

TAE KWON DO



CAMBORNE TAE KWON-DO

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www.taekwondo-camborne.net

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Building a more peaceful world... together



TRURO TAE KWON-DO ACADEMY

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Mrs Patricia Finney, 2nd Dan, Mr Nigel Fouracre, 1st Dan

www.itsmymarket.com/truro-taekwondo

www.myspace.com/truro_taekwondo



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Cornwall GTI Tae Kwon-Do News

GTI joins UKITF – the GTI have affiliated to UKITF, giving us access to the selection process to represent the UK on the international competition circuit. So far, two GTI competitors have been selected for the GB team for the upcoming ITF World Championships in Birmingham.

Changes to Truro GTI – Truro Tae Kwon-Do now holds two classes on a Thursday night. The first class is 6.30 to 7.30 for white and yellow belts and the second class is 7.30 to 8.30 for green belts upwards. **Please note** that due to a pre-grading on 10th May, all grades will attend the 6.30-7.30 class, with the 7.30-8.30 slot reserved for red and black belts.

Dates for your diary 2007...

25 th April	Black Belt Pre-Grading, Camborne, 7pm
4 th May	Black Belt Pre-Grading, Newquay, 7pm
10 th May	Black Belt Pre-Grading, Truro, 7.30pm
20 th May	Black Belt Grading, Derby
3 rd June	World Environment Day Beach Clean, Perranporth, 1.30pm
June	Alton Towers trip (details TBC)
Jun (TBC)	Coloured Belt Grading
7 th Jul	Beach training, Porth Beach, Newquay, 10.30am
Jul (TBC)	Camborne Demo, Pool School
1 st -6 th Aug	ITF World Championships, NEC, Birmingham
5 th Aug	GTI Cornwall Demo for Newquay Lifeboat Day, 3pm
1 st Sep	Beach training, Porth Beach, Newquay, 10.30am
Sep (TBC)	Midlands Open (Venue TBC)
14 th Oct	Black Belt Grading, Derby
18 th Nov	GTI British Championships (Venue TBC)



Official International
Tae Kwon-Do
Federation Members
www.itf-admin.com
www.ukitf.com



Affiliated to Global Tae
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www.gti-taekwondo.com

NEWSLETTER

Spring 2007



Summer Beach Training

As the weather improves we are looking forward to our summer beach training. Two Saturday morning sessions will be held this year, both at Porth Beach, Newquay (see Diary overleaf). There will also be beach training on Portreath Beach on selected Wednesday evenings for Camborne students (plus any Truro students who want to join in). Your Instructor will let you know when these sessions are likely to take place. As always, bring a towel if you think you would like to enter the sea at the end of the beach session and juniors must be accompanied to the beach by an adult.

Black Belt Pre-Gradings

1st kups and black belts are required to take black belt pre-gradings if they wish to take dan gradings in the future. As a minimum, they must have pre-graded once in the spring and once in the autumn to keep the grading as a future option and anyone intending to grade must take three pre-gradings immediately prior to their black belt grading. This is to ensure that black belts have the most up-to-date knowledge with regard to black belt gradings and it also helps to maintain a high standard. The pre-grading dates are overleaf. Black belts returning to training after a long break will need at least a year's worth of pre-gradings before being eligible to grade.

Image CD-ROM

The Tae Kwon-Do image CD-ROM is nearing completion. Produced by Mr Liam Broderick as an accompaniment to the Fundamental Tae Kwon-Do training manuals the CD-ROM contains images of all the techniques (hand attacks, and blocks and kicks), fundamental movements and patterns up to black belt and set-sparring plus many other optional extras. Your Instructor will inform you when this is finalised.

Alton Towers Trip

Its been many years since we last went so we shall be going to Alton Towers in June, probably around the 14th, 15th or 16th. The plan is to travel up to Staffordshire, camp overnight then go to Alton Towers the next day, driving back that evening.



It is also possible that we may attend a training session with Master Harrison in Gloucestershire on the way back. Look out for cheap entry deals, such as buy one get one free offers over the next few months (eg at Morrisons Supermarkets). Under 18s will need to be accompanied on the trip by an adult and places are limited so reserve your place early. More details soon...

GTI English Championships

The GTI English Championships will be held at Cheltenham Recreation Centre on Sunday 15th April.

The categories are:

- Patterns - available for all 9th kups and above)
- Point stop sparring - available from 8th kup (juniors) or 9th kup (adults) up to black belt
- Continuous sparring – only blue, red and black belts
- Breaking – only blue, red and black belt adults

Entry costs:

- Adults - £12 for 1 or 2 events, £15 for 3, £18 for 4
- Juniors - £10 for 1 or 2 events, £15 for 3
- Spectators £5pp or a family of up to 5 people for £12

For further information please speak to your Instructor. The closing date for entry is Thursday 12th April. White doboks must be worn at this official GTI event.

Cornwall Tae Kwon-Do GTI

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

Truro, Truro Leisure Centre Sun 6pm
Tregolls School Thu 6.30pm (10th to
7th kup), 7.30pm (6th kup & above)

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

Demo Preparations

With two demos already pencilled in for this summer (Pool School in July and Newquay Harbour in August), we are asking students to start thinking about new routines and more spectacular breaks. Mr Liam Broderick will be rewriting the main sections of the demo but we are hoping for students to come up with:

- self defence routines
- demonstration sparring routines
- jumping, flying and multiple breaks
- synchronised pattern demonstrations

It's your chance to show off your abilities!

World Environment Day Beach Clean, Perranporth, 3rd June

Following the success of last year's beach clean for the United Nations World Environment Day at Chapel Porth, we will be performing a beach clean on Perranporth Beach on Sunday 3rd June. Meet in the car park at Perranporth Beach at 1.30pm (you will need to pay for parking here but may be able to find a free space in Perranporth town). Gloves and bags will be provided. The beach clean will last about one and a half hours and will be followed by a beach training session at 3.30pm. **This session will replace the normal Truro class at the Leisure Centre.** After the training session, feel free to join us for a drink and bite to eat in the Watering Hole on Perranporth Beach. Partners, friends and family members (and dogs!) are welcome to join in both the beach clean and the get together in the Watering Hole. Bring a towel in case we paddle (or dive) in the sea (not compulsory!). Please try to join us for this worthwhile event and help us to make Cornwall a more beautiful and cleaner place (see the *Did you know that?* article on public service in Tae Kwon-Do)



Did you know that? – Tae Kwon-Do Public Service in Korea

As part of traditional Tae Kwon-Do training in Korea, a student is expected to go out into the community and perform various services. This may include helping the elderly with their shopping or housework, cleaning the streets or rivers of rubbish and helping to maintain buildings, gardens, parks and other open spaces. These selfless acts build spirit in the individual and reinforce the meanings of the tenets but they also promote Tae Kwon-Do's image in the community, to recruit new members and to strengthen the Art itself.