

# TAE KWON DO



## CAMBORNE TAE KWON-DO

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Assistant Instructor James Murphy 3<sup>rd</sup> Dan  
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*Building a more peaceful world... together*



## TRURO TAE KWON-DO ACADEMY

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[www.itsmymarket.com/truro-taekwondo](http://www.itsmymarket.com/truro-taekwondo)  
[www.myspace.com/truro\\_taekwondo](http://www.myspace.com/truro_taekwondo)

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### Dates for your diary 2007...

- |                                      |  |
|--------------------------------------|--|
| 18 <sup>th</sup> Feb                 | GTI Southern Open Competition, Swindon             |
| 24 <sup>th</sup> Feb                 | Lunch and Grading Theory Session, Perranporth, 1pm |
| 26 <sup>th</sup> Feb                 | Coloured Belt Grading, Camborne, 6.30pm            |
| 15 <sup>th</sup> Apr                 | GTI English Championships, Cheltenham              |
| 20 <sup>th</sup> May                 | Black Belt Grading, Derby                          |
| 7 <sup>th</sup> Jul                  | Beach training, Porth Beach, Newquay, 10am         |
| 1 <sup>st</sup> -6 <sup>th</sup> Aug | ITF World Championships, NEC, Birmingham           |
| 5 <sup>th</sup> Aug                  | GTI Cornwall Demo for Newquay Lifeboat Day         |
| 1 <sup>st</sup> Sep                  | Beach training, Porth Beach, Newquay, 10am         |
| 14 <sup>th</sup> Oct                 | Black Belt Grading, Derby                          |



**Beach Training, Towan Beach, Newquay**  
27<sup>th</sup> December 2006

For more pics of this event or to view Cornwall  
Tae Kwon-Do's huge picture database go to:  
<http://picasaweb.google.co.uk/truro.taekwondo>

A Happy New Year to you all and welcome back to training after the Christmas break. Well done to all the students that joined us for our annual 'blow out the cobwebs' beach training session on 27<sup>th</sup> December, especially those of us that took a dip in the sea! 2007 is looking like another busy year for our schools, with a grading and competition in February and a full calendar of events for the rest of the year, with many others still in the planning stages.

Remember that you get out of Tae Kwon-Do what you put in so persevere towards your goals and work hard and you will always enjoy your training...

*Danny and Liam Broderick*

Official International  
Tae Kwon-Do  
Federation Members  
[www.itf-online.com](http://www.itf-online.com)  
[www.gbtf.com](http://www.gbtf.com)



# NEWSLETTER

## Winter 2007



Affiliated to Global Tae  
Kwon-Do International  
[www.gti-taekwondo.com](http://www.gti-taekwondo.com)

## Pengersick Castle, Paranormal Investigation, April

Pengersick Castle, Praa Sands (near Helston) is recognised as one of the most paranormally active locations in the UK and we are organising an evening at the spot on a Friday night in April (exact date to be finalised). The cost is £15 and includes the chance to visit all of Pengersicks locations with experienced investigators from 8pm to 1am. This is open to **over-18s only** and spaces are limited (maximum 22). To book your place please inform Mr Liam Broderick by 28<sup>th</sup> February using the contact details on the front page (phone, text or email). Partners, family members and friends are welcome to join us and a £5 deposit will need to be made for each attendee. Also, the investigators particularly like sceptics to join the investigations!



### Other Important Information

Students can register for online news at:  
[www.camborne-taekwondo.net/newsletter.php](http://www.camborne-taekwondo.net/newsletter.php)

For a consistently updated events calendar, go to:  
<http://www.itsmymarket.com/truro-taekwondo/events.php>

Link your *My space* to Truro Tae Kwon-Do's *My Space* at: [http://www.myspace.com/truro\\_taekwondo](http://www.myspace.com/truro_taekwondo)

### Open Theory Session, 24<sup>th</sup> Feb

All Truro and Camborne students are welcome to join Mr Liam Broderick for lunch at the Watering Hole, Perranporth Beach at 1pm on Saturday 24<sup>th</sup> Feb. This is an informal get-together to discuss Tae Kwon-Do theory and it is your chance to make sure you understand your theory before the grading. It is not limited to those students who are grading in February, anyone of any grade may attend.

### Coloured Belt Grading

The next coloured belt grading will be held at Pool School, Camborne on Monday 26<sup>th</sup> February at 7pm. Students must:

1. Submit their licences and grading fees (£22) by Monday 19<sup>th</sup> Feb (new students will also need to supply 2 passport photos)
2. Arrive at the grading by no later than 6.30pm
3. Ensure that they address Master Harrison as 'Sir' at all times
4. Ensure that they know their theory
5. Ensure that they wear a clean, white GTI dobok
6. Bring a headguard if green belt or above (compulsory)



If you are unsure about anything to do with your grading please speak to your Instructor. For those that cannot make the Camborne grading, further gradings will be held at St Austell on Tues 27<sup>th</sup> and Newquay on Weds 28<sup>th</sup>. Please note that the parents/guardians of all under-18s will need to sign the grading cards. Good luck to all students grading.

### Cornwall Tae Kwon-Do GTI

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

Truro, Truro Leisure Centre Sun 6-7pm, Tregolls School Thu 7-8pm

Fowey, Fowey Sports Centre  
Sat 10am-12pm

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

### Competition League Table

The joint league table has begun for 2007, with the open competition held in St Austell in January. Points are awarded as follows:

- 1 point for entering
- 1 point for each bronze (3<sup>rd</sup> place)
- 2 points for each silver (2<sup>nd</sup> place)
- 3 points for each gold (1<sup>st</sup> place)

You will need to inform Mr Liam Broderick of your entry/results if you want your points to be added to the league.



**Remember to book  
your place for the  
Pengersick  
Investigation by  
28<sup>th</sup> February**

### GTI Southern Comp, 18<sup>th</sup> Feb

The first official GTI competition of 2007 will be held in Swindon on Sunday 18<sup>th</sup> February (9.30am start). All students wishing to attend should submit their completed competition forms and entry fees by Monday 12<sup>th</sup> Feb. This is an open Tae Kwon-Do competition so club doboks are permitted. Categories include patterns for all grades, point stop sparring for all grades and continuous sparring for blue, red and black belts. Entry fees are:

Adults - £12 (2 events), £15 (3 events)  
Juniors - £10(2 events), £13 (3 events)  
Spectators £5 (£12 for family ticket)

### The Fundamental Training Manual: the essential training guide for green belts and above

Camborne and Truro Tae Kwon-Do have their own special editions of the *Tae Kwon-Do Foundation @ Training Manual 1: Fundamental Tae Kwon-Do*. This contains all of the grading theory from white belt to black belt plus much, much more. For those students serious about performing well in their gradings, it is well worth purchasing a copy. The manual is available from Mr Liam Broderick for £15. To order you can call or text on 07855734984 or email to [taekwondo\\_foundation@yahoo.co.uk](mailto:taekwondo_foundation@yahoo.co.uk) (please state whether you require a Camborne or Truro edition). Alternatively, tear of the slip below and present it to your Instructor with a cheque for £15 made out to 'L. Broderick'.

Please reserve me a copy of *Tae Kwon-Do Foundation @ Training Manual 1: Fundamental Tae Kwon-Do*

Name ..... Phone/Mob.No. .... School (Camborne/Truro) .....