

TAE KWON DO



CAMBORNE TAE KWON-DO

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Building a more peaceful world... together

TRURO TAE KWON-DO ACADEMY

Instructor Liam Broderick 3rd Dan
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www.itsmymarket.com/truro-taekwondo



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Dates for your diary 2006/2007...

- 17th Dec Truro GTI Xmas Party, Truro (Shanaz Restaurant)
- 20th Dec Last training session at Camborne, 7pm
- 21st Dec Last training session at Truro, Tregolls School, 7pm
- 27th Dec Beach training, Towan Beach, Newquay, 10.30am
- 3rd Jan Training recommences, Camborne, 7pm
- 4th Jan Training recommences, Truro, Tregolls, 7pm
- 18th Feb GTI Southern Taekwondo Open, Swindon
- 15th April GTI English Championships, Cheltenham
- 20th May Black Belt Grading, Derby



Congratulations to Camborne's newest black belts, Mr Paul Kistle (left) and Mr Jon Burton (right), who successfully graded on 15th October in Derby.

We are all very proud. Well done!

Well it's the end of another very successful year for our schools. We've enjoyed great success in our gradings and in the competitions we attended and the respectful attitude and dedication of all of you is second to none.

To finish 2006 we have a get together in Truro on 17th and our annual 'Blow out the Cobwebs' beach training session on 27th December.

We wish you all the best for Christmas and the New Year and as we enter 2007, we hope you keep up the good work and persevere towards your goals in Tae Kwon-Do...

Danny and Liam Broderick



Official International
Tae Kwon-Do
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www.itf-online.com
www.gbtf.com



NEWSLETTER

Xmas 2006



Affiliated to Global Tae
Kwon-Do International
www.gti-taekwondo.com

Xmas meal, Truro

On Sunday 17th December there will be a special Xmas training session At Truro Leisure Centre from 6 to 7pm, followed by a meal at the Shanaz Indian restaurant in Truro. Partners are welcome and juniors can attend if accompanied by a parent. Please book with Mr Liam Broderick by phone, text, email or in person by Thursday 7th December.



Fitness Training, Truro

Fitness training will continue in the New Year, every Thursday at Tregolls School (Truro GTI) after the normal session for half an hour (8 to 8.30). This is free to all students. This is strength & fitness training designed to increase your cardio-vascular abilities and not part of the normal syllabus. Bring a drink/water.

Register for online news

Students can now receive the newsletter online plus other information about Tae Kwon-Do in Cornwall by registering at: www.camborne-taekwondo.net/newsletter.php



Celtic Tae Kwon-Do Xmas Party

Mr Chris Taylor (St Austell, Wadebridge and Fowey Instructor) will be holding a Xmas Party at Ozzell Bowl in St Austell in December. If you are interested in attending please contact him on 01726 73208 or 29moves@hwarang.eclipse.co.uk

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 Camborne League table will be reset from 1st January and a joint Camborne and Truro league table will be established. Points awarded are 3 for gold, 2 for silver, 1 for bronze and 1 point for each competition entered. Black belts who referee and umpire will now also get a point. Please try to support the competitions, whether through sparring, patterns or spectating.

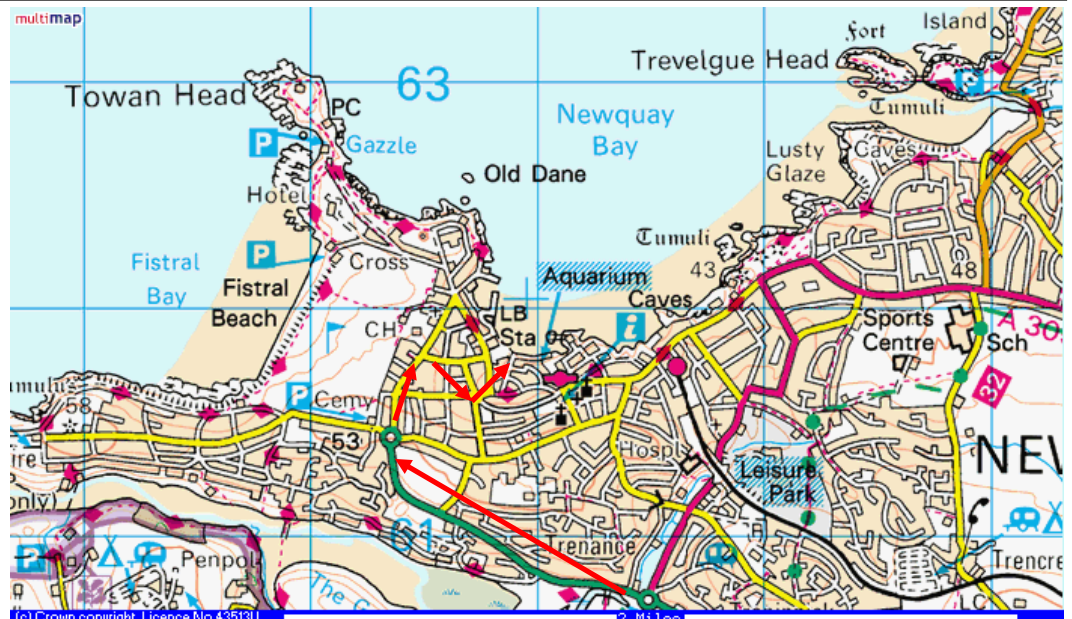
Well done to all those who entered competitions during 2006, especially Kyle Silgram who once again gained the most medals and trophies of either school.

The 1st Cornish interclub competition is still planned for the Spring and if successful it will evolve into the GTI Cornwall Tae Kwon-Do Open.

Remember to book your place for the meal at Shanaz by 7th December!!

Beach Training

The 'Blow out the Cobwebs' beach training session will be held on Towan Beach, Newquay on Wednesday 27th December at 11am. High tide is 10am so bring a towel! This is one of the best fun sessions of the year so please try to make it. It is also the last session of the year and the 21st anniversary, both good reasons to celebrate. A dip in the sea is not compulsory. There will be tea, coffee, biscuits and a fire to warm yourself in front of afterwards at the parents of both Mr Brodericks.



Directions to the Blue Reef Aquarium and Towan Beach:

Follow the A3075 then A392 (from south) or A3059 (from north/east) into Newquay. By the boating lake, go straight over the roundabout towards Fistral Beach. Go straight across the next roundabout onto Tower Rd then turn 2nd right (at Surfer's Paradise) into Hope Terrace. Follow the road around to the right (after the Royal British Legion) then take a left at the next fork. Go past Central Pub then turn next right into Beach Road then bare left after the Koola Bar. Park by the Blue Reef Aquarium at the bottom of the hill or on the hill itself overlooking the beach.