



# PROACTION POST

## Monthly members newsletter

**September 2023**

## Welcome to Proaction Post

We hope you had a fantastic summer break filled with relaxation and rejuvenation. You've all kicked off the new training season with a burst of energy and enthusiasm which showed at the recent graduations. Your dedication and hard work clearly paid off, and we couldn't be more proud of your achievements.

Having just celebrated our 21<sup>st</sup> anniversary of the Club, on the 12<sup>th</sup> September, we wanted to say thank you to every one of you. Without you the Club wouldn't be this incredible community. So it seems apt to announce that we are launching the new Student of the Year Awards. We'll be sharing more info about our awards in the coming months but please be aware that your instructors are already observing your behaviour, commitment, and character as this will play a significant role in the nomination process.

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

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

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## News and updates



### October holiday camp

If you're looking for something active and fun for children over the half term, then look no further. We still have some spaces available on our [October holiday camp](#). Led by our passionate team of instructors, our 2 day camp will be filled with opportunities to create unforgettable memories in a fun and active environment. These are open to Proaction members and non-members. No prior martial arts experience required. [Book your place via ReactionSport](#).

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### ITF National Team Selections Underway

Last weekend five Proaction members took part in the first of four National Taekwon-Do selection events in a bid to be considered for a place on the National team. Accompanied



and coach by Mr Nicholson, they performed brilliantly against martial artists from all over the country. There are three more selection events between now and the end of the year that they will need to attend. The National team will be announced in the New Year.

Join us in wish these amazing members the very best of luck as they embark on this demanding journey. The path to becoming a part of the England ITF Taekwon-Do National Team is no walk in the park, but their unwavering commitment is truly inspiring.

## Refer a friend

We're seeing lots of new members joining his month. If you know someone who you think would benefit from our Taekwon Do or kickboxing lessons, why not refer them to us. For every friend you refer, who joins the club, you will 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 refer three friends who join within one month of each other you get to train free for a whole year!

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.](#)

## Giving back to the community

We're really proud to be sponsoring one of Northampton youth football teams. The kits of Santos U8 will now feature the Proaction logo. The sponsorship will ensure that all players will receive a kit to play in. We feel that sponsoring a local the team will benefit the local community, support young athletes, and create a sense of pride and togetherness within the local area.

We're also sponsoring the goal cam for Northampton FC. When a goal is scored, and the action replayed in the stadium and shared on the club's social media channels you'll see the Proaction logo. Let's hope that there are lots of goals scored this season and make sure your following this brilliant club on social media and look out for our logo.



## Reaction Sport discount

Have you taken advantage of the [ReactionSport](#) discount? You've only got a few days left. The offer finishes at the end of September. So it's the perfect

time to grab yourself a new sparring kit, dobok, jumper or kit bag. Simply click onto [ReactionSport](#) today and order your kit.

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## Black History Month

October marks [Black History Month](#). This annual celebration pays homage to the rich tapestry of Black culture, contributions, and achievements throughout British history.

It's a time to reflect on the indomitable spirit of Black individuals who have shaped the nation. It serves as a reminder that diversity is our strength and helps us look towards a more inclusive and equitable future. Keep an eye on our [Facebook](#) and [Instagram](#) pages next month where we'll be honouring many of these incredible figures.

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## Launching the all new student of the year awards

We're launching our Annual Student of the Year Awards. We want to emphasise that if you are nominated for any Proaction annual awards this is a significant achievement. It is recognition of your dedication, growth, and contributions to Proaction and our community.

Your instructors have first-hand knowledge and observations of your behaviour, commitment, and character which will play a significant role in the nomination process. Below are the areas that the instructors will be looking for:

- **Skill Level and Progression:** We'll be looking at your technical proficiency, understanding of Taekwon Do principles, and how you've progressed over time.
- **Sportsmanship and Conduct:** You should exemplify outstanding sportsmanship and show respect towards instructors, peers, and opponents in competitions.
- **Attitude:** You should demonstrate a positive attitude during training, whether it's helping and encouraging others, setting a good example for fellow students, focus and perseverance to overcome challenges or showing dedication.
- **Commitment and Attendance:** The level of commitment to attending regular classes and training sessions is essential.
- **Character and Personal Growth:** We want you to display qualities such as perseverance, determination, and a willingness to learn. Instructors may consider how Taekwon Do has positively impacted the student's personal development (please tell your instructors or [email us](#) with positive stories).

We'll be hosting an official awards event next year - not just a presentation in class. It'll be a chance for you to socialise and celebrate with club members, for everyone to see their friends outside of class and for parents and adult students to socialise and celebrate too. It's going to be landmark event in the Proaction calendar.

We'll be sharing more information about our award categories in the coming months.

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# Training tips and hints



## TKD patterns

Forms, or **tul** (also *teul* or 뿔) in Korean, originally called *hyeong*, form an important aspect of training in Taekwon-Do. There are 24 patterns in the official ITF "Chang Hon" syllabus; this is symbolic of the 24 hours in a

day. Patterns (teul) are performed in accordance with [The Encyclopedia of Taekwon-Do](#) written by General [Choi Hong-Hi](#),

### Coloured Belts:

- [Chon-Ji](#) (19 movements)
- [Dan-Gun](#) (21 movements)
- [Do-San](#) (24 movements)
- [Won-Hyo](#) (28 movements)
- [Yul-Gok](#) (38 movements)
- [Joong-Gun](#) (32 movements)
- [Toi-Gye](#) (37 movements)
- [Hwa-Rang](#) (29 movements)
- [Choong-Moo](#) (30 movements)

[Click here to learn more about the patterns](#)

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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 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 14th October, 13:15 - 14:00, Sparring](#)
  - [Saturday 11th November, 13:15 - 14:00, Self Defence](#)
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## Graduations

### Mighty Monkeys

- Sunday 3rd December, Academy
- Tuesday 7th December, Milton Keynes

### TKD

- Sunday 15th October, Black Belt TKD, Academy
- Saturday 2nd December, Leicester and Coventry (based at Leicester)
- Thursday 7th December, Milton Keynes
- Saturday 9th December, Academy (TKD Foundation)
- Sunday 10th December, Academy (TKD Intermediate)
- Tuesday 12th December, Daventry and Banbury (based at Daventry)

### Kickboxing

- Sunday 1st October, Kickboxing Black Belt, Academy
- Saturday 9th December, Academy

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## Christmas Party

16th December will be the Christmas party. Details coming very soon!



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