

## CNS

Thanks to Dr. Pat Wigley from CNS for his first session with us - and we look forward to more over the coming months.

Our involvement with CNS follows winning the Counties Manukau Club of the Year in 2002, and one of the prizes was to have CNS assist us with training, fitness and injury prevention.

## Stripes on Tour 2003

Following the success of last years seminars, STRIPES ON TOUR is on again in March 2003. This year our newly promoted 4th and 5th dans will tour the country teaching seminars in your region. This was an idea raised at the 2001 ITFNZ Instructor's Conference.

We are making sure we visit clubs we missed last year, to make the seminars available to everyone.

The Counties Manukau Seminar is being conducted by Mr Ian Campbell from Te Awamutu, and is being held on **Monday 10th March** De La Salle College Gym, 81 Gray Avenue, Mangere East, 6.30 - 8.00 pm.

Tuesday the 11th Mr Campbell will be at the Meadowbank branch.

## Grading

The first grading for 2003 is being held at our club on **Wednesday 26th March**. We need an organiser for the grading, and all black belts need to be there to help with marshalling.

Pre-grading will be held on **Monday 17th March**.

## General Choi Cup

I am travelling to Sydney at the end of this month for the General Choi Cup - along with about 10 others from NZ. This means I will be away from training Monday 31st March.



## Under 18s

The first Under 18 tournament is to be held on **Sunday 13th April** in Auckland North. Keep your eye on the ITFNZ website for details. The second tournament is scheduled for **Sunday 27th April** at De La Salle College. Don't miss these two tournaments. If you are not competing please let me know if you can help on the day.

## CM Regional Tournament

This is being held in Pukekohe on **Sunday 18th May**. From this tournament a team will be picked to represent our region at the Nationals, this year being held in Dunedin on 12th & 13th July.

## Black Belt Grading

The first black belt grading for the year is to be held at Papatoetoe club on the weekend of **3rd & 4th May**. Rebecca Prasad is training up for that grading!

## First Aid Course

Counties Manukau Sports organisers regular first aid courses - ideal for everyone - imperative for instructors. The is one being held on Saturday 24th May at the Howick Rec Centre - \$15. Please let me know if you would like to attend.

## Poland World Champs

I am also attending the ITF World Champs in Poland this June. Following the tournament I am travelling to Lebanon with Master Daher to conduct seminars. Keep up to date with the Worlds and the progress of the NZ team at [www.itfnz.org.nz](http://www.itfnz.org.nz).

## Paul McPhail



*The 2nd meeting of the Pacific Ocean Taekwon-Do Federation was held in Palmerston North, New Zealand on Saturday 25th January 2003 to vote for a new President and Vice President. Master Michael Daher was elected as President and Mr Paul McPhail as Vice President.*