

16th December will be the Christmas party at the Academy for all members. More details to follow.



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