



Welcome back to training everyone - hold on to your hats - we have a busy year ahead - and some changes in the wind.

Goals for 2003

At the end of last year you completed a survey to say what you enjoy most about TKD and what you would like more of. The most common suggestion was to have more fitness and free sparring. We can achieve both these things together as free sparring is a great cardio-vascular workout!

I have goals for the club - and I also want to know what your individual goals are - so please let me know. Based on some of your suggestions, and a lot of thought over the holidays, I have come up with 4 main goals to try and achieve this year:

- 1. Increase the level of fitness**
- 2. Improve technical ability and knowledge**
- 3. Make a contribution at Regional level**
- 4. Help to expand the Region**

What do these mean and how do we achieve them?

1. Increase the level of fitness

We will start easy for a few weeks. Bring your running shoes to training as we will be doing a small amount of running. After a few weeks we will have a fitness test (running beep test, flexibility test, strength test) to measure and record the results. Every 6 weeks we will have a re-test to check progress.

Each training session will contain around 40 minutes of continuous fitness activity - a combination of running, pad work, circuits and sparring. With in a few weeks you will be feeling like a new person!

NO TRAINING WED 12th FEB as we can't get the hall

2. Improve technique ability and knowledge

There will be 10-15 minutes of each session dedicated to learning the syllabus and practicing particular techniques. This will ensure we cover all the syllabus and increase our knowledge.

3. Make a contribution at Regional level

Each person will be asked to contribute to the Region in some way. This can be done by attending regional events, courses (First Aid, Instructors', Umpires etc), organising gradings and so on. Keep track of what you do in the page provided in the back of your techniques handbook. We are a small region and it is important that we make it work! Black belts in particular will be expected to play an active role this year. I welcome any help parents and family members can give - please let me know if you are able to help out. Maybe you can be a ring marshal at a tournament or help organise a social outing? Any help is greatly appreciated.

4. Expand the Region

From our club we should be able to start new clubs to help expand the region and ITFNZ. I will be inviting those with an interest in instructing to attend specialised classes. These will cover basic instructing skills, administration & business skills and all you need to know to become an instructor. Anyone from green belt up who is interested please let me know. This is a long term plan but we need to start now.

FEES

Fees are staying the same this year. Remember - to avoid late fees consider going on to automatic payments - it's \$10 per month cheaper! We can offer this much

discount because we are not having to spent time collecting in money, and also the AP runs through January even though we don't train that month.

The club also operates a separate fundraising account (run by Margaret Pepper, chartered accountant), which is used for fundraising and Grants. Last year for example, the club received grants to help Harmony get to Puerto Rico and for Amanda to grade to 2nd dan in 2003. We have a few fundraisers we get involved in each year such as the Brookby School Ag Day, and any money received can be used for what ever you decide. If anyone has any contacts for funding, or ideas on what we can do, please let me know.

CALENDAR

The National Training Seminar was held in January, and myself, Dave Butchers, Debborah Olesen and Glenis Gummer attended. ITFNZ now has new 4th and 5th dans - see details and photos on the website: www.itfnz.org.nz.

CNS and ITFNZ are running a series of seminars for coaches and athletes - see over for details.

General Choi Cup. This is in Sydney, the last weekend of March. If you are interested let me know right away. We will be having extra trainings to assist those who are going.

I hope you as excited about the year ahead as I am. I can not do it along however - I need everyone's enthusiasm and commitment. Don't miss a single session!

Paul McPhail
Instructor

THE CNS TOURNAMENT WORKSHOPS

[For Coaches and Athletes]

Dr. Pat Wigley, Dr. Cameron Snelling, Mr Paul McPhail and Mr Andrew Niven have been working extensively over the holiday period to bring to you a series of TOURNAMENT WORKSHOPS to assist with **coaching athletes** and **training for** Taekwon-Do tournaments.

For the first time, Taekwon-Do Instructors and Coaches have worked alongside Sports Professionals to bring you this exciting new workshop series, which is being run as a build up towards this year's Regional, National, or World Champs Tournaments.

These workshops will challenge what you thought you knew about training and preparation for tournaments!

They will open your eyes to more effective ways to train.

All workshops are limited to 40 people and are strictly first in first served basis. They are being run in Auckland initially and if may be extended to other regions later.

Coaches are anyone interested in coaching individuals or teams for Taekwon-Do tournaments. You need not be a black belt or an instructor, and you don't have to have previous coaching experience.

Athletes are anyone interested in competing in tournaments, especially those who are intending entering this year's Regional, National or International events.

What to bring: Coaches: Pen and paper, open mind.

Athletes: pen and paper, training gear, swimming gear, plastic cup, jumper, and an open mind.

WORKSHOP 1

Sunday 16th February 2003

Venue: Auckland Grammar, Mountain Rd, Epsom

Coaches: 8:00 am - 12:00 pm

Athletes: 10:00 am - 12:00 pm

Course Content:

- Planning
- Understanding the variables
- Diary
- Testing protocol
- Practical

WORKSHOP 2

Sunday 2nd March 2003

Venue: Auckland Grammar, Mountain Rd, Epsom

Coaches: 8:00 am - 12:00 pm

Athletes: 10:00 am - 12:00 pm

Course Content:

- Review
- Preparation for a World Champs
- Review Diary's
- Practical

WORKSHOP 3

Sunday 6th April 2003

Venue: Auckland Grammar, Mountain Rd, Epsom

Coaches & Athletes: 8:00 - 10:00 am

WORKSHOP 4

Sunday 18th May 2003

Venue: Auckland Grammar, Mountain Rd, Epsom

Coaches & Athletes: 8:00 - 10:00 am

Complete an application form on-line at www.itfnz.org.nz or just let me know you wish to attend.

Cost: \$20 per workshop of \$60 for all 4.
Pay on the day.



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