



## Blackbelt grading results

SPITFIRE salutes our new blackbelts: SUDIP, BEN, SARAH and GRACE with superb performances at their BTCB/WTA test in Doncaster. TERENCE made his THIRD DAN with typical class and precision. WELL DONE guys & gals!

Are you *still* not getting your newsletter by email? We are aiming to go paper-free by the end of 2008, so please send a blank email to [louise@spitfiretkd.co.uk](mailto:louise@spitfiretkd.co.uk) to be added to the mailing list. Get the news as soon as it happens, direct to your inbox.

## Tournament Roundup

Outstanding results for Levi, Aaron, Josh, Leroy and Courtney as a near-perfect display netted 3x GOLD and 2x SILVER in part hampered by an all-SPITFIRE final at the WELSH NATIONAL OPEN. With nine from eleven games won, a huge 79 points were scored, with only 39 dropped which is a phenomenal statistic. WELL DONE lads!

A-Class debutant, Sarah Linnell-Stocks continues to impress at international competition with a great performance at the BELGIUM OPEN, just missing out on a medal match with a razor-edge finish against Czech Republic National Team. WELL DONE Stocksie!



Spitfire Farnborough Squad for Welsh Open



Levi prepares for battle!



Taking a break from the action

# class times and locations

| MONDAY                      | TUESDAY  | WEDNESDAY  | THURSDAY                      | FRIDAY  | SATURDAY   |
|-----------------------------|--|--|-------------------------------|---|--|
| Kings School,<br>Winchester | Norwood Primary<br>School, Eastleigh               | Oak Farm School<br>Farnborough                     | The Quays<br>Southampton      | Farnborough<br>Leisure Centre                                   | River Park Leisure<br>Centre, Winchester   |
| 6.00- 7.00pm<br>Beginners   | 6.00-7.00pm<br>Childrens class<br>(term time only) | 5.45 - 7.15<br>all students<br>term time only      | 8.30 -10.00pm<br>students 12+ | 6.30-7.30pm<br>all students<br>7.30 - 8.30pm<br>Sport Taekwondo | 12.00-12.40<br>Sport warm up<br>12.40 - 1.20<br>Sport Taekwondo<br>1.20 -2.00<br>Elite Sport |
| 7.00-8.00pm<br>Advanced     |  | River Park Leisure<br>Centre Winchester            |                               |   | 7.30-9.00pm<br>students 13+  |
| Aldershot Barracks          | 7.00-8.00pm<br>students 16+                        | Brighton Uni<br>Cockcroft Sports Hall<br>2.00-3.30 |                               |   | Brighton Uni<br>Cockcroft Sports<br>Hall   |
|                             |  |  |                               |   |  |

## If you need to get in touch...

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Sabon Nim Mark Hayward: 07711 103591 mark@spitfiretkd.co.uk

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Brighton Uni club: Terence Yu: 0774818441/Licoo Li 07774 918441 spitfiretkdbrighton@hotmail.com

For equipment orders, licenses, fees or general enquiries please contact Claire whilst Louise is on maternity leave

## events

**1st June DORSET OPEN**, Bournemouth Recommended for all first-timers; please enter directly <http://www.dtkd.co.uk/> (and go to "Latest News") and cc Louise by email

**8th June DOME One to One**, Doncaster One-to-One Novice Pee wee/Children/Cadets only;

**22nd June SPITFIRE TAEKWONDO Vs SAGARMATHA DOJANG**, Farnborough. This is our own mini tournament, for ALL Spitfire members. Entry form is attached to this newsletter

**13th July LONDON INTERNATIONAL OPEN** All classes; Invite to join team only

**6/7th September BRITISH CHAMPIONSHIPS**, Manchester Intermediate Cadets and above: Invite to join team only

**21st September DOME OPEN, Doncaster** Intermediate Cadets and above: Invite to join team only

**2nd November BRITISH INTERNATIONAL OPEN** A-Class level: non-negotiable 3-week preparation schedule. Invite to join team only

## question: Tournaments – Which ones should i go to?

## answer: "the ones i want to win!"

Here are some terms to help you decide which to compete at.

### AGE GROUPS

PeeWee – U7 years old  
Child – U10 years old  
Cadets – 10-13 Juniors – 14-17  
Seniors 16+

### DIVISIONS

Novice – White & Yellow belts usually, some red belts are considered Novice

Intermediate - Green & Blue, experienced low-grades and often merged up/down  
Advanced – Red & Black

### CLASS

C-Class – regional, three games maximum for GOLD – all categories  
B-Class – national, usually advanced/intermediate cadets, juniors & seniors  
A-Class – international level [www.etaekwondo.org](http://www.etaekwondo.org)

advanced junior and senior athletes, predominantly national teams

Some competitions require additional training commitment; if you would like to be considered for the team then let Mark/Alex know 4 weeks before the event, so we can agree suitability, plan training and strategies.



**SPITFIRE TAEKWONDO V SAGARMATHA DOJANG**  
**1<sup>ST</sup> WTF TAEKWONDO MATCHDAY**

**SUNDAY, 22<sup>ND</sup> JUNE, OAKFARM SCHOOL SPORTS HALL 1pm.**  
**ENTRY FORM**

**Categories (please circle)** Age Child 6-9, Cadet 10-13, Juniors 14-17, Seniors 17 +

Novice (10<sup>th</sup> kup white belt- 3<sup>rd</sup> kup red tip) Experienced (2<sup>nd</sup> kup & above)

**Weights** Child male -20kg -22kg -25kg -28kg -31kg -35kg -40kg +40kg  
Child female -20kg -22kg -25kg -28kg -31kg -35kg -40kg +40kg  
Cadet male -30kg -35kg -40kg -45kg -50kg -55kg +55kg  
Cadet female -30kg -35kg -40kg -45kg -50kg -55kg +55k  
Junior male -45kg -48kg -51kg -55kg -59kg -63kg -68kg -73kg -78kg +78kg  
Junior female -42kg -44kg -46kg -49kg -52kg -55kg -59kg -63kg -68kg +68kg  
Senior male -53kg -58kg -62kg -67kg -72kg -78kg -84kg +84kg  
Senior female -47kg -51kg -55kg -59kg -63kg -67kg -72kg +72kg

(Please note some categories may be combined to ensure a match, there will be a spot weigh –in on the day, players who miss their weight will be disqualified)

**Rules** WTF full contact rules apply (no head shots for child players)  
WTF style equipment is mandatory (including gum shield)  
2 x 1.30minute rounds per game 30 second break, golden kick in result of a draw

**Fees** Competitors £10.00 spectators £2.00 all entries in by **FRIDAY 13<sup>th</sup> JUNE**

**Players details**

**Name**.....**Date of birth**.....**Grade**.....

**Club**.....**Contact number**.....

**Instructor**.....**Next of kin (inc contact number)**.....

I wish to enrol as a competitor and declare that I am fit to compete, I know of no reason that would prohibit my participation. I hold a full licence (btcb/btc) and accept that it is my responsibility for any injury that I may sustain, I agree that the referees and competition organisers decisions are final.

**Signed**.....(parent/guardian if under 18)

All enquiries to competition organisers Mark Hayward 0771103591 Alex Barter 07970222007