

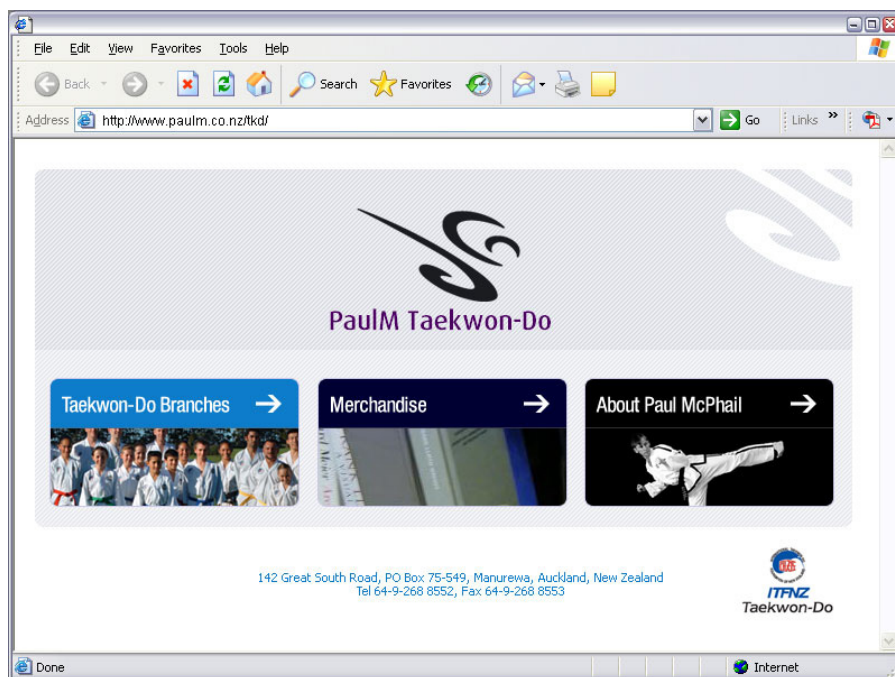


# Paul M Taekwon-Do

PAPAKURA | WAIKUA PA | BOTANY | GENDOWIE  
NEWS NOVEMBER 2004

## New Look Website

The Paul M Taekwon-Do website is undergoing an extreme makeover...keep your eye out for that in the next week or so. I would like to use the website more effectively, to communicate with all our members. It is up to you to check it on a regular basis however if this is to work. Remember the URL is [www.paulm.co.nz/tkd/](http://www.paulm.co.nz/tkd/).



## Papakura hall not available

The Papakura hall is not available on Labour day Monday 25th and Wednesday 27th October 2004. Papakura members please train at another branch that week. Remember Mr Pellow trains at Greenmeadows Intermediate, Greenmeadows Ave, Manurewa, 6.30 - 8.00pm, Monday and Wednesdays.

## CM Sports Excellence Awards

Congratulations to our CM members who are finalists this year:

Junior Sportsman of the Year: **Chris Broughton**

Junior Sportswoman of the Year: **Roseanne Te Hau**

Junior Team of the Year: **NZ Junior Black Belts CM Members**

Manukau City Council Service to Sport Award: **Paul McPhail**

Team of the Year: **ITF NZ Taekwon-Do CM Regional Team**

This year's Awards dinner will be a great event and tickets are available at \$65 per head. For further information contact Melissa Noble: Email [MelissaN@cmsport.co.nz](mailto:MelissaN@cmsport.co.nz), Phone 09 269 0066, Mobile 027 450 6345.

## Oceania and Dinner

Entry tickets for the Oceania are on sale now. It is being held at the ASB Stadium, 23-24 October 2004. Also on sale are tickets for the Official Dinner on Saturday 23rd October.

Grand Harbour Restaurant

cnr Pakenham & Custom St West

Saturday 23rd October 7.00pm

\$30 per head, buy your own drinks.

Parking beside the restaurant

All invited! For bookings please contact Mrs Deborah Olesen, Mobile 0274 309 273. You must reserve your ticket asap. Post your ticket money to: 14 Linwood Avenue Mt Albert, and collect on the Saturday of the tournament.

## Next Grading

Gradings for Auckland are from Monday 29th November until Sunday 5th December. Details of hosting clubs out soon - check the ITF NZ website - [www.itfnz.org.nz](http://www.itfnz.org.nz)

## Black Belt Pre-Grading

There is a black belt pre-grading on at Papakura, Sunday 17th October 2004, 9.00am - 2.00pm. \$35 (pay on the day). Members from as far away as Wellington and Statford are attending. This is open to 1st gups and above - apply on-line:

<http://www.paulm.co.nz/tkd/seminars/>

## Black belt Grading

The next black belt grading in Auckland is:

Auckland - 11th & 12th December 2004

Venue: Papatoetoe Intermediate

Examiners: Master Paul McPhail and Mr Mahesh Bhana

Applications MUST be in one month before the grading.

## National Kids Camp

This year's Kids camp is again being held in the Bay of Plenty:

19th -21st November, 5pm Friday - 3pm Sunday

Aongatete Lodge, near Katikati, Bay of Plenty

Under 15 years. 1st - 10th Gups (Black stripe to white belt). \$20 per child, Adults free (max. 20, preference given to Instructors and adults staying with children)

Application forms available on the ITF NZ website from October 19th

## Final Under 18 Tournament

The 5th and final EPSON UNDER 18 tournament is to be held here in Counties Manukau on Sunday 14th November. It is looking to be a spectacular finish to a great championship this year, with Paul M TKD in for some potential big trophies. Here is the way the points tally looks at present:

### POINTS TALLY AFTER 4 TOURNAMENTS

MALE DAN	MALE GUP	FEMALE DAN	FEMALE GUP
13 Chris Clencie	20 Ethan Parker	24 Nikki Galpin	21 Paige Moki
10 Uhn Coradine	20 Robert Page	14 Lipi Shukla	19 Melissa Timperley
8 Samuel Skinner	18 James Hunt	11 Rebecca Walthall	18 Kristy Leong
7 Jamie Smith	18 Joshua Parker	10 Chanthie Thach	18 Uma Goodyer
6 Campbell Gold	17 Chris Broughton	10 Cori-Jean Topia	16 Nicole Cooper
6 Robert Buddle	17 Shane Black	8 Harmony Moki	13 Jessica Harris
5 Regan Diggelmann	11 Daniel McMillan	5 Roseanne TeHau	12 Renee Richardson
4 Chris Broughton	11 Darnell Tearikiaua	4 Renee Richardson	11 Caitlin Hunt
3 Dane Canton	11 Mitchell Leong	3 Megan Matsuoka	11 Courtney Meleisea
3 Gary Sawyer	10 Caleb Cherrington	3 Estelle Speirs	9 Robin Bates
2 Nick Eley	10 Clinton Hunt	2 Jessie Walker	9 Shannon Williams
2 David Burr	10 Luke Tearikiaua	1 Siobhan MacDonald	8 Amanda Cleland
2 Kane Baigent	10 Sean Christie	1 Alexandra Couling	8 Mellissa Hancox

## ITF World Cup

November 19-21, 2004 - Orlando, Florida, USA.

ITF members confirmed as competitors are:

Mr Dan Jackson, 3rd dan - Competitor

Mr Josh Parker, 1st gup, Competitor

ITF members can register directly with the organisers via the ITF website.

## Sunday Trainings

Mr Jackson is running Sunday classes at Waiau Pa - 9.00am - 11.am. These are casual classes and all Paul M TKD members are welcome to attend.

## New Kids Class

Our new Kids class at Papakura kicked off on Wednesday 13th October, 5.30 - 6.30pm. All beginners welcome. Mr Steve Heke is instructing the class with the assistance of Ms Cher Brown.

## Sparrring Equipment

Mouthguards should be worn by everyone sparring in class. Sparring boots and gloves should be purchased from around green belt level, if not before. Contact Martial Arts Apparel: [www.martialartsapparel.co.nz](http://www.martialartsapparel.co.nz), Ph 021 837 110.

## Change of day for Botany

Paul M TKD Botany are to change their Wednesday training day to a Thursday from November - which is great news, because Mr Butchers and Mrs Olesen will be able to train with us at Papakura on Wednesdays! The Botany branch will be visiting Papakura on 27 October.

## Fees and APs

Papakura and Waiau Pa members are reminded that automatic payments should continue throughout the holiday period. This is why we can offer such reasonable monthly fees and also we pay your ITF annual registration for you each year (\$20 each). Anyone paying cash each month will have to pay their ITF sub as well.

[www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd)

PO Box 75-549, Manurewa, Auckland, New Zealand.

Tel 64-9-268 8552 Mob 021 983 532 Fax 64-9-268 8553 Email [pmcphail@itfnz.org.nz](mailto:pmcphail@itfnz.org.nz)

## CALENDAR

Oct 23-24	Oceania Championships - Auckland
Oct 24	Oceania Dinner
Oct 31	Pee Wee tournament - Papakura
Nov-5-6	Examiners Course and Level 4 Instructors Course in Taupo
Nov 14	Final Under 18 Tournament - Akd
Nov 19-21	National Kids Camp
Nov 19-22	ITF World Cup in Florida
Nov 29	End of year gradings start
Dec 11-12	Black Belt grading - Akd
Dec 15	Final training for Papakura & Botany
Dec 16	Final training for Waiau Pa
17 January	First training Botany
7 Feb 2005	First training Papakura
8 Feb 2005	First training Waiau Pa