



PaulM Taekwon-Do

PAPAKURA NEWS - JANUARY 2010

Welcome back to Taekwon-Do everyone... it is going to be another busy year!

We want to get the year off to a great start by having plenty of new beginners - so please ask your friends and family to come along. All the details and registration is on the website: www.paulm.co.nz/tkd

Adults Beginners Course: Three Sundays - 14, 21, 28 February 2 pm

Kids Class: New intake 5-7 year olds Monday 1st March 5.15 - 6 pm.

Kids Class: New intake 8-10 year olds Wednesday 3rd March 5 - 6 pm.

Combined Training

A combined training session & BBQ for our region is being held at our club on 14th Feb - so please don't miss it.

Master Katz Seminar

Seriously... don't miss this! How often do we have a visiting 8th dan that is prepared to run a seminar for all grades! Please be at Papatoetoe on Wednesday 10th March. Cost is \$40 or \$60 for family groups. No training that night - we will all be at the seminar!

Club Tournament

To get the year off to an exciting start we will be holding a mini club tournament on Wed 17th Feb. You can enter sparring, patterns, special techniques, Power breaking and Team Events. It is just for fun and you must enter at least one event.

Grand Master Tran

It is with great sadness that we report that Grand Master TrầnTriêu Quân, 9th Degree Black Belt, and President of the International Taekwon-Do Federation is still missing as a result of the recent earthquake in Haiti.

Please keep a close eye on the ITF website for updates:

www.tkd-itf.org



Checklists

This term all 6th gups and above have a checklist which must be signed off by a black belt before you can pre-grade. We will also be assigning black belts to buddy up with gup grades belts to help with your training.

IIC

The ITF Technical Committee are conducting a 2 day course for red belts and above. All Papakura black belts are expected to be there - the club is subsidising each to the tune of \$100. There are over 100 enrolled already - don't miss this exciting event.

Overseas Trips

...Cook Islands in the Sept School Holidays and Word Cup in Las Vegas in October. Keep you posted.

Paul McPhail

A reminder that automatic payments for training fees should have continued over the holidays even though we were not training. The club pays your annual membership registration to ITFNZ for you over this period. (This saves collecting in money from everyone). 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.

Calendar of Events

25 Jan - First training 2010

Late Jan / Early Feb - Master McPhail conducting seminars in Brisbane and Perth.

14, 21, 28 Feb - Beginners' Course. Register at www.paulm.co.nz/tkd

1 & 3 Mar - New Kids Class intake. Register at www.paulm.co.nz/tkd

13 Feb - First Aid Course - CM

14 Feb - CM Regional Combined Training & BBQ. 4-7pm at our club

17 Feb - Club Tournament - 6 pm

20 Feb (Sat) - Pee Wee Tournament Training Day - at our club

26-28 Feb - Tournament Development Camp in Taupo

March 2010 - International Instructors Course - Auckland

10 March - Seminar by Master Katz - 8th dan. Papatoetoe Club - 6.30 pm. \$40, \$60 for family.

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



Portia McPhail
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www.portia.co.nz

www.paulm.co.nz/tkd

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