



Paul M Taekwon-Do

PAPAKURA NEWS - FEBRUARY 2004

PAPAKURA • WAI AU PA • BOTANY • GLENDOWIE

Welcome back to training and I trust you all had a good break over Christmas. I have taken the liberty of booking some seminars for our club in the first part of this year, as we have some very special guests in Auckland. I hope you will support these.

The first is an afternoon with Mrs Lena Walton, 4th dan from Wellington. Mrs Walton is a World Champs Power medallist and an all round awesome instructor. You will really enjoy training with her...all grades! Her class is a part of the "Stripes on Tour" seminars we hold each year, where 4th dans travel around the clubs giving seminars on various topics.

The second seminar we are hosting is with Mr Willie Van de Motel, 6th dan from Holland. Mr Van de Motel is one of the World's top sparring coaches, and he has in recent years been working with both our Junior and Senior World Champs Teams. The ITFNZ Technical Committee have asked him to run seminars throughout New Zealand to help improve our sparring skills. You will learn great techniques for free sparring and have a lot of fun too. This seminar is in May.

Training for the first half of this year will be along the lines of the following format:

Re-cap basic techniques (bring workbooks) Build aerobic fitness & flexibility slowly (bring running shoes) Stripes Seminar	Patterns, step sparring, self defence training for grading Theory Build anaerobic fitness, strength Stripes Seminar	GRADING Tournament skills (seniors have sparring gear) CM Regional Tournament Maintain fitness	Van de Mortel Seminar (Nationals Trainings) Black belt grading training (pad work, strength etc with 1st gups)
FEB	MAR	APR	MAY



Mrs Lena Walton



Mr Willie Van de Motel

FEBRUARY

20/2/05 Stripes on Tour - Mrs Lena Walton, 3 - 5.30 pm \$15 (\$25 per family)

26-27/2/05 MASTER SEMINAR - Australia - (All Grades)

27/2/05 EPSON Under 18 Series - Tournament 1 - CD

MARCH

5-6/3/05 MASTER SEMINAR - Wellington (All grades)

11-13/3/05 World Champs Selections - Taupo

18-20/3/05 Midlands Regional Camp

20/3/05 Auckland Nth Regional Tournament - Whangarei

APRIL

4-8/4/05 GRADINGS

10/4/05 CM Regional Tournament

24/4/05 CM Peewee tournament and Umpires course combined. Host: Paul MTKD Botany.

MAY

7/5/05 Seminar with Mr Willie Van de Mortel - Paul M Papakura

8/5/05 Top Ten Open Tournament

22/5/05 EPSON Under 18 Series - Tournament 2 - TBA (SI/WTN or MID)

28-29/5/05 BLACK BELT GRADING - Auckland (Examiners: Master McPhail and Mr Rimmer)

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