

TAE KWON DO



CAMBORNE TAE KWON-DO

Instructor Danny Broderick 4th Dan

Tel: 07877992127

www.camborne-taekwondo.com

www.cornwall-taekwondo.com

www.gti-taekwondo.com

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Building a more peaceful world... together



Tae Kwon-Do News...

Christmas Beach Training 2008



26 students took part in the 23rd annual Christmas beach training, held on Towan Beach, Newquay on 27th December.



It was the coldest beach session for many years, with an air temperature of just 2-degrees but with some hard work, the students were soon very warm. The session was jointly taught by both Danny and Liam Broderick and Rob James from Cornwall Tang Soo Do.



And the session ended with the traditional dip in the sea for those that were brave enough. Well done to all who supported this great event!

More pics at www.truro-taekwondo.com



TRURO TAE KWON-DO ACADEMY

Instructor Liam Broderick 3rd Dan

Tel: 01637 852044 or 07855734984

www.truro-taekwondo.com www.youtube.com/TruroGTI

Dates for your diary 2009...

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|----------------------|--|
| 23 rd Feb | Coloured belt grading, Pool Business and Enterprise College, 6.30pm start |
| 29 th Mar | GTI English Championships, Worcester |
| 2 nd Apr | Blue, red & black belt training/ pre-grading, Newquay Treviglas School, 7-9pm |
| 16 th Apr | Blue, red & black belt training/ pre-grading, Newquay Treviglas School, 7-9pm |
| 30 th Apr | Blue, red & black belt training/ pre-grading, Threemilestone Community Centre, Truro, 8-10pm |
| 10 th May | Black Belt Grading, Derby |
| 7 th Jun | Beach Clean for World Environment Day, Perranporth Beach, 11am, followed by beach training at 12.30pm and lunch at the Watering Hole at 1.30pm |
| Week beg. | Coloured Belt Grading |
| 22 nd Jun | (Venue & times TBC) |
| 27 th Jun | Demo at Threemilestone Fete Day (Venue & times TBC) |
| 30 th Aug | Demo at Newquay Lifeboat Day, 3pm approx. start |
| 12 th Sep | Demo in Truro Carnival, 5pm muster at Hendra Park for 6pm start |
| 20 th Sep | GTI UK Open Competition, Worcester |
| 11 th Oct | Black Belt Grading, Derby |
| 15 th Nov | GTI British Championships, Cheltenham |

Event updates at www.truro-taekwondo.com

Special Feature: Tae Kwon-Do Fitness and Strength Classes

Danny Broderick, who's been in Tae Kwon-Do for longer than anyone in Cornwall and is a very experienced Cornish Gig rower and coxswain has a new class in Newquay, designed to vastly improve the fitness and strength of both Gig rowers and Tae Kwon-Do students, with a fitness circuit for cardio, bagwork for strength and muscle density and power stretching for flexibility. They are held at Newquay Tretherras School on Tuesdays from 6.30pm and are only £3 per session, with funds split towards Tae Kwon-Do equipment and a new Gig for Newquay Rowing Club. For all grades.

NEWSLETTER



Winter



2009

A message from the Instructors - Mr Danny Broderick 4th Dan and Mr Liam Broderick, 3rd Dan

Happy New Year and welcome back to training. We would like to thank all the students that got involved in our Christmas celebrations; the meal at Shanaz, the fancy dress training in December and especially the Christmas beach training. As you can see, we already have a full calendar of events planned for 2009 and a number of other events are in the pipeline, including a trip to Alton Towers and a possible Summer Camp training weekend. More details will be in the Spring Newsletter. We hope you continue to work hard and many of you will be taking your next step in Tae Kwon-Do in the February grading. There are also many black and red belts that will take Dan grades this year. Please try to help them as much as you can. And joint Cornwall GTI blue, red and black belt training is being introduced this year (see below).

The GTI relies on your support of our competitions, seminars, demos and charity events and we truly hope that you are able to attend as many of these as possible. For adult red and black belts, we shall be organising an Instructor course right here in Cornwall, enabling you to become Instructors or Assistant Instructors. More details soon!

We hope you continue to enjoy your training and here's to another great year for Cornwall Tae Kwon-Do...

Training Information...

Monthly training fees update

Truro and Camborne monthly fees are set at:

- £16 for Juniors (up to age 17)
- £22 for adults (18 and over)
- £32 for a family (up to 4 people)

Some Camborne students are still on the pre-2005 fee structure and should move to the above payments from 1st March.

With many other Tae Kwon-Do schools in Cornwall charging in excess of £50 for all students, even juniors, we feel our training is real value for money. Your prompt payment of fees will keep them low!

New class structure for Truro GTI

From now until the end of May the classes will be:

Fridays: 8-9pm – all grades together

Sundays: 6-7pm – all grades together
7-7.30pm – green belts and above only
7.30-8pm – blue, red & black belts only

All grades may stay on after 7pm and quietly practice in one-third of the training hall.

Licences New licences and renewals are £25 for both schools. Licences are a legal requirement and it is **your** responsibility to ensure your Instructor renews them. Late licence renewals incur a fine from the GTI.

Coloured belt grading

The next coloured belt grading will be held at Pool Business and Enterprise College on Monday 23rd February at 6.30pm. Students must:

1. Submit their licences and grading fees (£22) by Monday 16th Feb (new students will also need to supply 2 passport photos)
2. Arrive at the grading by no later than 6.15pm
3. Ensure that they address Master Harrison as 'Sir' at all times
4. Ensure that they know their theory (theory sheets are online at: www.truro-taekwondo.com/info.aspx)
5. Ensure that they wear a clean, white GTI dobok (no jewellery!)
6. Bring a headguard/sparring gear if green belt or above (compulsory)
7. Be loud and respectful at all times and good luck!

Senior grade training events and pre-gradings

Blue, red and black belts are invited to 6 two-hour sessions per year, which will double as pre-gradings. The first three are on Thursdays:

- 2nd April – Pads, sparring, set sparring – Newquay Treviglas School, 7-9pm.
- 16th April – Patterns and destruction – Newquay Treviglas School, 7-9pm.
- 30th April – Linework, self-defence and knife defence – Threemilestone Community Centre, 8-10pm.

Cost is £5 per session or £10 for all 3 (payable on the first session). Red and black belts must attend at least one session and those grading in May 2009 must attend all three. Maps to venues at www.truro-taekwondo.com/events.aspx

Training Support Updates...

Training Manuals / CD ROMS

Please contact Mr Liam Broderick if you would like a coloured belt training manual with a free CD-ROM or if you would like to pre-order the new black belt training manual. Prices are £16.50 for coloured belt and £19.50 for black belt manuals.

GTI black suits for all grades

As well as your normal white suits and club suits, the GTI offer a black version of their suits with embroidered badges for use in the training hall. The cost is £37. Please see Mr Liam Broderick to order.

Web updates

The student information section of the Truro website has been completely redesigned, with new image documents for techniques and patterns.

Upcoming Events...

Master Harrison seminar – 24th February – St Austell GTI

Master Harrison, 7th Dan, Chief Instructor of the GTI, will be holding a special training session on Tuesday 24th February at Penrice School, St Austell from 7pm. The first hour is for coloured belts and black belts together and the second hour is for red and black belts only. The cost is £5 for the session. We sincerely hope that you can join us to train under one of the most respected Instructors in the UK, with some 35 years experience! A map is available on the calendar page of the Truro website.

English Championships – calling all competitors!

Cornwall has always had strong performances at the GTI competitions and we would like to increase the number of students attending from the county. The next competition, the GTI English will be held in Worcester on 29th March and will have sparring, patterns and board-breaking categories. Please try to attend, even if just to support your fellow students on the day!

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, Wednesdays 7-8pm, Fridays 6-7pm

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

For any queries please call, text or email

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