



UDDINGSTON

TAE KWON DO

Newsletter

Back to Business

Now we have got April out the way (more holidays than ever !!!) and only one more bank holiday left in May, it's time to get our focus back to TKD and the up and coming grading ☺.....talking of gradings.....

4th Dan Grading

Congratulations to Julie Evans one of our adult students who passed her 4th degree black belt in April. Julie has trained hard, for four years, not only at Uddingston, but has attended training at Blantyre & Bellshill to get the practice and fitness required to sit this grading **BIG HUGE WELL DONE TO YOU** ☺☺☺

Colour Belt Grading

The next grading will be held at Wishaw Sports Centre on Saturday 11th June. The start time has been brought forward, to 12 noon, I will confirm this on the grading forms. Please make sure you have all been practicing you patterns (**all of them**) and all of your Korean. I will be giving out forms 1st June to those students who are eligible **and who show they have been practicing**. (I can tell who has and who hasn't been practicing !!!!!).

Remember that you can visit the web sites noted at the end of the newsletter for extra help.

Sparring Seminar

The recent sparring seminar held at Ravenscraig, with Mr Watson & Mr Duncan, was a huge success. Every student & parent that attended really enjoyed the

session and everyone took something away from the session that they could adapt into their own training and fighting style. I have emailed all the TAGB Scotland committee on behalf of Uddingston and thanked the boys for the session and recommended that we do it again. So hopefully we will have another seminar at the end of this year or early next year.

Tots Student of the Month & Training Changes

April student of the month was.....**EVE LAVERTY**, well done to Eve who has been trying very hard in every class ☺

I would like to invite any of the yellow belt students from the tots class to talk to me about moving up to the next class. I feel that at yellow belt (and some of which are ready to sit green stripe), it would be a good move for their progression, however, I am aware of the age and the 'suitability' of attending this class. If any student in the tots class (yellow belt and above only) would like to take the progression into the next class, this inturn, leads to red belts and above moving into the adult/senior class.

Please speak to me and we shall discuss the matter futher.

Also, for those who want to improve their sparring..... Wednesday nights 9-10pm there will be an hours sparring class. Mr Duncan and others will (as much as possible) be there. This class is suited to adults and kids who wish to participate in tournaments. No exta cost – coz am nice ☺

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Fight Night/Raffle

TAGB Scotland held a fight night at the start of May in Larkhall, which was a huge success. Thank you to all who attended. The raffle that I had been selling tickets for was also drawn on the night and the winners for Uddingston were:

Ben Robertson – month free training
Michelle Duffy – TKD T-Shirt
Clair Quinn – TKD Beanie Hat
Leo McCabe – TKD Track Suit
Dean Quinn – TKD Sweat Top

These events were organised to support the Team going to Texas and all in we have raised over £3000 – well done. I would like to personally thank everyone who helped.....REMEMBER YOU COULD BE PART OF THE TEAM IN THE FUTURE – we will do the same for you !!!!!

Squad Training

Squad training is an excellent way to improve your fitness and train with some of the very best fighters in Scotland.

The next squad training session is 28th May at Bellshill. See me for further details.

Bank Holiday

Fheewwwwwww..... last one for a while !!! While I am die hard and would train all the time...unfortunatly the sports centre is closed during bank holidays, so please remember we will not be on on Monday 30th May. Also remember that we are only ever closed on Bank holidays or while I am off sunning myself (which I will give you notice of), inservice days etc are always training days = happy days ☺

Local Media/Membership

We are in the Hamilton Advertiser & The Hub for the grading and the 4th Dan Grading. We also have an advert in fitness section on The Hub next week.

All of the paper clippings are kept in the club scrap book so let me know when they are in (just in case I miss them !!!).

The fee's for the club have not increase for 3 years, although the Council has applied a price increase to the hall let. I don't want to change my fee structure, so I am looking to get some new members into the club.

Remember that if you introduce a new member to the club, they will get a month's free training and if they take out a membership/licence, you will get a month free training too. So all those Mums and Dads that are thinking about it.....stop thinking and JUST DO IT !!!!! I also have leaflets if anyone who like to take some and pass them out too.

Sparring Equipment

Sparring is part of the syllabus of TKD training. To ensure ultimate safety in the club all sparring equipment is mandatory as sparring will form part of the class regularly. Those student who already have hand and head gear should now be looking to get shin guards and foot pads too. All sparring equipment is available though myself – see me for order form and/or info on prices etc.

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

Hanky Time.....

Just want to say farewell to Nick & Jess two of our adult students who are going home(ish) (Jess is Australian & Nick is an Uddyonian) at the end of May. I would just like to say it has been a pleasure having you as my students. I and we are really gonny miss you both. All the best on your new venture and remember training is on Monday and Wednesdays when your home for vacation – I expect you both there LOL xx

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 (**members area: User name is Phoenix & Password its Student 1)**)

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

Once again, I can't thank you all enough for the support. Especially the kids and adults who come down and help me with the club – it's all very much appreciated and I couldn't do it without your help ☺

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

Kirsty
April / May 2011

Dates for Your Diary

30th May – Club off, Bank Holiday

11th June – Colour Belt Grading, Wishaw

10th September – Scottish Open, Motherwell

17th September – Colour Belt Grading, TBC

TBC October – Scottish Closed

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.