



신라

SILLA TAE KWONDO



August 09

Newsletter

Website

The address is: www.sillataekwondo.com

August Grading

As you all know by now, this Grading Round is being conducted by Master Davidson. The August Gradings are always conducted by one of the three Masters, usually Master McPhail, so they can keep an eye on the countries standards overall and highlight any areas that need attention for the Regional Examiners.

Master Davidson is a stickler for stances and self-defence, two of the many things he considers very important. So you will each need to pay particular attention to these areas.

As I have said in class, you are responsible for ensuring that you have covered all the areas needed for your grading, and any that you have missed because you were absent, you have asked me to go over them with you! Mr Skedgwell and myself make sure we go over all the areas, but if you have been away, then you may need to catch-up.

Only those students that meet the grading standing requirement will be put forward for the grading. Already I have had several students come to me and request that they not grade this time around. I absolutely applaud this as it shows that they think they are not ready and want more time to practise their TKD. If you want to ask me about this, please do. But also be aware that I may not agree with you and ask you to grade. Note that I say ask, not demand! If you do not want to grade, ultimately the choice will be yours. For the rest of you, whether I will let you grade, that will be my choice!

It is very evident from the questions that I have been asking in class, that a lot of you have not spent any time studying your theory. This happens every grading round! You know you are going to have a theory test, so get studying!

We will be spending August preparing for the grading, so it will be a very technical month. That's not to say that we will not be sparring etc as I have told you that the Blacks will be taking sparring classes with us, I just that I want to give you every opportunity to be at your best technically.

Pre-grading Night - Thursday 13th August

This is a very important night. You really *must* be at training unless you have seen me prior to explain why. As usual, the evening will be a formal test consisting of a practical and a theory exam.

Silla at the Nationals!

Congratulations to Holly & Rosie, who have made the regional team and will be travelling with me to the Nationals at Christchurch in September. I will be spending extra time with both these students to assist them in their preparation.

This months contest:

Name all ITFNZ's regional examiners and their ranks?

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

Congrats to Ethan on winning last months...again!

Student of the Month

Student of the month for July has started to really stand out as a great all round TKD practitioner. Congratulations to...**Jack Wilson**

Augusts' proverb:

The Master always teaches without teaching
Tao Te Ching

Club Demo Team

We have been asked to perform again at the Te Puna School Gala Day. This is a great opportunity for the club to show off what we have learnt. The date of the Gala Day is the 17th October.

All club members need to assist with this please. Some of you will be selected to perform 'extra' demonstrations of the skills you now have. In other words Mr Skedgwell and myself will look at each of you and pick some of you to demonstrate breaking, sparring, or self defence etc.

We will be looking at showcasing these areas as they really show what you have achieved, plus they look great and we usually get a few new members as well.

Hopefully we can borrow the dance troupes microphone again!



Sunday September 6. Te Puna School Hall, Te Puna Road from 10.00.

Visit: <http://www.protectselfdefence.co.nz/content/blogcategory/15/54/>

This is not just for our club members, it's for all parents as well. I cannot recommend that you do this course enough. This is a specialised course designed for very close contact self defence, and to give you the negotiating skills to deal with confrontation. This course is \$100, and only available for those over 13 years old. See me if you are serious and want more information or enroll online at the address above. Members from all over Midlands will be attending.

MESSAGE FROM THE EDITOR TKD TALK MAGAZINE:

Dear Instructors,

I hope you enjoyed the latest issue of Taekwon-Do Talk Magazine.

I have taken over as editor of the magazine and plan to publish 2 issues per year from now on. For it to be able to continue however, we desperately need more advertisers.

Can you please ask your club members if they know of anyone who may be able to advertise in the magazine. Each of our members may have a family member, friend or acquaintance who may like to advertise in our magazine. The mag goes to 2500 families throughout New Zealand, and is read by the whole family!

Please spend a moment thinking outside the square - perhaps there is someone you can ask.

Information about distribution numbers, demographics and advertising rates are on the web-site:

<http://www.itfnz.org.nz/taekwon-dotalk/advertise.html>

Also of course we need articles too - keep them coming in.

Yours in TKD

Paul McPhail

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!

SPONSORSHIP:

Thanks to the following who have sponsored Shane and Ross Black to Argentina so far ... anyone keen to support the boys can contact Lou on taurangaccltd@xtra.co.nz

Trudie Maloney A @ J Demolition
Industrial Footwear and Safety Ltd
Performance Diesels Ltd Body Mechanix

CLUB VISIT!

Thursday August 20 we will be Hosting the Tauranga & Papamoa Clubs. This is the last training session before your grading, and will be great fun. All members are reminded of their etiquette , especially as my instructor Mr Rimmer will be in attendance.

NEXT MIDLANDS REGIONAL GRADING:

**OTUMOETAI ACTION CENTER,
WINDSOR ROAD, TAURANGA,
SATURDAY AUGUST 22.**

10th Gup – 7th Gup 9.30 till 12.00
(form up 9.15, arrive by 9.00)
6th Gup – 2nd Gup 1.00 till finish
(form up 12.45, arrive by 12.30)

More info will come after the Pre-grading on the 13th August.