



PaulM Taekwon-Do

PAPAKURA NEWS - AUGUST 2007

Change in Class Times

Do you like the new class times? Let us know what you think.

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)

Nationals

This year's Nationals are being hosted by Counties Manukau and is being held at the ASB Stadium in Kohimarama on 22-23 September. Please contact Mrs Breen if you are able to help out in some way - Ph 521 3244. Good luck to those who are competing.

For full information about the Nationals see the ITFNZ website: www.itfnz.org.nz

New Kids Class Intake

We will be accepting new members into the kids class starting in the school holidays. If you know any children that wish to start please ask them to come along on Wednesday 26th September, 5-6 pm. You can also register on-line at www.paulm.co.nz/tkd/register.html

The kids class does not normally train in the school holidays, but this time we will be, especially for the new members.

We are not taking on any new members to the normal class this year, other than a few past members who may be returning.

Hall Unavailable

Due to the hall being unavailable there is no training at Papakura on:

- Monday 27th August 2007
- Monday 17th September 2007
- Wednesday 19th September 2007

Remember to keep your eye on our website for other news and information: www.paulm.co.nz/tkd/

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Paul M Taekwon-Do Presents:
Master Series Seminars
 These school holidays
 2 Hour Coloured Belt Technical Seminars by Master Paul McPhail - 7th dan

*** TECHNIQUES SEMINAR ***
 Normally reserved for Instructors Only,
 Master McPhail will conduct four seminars exclusively for coloured belts.
EXPERIENCE AN ADVANCED TECHNICAL LEVEL SEMINAR SPECIFICALLY FOR YOUR GRADE!

All participants receive a Certificate of Completion and 1 attendance credit towards black belt grading.

[ON-LINE REGISTRATION](#)

YELLOW SEMINAR	GREEN SEMINAR	BLUE SEMINAR	RED SEMINAR
TUESDAY 25 SEP 6.30 - 8.30 pm	THURSDAY 27 SEP 6.30 - 8.30 pm	TUESDAY 2 OCT 6.30 - 8.30 pm	THURSDAY 4 OCT 6.30 - 8.30 pm

SEMINAR CONTENT:

- Patterns for each specific rank in detail. Learn correct intermediate and finished positions for all movements in your pattern.
- Hints for how to improve pattern performance at gradings and tournaments.
- Learn the difference between normal, fast, continuous and connecting motions.
- Tuition on all the compulsory techniques for your grade, and learn how to incorporate these into your step sparring routines.

NUMBERS STRICTLY LIMITED - FIRST IN FIRST SERVED

Can't Attend because you have training that night? ask your Instructor for special permission to attend.

Register now to reserve your place.

ON-LINE REGISTRATION

***Restricted to only attending the seminar of your own grade.**

Calendar of Events.

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

- 2 September**
Epson Under 18 Tournament (2) - Wellington
- 22-23 September**
National Tournament - ASB Stadium
- 25 September**
Master Series Seminars start
- 14 October**
Junior & Pee Wee Tournament - Pakuranga
- Early November**
Final grading round starts
- 16-18 November**
Annual Junior National Camp
- 1-2 December**
Black Belt Grading - Auckland

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