

# TAE KWON DO



## CAMBORNE TAE KWON-DO

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

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

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*Building a more peaceful world... together*

# 태권도

## TRURO TAE KWON-DO ACADEMY

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

Tel: 01637 852044 or 07855734984

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

## Tae Kwon-Do News...

### New Black Belts for Truro

Brother and sister, Guy and Claire Tullett successfully gained their next Dan grade in Derby on 12<sup>th</sup> Oct, with Guy promoted to 1<sup>st</sup> Dan and Claire to 2<sup>nd</sup> Dan. Well done on this excellent result!



### Coloured Belt Grading

Many of our students gained their next coloured belt following a grading conducted by Master Harrison, 7<sup>th</sup> Dan on Monday 13<sup>th</sup> Oct. Congratulations to you all!

### Master Harrison Training Session

Students from across Cornwall took part in a special training session under GTI Chief Instructor Master Harrison, 7<sup>th</sup> Dan at St Austell on Tuesday 14<sup>th</sup> Oct. Thank you Master Harrison for giving up your valuable time and the Instructors would like to thank all the students who supported this great event.

### Truro GTI raises over £550 for Pudsey

39 students took part in Truro GTI's sponsored Halloween fancy dress training session, raising a total of £563 for this important charity. Thank you to everyone who got involved in the spooky fun and games (with some of the weirdest *kihaps* ever heard!). Truro GTI would also like to thank Truro Leisure Centre for donating the hall hire for this charity event.



### New British Champion

Alana Schilling of Camborne GTI won a gold for sparring at the GTI British Championships on 9<sup>th</sup> Nov. Ciaran Hicks of Truro took a bronze in patterns – well done to you both!

## Dates for your diary 2008/9...

- 14<sup>th</sup> Dec Evening meal at Shanaz, Truro, 7.30pm (class 6-7pm only, no extension) 
- 16<sup>th</sup> Dec Last squad training, Newquay Tretherras School, 6.30pm
- 17<sup>th</sup> Dec Last training at Camborne, 7pm
- 19<sup>th</sup> Dec Last training at Truro, 8-9pm (fancy dress, fun & games) 
- 27<sup>th</sup> Dec Christmas Beach Training, Towan Beach, Newquay (by Blue Reef Aquarium) 11am
- 4<sup>th</sup> Jan Return to training at Truro, 6pm (all grades 6-7pm, green belts and above 7-7.30pm, black belts 7.30-8pm)
- 5<sup>th</sup> Jan Return to training at Camborne, 7pm
- 6<sup>th</sup> Jan Squad training returns, Newquay Tretherras School, 6.30pm
- 9<sup>th</sup> Jan Truro GTI in Dance Studio, 8-9pm (all grades) 
- 11<sup>th</sup> Jan Truro GTI in Dance Studio (6-7pm, white and yellow belts only) (7-8pm, green belts and above)
- 16<sup>th</sup> Jan Truro GTI in Dance Studio, 8-9pm (all grades) 
- 18<sup>th</sup> Jan Truro GTI in Dance Studio (6-7pm, white and yellow belts only) (7-8pm, green belts and above)
- 10<sup>th</sup> May Black Belt Grading, Derby
- 11<sup>th</sup> Oct Black Belt Grading, Derby 

# NEWSLETTER



# Xmas 2008



## A Christmas and New Year message from your Instructors...

As we come to the end of another great year in Tae Kwon-Do, we would like to thank you all for your support in 2008 and congratulate you on your hard work and dedication. Many of you gained new belts, and we have had a number of new black belts join our ranks which is great! Many of you supported our events, helping raise money for the RNLI and BBC Children in Need and cleaning Perranporth Beach. And there were also major triumphs on the competition circuit! We hope you have a relaxing break and can join us in Newquay for the best training session of the year on the 27<sup>th</sup> December. We look forward to working even harder in 2009 and achieving even better results. Merry Christmas and a Happy New Year to you all!



Danny and Liam Broderick

### 2008 in pictures...



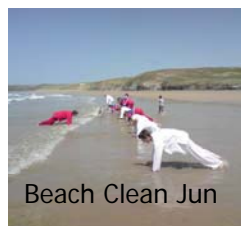
Umpire course Jan



English Feb



UK Open Apr



Beach Clean Jun



Grading Jun



Master Harrison Jun



Midlands Sep



Carnival Sep

### Competition League Table 2008

Congratulations to John Newman for winning the joint league table and becoming Camborne's top competitor. Andrew Robinson was Truro's competitor of the year. Well done to all of you who entered during 2008.

Names are highlighted gold for Camborne and blue for Truro. Results are for GTI comps and current students only.

	GTI English 2Feb08	GTI UK Open 6Apr08	GTI Midlands 21Sep08	GTI British 9Nov08	Totals	Rank
John Newman	7	6	10		23	1
Andrew Robinson	7	6			13	2
Alanna Schilling	4	4		4	12	3
Kelly Broderick	3	4	4		11	4
Pete Yates	4	3	3		10	5
Sophie Bertoli		4	4		8	6
Ciaran Hicks	1	1	4	2	8	6
Charlotte Brown			6		6	8
Kayleigh Yates	1	1	3		5	9
Sue Allen		4			4	10
David Scandrett	2	2			4	10
Clare Buckler		2	1		3	12
Danielle Scandrett		3			3	12
Charlie Budge		2			2	14
Paul Budge	1	1			2	14
Mel Beattie			1		1	16



### Black Belt Training 2009

The Cornwall GTI Instructors have decided to hold black belt training *events* every three months, rather than monthly black belt training. Details of this to come soon.

Truro GTI will now hold free weekly black belt training every Sunday from 7.30 to 8pm at Truro Leisure Centre, starting on 4<sup>th</sup> January.

### Squad Training Newquay

Tae Kwon-Do students are currently working alongside Cornish Gig Rowers to develop speed, power, strength and flexibility at special classes held at Newquay Tretherras School every Tuesday, 6.30-8.30pm. With a nominal cost of £3, this is a great way to enhance your training and doubles as Cornwall GTI's squad training. A map to the venue can be found at:

[www.truro-taekwondo.com/calender.aspx](http://www.truro-taekwondo.com/calender.aspx)

### Blow out the Cobwebs Beach Training 2008

Join us for the 23<sup>rd</sup> annual Christmas beach training session on Saturday 27<sup>th</sup> December, 11am, Towan Beach Newquay (in front of the Blue Reef Aquarium). This is the most fun and exhilarating session of the year and the last on our 2008 calendar. A dip in the sea is optional! Then please join us afterwards for tea/coffee and biscuits and a warm-up in front of the fire. A map to Towan Beach is available at [www.truro-taekwondo.com/calender.aspx](http://www.truro-taekwondo.com/calender.aspx)



### End of year celebrations

Over 16s are invited to join the Instructors for an Indian Meal at Shanaz in Truro on Sunday 14<sup>th</sup> December at 7.30pm (training will be 6-7pm for all grades on this night). Please book your place with Mr Liam Broderick by 5<sup>th</sup> Dec. There will be a fancy dress training session with fun and games at Truro Leisure Centre for all ages and all grades on Friday 19<sup>th</sup> Dec, 8-9pm. Please try and join us!



### Truro GTI class changes for Jan 09

With Truro College exams on in the sports hall, there are some changes to training in January. On Fridays 9<sup>th</sup> and 16<sup>th</sup>, all students will be in the dance studio together from 8-9pm. With a lack of room, these sessions will focus on stretching, balance and strength training. On Sundays 11<sup>th</sup> and 18<sup>th</sup>, the classes will be split in the dance studio, 6-7pm for white and yellow belts up to 7<sup>th</sup> kup and 7-8pm for green belts and above.

Merry Xmas & a Happy New Year!

Xmas Quiz 08 – Find this year's quiz at:  
[www.truro-taekwondo.com/quiz.aspx](http://www.truro-taekwondo.com/quiz.aspx)  
Answers will be posted on 21<sup>st</sup> Dec!