



# Paul M Taekwon-Do

PAPAKURA NEWS - JULY 2010

## Nationals

Congratulations to everyone who took part in the Nationals - competitors, umpires, helpers and supporters. COUNTIES MANUKAU won the tournament with 30 Gold Medals.

Here are the results from our club.

## Best Over-all Junior Black Belt - Melissa Timperly

### PATTERNS

- Melissa Timperly - GOLD
- Toni Moki - GOLD
- Ethan Parker - GOLD
- Paige Moki - GOLD
- Keith Speck - GOLD
- Alisa Parker - BRONZE
- Robyn Ferrier - BRONZE

### SPARRING

- Melissa Timperly - GOLD
- Ethan Parker - GOLD
- Alisa Parker - SILVER
- Dejaimero lotua - SILVER
- Jared Wood - SILVER
- Mary Kopa - SILVER
- Vienna Parker - SILVER
- Toni Moki - SILVER
- Paige Moki - SILVER

### POWER

Melissa Timperly - BRONZE

### SPECIAL TECHNIQUES

Melissa Timperly - SILVER

## Counties to Cooks

A reminder to let Mrs Ioua know your travel plans. Not long to go now.

Master McPhail, Mr Pellow and Mrs lotua are travelling on the following flights:

**Depart Auckland Friday 29th Oct NZ46, 10.30 am. Arrive 3.15 pm Thursday**

**Depart Rarotonga Sunday 7th Nov NZ 45 5.30 pm. Arrive 8.50 pm on Monday.**

Air New Zealand fly everyday, Pacific Blue Fly Tuesdays and Fridays.

## Grading

Grading for our club is on Saturday 7th August at 1.30 pm (1.15 warm up). Venue is Wesley College Gymnasium Paerata Road, Paerata (Drury off ramp). Pre-grading will be on Wed 28th July.

## New Training Times for Seniors

From August, please note the slightly different training times:

Mini-Kids 5-6 pm (unchanged)

Juniors 6-7 pm (unchanged)

Seniors 6.30 - 8.00 pm

(Seniors are encouraged to do the junior class as well.)

*Paul McPhail*



**International Taekwon-Do**

NEW WEBSITE: [www.itkd.co.nz](http://www.itkd.co.nz)

## Calendar of Events

**31 July** - Star Series Tournament (2) Whangarei

**7 Aug** - Grading at Wesley College, Paerata Road, Paerata (Drury off ramp). 1.15 warm up, 1.30 start. Examiner, Master Davidson.

**14 Aug** - First Aid Course hosted by Tribal TKD.

**20-22 Aug** - World Champs Trials

**17-19 Sep** - World Champs Trials

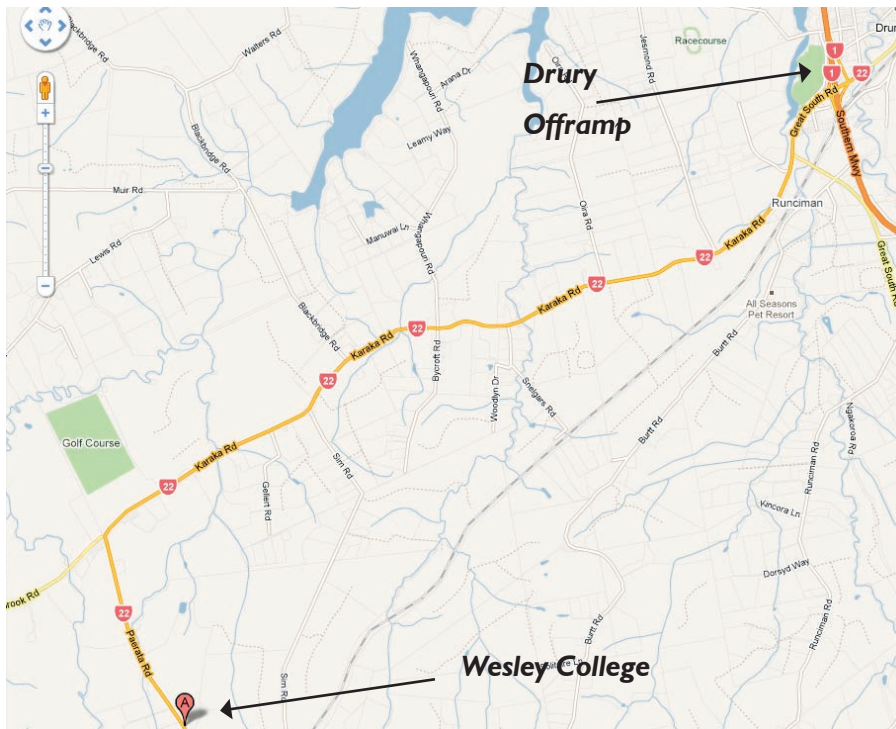
**25 Aug** - Instructors Induction Course - Auckland. (For those interested in becoming instructors)

**26 Aug** - Instructor Development Course - Auckland. (Advanced course for existing Instructors)

**17 Oct** - Pee Wee Tournament

**29 Oct - 8 Nov** - CM trip to the Cook Islands

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



Portia McPhail  
Memorial Website:  
[www.portia.co.nz](http://www.portia.co.nz)

[www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd)  
PO Box 75-549, Manurewa, Auckland, New Zealand.  
Mob 021 983 532 Email [pmcphail@itkd.co.nz](mailto:pmcphail@itkd.co.nz)