

April 09



신라

SILLA TAE KWONDO



Newsletter

Website

The address is: www.sillataekwondo.com

Club guest fundraising night!

On the 30th April, we are having another fundraising night. You will need to bring one family member or friend with you to training, and they will get a sample of what you do for a nights TKD. They won't be learning anything complicated like patterns etc, or have to do lots of basics like we do, but they will get a go at breaking, sparring, self defence, break-falling, etc.

Cost is again \$5 per guest, and all proceeds will be added to our last amount. Adults, please come along and help us out!

Club Visit

On the 19th April, the club is making a visit to the Hamilton Club!

This is a Sunday visit as one of their training sessions is on Sunday afternoon. They train at the Beerescourt Indoor Bowls Hall, Beerescourt Park, Maeroa Road, 5pm to 6:30pm.

We will be leaving from the big Countdown Supermarket Carpark in Bethlehem at 3:30pm. Any student that can carpool, please let me know. After training, we will make our way to the nearest fast food restaurant (voting will take place, judges decision final) for dinner together, before coming home.

The Hamilton Club's Instructor, Mr Eccles, is head of the tournament committee, and has coached the NZ team to great success. He was in fact the first NZ Coach to achieve huge success and put NZ firmly on the world TKD map. He is a 4th Degree Instructor, and takes a very hard class...can't wait!



Mr Eccles, above performing a middle twisting kick (Bittura Chagi), and on the right performing a flying side kick for his Black Belt

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 child's name as the reference or I won't know who deposited the funds!

This months contest:

This month, there are 2 contests! Correctly name all the Midlands Instructors, their clubs, and their rank

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

And...name the student on the back **PTO**. No financial prize for this...or is there?

March's proverb:

You may possess things, but you must not be possessed by them.

Aurobindo

Student of the Month

Student of the month for March is always polite, always trains hard, and has impressed Mr Skedgwell and myself with his etiquette and his progress, congratulations to...**Ethan Shergold**

NO Training Nights

Please note, as per the website calendar, there is no training on the 9th or 14th April, as I am away on holiday!



Can you guess who this student is?
They were about 3 years old when
this photo was taken.

If you have any baby photo's, let
me know and we can run this
contest next month as well.

Grading Tips - what does the examiner look for?

This is a test, to see how many of you read the newsletters!

An examiner has a very limited amount of time to spend on each student at the grading. They will spend more time on the senior students as they have more testing to be done. So if you are a white belt, you have a very limited amount of time to show your stuff. My advice for both senior and junior students is to show as much attitude as ability. Attitude has a great deal to do with passing a grading.

If you answer the examiner with a strong clear voice, he will remember you. If you come to attention, bow, and then answer, he will remember you more. And if you answer every question correctly, politely, respectfully, and confidently, that's when he will mention you to me and I will put in a good word for you, but only if you have backed up your grading performance with the same consistent work in class. Often, this is the difference from just a pass, to an 'A' student. There will be some 'A' passes this grading round. Will you be an 'A' student? Have you worked hard enough?

You can't fake Taekwon-Do, sooner or later you have to show what you have learnt, and you cannot fool an examiner, or your instructor for that matter!

My top nine grading tips!

- Be on time -** Late students never perform at their best
- Be well dressed -** Your Do Bok is a source of pride. Un-ironed Do Boks show you don't care...but the examiner and I will!
- Concentrate -** On yourself only, looking at other students will cause you to make mistakes
- While seated -** Do not talk, fidget, giggle, point at any student, or otherwise disturb the grading in any way; you will make yourself stand out for all the wrong reasons
- Be respectful -** To everyone, especially when wearing the club badge. You may not realise it, but TKD is a lot about respect. Also, a lot of seniors attend the grading to watch and you may not know who they are...but they know me!
- Be confident -** I put you forward for grading because you deserve to be there, show the examiner that I was right
- Do Not -** Turn your back on the examiner after you have been dismissed, walk backwards, it shows respect
- Do -** Come to attention when asked a question, bow, give your answer, and bow again!
- Do -** Support your club members by clapping vigorously, the examiner will note which club it is!