



## PaulM Taekwon-Do

PAPAKURA NEWS - APRIL 2009

### Seminars Overseas

Thanks to Mr Pellow for running all the classes while I have been overseas. Unfortunately I still have some commitments in the next few weeks, so won't be back full time at training until the 20th April. Thanks for your understanding.

My travels began on 15th March with a black belt grading in Rarotonga. Two applicants were tested using the ITFNZ syllabus, plus I also conducted a Gup Grading and a seminar.

I then travelled to Australia to run seminars for the Allied National Taekwon-Do Association (Perth) and Southern ITF Taekwon-Do (Tasmania). The seminars in each state went well with over 12 hours of training each weekend. These included specialist children's classes, various grade sessions, a mini instructors course and an open session for different martial artists.

### Kids Class

Again - thanks to Mr Pellow for looking after the class. **We do not run the 5pm kids class in the school holidays**, but the kids are all welcome to come along to the 6 - 7 pm class.

We have started the new Mini-Kids Program and some of the children will be grading for their **FIRST GREEN** very soon. This test is done at club on a normal training night. There is no charge for the mini kids gradings. Kids - don't forget to complete your tenets take home worksheet!

### Grading

The Grading (not for kids class) is on Wednesday 22nd 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. Juniors will be pre-grading will be on Wednesday 8th April, seniors on Wednesday 15th.

### Beginners Course

We are running a beginners course on the 19th & 26th April - two Sundays at 1.30 pm. If you know anyone that is 12 years or older that wants to join, please let them know. They can register on the website: [www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd).

### World Champs

A number of our black belts are training very hard with the aim to be selected for the NZ Team to go to the World Champs in Argentina this

November. And our very own Mr Pellow is the assistant coach. They are all putting in **MANY** hours - which is of course a huge commitment, not only for them, but for their families as well. Lets get behind them and support them. Know of a possible sponsors? Please let us know if you do.

### Events

So far this year in Counties we have had many events including a combined training, Master Series Seminars, Master Van de Mortel seminar, Instructors Update Course, Auckland Regional Camp, Polish Seminar and a marshalling seminar. How many of those have you been to? Please keep up to date with events by checking the ITFNZ website daily - [www.itfnz.org.nz](http://www.itfnz.org.nz).

Get involved and support the organisers of these events.

*Paul McPhail*

### Calendar of Events

- 8 April - Pre-Grading (Juniors)
- 13 April EASTER - no training
- 15 April - Pre-Grading (Seniors)
- 19 April - Adults Beginners Course.
- Register: [www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd)
- 22 April - Grading
- 3 May - First Aid Course
- 9-10 May - Black Belt Grading - Akd
- 17 May - Under 18 Tournament (1)
- 30 May - World Champs Trials
- 14 June - CM Regional Tournament

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



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