

August 08

Upcoming events

Silla Taekwon-Do Newsletter

2nd August

Woman's Big Day in. This is a day of training on self defence and other aspects specially formulated for females only. See me for details.

3rd August

3rd Star series tournament in Wellington*

5th August

Pre-grading exam night. You will be assessed as to whether you will be put forward for grading

14th August *(No training night if not going)*

Visit to Master D's club in Cambridge & Dinner at McDonalds: Cost \$10 which includes dinner. We will carpool so ask your parents if they can help. I have room for 10, first returned paid permission slips (see back) get a ride!

16-17 August

Protect self Defence seminar in Gisborne. Let me know if you want to go

23rd August

Grading

Only those that pass the pre-grading will be allowed to grade.

Note*: You are eligible to enter these tournaments once you reach yellow stripe, see me for more details.

Student of the Month

Congratulations to last month's winner, Kahu.

This month's winner is someone I am extremely proud to have as my student, and my teacher. They constantly practise the tenants of Taekwon-Do at class and at Home
Congratulations to:

James Brown

Previous winners:
Graham Woods
Kaha Wihapi

Members of Tauranga and Silla clubs at the IIC Conference

Grading Month:

The big theme for us this month is to get you through your grading. The pre-grading on Tuesday will consist of a practical and a theory test. Mr Skedgwell & I have spent a lot of time preparing you, but on your grading day you will pass or fail under your own power.

However, to get to the grading you will first have to pass the pre-grading. This is so that I can say to Master McPhail that you have been tested as ready, especially the theory test.

As I said in last month's newsletter...some of you need to practise more!

Place: Greenpark School Hall

Time: 10th Gup – 7th Gup 9.30 till 11.30

(form up 9.15, arrive by 9.00)

(This is everyone except James)

6th Gup – 2nd Gup 12.30 till 2.30

(form up 12.15, arrive by 12.00)

Upon passing your pre-grading, you will receive a permission slip which will detail everything you will need to think about for the grading.

New Website

Yes, we have a new website, designed for us by Mr Dave Blackwell of the Hamilton club, thanks Dave!

The address is:

www.sillataekwondo.com

Please keep an eye on the site as I will place all important changes there as well as telling you at training of course. But if you miss a few sessions, then check with the website, or email me.

This month's contest:

Sonkal najunde daebi makgi translates as:

Your prize: **The rest of the class doing 30 push-ups while you watch and call them out!**

August's proverb: Fools learn from experience. Wise men learn from the experience of fools (Otto von Bismark)



Master D's Cambridge Club Visit!

When: 14th August 2008

Where: Senior Citizens Hall, Commerce Street, Cambridge

Time: 4:30pm be at Do Jang
4:45pm depart Do Jang
9:00pm return Do Jang (approx)

Cost: There is a \$10 charge for dinner and diesel for the truck.

You must bring:

- A jacket
- A water bottle
- A change of clothes for dinner afterwards as you are not allowed to wear your Do Bok in public.

(You should have these things anyway at training).

NOTE: For those not going on the visit, there is no training at the Te Puna Hall!



I have room to take 10 students with me in my camper van. (They will be seated and supervised at all times and yes you can take as many people in a camper van as you have seats for, I asked the Ministry of Transport, and anyway, Mr Skedgwell is a policeman, so any problems will be his fault!).

If you want to help out with car pooling and come along, please let me know so we can get as many students coming as possible.

First 10 to return the permission slip below along with their \$10, get a seat.



I....., give permission for my child.....

to travel with Mr Brown to a club training session at Master Davidson's club in Matamata.

I have included \$10 per child