

Silla Taekwon-Do Newsletter

Upcoming events

3rd August

3rd Star series tournament in Wellington*

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 in August.

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 and the first student of the month winner, Graham.

This month's winner has shown progress, diligence and respect for all other students. They constantly practise the tenants of Taekwon-Do and will go far.

Congratulations to:

Kaha Wihapi

Previous winners:

Graham Woods
Kaha Wihapi

This month's contest:

What was the date that Taekwon-Do was officially named and when was it introduced in to New Zealand?

Your prize: The rest of the class doing 30 push-ups!

Welcome to the June newsletter. There is a lot going on this month.

Firstly congrats to Kaha for being the student of the month for June, well deserved. And also for being the first, and still only junior student to break the white board. I hope your financial freedom was well spent. There still remains the prizes for the red and black boards, \$30 & \$50 respectively. I will be seriously impressed when the red board is finally broken!

Congrats also to Holly for her gold medal at the regionals in Te Awamutu, awesome effort.

You may have noticed we have been spending a lot of time on pad work.

That is paying off in the standard of your kicks which is evident in your improved ability to break. We are also going to be spending more time on sparring as your skills grow, so if you want to look at purchasing sparring gear, see me or Mr Skedgwell so you don't



buy the wrong gear. You will need about \$200 to get you started, but you can buy it second hand, again see me first.

Grading

There are 16 training sessions left before the grading. Remember, you will **not** be put forward for the grading until you have met the required standard, no exceptions. Some of you have already met the standard, some of you have a bit of work to do yet. I will be starting to ask you random questions in class that you are supposed to know the answer to, so start studying!

I am also asking for any photo's that you would like to see of yourself, or your classmates, on our website. So far, I only have James, Rosie, Sam, & Holly!



More Website Info

Yes, we have a club website! You can visit it at:

www.freewebs.com/sillataekwondo

You can also sign the visitors book, thanks Rosemary, and leave your email address so I can update you if I need to. For example if I am sick and can't make training etc. Not likely, but it has happened in the past.

Club Badge

You should all by now have the club badge sewn on the right shoulder. As I explained, the badge is very important as it represents what the club is and stands for, and therefore what you represent. The colours stand for the two most important belts, white and black. White for beginners who have taken their first steps, and black for those students who have mastered the fundamentals. Wear it with pride, I do.

There is one other badge you are allowed to wear, which is the NZ flag which goes on the left shoulder. You will start to see these the more you attend ITFNZ events, like tournaments. And some of you may even have one eventually.

If you represent NZ overseas, you are also allowed to have 'New Zealand' on the back of your Do Bok.