



## Paul M Taekwon-Do

PAPAKURA NEWS - JULY 2008

### International Instructors' Course

The ITF Technical Committee are running a seminar in Tauranga this weekend and around 120 participants from red belt to 7th Dan are attending. There is a senior Dan grading being held during the seminar with the following people testing:

For 7th dan: Mahesh Bhana

For 6th dan: Andrew Salton

For 5th dan: Peter Graham, Kane Raukura, Christine Young

For 4th dan: Sandi Galpin, George Konia, John Matsuoka

Good luck to those grading!

This is to be followed by another course in Australia on the following weekend, which Master McPhail and Mr Pellow will be attending also.

### Special Techniques Seminar

Carl van Roon is thrice and reigning Special Technique World Champion and a star of Taekwon-Do Television. He is also a superb instructor, with a friendly and enjoyable teaching style. Learn how to perform flying high kicks and overhead kicks at your best! Or maybe you simply want to learn and improve your Taekwon-Do. Everyone will learn from this fantastic three hour seminar! Register on-line here:

[itfnz.org.nz/events/courses/2008\\_spec/index.html](http://itfnz.org.nz/events/courses/2008_spec/index.html)

### Grading

Grading is to be held at our club on Monday 11th August with Infinity Papakura. 6.15 pm warm up for a 6.30 pm start. Expected finish time: kids 7.30 pm, adults 8.30 pm.

Examiner is Master Evan Davidson, President of ITFNZ. Black belts please make sure you are there to assist.

Grading fees should be paid as soon as you have passed your pre-grading which is to be held Wednesday 23rd July.

### Star Series Tournament [2] Paul M Papakura Medal Count:

#### Patterns:

Ethan Parker - Bronze  
Vienna Parker - Gold  
Jessica Aitken - Bronze  
Keith Speck - Gold  
Kieran Tidbury - Bronze

#### Sparring:

Corey Hamilton - Gold  
Jay Johnson - Gold  
Sherzod Akhmedov - Silver  
Kieran Tidbury - Silver  
Dejaimero lotua - Silver  
Melissa Timperley - Bronze  
Ethan Parker - Silver

#### Special Techniques:

Melissa Timperley - Silver  
Ethan Parker - Bronze  
Sherzod Akhmedov - Bronze

#### Power:

Vienna Parker - Silver

### CM Regionals

#### Paul M Papakura Medal Count:

#### BEST OVER-ALL JUNIOR BLACK BELT - Ethan Parker

#### Patterns:

Ethan Parker - Gold  
Melissa Timperley - Gold  
Keith Speck - Gold  
Dejaimero lotua - Gold  
Tavneet Chopra - Gold

#### Sparring:

Sherzod Akhmedov - Silver  
Melissa Timperley - Silver  
Ethan Parker - Gold

Joe Coffey - Silver  
Jay Johnson - Gold  
Te Whai Andrews - Silver  
Kieran Tidbury - Bronze

#### Special Techniques:

Ethan Parker - Gold  
Joe Coffey - Silver  
Melissa Timperley - Silver

## Calendar of Events

### 18-20 July

IIC in Tauranga

### 25-27 July

IIC in Australia

### Sunday 27 July

Special Techniques seminar by Carl van Roon. 12- 3pm

### Sunday 3rd August

Star Series Tournament [3]Wellington

### Monday 4th August

NO HALL - Training at Papatoetoe High School gym, Carlie Street, Papatoetoe (right gate) 6.30 - 8.30

### Wednesday 6th August

NO HALL. Training at New Gym, Farmcove Intermediate, Butley Drive, Pakuranga. 6.30 - 8.00 pm

### Monday 11th August

Grading at Papakura

### Saturday 30th August

Master McPhail conducts grading in Rarotonga

### Weekend 30-31 August

Tournament Camp in Taupo - all welcome (12 years+)

### 4th & 5th October

Nationals - Tauranga

Full Calendar is on-line at:  
[www.itfnz.org.nz/events/calendar](http://www.itfnz.org.nz/events/calendar)



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