



PaulM Taekwon-Do

PAPAKURA NEWS - FEBRUARY 2011

Welcome Back!

I hope you have had a good break and are now ready for another great year with lots of TKD! The World Champs are on in Wellington in March - have you booked your tickets? Good luck to all those competing, not least our own members: Ethan, Alisa, Mel, Paige and of course the Coach, our very own Mr Pellow.

Kids Classes

Kids classes will run at the same times this year, and we will have the extra help of Maraget Kelp, who has some great ideas. 9th gup (yellow stripe) mini kids are also invited to attend both Monday and Wednesday classes, plus also join in the 6 pm class for 15 minutes each night (finishing at 6.15 pm).

Beginners

We are hoping to boost the numbers in the Wednesday Kids class (8-10 year olds). Beginners are welcome at all classes however for first few weeks in February.

Goal Setting

It's important to have some goals in Taekwon-Do, so I encourage everyone to write down what your short and long term goals are. Here are some guidelines for how to set some SMART goals:

- S** = Specific
- M** = Measurable
- A** = Attainable
- R** = Realistic
- T** = Timely

Specific

Goals should be straightforward and emphasize what you want to happen.

Measurable

Choose a goal with measurable progress, so you can see the change occur. Be specific! "I want to improve my kicks" is not really measurable. However "by April I want to be able to hold both side kicks at shoulder height for 30 seconds" is measurable.

Attainable

If the goals you set are too far out of your reach, you probably won't commit to them.

Realistic

Your smart goals need to be something that you believe is possible and in a reasonable period of time.

Timely

Set a time-frame for your goal.

Good luck!

Paul McPhail

Class Times

Monday & Wednesday

Jnrs 6.00 - 7.00 pm

Snrs 6.30 - 8.00 pm

Kids (5-7 yrs): Mon 5.00 - 5.55pm,

(8-10 yrs): Wed 5.00 - 5.55pm

(9th gups till 6.15pm)

Calendar of Events

6 Feb - Auckland Academy Black Belt Pre-Grading Course begins.

20 Feb - Instructors Update Course - Auckland

27 Feb - Black Belt Development Day - Counties Manukau

9-13 Mar - World Champs - Wellington. Book your flights now!

26 Mar - Under 18 Series - Tournament I, Palmerston North

2 Apr - Umpires Course - Auckland

3 Apr - Pee Wee Tournament - Auckland



Black Belt Meeting - 21st January 2011



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Full Calendar is on-line at:
www.itkd.co.nz/events/calendar