



PaulM Taekwon-Do

PAPAKURA NEWS - NOVEMBER 2008

World Cup in Italy

Congratulations to Mr Pellow and his team for such a successful time in Italy! Special congrats of course to our own Gold Medalist - Melissa Timperly.

Master McPhail Overseas

Early next year Master McPhail has several seminar / grading trips including Perth & Tasmania in March and the Cook Islands in April.

Tuesday Training

We are unable to get our hall on Wednesday 19th November, so we will train on Tuesday 18th instead. This includes the kids class at 5 pm.



New Class Times

There was some confusion over the new class times ...the kids class has not changed (wed 5-6pm). The change only affects the seniors who start 15 minutes earlier and finish a bit later.

Pre-Grading

Pre-grading will be on Wednesday 26th July with guest examiner Mr James Rimmer (6th dan). Those successful at the pre-grading should complete a grading application form and return it to class by Monday 1st December.

Grading

Grading is on Wednesday 3rd December at 6.30 pm (Warm up at 6.15pm). We need an organiser for the grading please - perhaps someone that needs credit points for black belt grading.

Combined training

For our final session of the year we will be having a combined class from 6 - 7.30 pm. The session will include a photoshoot again - did you see last years' photos? (www.paulm.co.nz/tkd/branch_papakura_photos.htm).

Merry Christmas

Well it's almost Christmas so we will take this opportunity to thank you all for your support and wish you all a Merry Christmas!



Calendar of Events

16 November

Final STAR Series Tournament - AKD (GO Melissa)

3 December

Grading (Papakura)

6-7 December

Black Belt Grading - Auckland

12-14 December

World Champs Camp - Taupo

Wed 17 December - 6.00 pm

Last training for 2008 - combined

1 February 09

New Beginners class starts (3 Sundays in Feb). Please register at: www.paulm.co.nz/tkd

2 February 09

First normal training for 2009

4 February 09

First kids class for 2009

11 February 09

New intake for kids class. Please register at: www.paulm.co.nz/tkd

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

A reminder that automatic payments for training fees should continue over the holidays even though we are not training for 4 weeks. The club pays your annual membership registration to ITFNZ for you over this period. (This saves collecting in money from everyone). Your annual fee covers membership with ITFNZ, the TKD Talk Magazines and all the other benefits of attending ITFNZ events and being part of this great organisation.

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	Warm-Up / Stretch	Self Defence, Kicking, Patterns, Step Sparring, Free Sparring, Philosophy		Fitness



Portia McPhail
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