

newsletter 38

Summer 2007

spitfire

TAEKWONDO ACADEMY



Laden down with medals at the Dome Open in June. L-R: Mark Metzger, Sarah Linnell-Stocks, Ibrahim Ahmed, Maria Metzger, Luke Harman, Terence Yu, Lucy Walton, James Hawkins, Nathan Ward & Sian Harman

ROUND★UP

The 2007 season has been the most successful in the history of Spitfire Taekwondo, with the emergence of a truly talented team of taekwondo players competing at first class level. Spitfire has gained recognition as a formidable force in UK taekwondo with members this year reaching the fringes of GB representation; the future for Spitfire players is looking bright! Special mention to Mark Metzger and Lucy Walton for their respective endeavours this season. The second half of the 2007 season is already packed with high quality tournaments, please see the diary on right hand side. All entry forms will be posted on website as soon as we have them.



Congratulations to James Hawkins from Spitfire Farnborough, who was recently nominated for Junior Sportsman of the Year in the NorthEast Hampshire Sports Awards. It's great to see James' efforts rewarded in a ceremony that is usually reserved for sports such as cricket and football.

grading

The activities day and grading at 3-Peaks was great fun, and a great success with good performances in the grading and nobody falling off the zip-wire! Well done to Tom Smith and Huw Richards who both achieved A-grade passes in their grading. Turn over for photos of the day. After such great feedback from so many of you, we will be putting the 3 Peaks on the Spitfire calendar for the summer grading next year.

grading do's and don'ts

1. *Do* keep your PTRs up-to date with photographs of yourself and details of tournaments you have attended
2. *Do* read your PTR requirements
3. *Don't* worry about asking questions on your PTR
4. *Do* get your PTR signed at least a week before the grading
5. *Do* make sure your toenails are cut nice and short

diary dates:

(Please note some dates may be subject to change)

September 22nd -
Dublin Fight Night

September 28th - 30th Olympic Qualification Tournament, Manchester – there will be no Saturday class this week. For more info and tickets see www.manchester2007.info

October 6th – Kup grading (Winchester, venue TBC)

October 7th London Open - suitable for all

October 14th Crystal Palace Open - suitable for all

October 21st Dorset Invitation (Bournemouth) - Ideal for novices & children

November 17-18 British Championships - Blue belts over 13 upwards

November 24-5 Paris Open - Olympic categories A-class only

December 8th - Kup grading (Southampton, venue TBC)

December TBA Dan Grading, Doncaster

For anyone wishing to compete, please make sure that your license is up to date. Please be aware that renewal licences can take up to 6 weeks to come through, so if yours is due to expire during this busy competition season, then pick up a BTGB form from your Instructor NOW!

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 7.00-8.00pm Advanced	6.00-7.00pm Childrens class (term time only)	5.45 - 7.15 all students term time only	8.30 -10.00pm students 12+	7.00-8.00pm all students	12.00-1.00pm Sport Taekwondo 1.00-2.00pm Elite Sport
		River Park Leisure Centre Winchester			
		7.30-9.00pm students 13+			

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
 For equipment orders, licenses, fees or general enquiries please contact Louise

**Thanks to the Moore family
for the photos of Three peaks!**



WWW.SPITFIRETKD.CO.UK • LOUISE@SPITFIRETKD.CO.UK