



# PROACTION POST

## Monthly members newsletter

**November 2023**

## Welcome to Proaction Post

We're dedicating this issue of the Proaction Post to the annual Student of the Year awards. We've completely redesigned our student awards so that we're putting you, our students, are at the very heart of the process. The awards ceremony is going to be the biggest event of its kind that we've ever hosted and we're really excited about it.

We want to champion YOU, each and everyone one of you. We want to recognise all your hard work, your commitment, your dedication. Your achievements, your development and the support you give one and another.

What makes this year even more significant is that we want you involved more than ever. We've launched two new award categories to give you the opportunity to tell us about you, your children, club friends, our staff, instructors, parents or volunteers.

[Member's Choice Awards](#) is where we want you to tell us about the inspiring stories of how Proaction has helped you grow, or maybe a friend your child met through the Club helped them overcome a personal challenge or has your child been able to take on difficult challenges because of the confidence they gained while training? We want to hear from you so read on to find out how to get involved.

We also have the [Instructor of the Year award](#). This is your chance to tell us just how amazing you think our instructors are in your own words, through your own experiences. Read on for details on how to nominate are available in this newsletter.

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

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

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## News and updates



### Winter collection now available on ReactionSport

We've got a great offer on our [new thermal travel mugs](#). For just £12 grab yourself a new Proaction thermal mug and enjoy free tea and coffee each time you visit the Academy. It can hold 350ml and is dishwasher safe.

The Proaction Beanie Hats have proved incredibly popular. We're currently awaiting more stock to arrive. We'll let you know when we have

more available. But we have our gorgeous [New zip up hoodie](#) from £32 and super comfortable [joggers](#) from £25.

[Click here to order your mug](#)

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## Don't miss the Black Friday deals

We've got some amazing offers on our membership packages. To take advantage call us [07717 116115](tel:07717116115), [email us](#) or send us a message via our [Facebook](#) or [Instagram](#). These offers are only available this weekend (24th-26th November - membership offers available to Friday 1st December to enable you to action these with our office staff.)

Know anyone wanting to try Taekwon Do or Kickboxing? Then we've got the perfect gift. For the first time ever we're offering NEW MEMBERS ONLY a 3 month membership package. The **MEGA voucher** includes joining fee and tuition for 3 month training. Only £150 (£100 saving).

**Heavily discounted annual membership:** Purchase a 12 month GOLD membership now and save an additional £30 off the already discounted price!

**One off payment - Black Belt Program:** UP TO 30% off EVERYTHING you ever pay between now and your black belt! (Tuition, Gradings, Membership etc). The best value membership package we offer - Call us on [07717 116 115](tel:07717116115) for a quotation!

There are also some great bundles on **equipment** on ReactionSport:

- [Kick Shield](#) & [Smartie Pads](#) RRP £115 slashed to £100
- [Kick Shield](#) & [Kick Paddle](#) RRP £100 now just £90

These offers are only available this weekend (24th-26th November) so get in there quick while stocks last (membership offers available to Friday 1st December to enable you to action these with our office staff.)

[Black Friday deals on ReactionSport.com](#)

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## Annual Proaction Student of the Year awards

We've completely shaken up our annual Student of the Year award! The awards aren't just about mastering techniques; it's about the journey, the sweat, and the perseverance. Our awards will showcase the remarkable individuals who embody the spirit of martial arts, demonstrating outstanding commitment and contributions to our Club community.

If you're nominated for an award, you should be over the moon. Every nominee in each category will have been selected from the 1,500 Proaction members across all 15 clubs. This will be a very significant achievement and something that, even if you don't receive an award on the night, you should take pride in and know that your efforts are being recognised by your instructors and peers.

We're planning the biggest, most amazing awards ceremony that we've ever hosted before. We'll have special guest, VIPs, taekwondo demos, music, entertainment as well as hearing

about our incredible members. Tickets will go on sale in the coming weeks. Capacity is limited so get your tickets early to avoid disappointment.

We've also partnered with a Northampton-based children's [charity, Kids Aid](#). All proceeds from the awards ceremony will go to help them provide therapeutic support for children and young people who have suffered any form of trauma.

[Read more about annual Student Awards](#)

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## Member's Choice Award - nominated and voted for by you

The [Member's Choice Award](#) is all about shining a spotlight on the amazing people and things happening within the Proaction community. This is your chance to tell us all about those incredible achievements, inspiring personal growth stories, and how the Club is helping people make a really positive impact in the world around them.



If you are someone, or want to nominate someone in Proaction who's been smashing it, whether it's your friend, your own awesome self, or another standout Club member, this is the chance to give them a well-deserved pat on the back.

[GET NOMINATING NOW !!!!](#)

Nomination will be open from Tuesday 21st November until Thursday 21st December.

[Read more about the Member's Choice Award](#)

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## Instructor of the Year award - nominated by you

This is your chance to nominate the instructor(s) who have made the biggest impact on your journey here.

We want nominations that really hit home, ones that shout out about the amazing qualities that make an instructor stand head and shoulders above the rest. Think about those moments that made you go, "Wow, this instructor is something else!" We're talking about real stories, real impact.

[Nominate your Instructor of the Year](#)

And the instructor with the most nomination will be the winner and will be announced at the awards ceremony on Saturday 10th February.

Nomination will be open from Tuesday 21st November until Thursday 21st December.



## National SME business award finalists

The National SME Awards is just a few weeks away (Friday 1 December). We're shortlisted in two categories **Family Business of the Year** award and **Positive Impact Award**. We've been

sharing some of truly inspiring stories on our [Facebook](#) and [Instagram](#), from our members, on how our Club has had a hugely positive impact ([Zakary](#) and [Alfie](#)). If you have a story about how Proaction has helped you or your child we'd love to hear it so please get in touch.

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](#)



## Have you joined the new WhatsApp community yet?

You may have seen that 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.](#)

[Join the Proaction WhatsApp Community](#)



## Grading payment deadline is looming

For member's who have received letters inviting them to gradings. Please note that payment deadlines are:

### **Mighty Monkeys**

- Mighty Monkeys (Northampton, Bedford, Bromham, Corby, Kettering, Market Harborough, Rushden, Wellingborough) 22nd November
- Mighty Monkey, Milton Keynes, payment deadline 22nd November

### **TKD**

- Foundation TKD (Northampton, Bedford, Bromham, Corby, Kettering, Market Harborough, Rushden, Wellingborough) graduating in Northampton, payment deadline Wednesday 29th November.
- Coventry and Leicester, graduating in Leicester, payment deadline 22nd November.
- Int/Adv TKD (Northampton, Bedford, Bromham, Corby, Kettering, Market Harborough, Rushden, Wellingborough), graduating in Northampton, payment deadline 29th November

- Daventry/Banbury payment deadline 29th November

## Kickboxing

- Kickboxing payment deadline 29th November.

If you have any questions or queries about the graduations please contact the office as soon as possible on [07717 116 115](tel:07717116115) or [email us](#).

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## 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 20<sup>th</sup> December** with lessons resuming on Thursday 4<sup>th</sup> 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 11<sup>th</sup> December**. We can't guarantee delivery before Christmas if orders are placed after this date.

[Click here for ReactionSport](#)

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## Star of the Month – October

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.



**Ayann trains at Milton Keynes**, he's been awarded Star of the Month for always giving maximum effort and excellent attention. Well done Ayaan.



**Evie Tan trains at Milton Keynes**. She has shown outstanding focus, effort and attention in class. Excellent Evie keep it up.



**Evie Bennett trains at Milton Keynes.** Since moving over classes she's grown in confidence and she's getting so much stronger. Confidence is the key Evie, keep it up, you're smashing it.



**Hayzah Malik trains at Milton Keynes.** She always shows such great determination in class and is focused on becoming a better martial artist. Fantastic work Hayzah.



**Henry Sussex trains at Northampton.** Over the last few months he has been trying really hard and its definitely showing. Keep it up Henry, you're doing great.



**Johan McCarthy trains at Milton Keynes.** He has shown outstanding focus and improvements in his technique. He always tries his hardest to be better. Fantastic effort Johan.



**Mia Buyukuysal trains at Northampton.** Her confidence has grown massively and keeps growing every week. Keep it up Mia, you're smashing it.



**Minveer Bains trains at Leicester.** He has demonstrated a consistent improvement in his focus, showing a passion for learning and the desire to become a better martial artist. Excellent work Minveer.



**Prince Fuller trains at Milton Keynes.** In every single lesson he brings his A game and a smile. Well done Price, outstanding effort.



**Shay Gandhi trains at Milton Keynes.** He is always so focused in class and committed to improving his overall technique. Well done Shay, amazing work.

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## Training tips and hints



### How to write an award nomination

As we open the entry for Member's Choice award and Instructor of the Year award we wanted to give you some tips and hints on how to write an eye catching nomination.

These two awards are where our members can nominate themselves, their children, friends in the clubs, parents, volunteers, staff and of course our amazing instructors for things they feel deserve recognising with one of these awards.

We have 1,500 members training with us. We're hoping that we're going to receiving a lot of fantastic entries for you all. But how will you make your entry stand out? We've put together some useful tips and hints to help you.

[Click here for tips on writing a stand out nomination](#)

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## Up and coming events

### 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

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## Christmas Party

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



### Proaction Martial Arts

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