



Paul M Taekwon-Do

PAPAKURA NEWS - FEBRUARY 2009

KIDS - REMEMBER!
If you are a green stripe,
then you now come at 6 pm!

Welcome back

Welcome back to a great year of Taekwon-Do. The theme for this year is BE INVOLVED. Be involved in your club, your region and your organisation. I challenge anyone to be as actively involved in Taekwon-Do and Mr Pellow and myself - so we expect at least some of the same from you. This means attending events such as the Beach Training later this month. It also means EVERYONE will be expected to take part in the tournaments this year; either as a competitor or as a helper. Please be ready to make an extra effort this year... so we can make Paul M Papakura one of the strongest clubs.

Beach Training

Well not really a beach - more like a park - with a bit of water at the end. It is being held on Saturday 21st Feb at Vellenoweth Green, Tamiki Drive, 3pm - 6 pm, then a BBQ. We need someone to organise a BBQ for our club - can you help? Expected finish: 8pm. Bring: Dobok, togs, towel, change of clothes, food for BBQ, refreshments.

Polish Training Seminar

Twice a year a two week training camp is held in Poland, conducted by some of the best and most successful coaches in the world. These camps are hard, action packed and fun.

The aim of this patterns and sparring seminar is to bring to you some of the highlights of these camps as well as club sessions from 2004, 2005, 2006 and most recently 2008, to show you what training in Poland is like.

The seminar is being run by Mr Mark Trotter and Ms Carolina Dillen. Register on-line: www.itfnz.org.nz

Master Van de Mortel

Master Van de Mortel last visited New Zealand in December 2007 and ran very popular series of seminars throughout the Country. Last time he concentrated in the New Zealand Team - this time the seminars are for you!

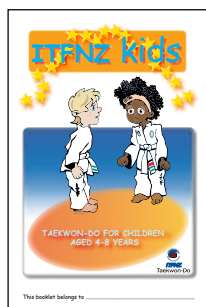
The seminars will include his drills with pads and partners. This is primarily for those who love sparring & those who want to improve. They will also include some THEORY for those interested in coaching - ie he can show you what you need to watch for in a bout. Don't miss this opportunity to learn from one of the best!

Note - this is NOT just for black belts for experienced fighters! Anyone can attend and will benefit from the seminar.

ITFNZ Mini Kids

After years in the planning, we are proud to announce the introduction of the ITFNZ Mini Kids Program. The program has been designed by Auckland Instructor Mrs Shirley Pygott over several years. Since using the program Mrs Pygott has experienced an almost 0% drop out rate!

The children are not taught a 'watered down' version of Taekwon-Do; rather they are taught the same techniques and skills that older children and adults learn in the ITFNZ grading syllabus, in a carefully sequenced order, that is appropriate for their stage of physical and mental development.



Grading

Grading is on Monday 20th April at 6.30 pm (Warm up at 6.15pm). We need an organiser for the grading please - perhaps someone that needs credit points for black belt grading. Pre-grading will be on Wednesday 8th April.

Fees

A reminder that automatic payments for training fees should continue for 12 months of the year. This enables us to pay your annual membership registration to ITFNZ. Your annual fee covers membership with ITFNZ, the TKD Talk Magazines and all the other benefits of attending ITFNZ events and being part of this great organisation.

Fees have increased slightly this year, but only for new members. All existing members continue to train at the lower fees as long as your automatic payments are not interrupted.

Paul McPhail

Calendar of Events

11 February 09

New intake for kids class. Please register at: www.paulm.co.nz/tkd

16 February 09

New beginners join the main class at 6 pm. Please make them welcome.

21 February 09

Combined Training at the Beach.

28 March

Polish Training seminar.

1 April 09

Master Van de Mortel Seminar. Register at www.itfnz.org.nz

Full Calendar is on-line at: www.itfnz.org.nz/events/calendar



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