



Tournament Roundup

British National Championships:

At first, the Velodrome may seem at odds as being the tournament venue for a Taekwondo competition; however this national, purpose-built arena provided the fitting backdrop to host the British National Championships, and the finest exponents of our sport in the country.

Spitfire Elite, an 8-man team split of 7 advanced and 1 novice were immediately at home at this prestigious event. Leading the charge, Sarah won her first 2 matches in the Senior Advanced, but hit heartbreak in her first junior advanced match by breaking her foot and stopping her advance towards two finals. Excellent performances from James, Shey and Levi in their first major tournament produced wins to put them into medal positions. Both Lucy and James went out in the semi-finals to British Team Players, but, inevitably, not without a good fight.

Ryan, Levi and CJ all got to meet their hero Aaron Cook and get a picture! Spitfire Elite acquitted themselves extremely well in their competitiveness, capability, conduct and team spirit, producing SEVEN medals! Well done James, Sarah, Shey, Levi, Ryan, Maria, CJ and Lucy; we're all extremely proud of you.



L-R: Sarah, Lucy, Maria & James



L-R: Ryan, Shey, Levi & CJ



L-R: CJ, Levi, Olympic Athlete Aaron Cook & Ryan

Hold the Front Page

Ryan, Levi and CJ all made the front page of the Farnborough Mail last week before their exploits in Manchester – form an orderly queue for autographs!

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 - 7.00 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	
Aldershot Barracks		River Park Leisure Centre Winchester				Brighton Uni Cockcroft Sports Hall
7.00-800pm students 16+		7.30-9.00pm students 13+				
					Brighton Uni Cockcroft Sports Hall 2.00-3.30	

If you need to get in touch...

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

Forthcoming events:

British international open

1st/2nd November: The pinnacle of the domestic competitive calendar is the first British International Open back at Sport City , Manchester . Spitfire Elite will field a small team for this “A-class” event that is rumoured to field a number of “big” international teams. This will be an excellent spectacle so well worth going up to support our players and watch some of the world’s best players, here in the UK.

Dorset open

26th October: Bournemouth. This is an excellent novice tournament and is consistently oversubscribed; those interested email Louise for an application form by the end of September and get it in by the 12th October to avoid disappointment.

grading

20th September 18.30 - 20.30
Farnborough Leisure Centre

4th October 12.00 - 14.00
River Park Leisure Centre, Winchester

TBC December Dan Grading Dorchester

inter club

We’re hoping to repeat our interclub experience with the Gurkhas and invite some of our friends from other clubs in the region; our less experienced and younger members really benefited as it’s is the perfect arena to compete without the pressure of a big tournament. We’ll keep you posted.

Blackbelt Training

It is what it is, and is aimed at red belts upwards in preparation for Dan grading, as well as advanced techniques and training for consistent Kup teaching throughout Spitfire. Patterns, one-step, weapons work and instructing, er, instruction. September 27th River Park 2-5. Contact Claire for details.

Website

Let us know what you think of the new

www.spitfiretkd.co.uk

We’d love for you to tell your story (taekwondo, of course) to go on the “Meet Spitfire” page along with a photo of you training.

Alex or Louise will collect your stories.