



신라

SILLA TAE KWONDO



June 09

Newsletter

Website

The address is: www.sillataekwondo.com

Regional Tournament...2!

It's great to see most of you entered so far, hopefully we can get the whole club entered!

At the regionals I want to see what Shaun and I saw at the interclub. All members entering, having a great time, but taking it seriously as well. Unfortunately we will be very busy judging and will not be able to second you for most of the day. However you will know most of the BB's that are there, so don't be afraid to ask them for help. You should get someone experienced to be your second when you are sparring etc. We will of course do what we can, but if there aren't enough officials, then the day falls apart so that's out first job.

Secondly, we will be meeting outside the venue and going in together as a team. I am trying to get the T-Shirts sorted in time, but it's looking unlikely to be honest. I am sure Rosie will welcome all the help she can get to organise the signs, team chant, and members of the cheerleading team. We all want to be named the best team on the day, so lets work hard at it.

There is also a large requirement for parental support on the day, so I would love to see parents coming down and being part of the tournament. There will be plenty of things to do from assisting competitors in to the ring, to time keeping, to wiping away the odd tear or two. I expect there will be some injuries as well, but they are usually sprains, bruising, and the odd nose bleed! We have St Johns there to assist with this, but like I said, the more involvement we can get, the better the atmosphere.

There is going to be a Ref & Judges course held in Hamilton the weekend before (7th June), all are welcome to attend, especially if you want the qualification and want to judge at the tournament. Parents especially benefit from these courses and you don't have to do TKD to attend, just have an interest. Start time is 9:30 am at the Hamilton Club Do Jang.



Mr Skedgwell, breaking 3 boards with a reverse turning kick at his grading...which he passed!

This months contest:

Name all ITF NZ's senior examiners and their ranks?

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

Congrats to Isobel on winning last months...see how easy it is!

June's proverb:

To remove a mountain, start with the small stones first

Student of the Month

Student of the month for June is a surprise! She has shown recent great progress and her standard has lifted considerably, congratulations to...**Abby Gibson**

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 TaekwonDo 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!

CLUB VISIT

On Thursday the 18th June we will be visiting the Tauranga Club instead of training at Te Puna. Mr Rimmer will be the Instructor for the night and no doubt we will all learn new things. As I am your instructor, so Mr Rimmer is mine, and he is preparing for his grading early next year to 7th dan, which means if he passes he will be Master Rimmer so I imagine we will be in for quite a night. Those not able to make it to Tauranga, there will be no training at Te Puna.

Do Jang: Greenpark School Hall

Time: 6pm - 7:30pm

BB Grading

Congratulations to Mr Skedgwell for passing his 3rd dan grading, in style too I might add. And also a big thank you to you all for the card you gave him as well. Those things really mean a lot to us.

The grading was very hard, probably the hardest I have seen, and there were more than a few sore people at the end of the Sunday. Not everyone passed, as there were 4 incomplete passes. This means that there was an area of the grading that the examiners were not happy with and want the candidate to resit. This is not as bad as having to resit the whole grading if they had failed. So watch the August grading, this is probably going to incorporate a section of the BB grading re-testing and some candidates may be grading with you!



The grading photo is always taken at the beginning of the grading, hence the smiling faces!

Motion in Taekwon-Do

There are 5 'speed' motions in Taekwon-Do. Stamping motion is not a motion, but a way of performing the technique.

- Natural -** this is the normal motion that techniques are performed at. All techniques can be performed in a natural motion
- Slow -** performed slower than normal, but not too slow. Designed to show your strength, balance, and to emphasise an important movement. Also demonstrates the gradual acceleration of a technique, done in slow motion.
- Fast -** urgent & aggressive, normal breathing, and nearly always attacks, mainly two punches. Short cut your signwave - spring straight from the first movement to the second.
- Continuous -** link the movements together naturally with no pause between the end of one and the beginning of the next. Normal breathing. Always starts with a block. Try to link the movements smoothly with grace and beauty.
- Connecting -** complete the two movements with one breath and one signwave. Always performed with two movements using opposite arms.