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Building a more peaceful world... together
www.camborne-taekwondo.com
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**Merry Christmas
and
A Happy New Year**



Tae Kwon-Do News...

Coloured Belt Grading, 22nd October

25 K-TAE students took part in a GTI Cornwall grading held in Newquay. Everyone passed with 11 gaining A-level passes and 6 got plus passes. Congratulations to all of you.



GTI British Championships, 1st November

K-TAE produced three new British Champions at the GTI British in Cheltenham. John Newman won the destruction, Ciaran Hicks won the boys blue and red belt patterns and Alanna Schilling won the girls yellow and green belt sparring. A big well done to the three of you. It was an extra special day with a demonstration by the GTI Committee members which ended with the promotion of Tony Sewell and George Cockburn to 7th Dan Master level.



Dates for your diary 2009/2010...

events updated at www.truro-taekwondo.com

- 16th Dec Last Camborne class of 2009, 7 to 7.45pm followed by Christmas Meal at 'Inn for All Seasons', Redruth at 8.15pm
- 18th Dec Fancy dress training session at Truro, 8pm (last Truro class of 2009)
- 27th Dec Cornwall GTI beach training, Towan Beach Newquay, 11am
- 3rd Jan Instructor training, Threemilestone 1.30pm
- 10th Jan Return to training, Truro, 6pm
- 11th Jan Return to training, Camborne, 7pm
- 17th Jan Split Truro class (dance studio):
6-7pm, white and yellow belts only
7-8pm, green to black belts only
- 24th Jan Split Truro class (as above)
- 13th Feb Coloured belt grading and black belt assessment, Threemilestone Community Centre, 1.30pm
- 20th Feb New patterns training, Threemilestone Community Centre, 1.30pm start
- 28th Feb GTI English Open, Cheltenham
- 6th Mar River Life Day, Tehidy Woods (TBC)
- 3rd Apr Laser Combat (TBC)
- 15th May Coloured belt grading (TBC)
- 23rd May GTI Team Championships, Cheltenham
- 25th Jun GTI Cornwall Summer Camp, Polly Joke

Tae Kwon-Do's Got Talent, 14th November

There were 19 acts entered into our fabulous Tae Kwon-Do's Got Talent competition in aid of BBC Children in Need, which included a Children's Party. In total £319 was raised for this important charity. A big thanks to all who got involved. The results are overleaf.



Dear Kernow-TAE students,

Firstly let me thank you for your support during 2009 which was a year of great change for us. It was another great year however with many positive things happening, especially our first Summer Camp, the hugely successful launch of Camborne Tae Kwon-Do Academy and Kernow Tae Kwon-Do Academy of Excellence and my promotion to 4th Dan and qualification to GTI Grading Examiner status. We gained three new black belts plus two further Dan grade stripes and there were 69 new coloured belt grades earned during the year, many at plus or A-level pass. We also now have a number of British Champions in our ranks following great results at competitions. And with 70 students now registered with Kernow-TAE, we have become one of the most successful schools in Cornish Tae Kwon-Do history and I attribute this phenomenal achievement to **your** dedication, commitment and positive attitude... well done!

As we head towards 2010 please try and join us for the last few fun training sessions of the year. And during your Christmas break from training try to find some time to work on your patterns, set-sparring and theory because the next grading is just around the corner! May I thank you and congratulate you once again and I would like you to know that I'm very proud to be your Instructor. I would also like to give great thanks to our Kernow-TAE Instructors who have developed so much during 2009. I could not have done all this without you! Merry Christmas and a Happy New Year to you all!

Liam Broderick



Upcoming Events...

Fancy Dress Training, Friday 18th December

Please join us at Truro Leisure Centre 8-9pm on 18th December for our Christmas fancy dress training and games session. All *tasteful* fancy dress costumes are acceptable!

Christmas Beach Training, 27th December

It's the 24th year for this event, which is held on Towan Beach, Newquay at 11am. Please bring a towel if you would like to go in the sea (not compulsory!). Then feel free to join us afterwards for tea, coffee, biscuits and a warm-up in front of the fire. Choice of any dobok and you are welcome to wear T-shirts and training shoes. Directions at www.truro-taekwondo.com/calender.aspx

Instructor Training, 3rd January

All K-TAE Instructors are invited to a special 4-hour Instructor training session at Threemilestone Community Centre at 1.30pm.

Returns to Training:

Truro, Sunday 10th Jan 6pm
Camborne, Monday 11th Jan 7pm



Coloured belt grading/black belt assessment, 13th Feb

The next coloured belt grading will take place at Threemilestone Community Centre on Saturday 13th Feb. It will begin with a 30 minute black belt assessment at 1.30pm, followed by the coloured belt grading at 2pm.

Training Updates...

Kernow T.A.E. Competitors of the Year 2009

1 st Place:	Ciaran Hicks	9 points
2 nd Place	John Newman	6 points
3 rd Place	Alanna Schilling	4 points

Congratulations to the three of you!

Kernow T.A.E. Competitor League Table (top 5)

1 st Place:	Andrew Robinson	31 points
2 nd Place	Ciaran Hicks	20 points
3 rd Place	Kelly Broderick	15 points
3 rd Place	Pete Yates	15 points
5 th Place	Kayleigh Yates	8 points

Free Extra Sessions

Look out for the free extra training sessions held on Saturday afternoons at Threemilestone Community Centre throughout 2010.

Training Manuals

Coloured belt and black belt training manuals are available from Mr Broderick. Prices are £16.50 for coloured belt and £19.50 for black belt manuals. Further training information and slideshows can be found at: www.truro-taekwondo.com/info.aspx

Results of Tae Kwon-Do's Got Talent for BBC Children In Need 2009

Best Fancy Dress: 1st Ciaran Hicks, 2nd Alana Schilling, 3rd Wesley Newman

Best Funny Act: 1st Ciaran Hicks - Supergran, 2nd Paul Kistle - Flashdance, 3rd Cummings family – Self-Defence

Best Tae Kwon-Do Routine: 1st C Brown – Fight for this love, 2nd J Newman - Breaking, 3rd J Newman/M Beattie - Bassai

Best Junior Act: 1st Kayleigh Yates – Simply the Best, 2nd Lowenna & Wesley – Blues, 3rd Martine & Alisha – Martisha tul

Overall Best Act: 1st Jackson 3 – Thriller, 2nd Lowenna & Wesley – Chon-Ji, 3rd Sue, Pete, Kayleigh – blindfold Won-Hyo

Judge's Special Award: Lowenna Newman

Big thanks to the Judges: P Finney (K-TAE), Councillor G Brown (CC), C Brown (RNLI), A Beattie (Falmouth Thai)



Cornwall Tae Kwon-Do, Established 1974

Camborne, Pool School, Pool, Mondays & Wednesdays 7-8pm
Truro, Truro Leisure Centre Sundays 6-8pm, Fridays 8-9pm
Newquay, Newquay Sports Centre, Weds 7-8pm, Fridays 6-7pm
Seahawk Tae Kwon-Do, RNAS Culdrose, Mondays 7-8.45pm

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



www.cornwall-taekwondo.com
www.gti-taekwondo.com
www.truro-taekwondo.com
www.camborne-taekwondo.com
www.youtube.com/TruroGTI