



Tournament Update

State-of-the-art K2 Arena provided the backdrop for the first big UK event of 2009; Spitfire taking a small team of ten produced the goods as usual with 3 GOLD, 3 SILVER and 4 BRONZE – a positive win ratio! Great performances from schools programme graduates Rebecca, Krzystof and Piotr winning GOLD, GOLD and SILVER respectively. Notable supporting performances from Terry, Leroy, and Shey with continuing improvement from Rachel and James. Levi, on sublime form, sent another message out to his nationals division in Manchester with a 7-0 and K.O. to pocket GOLD without troubling second gear.

Sarah and Lily spent a week at the national academy in Manchester under the tuition of Team GB coaches Steve Jennings and Paul Green. With the 06:30 starts, the girls worked under national team regime with their peers – the cream of UK talent. A superb boost to their A-Class season; good luck to Lily and Sarah and of course, James who are competing at the Dutch Open later this month.

UPCOMING COMPS and elite Training

Friday 17th – 19th April 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.

GB Nationals! Time to BOOK! Only 6 weeks to the GB Nationals – this event is the pinnacle of our domestic season with Team GB qualification points up for grabs. Those wishing to compete must complete the entry form pages 8 & 9 (attached document) and return it with payment. We will be offering additional training to all – please see Mark/Alex for details. We will be staying at the Premier Inn in Denton ; you are responsible to book your own places so please do this asap as rooms and deals will go! Supporters are most welcome on this trip to Manchester .

STOP PRESS! VENUE CHANGE! SOUTHAMPTON!

The Quays are shutting early as part of cost-cutting measures which of course hits our booking. We have been very lucky however to secure **St Mary's Leisure Centre** on **both Tuesdays and Thursdays**. The training area is actually much more

suitable than The Quays and is in a highly accessible part of town by Jurys Inn with free parking after 6pm over the road from the Leisure Centre (next to The Edge). We think this move will work out well; it has a convivial atmosphere to training

in taekwondo and will become our home-from-home.

New times from Thursday 2nd April: 19.30-21.30 Tuesday – Activity room 20.30-22:00 Thursday – Activity room. St Mary's Leisure Centre is on St Mary's Road, Southampton.

class times and locations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Kings School, Winchester	St Mary's Leisure Centre, Soton	Oak Farm School Farnborough	St Mary's Leisure Centre, Soton	Farnborough Leisure Centre	River Park Leisure Centre, Winchester	
6.00- 7.00pm Beginners	7.30 - 8.30 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	8.30 -9.30 Sport Taekwondo	River Park Leisure Centre Winchester			Brighton Uni Cockcroft Sports Hall	
Aldershot Barracks		7.30-9.00pm students 13+				1.20 - 2.00 Elite Sport
7.00-8.00pm students 16+		Brighton Uni Cockcroft Sports Hall 2.00-3.30				1.30 - 3.00

new class times/locations from april 2009

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

Dan grading

5th April

The Dome, Doncaster. Any candidates wishing to attend this grading please email Louise for an application form.

inter-school taekwondo

Huge thanks to everyone who helped with the inter-schools tournament at Perins' Community College in Alresford.

A number of Spitfire members became adversaries for the day, as they represented their schools in a hotly contested team competition for league points. Levi overcame a powerful form by Mark Lawson of Westgate, Winchester to chalk up points for Oak Farm, Farnborough. The big grudge match pitted Rebecca Xerri of Hamble Community Sports against Rachel Bungay of Mountbatten, Romsey; Rebecca had won the last meet in Southampton, but this time it was Rachel's turn to secure bragging rights and make it 1-1. Who will triumph in June? Other Spitfire winners on the day included Leroy, Sebastian Tchorzewski of Upper Shirley High, Southampton, Katie Prett of Mountbatten and the ubiquitous Ryan Powell, Oak Farm.

