



# **UDDINGSTON**

## **TAE KWON DO**

# **Newsletter**

### **Welcome Back**

Once again I would like to thank everyone for their support through 2009 and long may it continue through 2010 !!!! I hope everyone had a brilliant Christmas and New Year ☺ Am sure Santa was good to you all !!!! I was totally overwhelmed with all the lovely cards and gifts I received from you, it really was VERY touching THANK YOU. Its great to see everyone back and new more faces joining our club.

2010 is a busy busy year in the world of TKD !!! I do put as much info in the newsletter, but have a look at TAGB Scotland web site which lists ALL the events for the fore coming year.

### **Award Night**

Phoenix Taekwondo Annual Award night will be held on Saturday 27<sup>th</sup> February. This night the 6 clubs from Phoenix all get together to recognise the efforts and achievements of the students.

The night is very much a family night and will include a buffet and disco. It kicks off at 7pm and finishes 11.30pm. Tickets are £7 per adult and £5 per child.

The event is held in Kilmarnock, so I will be organising a bus to take us, so if you are interested in attending, please speak to me for further details as soon as possible.

This is the first time we have attended this event, due to our club being relatively new, I would really appreciate your support, I can tell you they are really good nights !!!!

### **Parents Committee**

Our Parents Fund Raising Committee have a few events coming up, your support would be greatly appreciated to raise funds for our club. For example we are planning to do a 'Sponsored Kick' in the next couple of weeks and the money raised would go towards paying for the bus or ticket cost for the award night. We also have bag packs and sponsored walks planned for later in the year.

Please try to take part in the fund raising events as any money raised is all used for the students.

### **Equipment**

Sparring Equipment: Please ensure that your child has and wears **ALL** of the correct sparring equipment. The following is the full requirement: **HEAD, HANDS & FEET, SHIN GUARDS, GUM SHIELD & GROIN FOR MALES.**

Hoodies & Suits: The black club hoodies are suits are available from order from myself. The hoodies are £25 and the suits are £35

Also remember that handbooks (hard copy and CD format) and DVD's are available to purchase. These books/DVD's will cover all the syllabus and Korean from white belt to black belt.

All orders placed should be paid for at the time of ordering. All suits and equipment can be purchased through myself.

### **PUT YOUR NAME ON ALL EQUIPMENT**

[kirstyizat@02.co.uk](mailto:kirstyizat@02.co.uk)  
www.phoenixtaekwondo.com  
0773 333 7545

## Grading

The next colour belt grading will be 12<sup>th</sup> March. Some of you guys are starting to reach or have already reached intermediate stage, which means there is more to learn and remember !!!! Please attend training regularly and practice all your patterns and Korean, as gradings will start getting harder at this level.

## Hall Changes

Due to exams taking place in February, we will be in the games hall on a Monday night and the dance studio on a Wednesday. Days and times of the classes have not changed. This will affect us for the first 3 weeks of February and then we will be back to normal.

## Squad Training

This year we have the World Championship in September – if you have any aspirations of taking part in this major tournament and the other tournaments, it is vital you attend as many classes and squad sessions as you can.

Sessions are held every Saturday in the Sir Matt Busby, Bellshill. Kids are 11.15 to 12.15 and adults are 12.15 – 2.15. Adults also have the option of doing the running section of the session which starts at 11.15. Yes it's hard.....nothings easy !!!!!!!

For more information please see me.

## Club News

Check out this week's Hamilton Advertiser we are in it !!!!!...the photo is of the students who undertook the grading in December. Well done to all those students – the pass marks were pretty high !!! Keep up the good work.

Alston Cooper and Scott Martin had fantastic gradings and received the grading awards – WELL DONE BOYS !!!!

We now have our very own Bebo site – (thank you Pauline), this site is just new, so there is lots of stuff still to be added. We will be adding photos etc of training sessions, gradings, fund raising events, award night etc and keeping you up to date with news, so make sure you go on and join us as a group ☺ ☺ ☺

This newsletter and photos can be found on the Phoenix Web site (address below). For more information on our association and some great photos etc. have a look at the following web sites:

[www.tagb.biz](http://www.tagb.biz)  
[www.tagbscotland.biz](http://www.tagbscotland.biz)  
[www.phoenixtaekwondo.com](http://www.phoenixtaekwondo.com)

If anyone has any questions please feel free to contact me on the number or email address below

Kirsty  
January 2010

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## Dates for Your Diary

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6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> February – Squad Training  
Sir Matt Busby, Bellshill

25<sup>th</sup> February – CK Choi Seminar  
Info to follow.

25<sup>th</sup> February – Uddingston TAGB 2<sup>nd</sup> Birthday ☺ ☺ ☺

5<sup>th</sup> – 7<sup>th</sup> March – Training Camp  
Tulliallan

12<sup>th</sup> March – Colour Belt Grading

20<sup>th</sup> March – Squad Training

28<sup>th</sup> March - English Championships  
Telford

Check web site for full listing of events.

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