

newsletter 40

December 2007

spitfire

TAEKWONDO ACADEMY

Are you *still* not getting your newsletter by email? We would like to go paper-free in 2008, so please send a blank email to louise@spitfiretkd.co.uk to be added to the mailing list. Get the news as soon as it happens, direct to your inbox.



PLEASE PLEASE PLEASE check that your BTCB licence is valid. There is only so much chasing we can do of you, it is YOUR responsibility to fill out renewal forms IN GOOD TIME before your licence expires. You need to allow at least four weeks for your new one to come through, so do not expect it to be turned around in a week before a tournament, it just will NOT happen. If you are not insured, you cannot compete/grade/you shouldn't even be training.

BUGS in the system!

Check your PTR requirements for your next gradings – there are errors in the 18+ Adult syllabus that Alex will update over Christmas. If in doubt CHECK with Alex, then amend your current copy of PTR; it is there for you to write in and record.

We apologise for this, but also are a bit alarmed that only in the last week has one person pointed this out!

SPORT ROUNDUP

The second half to the 2007 season started with a fight-night in DUBLIN to shake off the cobwebs of the summer. Lucy put in an effortless win before heading off to train full-time with our friends in Belgium as part of her bid to win the GB Nationals. BOURNEMOUTH was another chance to give novices a taste of competition with notable performances from Josh Gaffney and Jack Cairns and the ubiquitous blitzkrieg from Maria Metzger to claim GOLD.

A break at the end of September with Spitfire taking a trip to the World Olympic Qualification Event in Manchester to watch Sarah Stevenson (Doncaster All Stars & Great Britain) qualify a place for Great Britain in Beijing 2008.

Maria, Sarah and Sheena met up with Lucy in PARIS for their first international A-Class event. This was as high a level as you get, with 44 teams including the national teams of UK, Holland, France, Turkey and Spain competing for their Olympic Qualification hopes. Maria performed especially well, missing out on a medal position due to some controversial scoring. The girls prepared hard for this event with dieting, athletic, resistance and strength training including the infamous "Tyre Run" up St Catherine's Hill!

Good luck to all those competing in the GB nationals in Manchester on December 15-16th!

Xmas Break

Winchester/Southampton/Eastleigh clubs:

Last class 2007 - Wednesday 19th December at River Park Leisure Centre
First class 2008 - Monday 7th January at Kings School

Farnborough/Aldershot club:

Last class 2007 - Wednesday 19th December at Oak Farm School
First class 2008 - Friday 4th January at Farnborough Leisure Centre

next grading dates

(subject to change if tournaments dictate)

Kup MARCH 1st WINCHESTER
Dan/Poom MARCH 15th DONCASTER

Blackbelts: it is your duty as a Spitfire blackbelt to attend three out of four Kup gradings per year to help out/demonstrate techniques.

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 term time only	8.30 -10.00pm students 12+	7.00-8.00pm all students	12.00-1.00pm Sport Taekwondo
7.00-8.00pm Advanced		River Park Leisure Centre Winchester			1.00-2.00pm Elite Sport
Aldershot Barracks		7.30-9.00pm students 13+			Brighton Uni Cockcroft Sports Hall
7.00-8.00pm students 16+		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@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
 For equipment orders, licenses, fees or general enquiries please contact Claire whilst Louise is on maternity leave

PROMOTIONS

Well done to Harry Wolverson and Emma Thompson on their POOM grade and Kirsty Brennan on her DAN grade promotions, which each come after 3 years+ of hard work and training. Good luck on training as senior grades!

SPORT CLASSES IN 2008

A reminder to purchase elbow protectors for Sport training on Saturdays 1.00-2:00pm session. The significant injury in taekwondo practise occurs by kicking elbows; to pad these will 1) protect your feet and 2) help with confidence in throwing a kick that you won't hurt your foot. They're only £7 and **will become compulsory at the end of January.**

ONE*2*ONE TRAINING

1-2-1 hour sessions are your chances to take personal training on any aspect of taekwondo that you choose from sport technique through to advanced self-defence. Small groups, including non-members of Spitfire may also take advantage of specific training such as Women's Self-Defence. Available on request via Alex.

ADMIN/EQUIPMENT ORDERS

From January 2008 Louise will be taking a few months off due to the hotly anticipated arrival of a new addition to the Barter family. This will mean that Cho Su Claire will be taking over some, but not all, of the administration of the club. **Please email claire@spitfiretkd.co.uk and NOT spitfiretkd@btinternet.com as this email will not be checked daily as it currently is.** From Jan we will order equipment once per month – on the 25th. Please ensure you hand your instructor the order form and cheque for the correct amount – **no verbal requests are recognised**, and handing Alex cash is not without its own risks. Order forms are available online.

Have a great Christmas Holiday and New Year and look forward to seeing you back in 2008!

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