



PaulM Taekwon-Do

PAPAKURA NEWS - SEPTEMBER 2008

World Cup in Italy

Good luck to NZ Coach Mr Pellow and his team who travel to Italy next month to compete in the biggest ever ITF tournament - the World Cup. Competing from our club are Melissa Timperly, Toni Moki, Paige Moki, Jay Johnson and Sherzod Akhmedov. There are big contingents from Papatoetoe and Waiau Pa, plus ITFNZ's seven SPARC carded athletes. Keep an eye on the website for photos and updates:

www.itfnz.org.nz/events/tournaments/worldcup/2008.html

Cook Islands ITF

For a full report on Master McPhail's trip to Rarotonga - see: www.otkd.com/news.htm. The instructor Mr Maara John will be coming to New Zealand to test for his 3rd Dan in December.

New Class Times

We are kicking off Summer with new class times for seniors. The senior class now starts at 6.45 pm, a combined 15 minutes with the juniors. Juniors finish at 7 pm and the seniors train through until 8.15 pm.

The last 15 minutes of each senior class will involve mainly fitness work, with an emphasis on flexibility throughout October. Each month will have a theme - see below for the general plan.

New Intake

We will be taking on new kids and adult beginners early next year with a beginners course. Please direct anyone interested to our website registration page at: www.paulm.co.nz/tkd/

Calendar of Events

4th & 5th October

Nationals - Tauranga

4th October

'Safe For Life' women's self defence seminar - Auckland.

15-19 October

ITF World Cup in Italy

1 November

Halloween Party 2 - The Edwards Residence

8-9 November

Stripes 1 to 1, 4th Dan seminar

16 November

Final STAR Series Tournament - AKD (GO Melissa)

November

Grading (Date to be confirmed)

6-7 December

Black Belt Grading - Auckland

12-14 December

World Champs Camp - Taupo

17 December

Last training for 2008

2 February

First training for 2009

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



Master McPhail teaching at the IIC in Australia in July. Note Mr Impson in attendance!

Class Times & General Guide

6.00 pm	6.45pm	7.00 pm	8.00 pm	8.15 pm
Juniors	Combined	Seniors		
Basics, Patterns, Step Spar, SDefence		Self Defence, Kicking, Patterns, Step Sparring, Free Sparring, Philosophy		Fitness
Warm-Up / Stretch				

MONTHLY AIMS / THEME

October	Kicking skills	Flexibility / Strength
November	Breaking (prep for grading)	Pad work
December	Sparring	General fitness



Portia McPhail
Memorial Website:
www.portia.co.nz

www.paulm.co.nz/tkd

PO Box 75-549, Manurewa, Auckland, New Zealand.
Tel 64-9-268 8552 Mob 021 983 532 Fax 64-9-268 8553 Email pmcphail@itfnz.org.nz