

newsletter 47

February 2009

spitfire
TAEKWONDO ACADEMY



Tournament Update

A pure statement of intent from Spitfire as the season lifted-off with the Flanders Cup in Belgium; Sarah blasted her opposition to the corners of the arena with all three fights under the distance at 9-2, 7-0 (in under 12 seconds) & 11-4 to win Senior Advanced -63 GOLD. Levi made it onto Belgian TV in this semi-final of the Junior (14-17 years old) Advanced -59 even though he is still a cadet at 12 YEARS OLD!! Debutants Rachel and Lily showed great promise with aggressive pressure play in their respective matches.

Upcoming comps and elite Training

Sunday 15th Feb 11:00-13:00 TBC (most likely Fleming Park , Eastleigh) – extra training £5. Aimed at those doing Masters Cup

Sunday 22nd Feb 08:30-18:00 Masters Cup, K2, Crawley This is C-class competition so please get recommendation from Alex or Mark if you want to do this one; the Spitfire login will then be emailed so you can enter. You will need to register at www.ma-regonline.com YOURSELF and settle payment YOURSELF. You MUST get your weight correct or else you may find yourself £25 down, a long journey and no game. Closing date is 16th February.

new Dan grades

“WELL DONE!” to our new Spitfire Blackbelts Mark Lawson and Steph Pillinger who passed their 1st Dan blackbelt exams in Poole with extremely tough tests. Special congratulations to Cho Su Claire who passed her 3RD DAN EXAM! Well deserved all round for your hard work.

Sunday 8th & 15th March 11:00-15:00 TBC – extra training £10. Aimed at, but not exclusively for those going to A-Class – electronic body system training.

Friday 20th – 22nd March Dutch Open, Eindhoven This is A-Class so you will know if you can do this! It will be using the electronic system. You are responsible for entry which MUST be entered by FEB 24th at www.tpss.nl again we will email the Spitfire login details ahead of time. Once you have made your entry we will

class times and locations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kings School, Winchester	Upper Shirley High, Southampton	Oak Farm School Farnborough	The Quays Southampton	Farnborough Leisure Centre	River Park Leisure Centre, Winchester
6.00- 7.00pm Beginners	6.30 -7.30 Grading	5.45 - 7.00 all students 7.00- 8.00 Sport TKD	8.30 -10.00pm students 12+	6.30-7.30pm all students 7.30 - 8.30pm Sport Taekwondo	12.00-12.40 Sport warm up 12.40 - 1.20 Sport Taekwondo 1.20 -2.00 Elite Sport
7.00-8.00pm Advanced	7.30 - 8.30 Sport Taekwondo	River Park Leisure Centre Winchester			
Aldershot Barracks		7.30-9.00pm students 13+			
7.00-8.00pm students 16+		Brighton Uni Cockcroft Sports Hall 2.00-3.30			Brighton Uni Cockcroft Sports Hall 1.30 - 3.00

If you need to get in touch...

Sabon Nim Alex Barter: 07970222007 alex@spitfiretkd.co.uk • Cho Su Louise Barter: 07970 025230 louise@spitfiretkd.co.uk
 Sabon Nim Mark Hayward: 07711 103591 mark@spitfiretkd.co.uk
 Cho Su Claire Weston: 07791 167498 claire@spitfiretkd.co.uk
 Brighton Uni club: Terence Yu: 0774818441/Licoo Li 07774 918441 spitfiretkdbrighton@hotmail.com

continued...

book accommodation and Eurotunnel with a £50 deposit by MARCH 1st.

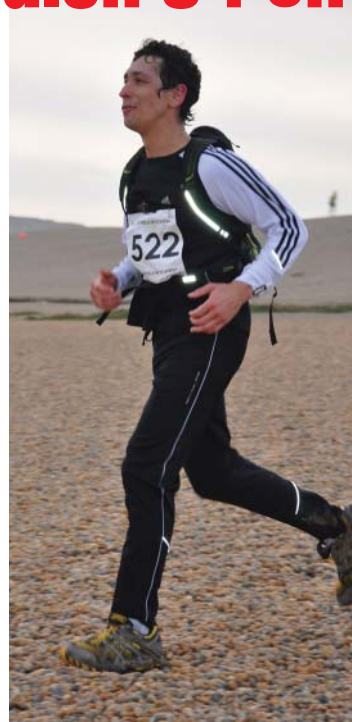
Sunday 8th & 15th March 11:00-15:00 TBC – extra training £10. Aimed, but not exclusively for at those going to A-Class

Friday 20th – 22nd March Belgian Open, Herentals
 This is A-Class so you will know if you can do this! It will be using the electronic system. You are responsible for entry which MUST be entered by MAR 9th at <http://www.sparring.taekwondo.be/> again we will email the Spitfire login details ahead of time. Once you have made your entry we will book accommodation and Eurotunnel with a £50 deposit by MARCH 20th. Supporters are welcome, but you will need to make your own travel arrangements. We stay at: <http://www.diamondprincess.be/> - it's not as nice as the website makes out.

Sunday 26th April 11:00-15:00 TBC – extra training £10. For those going to British national Champs in Manchester

1st – 3rd May British Championships, Sport City , Manchester This is B-class competition so please get recommendation from Alex or Mark if you want to do this one; details coming soon. We suggest you book your own rooms asap at The Premier Inn, Manchester, Denton www.premierinn.com. Again supporters welcome, you will need to arrange your own travel and accommodation.

alex's run



Many thanks to those who made donations to Medecins Sans Frontieres in return for Alex's coastal marathon in January. Over £700 was raised over the weekend for this excellent charity that are providing medical support in the world's most dangerous places, including the current crisis zone of Gaza. The punishing 26 mile coastal race around Portland Bill, took in views of the famous lighthouses, prisons, certain-death cliff-edge paths and punishing pebble beach run along Chesil. There is a hilarious photo of Alex at the end looking like a zombie – ask around!

KUP grading

13th March 18.30 - 20.30
 Farnborough Leisure Centre

14th March 12.00 - 14.00
 River Park Leisure Centre, Winchester