



## Paul M Taekwon-Do

PAPAKURA NEWS - JANUARY 2007

PAPAKURA • WAI AU PA • BOTANY • GLENDOWIE

### 2007 - The year ahead

I hope you all have a great Christmas and are ready for an awesome year at Taekwon-Do. Our first night back training for the normal class is Wednesday 31st January. The kids class will start on Wednesday 7 February - same day school starts for most kids.

### Notebook

We want everyone in the main class (not kids class) to have a notebook with you at each session this year. Write your name on the front and your goals in the back. After class write down what you have been specifically told to work on. Write out your step sparring and self defence routines and any reminders. Record the practice you do at home... and don't lose it.

### ITF Word Champs in Canada

The ITF Senior and Junior World Champs are being held in Canada in May. Congratulations for Melissa, Alisa, Paige, Bradley and Ethan who have been selected in the New Zealand Junior Team. We also have Lizzie trailing for the senior team. We hope to have as many supporters as possible come on the trip to Canada - keep an eye on the website for details:

[www.itfnz.org.nz/events/tournaments/worlds2007/](http://www.itfnz.org.nz/events/tournaments/worlds2007/)

If anyone has any contacts for sponsorship that may be able to help our members - please let us know!

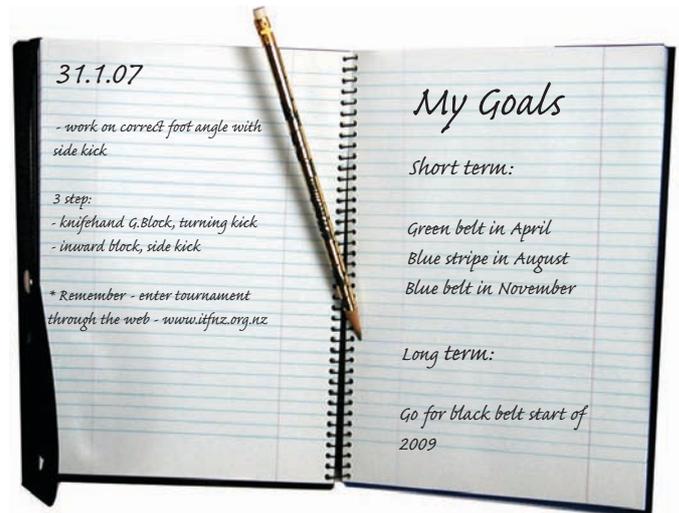
### Hot summer cool books

Auckland City Libraries "hot summer cool books" event in the domain. Friday, 2nd Feb at the Domain and will run from 2-4pm. There are 1000 children invited but they are unsure how many will come and not all will participate in each activity. They will have other things going on like a bouncy castle, reading trails. We will be involved in a "have-go-day" style afternoon - with children coming to try "breaking" rebreakables and kicking pads. We would like to see mini demos happening - rather than a "full demo" as such. Please let Mrs Breen know who will be involved. - phone 521 3244 or [sbreen@itfnz.org.nz](mailto:sbreen@itfnz.org.nz).

### Beginners Course

We are running a beginners Course on the 4th and 11th March, 1-2 pm. Cost is \$30. If they decide to join after the course, the \$30 beginners' course fee will be deducted from the joining fee (normally \$50). So they get to join for only \$20!

If you have any friends of family that may be interested, please encourage them to come along. We REALLY need to build



up our school this year with some new beginners. To register email: [pmcphail@itfnz.org.nz](mailto:pmcphail@itfnz.org.nz), or phone 021 983 532.

### Kids Class

We are taking on new children in the first term - from our second lesson on Wednesday 14th February. Please invite any friends to come along.

### Fee Increase

The training fees have increased, but not for our existing members. The new fee structure only affects new members. As long as you continue your automatic payments you will not have any increase. Details of the new fees are on our website: [www.paulm.co.nz/tkd/branch\\_papakura\\_fees.htm](http://www.paulm.co.nz/tkd/branch_papakura_fees.htm)

### Calendar of Events.

Please ask if you would like more information on any of these events.

20-21 Jan	Technical Committee Seminar - AKD
31 Jan	First sessions for 2007 (WWed)
7 Feb	Kids class starts - Term I
10 Feb	Instructors' Training Course - Meadowbank Branch I - 4 pm.
17 Feb	Umpires course - Counties Manukau
18 Feb	Pee Wee Tournament - Counties Manukau
18 March	EPSON Under 18 - Tournament I (Counties)
25 March	Top Ten Series (15 years and over)

Full Calendar is on-line at:

[www.itfnz.org.nz/events/calendar/calendar\\_next.html](http://www.itfnz.org.nz/events/calendar/calendar_next.html)

[www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd)

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