

Paul M Taekwon-Do

International®

PAPAKURA & WAIAU PA NEWS - MARCH 2013

IIC

The International Instructors Course was a huge success thanks to all Paul M members who attended (photo below).

Counties Team

The 1st Team training will be held at Clendon Community Hall, Palmers Road, Manurewa on Sunday 31 March 2013.

Time: 10am to 12pm and every Sunday until 26 May 2013. Please be their 15 mins early gold coin to cover venue costs.

Regionals

Patterns - 10th gup and above

Sparring - 10th gup and above

Powerpunch - all ranks 11 years and under

Power polar boards - 4th gup and above

Special Techniques - 4th gup and above - all ages

Pre arranged - 6th gup and above, 1 team per club

For every 8 competitors 1 helper must be provided.

Nationals

Tournament is open to all 8th gup and above. There will be no Specialty or Power in the Peewee division. There will be 2 gup team patterns (male and female). Gup Power and Specialty open to 4th gup and above.

Grading

Grading and Pre-Grading dates are below. Mini-Kids grade on the last session of the school term at the normal times.

Roro Update

An organising committee has been formed and they are already well underway with fundraising projects. Please bring along to Papakura any spare Easter Eggs for the raffle.

NZ Team

Congratulations to our members who were picked to represent NZ at the ITF World Champs in Spain later in October. They are: Melissa Timperley, Alisa Parker, Ethan Parker, Toni Moki, Paige Moki, Niketa Wells, Courtney Church, and Stephanie Foster.



Masters Grading after IIC -Master McPhail and Davidson to 8th dan, Master Pellow to 7th dan

What's On

Details on-line: itkd.co.nz

16 March First Aid Course

17 March NZ Umpires Course

20 March Pre-Grading Papakura

25 March Pre-Grading Waiau Pa

31 March CM Regional Training

3 April Grading at Papakura

14 April How to Operate an ITKD School Course

15 & 17 April Mini-Kids Gradings

20 April CM Regional Tournament

27 April Instructors' Induction Course

2 May Master Hutton Seminar

5 May Under 18 Series Tournament No.1

18-19 May Black Belt Grading

1-2 June 2013 National Tournament - Queens Birthday weekend in Counties Manukau.

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



Paul M Members at the IIC, 2013