

May 08

Shilla Taekwon-Do Newsletter

Club Fees

Please have all fees up to date. For those of you that are paying by AP, thank you as it makes my life easier. But if you are making an internet deposit, please ensure you clearly put your family name as a reference so I can tick you off (on paper, not in person).

Upcoming events

11th May

2nd Star series tournament in Auckland, see me if you want to go.*

22nd May

Visit to Tauranga club. There will be no training at Te Puna this night, instead we will be all heading to the Tauranga club, at The Greenpark school hall for a combined training session (same time as usual).

7th June

Midlands regional tournament

3rd August

3rd Star series tournament in Auckland*

23rd August

Grading

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

Yes, we still train in Winter. Yes we also train during the school holidays. So for those of you who have trouble getting off the couch, I know how you feel! Please be early to training, arriving late will ensure a goodly amount of press-ups. And in winter you need to be extra early to ensure you are warmed up properly to keep injuries to a minimum.

However, two points

- You shouldn't be on the couch in the first place, you should be on the floor stretching!
- The only thing required for you to get better at your TKD, is to practise. So come to every session, always put in your best effort, and always try to do each technique better than the last time you did it. It is very obvious to Mr Skedgwell and myself those students that practise and those that do not!

UNIFORMS

It's great to see everyone in uniform at training. Remember the Korean for uniform is Do Bok and your belt is called a Ti (pronounced 'Tea'). Do not bleach your Do Bok, use a whiting product like Nappi-San or similar, and don't wash it with colours, including your belt. In fact belts shouldn't be washed at all, there is no need, and they will fade quickly (this will be more relevant when we get more colours!). I don't mind if you don't iron your Do Bok at each training session as I don't iron mine everytime, but I do mind if they look crinkly like they have been thrown on the floor in the corner of your bedroom. As with everything else in Taekwon-Do, please respect what your Do Bok stands for by respecting your Do Bok. Untidy uniforms will result in heinous punishments inflicted on the offender!

Website

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

www.freewebs.com/sillataekwondo

There isn't much there at the moment, but I am working on it. I will also be bringing my camera to class and soon there will be a few more pictures up there...for all the world to see!

I will also be using it more for notices, events, all kinds of stuff. But grading results will only be published on the website once I have given them out in class along with your new belt.

Speaking of websites, there are two that you must visit so that you can gain a better understanding of your organisation:

www.itfnz.org.nz & www.tkd-itf.home.pl

The first is our parent body site here in NZ. It's huge with lots to see and read about Taekwon-Do in NZ. There are things there like a reference section, kids section, latest information, courses/camps/seminars you can attend...like I said it's a big site. The second site is the ITF world organisations site. NZ features there frequently as TKD is strong in this country. I recommend you spend some time at these sites, especially your own NZ site.

Etiquette

- It is your responsibility to keep your Do Jang (training area) clean at all times. Brooms are available in the men's toilets for this.
- Please bring a drink bottle to training, don't use the cups in the kitchen. If you forget and have to use a cup. PUT IT AWAY! (press-ups will follow)
- It is also your job to set up the Do Jang, and pack it away at the end of training. This is all part of student etiquette. If you don't know what this word means, ask me!

Winter Training

"The great man never considers himself higher than the common man. He does not want to see himself as the superior man, but as an equal." Lao Tzu (Who was Lao Tzu, ask me!)