

# newsletter 41

February 2008



**spitfire**  
TAEKWONDO ACADEMY

Are you *still* not getting your newsletter by email? We would like to go paper-free in 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.

## next grading Dates

### Kup Grading

MARCH 7th FARNBOROUGH 7pm  
MARCH 8th WINCHESTER 12pm - 2pm.  
Please note the date change!

Dan/Poom TBC DONCASTER

**Blackbelts: it is your duty as a Spitfire blackbelt to attend three out of four Kup gradings per year to help out/demonstrate techniques.**

**PLEASE PLEASE PLEASE** check that your BTCB licence is valid. There is only so much chasing we can do of you, it is YOUR responsibility to fill out renewal forms IN GOOD TIME before your licence expires. You need to allow **at least four weeks** for your new one to come through, so do not expect it to be turned around in a week before a tournament, it just will NOT happen. If you are not insured, you cannot compete/grade/you shouldn't even be training. Renewal forms are available from your instructor.

## Debutants make an impression

A late invitation to Bournemouth had us mobilising a small contingent of first-timers for a taste of competition against our neighbouring clubs. All white belts may have looked easy prey to the higher graded competition, but a reality check was soon order of the day. Outstanding performances from Aaron, Claire, Ryan, Tara, Alice, Ryan and Levi were typified by victories against larger and more experienced opposition from Alice, Levi, Ryan C and Aaron. Difficult to single anyone performance out, but Levi beating a black tip on golden kick after an 11-11 scoreline does deserve some reflection!

## Lucy's a-class success

Meanwhile in a stadium in a far away land, Lucy Walton fought her way to the finals of the Swedish Open to claim SILVER in this A-class event, part of the elite European Test Event circuit. Lucy was eventually edged out by National Team of Germany 8-5 in a thrilling -59 final. This is a fantastic achievement for Lucy who has been through the ranks of Spitfire and changed her whole life to prioritise her Taekwondo. She thoroughly deserves this result and provides a great springboard for the rest of the 2008 season; please congratulate Lucy on the Facebook group Go Lucy!

## Saturday Class Structure

You've probably noticed the format of Saturday's class has evolved this year, and we'll now formalise it. The class has traditionally been 1st hour for everyone, 2nd hour for elite only. We have decided to re-structure to offer concentrated attention the children and maintain an elite-only period but coupled with a pathway for everyone develop into committed tournament players:

12:00-12:40 Children with Alex, Seniors with Mark  
12:45-13:15 Small group work with body-armour  
13:15-14:00 Elite session

Please note that the elite session is special training time for committed tournament players and we cannot entertain younger members unless by special invite only. The new structure is much fairer to all, offering special focus to each group within Spitfire.

## a new addition to Spitfire



At last, Carmen Elise Barter has arrived! This does however mean that Louise doesn't get a lot of time to check emails etc. **Please email [claire@spitfiretkd.co.uk](mailto:claire@spitfiretkd.co.uk) and NOT [spitfiretkd@btinternet.com](mailto:spitfiretkd@btinternet.com) as this email is not being checked daily.** Any equipment orders must be placed before 25th of each month, with correct payment and order form – **no verbal requests are recognised.** Order forms are available online.