



## Tournament Roundup



OK, so this is the biggy - the first European A-Class status and World ranking for a British competition drew top national teams and players from over 40 nations, for the precursor to this October's World Championships in Denmark. Spitfire had to be there! A team of four: Levi, Lily, Sheena and Sarah improbably came back with GOLD and TWO SILVER medals after some heroic action at Sport City, Manchester. Lily's first big tournament win for GOLD can only be described as emphatic with a 13-0 demolition of a worthy opponent under the new rules that award 3 points for head-shots. Levi shouldn't have really been at the party only being 13, but age wasn't going to stop him from blasting through the preliminaries and semi-finals of the junior (14-17) division to grab a SILVER against Ireland National Team in the final. Sarah repeated last years' result with a SILVER in a higher division against Egypt.

Winning an A-Class medal is a feat in itself, but for such a small team to come back with 3 including GOLD is absolutely fantastic; we're all very proud.

## grading dates

### Kup grading:

Winchester: 12:00 October 10th (Saturday) River Park LC

Farnborough: 18:00 October 24th (Friday) Farnborough LC

### Dan grading:

Doncaster: October 18th (Sunday)

Morning workshop and grading in afternoon. If you are planning on attending this grading please email Louise for an application form.

Closing date for entries 15th October



## Lily's summer Holiday

If winning GOLD at an International competition isn't enough, our Lily spent a week of her school break in Korea with the junior hopefuls for Team GB at the Olympic Youth Training Camp in preparation for the Junior Olympics next year. Pictured is Lily with Olympic GOLD medallist Lim Su Jeong.

## Dorset taekwondo Championships

### 25th October Bournemouth

Please, Please you must have a valid license for this one or else you cannot compete. Information is at [www.ma-regonline.com](http://www.ma-regonline.com) or else email Claire for an application form if you prefer. Please ensure that Alex or Mark have your entry fees in advance and accurate weight in KILOGRAMS ONLY. This is a general-class tournament and is suitable for all ages and abilities. Deadline for entries is 16th October, any forms not in Bournemouth by this date will be subject to a fairly steep late payment fee, so please get your entries in quickly!

# new tracksuits make you fly!

Alas the classic Spitfire tracksuit is at the end of its production life; we've had a great 4 years in the Navy-Blue kit. Good news is that we've struck a deal with MIZUNO UK to provide extremely elegant jet-black tracksuits with detachable arms; without the Spitfire colours they would top £80 in the shops! Even better news is that Mizuno branded beanies and thermo t-s are also available. Place your orders now!

Tracksuit - £60 Thermo -T £10 Beanie - £6



## World Championships in denmark

14th - 18th October, Copenhagen

The Senior Worlds make their bi-annual appearance; this time in Europe. Mark and Alex will be there taking notes! Weekend tickets are £40 and flights to Copenhagen are cheapest at easyjet should you fancy taking in the cream of taekwondo action. More info at [www.cph2009.dk](http://www.cph2009.dk)

# 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