

September 08

Upcoming events

9th September

Club visit:

Tauranga & Papamoa clubs are visiting us for the night. All tenets, especially the first one, must be observed!

13th September

Club tournament:

I would like to see as many members as possible entering this event. The tournament has been especially set up for beginners and you will have great fun!

23rd September

Club movie night:

There will be no training this night, instead we will be watching a movie, yet to be decided (suggestions are welcome), and some other stuff. Cost is \$5, which will go to fund out trip to Auckland next month!

3rd October

Nationals:

Our yearly national tournament, over 400 competitors...be there, it's free to watch!!

8th October

Club visit:

I need an indication from your parents if they would support the club travelling to Auckland during the holidays. I am planning to use minivans, leaving about 8am, visiting the Zoo, Motat, and training with Master McPhail's club, arriving home late about 11pm! Cost will be \$20-30 per person, with the club covering the rest (about another \$20-30), unless we can carpool which will be much cheaper! So I need to know if you can come with us, and if you can bring a car. Please come and see me and let me know.

Silla Taekwon-Do Newsletter

Sparring Month:

The big theme for us this month is sparring. We will be starting to put into practise some of the techniques we are learning in class, so you can see the practical applications of the holds and releases. As well as getting those that are entering ready for the interclub tournament coming up on the 13th.

Sparring involves a lot of fitness, so guess what...!

Water Bottles

Unbelievably, some of you are still turning up to training minus a water bottle. As spring is here, and summer not too far away, you MUST bring a water bottle to class. More drink stops will be necessary to stop dehydration, so bring one!

Club T Shirt

I would like to get some of the more artistic of you to design a club T shirt, or give me some ideas for one. Let me know, and we can use some of the fees to make them free!

Website news

I need your photo's! I am organising lots on the website as I find the time, but I need more photo's, so send them through. You can also put up articles that you have written, as Sam and Bonnie have done. It's your site, so use it!

The address is:

www.sillataekwondo.com

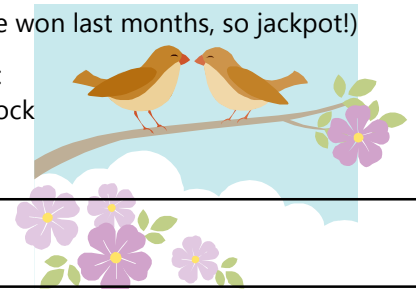
Please visit often as all important updates will be here first.

This months contest: (No one won last months, so jackpot!)

Translate into Korean and demonstrate:

Right L stance, knife-hand guarding block

Your prize: \$5 financial freedom



Septembers' proverb:

Pain is fear leaving your body! (Chuck Norris, martial arts legend)

Student of the Month

Congratulations to last month's winner, James.

This months winner is finally a female student. They have trained hard and reaped that reward at the recent grading. They always try at training and always smile!

Congratulations to:

Jade Gibson

Previous winners:

Graham Woods

Kaha Wihapi

James Brown

