

March 09



신라

SILLA TAE KWONDO



## Newsletter

Website

The address is: [www.sillataekwondo.com](http://www.sillataekwondo.com)

### ITF NZ Annual Subs:

These are due NOW...please!

\$20 per person

\$40 per family

These fees are not mine, but are for ITF NZ (our parent organisation). Without them you cannot grade, go to camps, seminars; in fact, I cannot teach you without these fees paid. They are yearly, and are due now. I will be required to re-register you this month, so if you haven't paid, please do so immediately, because as from the end of February I will not be able to continue teaching you.

As you can see from the calendar on the website, there is a great deal on in the next couple of months, and I haven't even put up the Polish TKD training sessions that are coming to town.

I also understand that you can't attend everything, mainly due to cost, and also due to time.

If you want to enter the National Tournament this year in Christchurch, it's not going to be cheap. Every 6 years it's in the Sth Island, and while it's a great place to visit, it usually means a smaller tournament. On the plus side, there are less competitors which means more prizes!

Best of luck to all for the upcoming tournament, I am really happy to see most of the club coming along to have a go. There will be plenty of seniors there to advise you and support you. Speaking of which, we need a cheerleaders team to support our team members. Also banners and signs to show club spirit. While the contest is very low key, that doesn't mean we shouldn't support all team members

March will see us preparing more for the grading in April, so don't forget you have pre-grading on the 19th.

We are still looking for someone to design a club T-Shirt and I would like to do another fundraiser to add to the money raised from last year. Ideas please!

Congratulations to those that attended the regional camp in the weekend. Silla students were notable for their courtesies throughout the weekend, making me very proud of you. Next years is in the Waikato and we should all fundraise and attend! Pictures will be up on the website soon.

Also, I need an indication of who would be able to car pool to the Waikato to visit one of the two clubs there, on a Sunday afternoon! We will train and then find somewhere to have dinner on the way home.

### Automatic Payments

These make my life so much easier, it means I get to spend more time answering students many questions and less time writing out receipts. If you haven't set one up, could you please do so. The account number is: 06 0433 0392193 00. The name of the account is Silla Taekwon-Do with the National Bank. Please make sure you put your or your child's name as the reference or I won't know who deposited the funds!

### This months contest:

Congratulations to Henry for winning last months contest!

This month: Correctly dempnstrate the position, weight distribution & any angles of the feet for narani, niunja and gunnun sogi's.

Your prize: \$20 financial freedom (open to all Silla students)

### March's proverb:

Training hard, grading easy  
Training easy, grading hard  
(General Choi, and Mr Eccles favourite saying!)

### Student of the Month

First student of the month for 2009 is always polite, always trains hard, and follows the above proverb, congratulations to...**Nik Buet**