



Paul M Taekwon-Do

PAPAKURA NEWS - APRIL 2010

Self Defence Night

This Wednesday (5th May) we are honoured to have a special guest instructor - Mr Phil Thompson. You would have read his articles in Taekwon-Do Talk Magazine - Director of Protect Self Defence and New Zealand's foremost Self Defence expert.

We are running two classes for us as follows:

- 6 - 7 pm - KIDS
- 7 - 8.15 pm - ADULTS

The classes are FREE so don't miss them. Please make a note of these times.

Rarotonga here we come

I'm sure you all enjoyed having the Cook Islands team visit...now it's our turn.

We are planning a Counties Manukau visit to Rarotonga in the last week of October 2010. There will be some seminars and we will be there to support their grading. But mainly it will be a chance GET AWAY to sunny Rarotonga for a bit of a holiday. Families welcome of course.

Soon there will be a form on the ITFNZ website asking you to register. Please don't make your own bookings as this will be done as a group deal.

Nationals

This year's Nationals are also the Oceania Champs and are being held in Wellington, first weekend in July. Don't miss out - be in the team or come and support. The Counties Coach this year is Mr Brett Kimberley and the Manager is Mr Allan Little.

Trainings are at Tribal club situated at Otahuhu Primary School Hall, 41 Station Rd Otahuhu, on Wednesday



The new Protect Website:
www.protect.co.nz

evenings from 6.30pm – 8.30 pm and Ji Shing Maraetai on Sunday afternoons from 1.00pm to 4.00 pm.

Any queries to contact Alan Little on 029 200 8126.

Black Belt Grading

Good luck to Brad Wickman who is testing for his 2nd dan this weekend. Also good luck to Cody and Zane from Waiiau Pa - our regular visitors.

Please come and support them on Sunday. Black belts don't forget we need your help with marshalling.

Paul McPhail

Calendar of Events

- 2 May** - Black Belt Grading. 1.00 pm at Auckland Grammar.
- 5 May** - Self Defence Sessions by Mr Phil Thompson.
- 23 May** - Counties Regional Tournament. Register on-line at itfnz.org.nz
- 13 June** - CM Black Belt Development Day - Papakura
- 3-4 July** - Nationals / OTF Champs. Wellington
Launching of new itfnz brand
- 10-11 July** - US OPEN
- 24-25 July** - Asian CHamps
- 23 Aug** - Grading at Maraitei

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



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