

TAE KWON DO



CAMBORNE TAE KWON-DO

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Building a more peaceful world... together

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Dates for your diary 2006...

3 rd Oct	Coloured Belt Grading, 6.30pm, St Austell (Penrice School)
6 th Oct	Red/Black Belt Pre-Grading, St Austell, 8pm
11 th Oct	Red/Black Belt Pre-Grading, Newquay, 8pm
12 th Oct	Fitness training, Truro, 8pm (7pm for the class)
15 th Oct	Black Belt Grading, Derby
21 st Oct	Battle of the Celts, Kingsley Village, 6pm
30 th Oct	Hallowe'en Fancy Dress Training, Camborne
26 th Nov	GTI British Championships, Chilwell, Nottingham
17 th Dec	Truro GTI Xmas Party, Truro



Welcome to the Autumn newsletter. We have a busy few months ahead of us with a coloured belt* and a black belt grading in October and we will be working towards the British Championships in November.

Well done to the students that took part in the recent open competitions at Indian Queens and Cheltenham. Keep up the hard work!

Danny and Liam Broderick

* Please note that the coloured belt grading is at Penrice School, St Austell (*maps available*).



Results: Kyle Silgram – 2 golds, 1 silver
John Newman – 1 gold, 1 silver, 1 bronze
Tina Bailey – 2 silvers
Andrew Robinson – 1 bronze

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NEWSLETTER

Autumn 2006



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World Environment Day – Beach Clean at Chapel Porth

Mr Liam Broderick would like to thank all the students that took part in the beach clean on Chapel Porth on 11th June. For those that did not attend, we were blessed with fantastic weather and were able to remove many sack loads of marine litter from the beach. We got press coverage in many of the local papers and were commended by Mat Carter, Environment Manager for the Environment Agency in Cornwall for a very worthwhile event.

Most importantly though, we had a real good beach train which ended in the sea! Once again, thank you and well done!



Inter-club Competition

Cornwall GTI's inter-club competition is in its planning stages and should be held in the last week of January. This is an ideal opportunity for students to take part in their first competition as it will only be open to Cornwall GTI students. Further details will follow...

Hallowe'en Fancy Dress Training

The training session on Monday 30th October at Camborne will be in fancy dress. Students should dress up in their (tasteful) fancy dress costumes for a fun session. As always, all Truro students are welcome to attend.



Change of training venue for Truro GTI

Truro's Tuesday night training has been moved to a Sunday night at Truro Leisure Centre, 6 to 7pm. The Thursday session still takes place at 7pm at Tregolls School. Any Camborne student wanting extra training is very welcome to attend any session. You may also like to note that the swimming pool remains open until 8.30pm, ideal for an after training swim!

Xmas meal at Shanaz, Truro

On Sunday 17th December there will be a special Xmas training session At Truro Leisure Centre from 6 to 7pm, followed by a meal at the Shanaz Indian restaurant in Truro. Numbers are limited so Mr Liam Broderick will be taking bookings from start of November.

League Table

The Camborne League table will be reset from 1st January and a joint Camborne and Truro league table will be established. Points awarded are 3 for gold, 2 for silver, 1 for bronze and 1 point for each competition entered. Black belts who referee and umpire will now also get a point. Please try to support the competitions, whether through sparring, patterns or spectating.

Cornwall Tae Kwon-Do GTI

Camborne, Pool School, Pool
Mon & Wed 7-8.30pm

Truro, Truro Leisure Centre Sun 6-7pm, Tregolls School Thu 7-8pm

Fowey, Fowey Sports Centre
Sat 10am-12pm

St Austell, Penrice School
Tue & Fri 7-8pm

Wadebridge, Wadebridge School
Wed 6.30-8.30pm

Newquay, Newquay Sports Centre
Wed 7-8pm, Fri 6-7pm

Fitness Training - Truro

Commencing on Thursday 12th October at Tregolls School (Truro GTI) there will be bagwork and circuit training after the normal session for half an hour (8 to 8.30). This is free to all students. This is strength & fitness training designed to increase your cardio-vascular abilities and not part of the normal syllabus. Bring a drink/water.

Battle of the Celts

This local competition has been resurrected and will be held at Kingsley Village, Fraddon on Saturday 21st October at 6pm. This is a sparring only competition, attended by the top fighters of many of Cornwall's martial arts. Spectators can pay for their entry on the door.

Article: Preparing for your grading

It is important that you make sure you are ready to grade and follow this guide.

Before your grading:

1. Look through the grading sheets in your training manual and make sure you are familiar with the requirements to grade. If there's any part of your grading you are unsure of, or need to practice more, inform your instructor straight away. Don't neglect your set-sparring and self defence.
2. Ensure you are able to answer any questions that you got wrong in a previous grading. You will be asked and it will look bad if you can't answer again.
3. Pay for your grading in advance and bring in your photos if it's your 1st grading.
4. Make sure your dobok is cleaned and ironed. It must be white (use a stain remover like *vanish* if necessary to return it to true white.
5. Remove all jewellery.
6. Arrive early and warm up properly (have a top and shoes to wear so you don't get cold whilst waiting).
7. If you are a green belt or above, make sure you have sparring gloves, feet and a *headguard*.

During the grading:

1. Be respectful, addressing the grading examiner as 'sir' at all times.
2. Count or *kihap* loud on each linework technique.
3. Be loud, demonstrating that you are confident.
4. Do not fidget or adjust your suit until told to.
5. Have fun!

To order a training manual, complete and tear off this slip and return to Mr Liam Broderick or Kay with a cheque for £15 payable to L Broderick. Please indicate your school (Camborne or Truro) and allow 14 days for delivery.

Name: _____

School: _____