



Paul M Taekwon-Do
PAPAKURA NEWS - JULY 2007

Change in Class Times

From Monday 16th July we will be trialling new class times as follows:

NEW CLASS TIMES		
Mon	6.00 - 7.00 pm 7.00 - 8.00 pm	Juniors (white to green stripe) Seniors (Green belts and above)
Wed	5.00 - 6.00 pm 6.00 - 7.00 pm 7.00 - 8.00 pm	Kids Class Juniors (White to green Stripe) Seniors (Green belts and above)

This is so we can have classes better targeted to your grade.

Please note:

- The junior class will concentrate on basic techniques and the junior syllabus. Seniors are encouraged to train in the junior class also - meaning 2 hours training per night.
- The senior class will focus on senior techniques and the syllabus for senior grades. If you **only** train in this class you must arrive at least 15 minutes early and do your own warm up at the back.
- Juniors are permitted to train in the senior class if they wish, but the session will be geared towards the seniors.
- Kids Class members are invited to train in the Junior Class (once or twice a week) during the school holidays.

Grading

Grading is to be held on Wednesday 15th August hosted by Paul M Papakura with Infinity Papakura. Melissa Timperley is the organiser.

We would like the Kids Class white belts to grade for yellow stripe if possible, but parents please note they must be able to perform 4 direction punch and 4 directional block on both sides. Any that are not ready to grade in August can grade in December instead.

The grading fee is \$45 and includes a certificate and belt (or stripe). Grading application forms will be handed out next term.

No Training Wednesday 4th July

Wednesday 4th July we are hosting a sparring seminar by Master Willy Van de Mortel from 7 - 8.30 pm. Only those registered for the seminar may attend, so there is no normal training that night. Please try and attend another ITFNZ school: www.itfnz.org.nz/schools

CM Regionals Results
for Paul MTKD Papakura (2nd over-all)

PATTERNS

Ethan Parker	-	Gold
Melissa Timperley	-	Gold
Paige Moki	-	Silver
Anthony Erceg	-	Silver
Tania Ostick	-	Silver
Nicole Wells	-	Bronze
Jacob McPhail	-	Bronze

SPARRING

Lizzie Fa'afili	-	Gold
Ethan Parker	-	Gold
Paige Moki	-	Gold
Daniel Harris	-	Gold
Sherzod Akhmedov	-	Gold
Joe Coffey	-	Gold
Esther Parkes	-	Gold
Toni Moki	-	Silver
Alisa Parker	-	Silver
Melissa Timperley	-	Silver
Tania Ostick	-	Silver
Grace Parkes	-	Silver
Tony Parkes	-	Bronze
Morgan Tupaea	-	Bronze
John Cook	-	Bronze

SPECIAL TECHNIQUES

Melissa Timperley	-	Gold
Ethan Parker	-	Silver
Paige Moki	-	Silver
Joe Coffey	-	Bronze

POWER

Lizzie Fa'afili	-	Gold
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Calendar of Events.

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

July	Master Van de Mortel seminar (no normal club training that night)
22 July	Top Ten Series Tournament (2) - Wellington
15 Aug	Grading - Papakura
2 Sep	Epson Under 18 Tournament (2) - Wellington
22-23 Sep	National Tournament - Counties Manukau Host

Full Calendar is on-line at:
www.itfnz.org.nz/events/calendar