

# TAE KWON DO



## CAMBORNE TAE KWON-DO

Instructor Danny Broderick 4<sup>th</sup> Dan

Tel: 07877992127

Asst. Instructor: Mr James Murphy 3<sup>rd</sup> Dan

[www.camborne-taekwondo.com](http://www.camborne-taekwondo.com)

[www.cornwall-taekwondo.com](http://www.cornwall-taekwondo.com)



*Building a more peaceful world... together*

## Tae Kwon-Do News...

### Truro GTI class changes

Thursday night classes have ended and are replaced with Friday night classes at Truro Leisure Centre, 8-9pm for the time being. All Cornwall students are welcome.

### June Grading

Well done to those students that graded in June under Master Harrison. Once again, there were a lot of A and plus passes, a tribute to the hard work put in by those students. And the respect for Master Harrison was exemplary.



### Master Harrison Seminar

Cornwall GTI had the privilege of training under Master Harrison, 7<sup>th</sup> Dan on 17<sup>th</sup> June. This was a very enjoyable session for all involved and we thank Master Harrison for giving us his valuable time and look forward to the next seminar! Images at [www.truro-taekwondo.com/pics.aspx](http://www.truro-taekwondo.com/pics.aspx)



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## TRURO TAE KWON-DO ACADEMY

Instructor Liam Broderick 3<sup>rd</sup> Dan

Tel: 01637 852044 or 07855734984

Asst. Instructors: Mrs Patricia Finney 2<sup>nd</sup> Dan, Mrs Mel Beattie 1<sup>st</sup> Dan

[www.truro-taekwondo.com](http://www.truro-taekwondo.com) [www.youtube.com/TruroGTI](http://www.youtube.com/TruroGTI)

## Dates for your diary 2008...

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|----------------------|--|
| 2 <sup>nd</sup> Aug  | Cornwall GTI Beach Training, Perranporth at 11am   |
| 10 <sup>th</sup> Aug | Newquay Lifeboat Day Demo, Newquay Harbour beach, 3-3.45pm<br><b>NO TRAINING AT TRURO GTI</b>                      |
| 6 <sup>th</sup> Sep  | Cornwall GTI Beach Training, Perranporth at 11am   |
| 20 <sup>th</sup> Sep | Truro Carnival Demo, muster at Hendra Park, 5pm (for 6pm start)  |
| 21 <sup>st</sup> Sep | Midlands Open, Perdiswell Sports Centre, Worcester, 9.30am weigh-in, 10am start<br><b>NO TRAINING AT TRURO GTI</b> |
| 12 <sup>th</sup> Oct | Black Belt Grading, Derby  |
| 26 <sup>th</sup> Oct | Cornish Championships (details TBC)  |
| 31 <sup>st</sup> Oct | Hallowe'en Fancy Dress Training, Truro   |
| 9 <sup>th</sup> Nov  | British Championships (details TBC)  |

### Crealy Park Fun Day

Truro GTI had a great day out at Crealy Park on 28<sup>th</sup> June. With 26 people, this was a thoroughly enjoyable day. Videos on YouTube.

### New GTI Syllabus

The GTI has introduced a new syllabus for all coloured belt students and both Truro and Camborne will switch to the new syllabus with immediate effect. The most important change is that the 3-step and 2-step sparring is spread across more grades, making it fairer and easier to learn. Details at: [www.truro-taekwondo.com/grading.aspx](http://www.truro-taekwondo.com/grading.aspx)



# NEWSLETTER



# Summer 2008





## Cornwall Tae Kwon-Do, *Established 1974*

Camborne, Pool School, Pool, Mondays & Wednesdays 7-8pm

Truro, Truro Leisure Centre Sundays 6-7.30pm, Fridays 8-9pm

St Austell, Penrice School, Tuesdays & Fridays 7-8pm

Newquay, Newquay Sports Centre, Wednesdays 7-8pm, Fridays 6-7pm

Members of the International Taekwondo Federation and Global Taekwondo International  
[www.itf-administration.com](http://www.itf-administration.com) and [www.gti-taekwondo.com](http://www.gti-taekwondo.com)



### More News... W.E.D. Beach Clean, Saturday 7<sup>th</sup> June, Perranporth

Truro GTI did their bit for the environment and cleaned Perranporth beach and dunes in recognition of the United Nations World Environment Day. This was followed by a thoroughly enjoyable beach training session, a refreshing dip in the sea and a fun afternoon at the Watering Hole Pub! Thank you for supporting your school and local community...

Images at: [www.truro-taekwondo.com/pics.aspx](http://www.truro-taekwondo.com/pics.aspx)

Report at: [www.truro-taekwondo.com/news.aspx](http://www.truro-taekwondo.com/news.aspx)



## Tae Kwon-Do Events coming soon...

### Summer Beach Training – 2<sup>nd</sup> August and 6<sup>th</sup> September, 11am

We've added a September session to the Summer beach training calendar due to the July session being called off because of bad weather. Please join us on Perranporth on 2<sup>nd</sup> August and 6<sup>th</sup> September, meeting in the Beach Car Park at 11am. Bring a towel if you want to go in the sea! Also, feel free to join us afterwards for lunch in the Watering Hole.

### Newquay Lifeboat Day Demo – 10<sup>th</sup> August, 3pm

All the Instructors agree that last year's demo was the best Cornwall GTI event for many years. Lets try to make it even bigger this year. We meet at Newquay Harbour Beach at 2.30pm for a 3pm start. There is no parking at Newquay Harbour but a park and ride scheme will be in operation every half hour from Tregunnel Car Park. The Lifeboat Day itself runs from 10am and is a very exciting day which is well worth watching. This is a white GTI suit only event open to all grades. There is no Truro GTI class on this day.



### Truro Carnival – 20<sup>th</sup> September, 6pm

Please join us for Truro Carnival, meeting at Hendra Park at 5pm on Sat 20<sup>th</sup> September. The carnival leaves at 6pm. Mr Liam Broderick has also asked for helpers to give out leaflets, parents, friends, children, brothers and sisters all welcome! White or Club suits are fine.

### Midlands Championships – 21<sup>st</sup> September, Worcester

Master Harrison is hosting the Midlands Championships at the Perdiswell Leisure Centre in Worcester. This is open to all coloured and black belts with patterns and sparring categories (point stop for all grades plus continuous for blue belts and above). Entry is £15 for GTI members and £5 for spectators. There is no Truro class on this day and many of the Truro students will be leaving for Worcester straight after the Carnival on the Saturday evening

### Good bye and Good Luck Mr Fouracre!

Mr Nigel Fouracre, 2<sup>nd</sup> Dan, Assistant Instructor at Truro GTI is leaving us at the end of July. We would like you to join us in wishing him all the best for the move to Cumbria and in thanking him for his dedication to Tae Kwon-Do in Cornwall. His is a true martial artist, an excellent teacher of Tae Kwon-Do and a good friend. We'll miss you Nigel!

### The Fundamental Training Manual for Coloured Belts – 2<sup>nd</sup> Edition now available.

Mr Liam Broderick has re-vamped the Truro and Camborne versions of Training Manual One: Fundamental Tae Kwon-Do. This now includes the new GTI syllabus and the grading section has been improved to make learning easier, with more information about preparing for 1<sup>st</sup> Dan. It has increased in size to 125 pages. This is available with a free Image CD-ROM (which includes theory quizzes) for £16.50 from your Instructor.

For those students with a 1<sup>st</sup> Edition Manual, you can obtain a 45-page upgrade with a free CD-ROM for £6.50. Details of the contents and an online order form can be found at: [www.truro-taekwondo.com/manual.aspx](http://www.truro-taekwondo.com/manual.aspx)



### Sue Allen Charity Walk

Sue Allen of Truro GTI walked the 96-mile West Highland Way, from Glasgow to Fort William and raised £136.50 for Truro GTI's nominated charity, Water Aid. We would all like to congratulate Sue on her perseverance and indomitable spirit. Well done Sue!



### Truro Senior Class

Truro GTI will continue its normal Sunday 6-7pm training session, but the class will be extended from 7-7.30 for green tags and above from Sunday 27<sup>th</sup> July.

This class will focus on senior grade training, especially patterns, free sparring and linework and is open to all GTI students.