



Thanks to all the members of the Papakura branch, parents, friends and supporters. It has been another spectacular year for the club and I thank all of you.

Hardly a session goes by without a visitor from another club, and we are lucky for that as we get to meet and train with many people. The disadvantage is that often valuable time is taken away from **you** as I try and spend at least some time with the visitors. I know you understand and thanks for your patience.

The goals I set for 2003 were:

1. Increase the level of fitness
2. Improve technical ability and knowledge
3. Make a contribution at Regional level
4. Help to expand the Region

I feel we have achieved some of these goals, with a strong emphasis on fitness this year. Let me know what your goals are for 2004 (by competing the survey) so I can structure the classes accordingly.

Congratulations to everyone who graded this year - well done. I am very proud of you all.

Finally - have a great Christmas and return full of enthusiasm and with 100% commitment to your training and the art. I look forward to another great year for the club and ITFNZ.

Paul McPhail

*Fees are staying the same again for 2004. We only train for half of December, so the balance of the December fee covers your annual sub to ITFNZ of \$20. Automatic payments are \$10 per month cheaper because the AP runs through January even though we don't train that month.*

*The club also operates a separate fundraising account (run by Margaret Pepper, chartered accountant), which is used for fundraising and Grants.*

## 2003 in review

Events our members participated in:

**January** - National Training Seminar - Palmerston North

**March** - General Choi Cup - Sydney. CNS did fitness sessions at club.

**April** - Stripes on Tour 2003, Grading, Under 18 tournament.

**May** - CM Regional Tournament, black belt grading - congratulations Rebecca Prasad. Womens weekend - New Plymouth. Under 18 tournament - AN.

**June** - World Camps in Poland

**July** - Nationals, thanks to Dan and Deb for Coaching / Managing, Under 18 - Tauranga.

**August** - Grading, Pee Wee tournament and umpires course.

**September** - Techniques seminar with Mr Patterson. Seminar in Kere Kere.

**October** - Dan Jackson nominated as Coach of the Year at the CM Sports Excellence awards. CM Team nominated as Team of the Year. Epson Open - Pukekohe. Meeting with Grand Master Sereff in Sydney. Regional Camp - AN. Master Tran visit. Australian International Taekwon-Do Open - Brisbane.

**November** - Grading, Stripes 1 to 1 - Taupo. Seminar in Kere Kere (Toni and Harmony assisting)

**December** - Black belt grading - awaiting results..., Final Under 18 in Palmerston North. Congratulations to Ethan and Melissa for winning Best Junior male and Female in New Zealand! Junior World Champs Camp - Taupo.

Please look over next year's dates and make a note of events that affect you.

### 15 December

Last training for 2003. Start back 2nd Feb 2004.

## Next Year

20-22/2/04 [Junior World Champs](#)  
3rd camp - Taupo

28-29/2/03 Oceania Technical  
Conference - Sydney

5-6-7/3/04 2nd Development Camp

6-14/3/04 Stripes on Tour 3

14/3/04 EPSON Under 18 / 1  
AN - Whangarei

20/3/04 Umpires Course - Auckland

21/3/04 General Choi Cup - Sydney

24/4/04 Regional Tournament - CM

26/4/04 GRADINGS START

22-23/5/04 Black Belt Grading -  
Tauranga

29-30/5/04 Black B Grading - AKD & CD

5-7/6/04 NATIONALS - AN (Queens  
Birthday Weekend) TBC

19/6/04 Level 1 Instructors Courses -  
CM / AN

27/6/04 EPSON Under 18 / 3 - WGTN

7-10/7/03 JUNIOR WORLD CHAMPS -  
ITALY

3/7/04 Level 2 Instructors Course - AKD

11/7/04 Umpires Course - Auckland

24-25/7/04 [FIRST DAN FEVER](#) - New  
Plymouth

6-8/8/04 ITF INTERNATIONAL  
INSTRUCTORS' COURSE

25/8/04 GRADINGS START

12/9/04 2004 Adult Tournaments -  
Auckland) (Sparring & Patterns only - all  
TKD organisations)

3/10/04 Under 18 / 4 - Midlands

9/10/04 Level 3 Instructors' Crse - AKD

9-10/10/04 Minies & Masters  
Tournament - New Plymouth - Midlands

23-24/10/04 2ND OCEANIA  
CHAMPIONSHIPS - Auckland

November Date TBA 1ST ITF WORLD  
CUP - Orlando, Florida (All grades)

5-6/11/04 Examiners Course - Taupo

6-7/11/04 Level 4 Instructors Course -  
Taupo

14/11/04 EPSON Under 18 / 5 - CM

29/11/04 GRADINGS START

11-12/12/04 Black Belt Grading - SI

## 2003 Survey



Name .....

What do you enjoy the most in Taekwon-Do? (rate from 1-9. 1 is best.)

Line work  Patterns  Step Sparring  Free Sparring  Self Defence  Fitness  Tournaments  Theory

Other \_\_\_\_\_

What would you like to do more of next year?

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What are your goals in Taekwon-Do for next year?

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### Parents

(Parents please answer this section)

What affects has Taekwon-Do had on your child, positive or negative?

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Do you have any suggestions for how we can do things better next year?

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