

# newsletter 43

June 2008



# spitfire

TAEKWONDO ACADEMY



## Tournament Roundup

A talismanic performance from Luke Harman blazed the trail for Spitfire in Bournemouth, in a much rejuvenated regional competition at capacity (60 players turned away.) Luke hit gear in his second match suffering a broken hand following a fall in the first, gave a masterclass in counter-play cumulating in a first-round 7-ball. Luke edged out 5-3 in the final against London Academy in a game very much in the balance, with Luke clearly suffering from injury. GOLD

medals order of the day for Alice and Levi with excellent supporting performances from Sarah, Claire, Ryan and L'il Alex. Well done to Ryan, Clementine, Rachel, Mark, Ben and Quentin for putting up tough resilience to their opponents.



## What's that sound?

OK those who train in senior classes in Southampton and Winchester who have been asking "What's that tune?" that has been playing during warm up, it's DJ Hazzard "Machete"

## inter-club 22nd June

12pm-5pm,  
Oak Farm School,  
Farnborough, Hants

We have a very informal inter-club competition which will provide great practice against the Sagamartha Dojang. Please indicate your availability to Alex by 13th June.

## grading 28th June

12pm-2pm,  
River Park Leisure  
Centre, Winchester

All those students intending to grade: Make sure that

- your licence is up to date
- your PTR is correctly filled in including a photo in the front
- you bring all of your equipment on the day

## elite Training

In preparation for the British Championships in September we'll be running a couple of special sport sessions at Aldershot Barracks PT facility, over the summer. These will be for competitors only, and there will be a nominal charge for facility hire.

## paddle offer

We'll make a one-off order for kick targets in June at a mega-special trade price of £15. We cannot strongly recommend enough having your own kick target to practice with! Please let us know by June 22nd if you would like to order one. This price will NOT be repeated again this year!

# class times and locations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kings School, Winchester	Norwood Primary School, Eastleigh	Oak Farm School Farnborough	The Quays Southampton	Farnborough Leisure Centre	River Park Leisure Centre, Winchester
6.00- 7.00pm Beginners	6.00-7.00pm Childrens class (term time only)	5.45 - 7.15 all students	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
7.00-8.00pm Advanced		River Park Leisure Centre Winchester			12.40 - 1.20 Sport Taekwondo
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			Brighton Uni Cockcroft Sports Hall
		2.00-3.30			1.30 - 3.00

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

Sabon Nim Alex Barter: 07970222007 alex@spitfirekd.co.uk • Cho Su Louise Barter: 07970 025230 louise@spitfirekd.co.uk

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

Cho Su Claire Weston: 07791 167498 claire@spitfirekd.co.uk

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

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

## events For entry forms to the events below, please see Alex/Mark

**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

**28th June KUP GRADING** Winchester 12pm - 2pm River Park Leisure Centre.

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

**18th July CORNER JUDGES COURSE**, Southampton. 18+ only. See Alex if you would like to attend

**19th July SOUTHERN COUNTIES OPEN** Totton. Open to all

**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

**December TBC DAN GRADING** Dorchester

## 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.

etutaekwondo.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