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Tae Kwon-Do News...

Demo at Newquay Lifeboat Day

The RNLI would like to express their sincere thanks to the students that supported Newquay Lifeboat Day in August. Cornwall GTI performed a great demo on Newquay Harbour beach, helping to raise money for this important charity.



Camborne Tae Kwon-Do Academy Launch

A big thank you to all who helped launch Camborne Tae Kwon-Do Academy on 7th September with a great demo and taster session. Our newest school got off to a flying start! Thanks too to those that joined us at Saturdays.

GTI UK Open Competition

Well done to those that entered the GTI UK Open in Worcester on 20th September. Categories were hotly contested but a number of medals were won: Andrew Robinson gained silver in red belt patterns; John Newman bronze in black belt patterns; Ciaran Hicks got silver in both sparring and patterns (blue belt junior) and Charlie Woon came second in the jumping high kick competition. Congratulations to you all!



Dates for your diary 2009/2010...

events updated at www.truro-taekwondo.com

- 22nd Oct Coloured belt grading, Newquay Treviglas College, 6.30pm
- 1st Nov GTI British Championships, Cheltenham
- 14th Nov Tae Kwon-Do's Got Talent for BBC Children in Need, Threemilestone 2pm
- 5th Dec Patterns seminar for blue, red and black belts, from 1.30pm
- 16th Dec Last Camborne class of 2009, 7 to 7.45pm followed by Christmas Meal at 'Inn for All Seasons', Redruth at 8.15pm (please book with a £10 deposit by 27th Nov)
- 18th Dec Fancy dress training session at Truro, 8pm (last Truro class of 2009)
- 27th Dec Cornwall GTI beach training, Towan Beach Newquay, 11am
- 10th Jan Return to training, Truro, 6pm
- 11th Jan Return to training, Camborne, 7pm

New Black Belt Promotions

You will have all seen Mrs Mel Beattie, Charlotte Brown and Andrew Robinson working extremely hard to prepare for their Dan grades in Derby on 11th October. I'm delighted to announce that all three of them passed their gradings. Mrs Beattie is promoted to 2nd degree black belt and Andrew and Charlotte are now 1st degrees.



Please address these new black belts as Mr Robinson and Miss Brown in and around the Dojang and at Tae Kwon-Do events.

Andrew was the very first student at Truro Tae Kwon-Do Academy, which launched four years ago. Charlotte began her training in 1992, eventually reaching 3rd kup before taking a long break, returning to training around 3 years ago. Both have worked extremely hard to make it to 1st Dan. Mrs Beattie has been a great Instructor at Truro and well deserves her 2nd Dan. The grading itself was a rather gruelling process of performing patterns, linework, sparring, set sparring, bag and breaking techniques, followed by theory questions. In the new grading format students were also asked to perform techniques to restrain and calm a friend who had got out of control.

I'm very proud of the three of you and cannot congratulate you enough on the hard work and dedication that you've shown. Well done!

Liam Broderick

Upcoming Events...

Coloured Belt Grading, Thursday 22nd October

The Cornwall GTI coloured belt grading will be held on 22nd October at Newquay Treviglas College, Bradley Road, Newquay, TR7 3JA, starting at 6.30pm. The grading examiners are Marc Dummett, 5th Dan and Liam Broderick, 4th Dan.

To be eligible to grade you will need to fulfil the following requirements:

1. You will need to submit your licence and grading fee of £22 per person by Wednesday 21st October
2. You will need a clean/ironed white GTI suit and to be clean and presentable (clean, clipped nails, no jewellery etc.)
3. White belts will need to submit two passport sized photographs and sign a grading card
4. Green, blue and red belts will need a full set of sparring gear including a head guard (groin/gum shield optional)
5. You will need to demonstrate that you can perform the pattern (or SAJO-JIRUGI) for your grading on your own
6. You will need to be familiar with your essential theory (belt colours, pattern meanings and number of moves) – available online at www.truro-taekwondo.com/info.aspx

The Chairman of the GTI, Mr Paresh Bhadesia has sent a message of support to all the students grading and would like you all to know that the grading process should be seen as a positive experience, helping you to develop in both character and confidence as you work towards black belt. Please be respectful, addressing black belts and examiners as Sir or Ma'am at all times and try your best to be loud and confident. More importantly, good luck!

GTI British Championships, Sunday 1st November

The GTI would like to invite all students to a special British Championships at Leisure at Cheltenham on Sunday 1st November. As this coincides with Halloween, there will be a special Halloween event for all juniors. There will be a demonstration by the legendary Tony 'the Iceman' Sewell, founder member of the GTI and three times undefeated World Champion, regarded as many as the greatest Tae Kwon-Do fighter ever. The competition will include:

- Point stop sparring for yellow and green belts
- Patterns for all grades, 9th kup upwards
- Points & continuous sparring for blue, red and black belts
- Jumping high kick competition for juniors and adults
- Destruction for adult blue, red and black belts

And all juniors that enter will receive a GTI competitor medal. Entry is £15 to cover all available categories. Spectators £5.

Tae Kwon-Do's Got Talent, Sat 14th November

In 2007 we raised over £1,000 for BBC Children in Need. This year, we're hosting a special competition called Tae Kwon-Do's Got Talent at Threemilestone Community Centre on Saturday 14th November (2pm to 5.30pm) in order to raise money for BBC Children in Need. Entry to the competition is £10 per person, which will enable you to compete up to three times. Spectator entry is £5 per person (£10 per family up to 4 people) and includes a free tea, coffee or soft drink. There will be awards for the following categories:

- Best fancy dress (open to competitors and spectators of any age and includes non-Tae Kwon-Do students)
- Best serious Tae Kwon-Do routine
- Best comic/funny or non-Tae Kwon-Do routine
- Overall best entry

A panel of judges will give scores as per usual competition rules. Entry may be individual or as groups. Examples of entries include a Tae Kwon-Do pattern, self-defence or sparring routine, a pattern to music, a funny routine based on Tae Kwon-Do etc. (be creative but entries must be tasteful!) Please try and encourage other students, friends and family to come along (fancy dress optional but recommended!). Entry forms will be available soon so get rehearsing!

Patterns Seminar, Sat 5th December

Blue, red and black belts that support Tae Kwon-Do's Got Talent are invited to a free patterns seminar at Threemilestone Community Centre on Saturday 5th December at the following times:

- 1.30pm to 2.30pm – all grades
(Yul-Gok, Joong-Gun, Toi-Gye)
- 2.30pm to 3.30pm – red and black belts
(Hwa-Rang, Choong-Moo, Koryo)
- 3.30pm to 4.30pm – all black belts
(Kwang-Gae, Po-Eun, Ge-Baek)
- 4.30pm to 5.30pm – 2nd Dans
(Eui-Am, Choong-Jang, Ko-Dang)

Training Updates...

Kernow T.A.E. class changes

Truro Sunday classes are now:

- 6 to 7pm - all grades together
- 7 to 7.30pm – green belts and above only

Camborne Wednesday classes are now:

- 7 to 8pm - all grades together
- 8 to 8.30pm – green belts and above only

Tae Kwon-Do Merits

The student of the year system will be replaced by a Tae Kwon-Do merit system where Kernow TAE students receive merits for attending events outside of the normal classes. For example, a student will gain a merit for supporting demos, competitions, charity events and so on. Students with the top merits will win prizes at the end of each year. They will also appear on a league table. Please try and support your schools and your Art by attending events.

Training Manuals

Coloured belt and black belt training manuals are available from Mr Broderick. Prices are £16.50 for coloured belt and £19.50 for black belt manuals. Further training information and slideshows can be found at: www.truro-taekwondo.com/info.aspx

Cornwall Tae Kwon-Do, Established 1974

Camborne, Pool School, Pool, Mondays & Wednesdays 7-8pm
Truro, Truro Leisure Centre Sundays 6-8pm, Fridays 8-9pm
St Austell, Penrice School, Tuesdays & Fridays 7-8pm
Newquay, Newquay Sports Centre, Weds 7-8pm, Fridays 6-7pm

Please note: Fee paying students may train in any other GTI school for free



www.cornwall-taekwondo.com
www.gti-taekwondo.com
www.truro-taekwondo.com
www.camborne-taekwondo.com
www.youtube.com/TruroGTI