

Black Belt promotion

Four students from our school recently travelled to Glasgow where they performed exceptionally well in front of a panel of Masters and Grandmaster Rhee Ki Ha the most senior ITF master in the world. All four achieved high passes. The successful four were:

Mrs Lorna Wright promotion to 2nd Dan (II)

Miss Emma Reece promotion to 2nd Dan (II)

Miss Amanda Barge promotion to 1st Dan (I)

Miss Kelly Wright (Age 13) promotion to 1st Dan (I)

More information of this weekend is available on our website.

www.tkd4all.com

English Champ Success

On Saturday 15th March, eight of our students entered the UKTA English Open Taekwon-Do Championships in Crawley, coming away with a haul of fifteen medals between them. Well done to Lorna, Rachael, Anne, Wayne, David, Thomas, Christopher and Sam. Please see our website for full competition report.

ITF England selection

I am pleased to announce that three students from the Devon Area have recently been selected to represent ITF England at the forthcoming European Championships in Croatia on the 28th of May, congratulations to Mr Kevin Yeo – Torbay, Mr Greg Bagwell – Exeter, Mr Paul Hutchings – Exeter

Sponsored Sparathon

Please help us to raise money for Cancer research by either sponsoring a fellow student or by taking part in our sponsored sparathon on Sunday 11th May. The event takes place at the Acorn Sports Centre, Torquay from 2.00pm until 4.00pm with each person having to spar 60 x 1 minute rounds. As the sparring will be extremely controlled the event is open to all students, even those without sparring equipment. 50% of the money raised will be donated to Cancer Research and the other 50% will start the Devon area fund which will help subsidise our students when they enter National and international competitions. Please support this event. Forms are available on our website or from your instructor.

Next Colour belt grading

The next area training and grading will be held on Sunday 18th May at St Peters School in Exeter, from 1.00pm. Application forms are available on our website or from your instructor. Please refer to them for further details. All forms must be returned by the deadline and all licenses MUST be valid. Any student with an expired licence will not be permitted to grade on the day.

Attendance is important

From experience regular attendance and practice at home will help you progress towards your goals much faster. Please have a look at the minimum waiting times for each grade and set yourself targets for when you would like to achieve certain grades. Once you have set these targets train hard and go for it!

Note that based upon two classes per week the Minimum waiting times at each grade are:

Yellow Tag - 1 Month	Blue Belt - 4 Months
Yellow Belt - 2 Months	Red Tag - 4 Months
Green Tag - 2 Months	Red Belt - 5 Months
Green Belt - 3 Months	Black Tag - 6 Months
Blue Tag - 3 Months	

Certificate delay

Please accept my apologies for the delay in the colour belt certificates. I am chasing the National grading co-ordinator and will keep you informed of any progress.

Devon Area Squad Training

The next area squad training will take place on Sunday 11th May 12.00pm to 4.00pm at the Acorn Sports Centre in Torquay. This session will be combined with the sponsored sparathon and is open to all grades age 13 and over. The cost for the session is £10.

2008 Scottish Championships

The Scottish Championships will be on 21st June 2008, Kelvin Hall International Sports Arena Glasgow. The deadline to hand in your entry to your instructor is 2nd June. If you are interested in going please let you instructor know so that we can start negotiating travel and accommodation deals.

Bank Holidays

Please note there is no class on either of the Bank holiday Mondays in May (5th or 26th). If you normally only train on Mondays you can either make up for the closed classes by attending one of our other evening classes or pay the reduced fee of £10 for May's attendance.

School holidays

I would like to clarify that all our classes 'DO' continue throughout the school holidays so please continue to attend.

Etiquette

Please remember to conduct yourselves appropriately in the Taekwon-Do training hall (Dojang).

- When entering or leaving the Dojang, the student should bow into the hall.
- Whenever you bow to each other say the phrase 'Taekwon' as a way of greeting.
- When instructed by the instructor, acknowledge them with 'Yes Sir' or 'Yes Maam'.
- If you are late enter the hall ready to train and wait by the door until invited to join in.
- Always avoid Idle Chatter during class especially whilst the instructor is trying to teach.
- If you are unable to attend a class please let the instructor know out of courtesy.

From a safety and hygiene aspect

- Always have a clean dobok (training suit)
- Ensure your hands and feet are clean and that your nails are short.
- Even though it is cool to wear your 'Bling' please refrain from wearing any jewellery whilst training.

Senior grades please lead by example, junior grades should be able to look up to you and learn from you.