

November 08

Upcoming events

13th November

Pre-Grading Night:

All students wanting to grade will be tested at training. Only those passing their pre-grading, and who have put in the required effort in class will be put forward to grade in December. Come prepared!

16th November

Epson Star Tournament, Auckland:

Any one wanting to compete in this tournament, please let me know. James, Josh & Holly are competing so far.

28-30th November

ITFNZ National Juniors Camp:

This is a national camp, targeted for under 15 year olds. Lots of training, games, fun...Ask James, Josh, Rosie or Sam, they have been to one before. Be quick as the camp is nearly full, girl spots only left.

6th December

Grading day. Maeroa Intermediate

School, Churchill Ave, Hamilton

Time: 8:30am to 3pm approx.

Don't be late!

11th December

Final club training night:

Last training night for the year, be here for a major prize for someone!

14th December (CHANGE OF DATE)

Club end of the year BBQ:

The club is putting on lunch at Sapphire Springs, all you have to do is bring a salad, we will provide the rest. Parents especially invited! It's free, the club is paying, and all club members are performing. 11am to 3pm approx.

Congratulations to last month's winner, Bonnie.

This months winner is a student that has showed consistency and improvement each month. Best of all, they always turn up to training with a can-do attitude, and have taken the tenants to heart and use them outside class.

Congratulations to: **Sam Collins**

Previous winners: Graham Woods, Jade Gibson, Kaha Wihapi, James Brown, Bonnie Gibson

Silla Taekwon-Do Newsletter

Fees:

These for some of you are getting a little behind. I admit to not being the best when it comes to asking for fees, but I also ask that you please remember that all fees for the club, stay in the club. Apart from paying for occasional training courses that Mr Skedgwell and I attend to ensure we are up to date with any changed syllabus or techniques, we use all student fees to pay for the hall hire and purchase equipment for you to use. We especially want to get more sparring gear and belts for the upcoming grading.

As the change of venue has meant an increase in hire fees (now \$30 a night), can you please have all fees as up to date as you can. I would really really appreciate any more families that can AP their fees too!

Do-Boks:

Mums (And Dads too!). DO NOT BLEACH YOUR CHILD'S DO-BOK!

This will change the colour of all the badges. Napisan is the best, with an overnight soak in warm water etc. We will be training outside when the weather permits, so there will be a few grass stains, but please don't bleach your child's uniform!

PTO

(Important info)

Mr Luke Thompson, twice world pre-arranged sparring champion & world power breaking champion. Will be teaching at the Kids Camp, just for you!

Website news

The address is:

www.sillataekwondo.com

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



This months contest:

(Nobody wanted the money from last month, so it jackpots!)

Translate into Korean and demonstrate:

Left walking stance, reverse rising block

Your prize: \$20 financial freedom

Novembers proverb:

Seek wisdom, not knowledge. Knowledge is of the past,
Wisdom is of the future. (Lumbee)

Student of the Month



Sparring:

While we are on the topic of sparring...

Mums, Dads, and Students:

Taekwon-Do is a contact sport, as well as a martial art. The two are not the same. There is a technical self defence aspect to what we do in class that prepares the student as much as we can to be able to defend themselves if they ever need to, and then there is the practical aspect of this preparation.

The technical aspect is done in a non-confrontational way through basic techniques, holds and releases, throwing and falling etc, in a controlled environment that everyone can have fun doing. It usually doesn't get too serious contact wise.

The second aspect is the confrontational part of your child's training. There are a few different ways we do this, but the main one we use is sparring. We *must* do this or your child will not be able to use the techniques we are teaching them realistically. I don't believe in doing one without the other as I have seen the results. Children taught techniques that they don't put into practise when reality bites on the street because they have never experienced a real confrontation in all it's ugliness tend to do nothing and panic. I would not be doing my job if I let this happen to your child.

There have been some incidents in class where some students have come out of training perhaps feeling a little upset after experiencing realistic sparring for the first time. This is normal, and while it can be upsetting to both student and parent, it is necessary and builds mental character and confidence. Your child will not be forced to spar in class, but they need to be aware that when they reach green belt, they must spar in their grading or they will not progress any further.

I will support and encourage your child as much as possible, as will Mr Skedgwell, and as I have said, any student not wanting to get in the ring and spar, doesn't have to. Sometimes a student will be put in the ring with someone more experienced, perhaps a more senior student visiting from another club. All our sparring is point scoring touch contact, not like boxing, but occasionally, someone will get hit a little hard and end up upset. Like I said, Taekwon-Do is a contact sport. I am very strict on the level of contact permitted, and any student who chooses not to keep to these limits will be spoken to, or if necessary, asked to stand down.

I would like to invite you all to stay for a training night and see what your child is learning, and we will also be putting on a demonstration at the end of year break-up (details below) to show you what your child has achieved.

I hope to see you all there.

End of year break-up:

On Sunday the 14th December, we are having the club end of year break-up at Sapphire Springs, Katikati.

Start Time: 11am End Time: 3pm approx

The club Demo team is going to be performing (we don't really have a demo team, it's all of us!), so for all you parents that have heard how much your child is enjoying their training, but haven't seen what they can do, this is your chance.

The club will pay for your entry, provide all the food and entertainment and all you have to bring is a salad or a desert.

Please let me know if you are coming so I can get the steak order right!