

TAE KWON DO



CAMBORNE TAE KWON-DO

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Assistant Instructor: Mr James Murphy 3rd Dan

www.taekwondo-camborne.net

www.cornwall-taekwondo.net

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www.gti-taekwondo.com

TRURO TAE KWON-DO ACADEMY

Instructor Liam Broderick 3rd Dan

Tel: 01637 852044 or 07855734984

Assistant Instructors: Mr Mark Edwards, 2nd Dan,

Mrs Patricia Finney, 2nd Dan, Mr Nigel Fouracre, 2nd Dan

www.truro-taekwondo.com

www.myspace.com/truro_taekwondo

Dates for your diary 2007...

Sun 21 st Oct	Coloured Belt Mock Grading, Truro, 6pm
Mon 29 th Oct	Coloured Belt Grading, Camborne, 7pm
Tues 30 th Oct	Coloured Belt Grading, St Austell, 7pm
Sun 4 th Nov	Black Belt Training, Truro Leisure Centre, 5-7pm
Sun 11 th Nov	Cornish Championships, Truro Leisure Centre, 12pm
Sun 2 nd Dec	Black Belt Training, Truro Leisure Centre, 5-7pm
Sun 16 th Dec	Last training session at Truro GTI 6-7pm
Sun 16 th Dec	Christmas Party at Pippa's, Truro from 7.30pm
Weds 19 th Dec	Last training session at Camborne GTI 7-8pm
Weds 19 th Dec	Fancy Dress & Games at Camborne GTI 7-8pm
Thurs 27 th Dec	Beach Training, Towan Beach Newquay, 11am



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Tae Kwon-Do News...

Midlands Open

Andrew Robinson of Truro and John Newman of Camborne were both crowned Midlands Champion in their respective divisions. John also took a silver and Alex Perry of Truro a silver and bronze. Well done to all of you that took part and supported Master Harrison's annual competition.



Summer Demonstrations



The Instructors would like to thank all those students that supported our Summer Demos in Newquay and Truro. Your dedication to the Art is greatly appreciated. Newquay RNLI commended us for helping to raise well over £5,500 on Lifeboat Day, their most successful day ever!

NEWSLETTER

Autumn



2007



Black Belt Training

The Instructors have decided that black belt training will now take place at Truro Leisure Centre from 5 to 7pm on the first Sunday of every month (not January). The cost is £5 per black belt for each 2-hour session. Attendance is not compulsory but missing too many sessions may lengthen black belt grading timescales. Please wear white GTI doboks.

Coloured belts coming in for the 6-7 training session should wait quietly by the side until told to line up. Both sessions will run alongside each other for the last hour with Truro Instructors rotating the teaching.

Coloured Belt Gradings

If you feel that you are eligible to take a grading in October please speak to your Instructor. Remember that you must wear a clean, ironed white GTI suit at your grading. Camborne students will grade on Monday 29th Oct at Pool School whilst Truro students can choose to grade there or at St Austell on 30th Oct. All gradings begin at 7pm. Be there no later than 6.45pm.

One of the largest criticisms at previous gradings is the lack of *spirit* that is shown on the grading floor. Remember to be loud. Shout or count on every move and always address Master Harrison as Sir at all times. And, above all, learn your theory, this can make the difference between a pass and fail!

A mock grading is open to all on Sun 21st. Good luck to you all!

Christmas Party, Pippa's in Truro

A Christmas Party will be held at Pippa's in Truro on Sunday 16th December, meeting at 8pm. This is over-18s only, friends and partners are welcome. Please book your place by 1st Nov and pay a deposit of £5 per head to Mr Liam Broderick or Barry by 15th November, with the balance of £19.50 due on the night. Please ask Liam or Barry to see a copy of the menu.

Note - The last Truro GTI session before the Christmas break will take place from 6-7pm at the Leisure Centre so please try and join us to have a fun training session before we go out! And juniors get their fun session on 19th at Camborne!

Cornwall Tae Kwon-Do GTI

Camborne, Pool School, Pool, Mon & Wed 7-8pm

Truro, Truro Leisure Centre Sun 6pm - Tregolls School Thurs 6.30pm

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



Web Improvements

A lot of hard work has gone into improving your online information...

- You can now access slideshows of the three-step and two-step sparring routines and lower grade patterns, plus the essential self-defence moves for our schools.
- All grading information for 10th, 9th, 8th and 7th Kups is now online as we move away from a paper-based system.
- Video footage taken at competitions is now available for you to view, as are the previous Club newsletters.
- You can now order training manuals online.
- A forum has been established with pages devoted to Truro, Camborne and Cornwall GTI. Please register and use this to discuss your TaeKwonDo and local issues with other students and instructors in our organisation.
- Initial problems with the comments page on the Truro GTI site have now been resolved.

Visit www.truro-taekwondo.com for more info, or follow the links from www.cornwall-taekwondo.net. Keep checking the site for more features!

And the CD-ROM is now complete so bring your CD-R's and RW's in to Barry or Liam Broderick for your free TaeKwonDo image collection (also includes free terminology and theory quizzes!)

Cornish Championships 2007

After a short break this competition has returned as an inter-club annual event. This friendly comp will be held at Truro Leisure Centre from 12pm to 6pm and ALL proceeds will go to the BBC Children in Need Appeal. So support Pudsey by entering the patterns (open to 10th kups through to black belt) and point stop sparring (9th kup to 1st kup). Entry and sponsorship forms will be circulated shortly. Please support this worthwhile event.

Changes to our ordering system

To speed up and reduce the costs of ordering equipment and suits, both Truro and Camborne will order together for the time being. The range of sparring gear has altered slightly and you will now receive better quality equipment for a lower price! To place an order, get a form from Liam Broderick (Truro) or Barry Silgram (Camborne), select the items you need and return **with payment**. Suit and equipment orders shall be placed approximately every 8-12 weeks depending on volume.

Competition League Table

As promised, we have created a joint league table for the two schools for the 2007 competition results. If there are any errors or omissions, please let Mr Liam Broderick know.

Remember, you gain 1 point for every competition entered, plus 1 for each bronze, 2 for each silver and 3 for each gold.

Well done to Kyle Silgram who has convincing lead! Let's hope to get many more names on here after the Cornish Championships on 11th November.

Name	Ashita Kai St Austell Jan07	Pirate Karate Open 18Feb07	GTI Southern 18Feb07	GTI English 15 Apr 07	Pirate Karate Open 1Jul07	Ashita Kai St Austell 29Jul07	GTI Midlands 16Sep07	Total Points
Kyle Silgram	1	6		5	5		1	18
Andrew Robinson				5			4	9
Nigel Fouracre	6			1				7
John Newman							6	6
Danielle Scoundrette	5							5
Alex Perry							4	4
Charlie Budge	3							3
Liam Broderick							1	1
Mark Edwards							1	1
Luke Perry							1	1

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Happy Halloween!