



仁道 **FFMA** *Fighting Fit Martial Arts*



FFMA Charity Wrestling Match 21st of May 2010

By: Jenny Terranova

As I sat there that beautifully warm May evening, waiting for our first FFMA Charity Fight Night to start, I couldn't help but reflect on how we had arrived at that point.

My mind went back to a throw away comment from me, when I said that I never thought Tony would give up Martial Arts so devoted and passionate was he. At that the time he was working incredibly long hours, travelling all over the world, with me, as his secretary/wife/mother of his daughters keeping everything at home ticking over.

That comment must have really struck home because Tony almost immediately returned to his first passion – not me, the martial arts. However he found that times have moved on, he no longer wanted to train to in a traditional way as he had been taught when he was young. He was searching for a new direction.

He spent the next few years studying, experimenting; trying to come up with what he felt was the ultimate martial arts training experience. So he began his new journey with his first willing student Ross Young (who still trains with us). Now when I look at the club which is in its 4th year it's hard to believe it's not always been here, so established does it now seem. In the first few years I trained at the club and really enjoyed it and at times now miss it due to the onset of my Huntingdon's symptoms.

Since our two Marks (Collett and Woodard) have come on board from the professional world of MMA (mixed Martial Arts) the club has an even more defined path and syllabus with clear plans for the future. The club consists of committed coaches and students creating a community spirit. The club has even succeeded in training its first MMA cage fighter, my friend Tim Coppin.

The week preceding had been very warm so we decided to hold the event outside. There was already a rugby event on the field near to us. We had decided grappling only, each contestant had a corner man, Mark Collet or Chris Watts to help them - and referee in the shape of Mark Woodward. The bouts were 4 minutes each unless someone scored with a submission before that.

I have over the years attended many of Tony's and other fight events but what I really enjoyed about this evening was that it moved along so rapidly - wall to wall entertainment without all the incessant waiting. Each fighter was loudly cheered on by the spectators but the audience watching was growing larger with the rugby crowd looking on with great appreciation. Several youngsters, who clearly had never seen anything like it, were glued to the action in morbid curiosity of how it would all play out.

We raised £545 for Huntingdon's and had a very special night for the club which was amazingly sporting and generous of spirit. I appreciate the courage it took for all the contestants to compete in public some of whom have not been training for long (even Tony competed at the ripe old age of 53). It was also my pleasure to give out the awards at the end to Ben Constantine for the most promising fighter and to Tavion Lewis for the best fighter on the night. Thank you to Mark Woodard as this was his idea and his organizing another similar event for HDA but on a national level, I can't wait to see it.

Thanks all.

Jenny Terranova x
www.fightingfit.gb.com

