

newsletter 50

May 2009



spitfire
TAEKWONDO ACADEMY



gb nationals

The pinnacle of our season arrived May Bank Holiday at The Velodrome at Sport City for the two-day British National Championships. The last four months of training and competing culminated here in Manchester with a team of nine Spitfires gunning for glory. Day One pitched Sarah, Sheena and Lily against GB Team members in their respective semi-finals and despite excellent performances the finals places eluded the girls. Day Two brought a sea-change in fortune; debutants Piotr and Ahmed wearing their brand new yellow belts stood unfazed by their senior opposition won their preliminary rounds to reach the semis and finals respectively. Its worth mentioning that Piotr fought in the advanced division, usually the preserve of blackbelts. Shey joined the party with an elementary dismissal of his opponent in the semis. And then came the decisive victories:

Rebecca, Levi and Rachel all topped their divisions with victories inside the distance in each of their finals matches. The performances through the team were solid, skilful and determined and each player a credit to the colours of Spitfire Taekwondo Academy:

Levi Goodridge GOLD adv -61 BRITISH CHAMPION
Rebecca Xerri GOLD nov -59
Rachel Bungay GOLD nov -55
Ahmad Nazari SILVER nov -59
Shey Alao SILVER nov -84
Piotr Ptak BRONZE adv -45
Sarah Linnell-Stocks BRONZE adv -63
Lily Leotardi BRONZE adv -46
Sheena Au Yeung adv -47

SPITFIRE VS SAGARMATHA MATCHDAY

Sunday 14th June 1pm-4pm Oak Farm Community School, Farnborough

After the success of last year's event, we present a day of full contact WTF style Taekwondo.

This day is aimed at Taekwondo players with little or no experience to try competing in a safe and friendly environment. This is suitable for ALL Spitfire members, regardless of whether you have competed before.

We shall be using the WTF approved electronic scoring system and players shall be matched as accurately as possible using gender, weight and ability.

Rounds shall be 2 x 1.30 mins each ('golden point' rules

apply in round 3). Entry fee is £10 per player, £2 for spectators. Entry form can be found on page two of this newsletter, and we need your entries back by 1st June.



Please return this letter with your fee to your instructor as soon as possible (No fee no game)

The categories are: (please circle your weight, category and ability)

Child Male 10 & under:	-20kg	-23kg	-26kg	-30kg	-34kg	-38kg	-43kg	+43kg
Child Female 10 & under:	-20kg	-23kg	-26kg	-30kg	-34kg	-38kg	-43kg	+43kg
Cadet Male 11 – 13yrs:	-33kg	-37kg	-41kg	-45kg	-49kg	-53kg	-57kg	-61kg -65kg +65kg
Cadet Female 11 – 13yrs:	-29kg	-33kg	-37kg	-41kg	-44kg	-47kg	-51kg	-55kg -59kg +59kg
Junior Male 14 – 17yrs:	-45kg	-48kg	-51kg	-55kg	-59kg	-63kg	-68kg	-73kg -78kg +78kg
Junior Female 14 – 17yrs:	-42kg	-44kg	-46kg	-49kg	-52kg	-55kg	-59kg	-63kg -68kg +68kg
Senior Male 18 & above:	-54kg	-58kg	-62kg	-67kg	-72kg	-78kg	-84kg	+84kg
Senior Female 18 & above:	-47kg	-51kg	-55kg	-59kg	-63kg	-67kg	-72kg	+72kg
Ability:	Advanced (blue tip and above)				Novice (green belt and below)			

Please note that there will be a spot weigh-in on the day and it is your responsibility to make sure you are in the correct category. (wrong weight or category will result in disqualification)

Personal details

Name date of birth.....
 Address
 Telephone number.....
 E-mail

Declaration

I..... know of no reason why I cannot take part in the spitfire Vs sagarmartha Taekwondo match day. I am fit and healthy and understand all the potential risk that exists in full contact WTF style Taekwondo. I intend to play fair and accept that the decisions of the competition organisers are final.
 Signed (by parent/guardian if participant is under 18)

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 7.00-8.00pm Advanced	7.30 - 8.30 Grading class 8.30 -9.30 Sport Taekwondo	6.00 - 6.40 Under 10s 6.40 - 7.20 Green belt and under 7.20 - 8.00 Green belt and above Grading classes	8.00 - 9.30pm students 12+	6.30 -7.10 Under 10s 7.10 - 7.50 Green belt and under 7.50 - 8.30 Green belt and above Sport Taekwondo	12.00-12.40 Sport warm up 12.40 - 1.20 Sport Taekwondo 1.20 -2.00 Elite Sport
Aldershot Barracks		River Park Leisure Centre Winchester			Brighton Uni Cockcroft Sports Hall
7.00 - 8.00 Age 16+		7.30-9.00pm students 13+			1.30 - 3.00
		Brighton Uni Cockcroft Sports Hall			
		2.00-3.30			

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