



UDDINGSTON

TAE KWON DO

Newsletter

Colour Belt Grading

We had another fantastic clean sweep of passes in the June Grading – so well done to everyone who sat the grading and made me very proud ☺☺☺

The grading awards go to:

Evan Corrigan – Tots Class
Taylor McMillan – Juniors Class
Debbie Smith – Adult Class

Our next grading is 17th September, so please keep going through all your patterns and techniques, especially stances and don't forget your Korean !!!!! ☺

Tots Class - Student of the Month

Big huge well done to Scott Crawford who has been absolutely brilliant since he started and quite deservedly has won the Student of the Month for June. Hopefully (with lots of practice) Scott and a few others in the tots class will be ready to sit their first grading in September ☺ Keep up the good work all of you ☺ !!!!! There is a fantastic picture of Scott with his black belt and trophy on the web site and facebook page.

Squad Training

Squad training is not on over the summer, I will inform you when it starts up again.

Summer Holidays

Training will be on as normal during the school holidays, with the exception of the Glasgow fair (last two weeks in July). The

last class is on Wednesday 13th July and the first class back is Monday 1st August.

If you would like to do keep up training over the holidays you are more welcome to train at one of the other TAGB clubs. Larkhall – Monday & Wednesday 6-7 for kids and 7-8 adults (Larkhall is closed Monday 18th). Blantyre is Tuesday & Thursday same times as above. These class's are £5 per class and you will pay the instructor when you are there. There are also clubs in Wishaw, Airdrie, Cumbernauld and Kilmarnock if anyone would like info let me know. Hamilton club is closed at the same time as us.

Scottish Tournaments

We have two tournaments coming up which we are training for; the Scottish Open & Scottish Closed.

Scottish Open: 10th September, Wishaw Sports Centre. This is a 'National' tournament where all TAGB members from all over Great Britain are invited to attend.

Scottish Closed: 29th October, Wishaw Sports Centre. This is a 'Closed' tournament, which means that is is only open to Scottish clubs.

Both tournaments will have divisions in sparring, team sparring (points only) and patterns. The Scottish Open will have black belt destruction.

I will have full information on both nearer the time.

Sponsor Walk

I would like to encourage as many people as possible enter the tournaments mentioned above, so I am going to arrange a sponsored walk around Strathclyde Park to raise funds, which we can use to pay for students to enter the tournaments.

The walk will take place on Saturday 20th August at 12 noon. We will walk round the park and then have some fun games and a picnic/barbeque once we are finished. I will issue a sponsor sheet with all the details once we return from our break.

Sparring Equipment & Suits

All sparring equipment is mandatory when sparring in class, so please ensure you have all the proper equipment.

All equipment, suits and handbooks etc are all available to order through myself. All orders should be paid when placing the order.

Make sure you have your name on **ALL** your equipment as everyone wears the same equipment.

Club/Association Information

Please check the web site and Uddingston TAGB Facebook & Phoenix Facebook for updates

The Uddingston & Phoenix Facebook pages are where the club information is updated regularly so please check them out. All the information, newsletters 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
www.tagbscotland.biz
www.phoenixtaekwondo.com
www.blackbeltschools.co.uk

Phoenix site members page has great revision material

Black belt schools has a great TKD quiz on their syllabus page.

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

I hope you all have a great time over the summer and I look forward to seeing you all back and fresh on **1st August** ☺

Kirsty

June/July 2011

Dates for Your Diary

13th July – Last class before holidays

1st August – First class back

20th August – Sponsored Walk

10th September – Scottish Open Tournament

17th September – Colour Belt Grading, TBC

29th October – Scottish Closed Tournament

27th November – British Championships

10th December – Colour Belt Grading - TBC

The full 2011 calendar has been emailed to everyone, but it is also on TAGB Scotland, TAGB and Phoenix web sites.

Note: This newsletter is emailed to all students, if you have not received an email from me please check that I have your correct details ☺

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