

TAE KWON DO



CAMBORNE TAE KWON-DO

Instructor Danny Broderick 4th Dan

Tel: 01637 881746 or 07877992127

Assistant Instructor: Mr James Murphy 3rd Dan

www.taekwondo-camborne.net

www.cornwall-taekwondo.net

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Kwon-Do International
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.itsmymarket.com/truro-taekwondo

www.myspace.com/truro_taekwondo



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Dates for your diary 2007...

Sun 1 st July	Pirate Karate Open, St Dennis
Sat 7 th July	Beach training, Porth Beach, Newquay, 10.30am
Sun 29 th July	Ashita Kai Open, St Austell
1 st -6 th August	ITF World Championships, NEC, Birmingham
Sun 5 th August	GTI Cornwall Demo for Newquay Lifeboat Day, 3pm
Sat 1 st Sept	Beach training, Porth Beach, Newquay, 10.30am
Sat 8 th Sept	Truro Carnival, Hendra Park, 5pm (starts 6pm)
Sun 23 rd Sept	Midlands Championships, Cheltenham
Sun 14 th Oct	Black Belt Grading, Derby
Oct/Nov	<i>Pudsey Bear's</i> Cornish Championships (TBC)
Sun 18 th Nov	GTI British Championships (Venue TBC)



Tae Kwon-Do News...



English Tae Kwon-Do Champions

Kyle Silgram of Camborne and Andrew Robinson of Truro have been crowned 'English Champions 2007' after winning their divisions in Cheltenham in April. Andrew took the gold in sparring and bronze in patterns and Kyle gained a gold in patterns and Bronze in sparring. Well done to you both!

New Black Belt Promotion

Nigel Fouracre of Truro GTI has successfully gained his 2nd Dan black belt following a grading in Derby on 20th May. We would like you to join us in congratulating him on this great achievement and we wish him all the best as he embarks on his journey towards 3rd Dan black belt!



NEWSLETTER

Summer 2007

Pengersick Castle Investigation

Thank you to all of you that got into the *spirit* of things at Pengersick on 20th April. It was a great evening which we are looking to repeat in the autumn. If you are interested in joining our autumn paranormal investigation please let Mr Liam Broderick know.



Cornwall Tae Kwon-Do GTI

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

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

Family Fee Rates

Please note that the family rate is £32, which allows up to 4 members of the same family to train on a single rate. And if you pay fees at one GTI school, you are able to train at any other school for free! That's six days a week if you choose!

Summer Beach Training

Two Saturday morning sessions will be held this year, both at Porth Beach, Newquay (meet at the Mermaid Pub at 10.30am). The first one is 7th July and the second is on 1st September. Please join us for these events, which are a great opportunity for you to train with students from the other Cornish schools.

Newquay Lifeboat Day

Cornwall GTI will be performing a demo at Newquay Harbour on **Sunday 5th August** at 3pm. Please help us to support the RNLi and join in. All grades are welcome. Mr Liam Broderick will be touring the schools with the demo format in July.

Please note: there is no training at Truro Leisure Centre on this date so come and join us on the beach!

Grading Success

Well done to all the students who graded in June and have progressed to the next belt. Your respectful attitude, dedication and perseverance has made the Instructors very proud. Keep up the good work!

Competition Line-up

1. Pirate Karate Open

Sunday 1st July at St Dennis Working Men's Club. See your Instructor for details.

2. Ashita-Kai Freestyle Open

Sunday 29th July at Polkyth Leisure Centre, St Austell. See your Instructor for details.

3. Midlands Championships

Master Harrison is hosting the Midlands Championships at Cheltenham Recreation Centre on Sunday 23rd September.

Categories:

- Patterns - available for all 9th kups and above
- Point stop sparring - for yellow and green belts
- Continuous sparring - for blue, red and black belts

Entry costs: Adults - £12 - Juniors - £10 - Spectators £5

For further information please speak to your Instructor. The closing date for entry is 9th September. Club doboks may be worn at this event.



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. If you would like a copy please give your Instructor a CD-R or CD-RW. There is **no charge** for this CD-ROM; it is part of our ongoing commitment to your Tae Kwon-Do development and to ensuring that the costs of training are kept to a bare minimum.



Did you know that?

Much of Tae Kwon-Do's success in the UK can be attributed to the Royal Air Force. One of the first places that General Choi released the Art to was Malaysia, during the 1960s. At this time there were many RAF service personnel in Malaysia and a large number of them were trained as Tae Kwon-Do Instructors and they helped to introduce the Art to the UK. The first school to open in Cornwall was at RAF St Mawgan near Newquay in 1974, with an RAF Flight Lieutenant called Jim Brookes as Instructor. Danny Broderick began his training at this school, making him the longest running Tae Kwon-Do student in the County and he went on to join the 2nd school in Cornwall, which opened in Camborne in 1977.

The International Taekwon-Do Federation (ITF) World Championships are being held in Birmingham in August 2007. The GTI is fielding 5 competitors as part of the UK national team. For more information about this event go to www.itfworldchampionships.com



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