



Paul M Taekwon-Do

PAPAKURA NEWS - SEPTEMBER 2010



**International[®]
Taekwon-Do**

NEW WEBSITE: www.itkd.co.nz

Beginners

Please invite any family members or friends along next week for our beginners class. (Mon and Wed 20th & 22nd September, 6 pm). We are VERY top heavy and the moment and need some beginners to even things out. :-)

in Patterns, Team Patterns, and non-contact Sparring. And green belts and above can also enter into pre-arranged sparring. Come on green belts...why not see if you and your mates can come up with a routine?

You have to enter on-line:

www.itkd.co.nz/events/tournaments/inter-club/peewee/2010-cm.php

Counties to Cooks

Not long to go now till your Instructors will be sunning it in Rarotonga. For those unable to make the trip, classes will be left in the capable hands of Miss Melissa Timperly and the other black belts.

Posters

Our new Athlete Posters are for sale - \$10 each for all 4 in the series for \$20.

Grading

Our next grading on Wednesday 17th November here at Papakura. Examiners is Master Bhana. Be ready.

Paul McPhail

Calendar of Events

17-19 Sep - World Champs Trials

25 Sep - Instructors Induction Course - Auckland. (For those interested in becoming instructors)

26 Sep - Instructor Development Course - Auckland. (Advanced course for existing Instructors)

17 Oct - Pee Wee Tournament

29 Oct - 8 Nov - CM trip to the Cook Islands

13 Nov - Kids tournament and Fun day - Auckland

17 Nov - Grading

19-20-21 Nov - National Kids Camp: www.itkd.co.nz/events/camps/kidscamps/2010.php

28 Nov - Star Series Tournament (3), Tauranga

Full Calendar is on-line at: www.itkd.co.nz/events/calendar



Gift Certificate

presented to

The above named person is entitled to a
FREE BEGINNERS' COURSE & \$20 OFF THE JOINING FEE
at **Paul M Taekwon-Do Papakura**
(Branch of International Taekwon-Do)



Paul M Taekwon-Do

Monday & Wednesday 20th & 22nd September 2010 6.00 - 7.00 pm

Papakura Normal School, Cnr Porchester/Walters Plds, Papakura
For ages 11 and over only
Phone or Txt Paul McPhail for enquiries - 09 268 8552
or Register at www.paulm.co.nz/tkd

www.paulm.co.nz/tkd

Pee Wee Tournament

We would love all our kids to take part in the Pee Wee Tournament being held on the 17th October at De La Salle College, Papatoetoe. It is for 5-12 year olds and you can enter

Posters \$10 ea



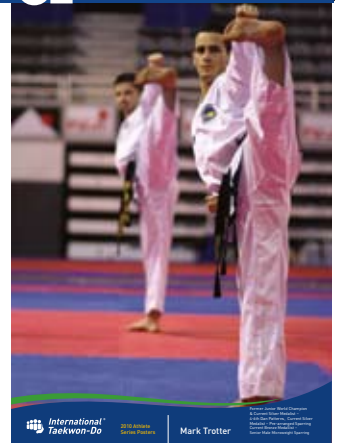
International Taekwon-Do 2010 Athlete Series Posters Luke Thompson
A young and talented Taekwon-Do athlete, Luke Thompson, is a member of the New Zealand National Taekwon-Do Team. He has competed at the World Taekwon-Do Championships in Gyeongju, Korea, and is a member of the New Zealand National Taekwon-Do Team.



International Taekwon-Do 2010 Athlete Series Posters Carl van Roon
A young and talented Taekwon-Do athlete, Carl van Roon, is a member of the New Zealand National Taekwon-Do Team. He has competed at the World Taekwon-Do Championships in Gyeongju, Korea, and is a member of the New Zealand National Taekwon-Do Team.



International Taekwon-Do 2010 Athlete Series Posters Carolina Dillen
A young and talented Taekwon-Do athlete, Carolina Dillen, is a member of the New Zealand National Taekwon-Do Team. She has competed at the World Taekwon-Do Championships in Gyeongju, Korea, and is a member of the New Zealand National Taekwon-Do Team.



International Taekwon-Do 2010 Athlete Series Posters Mark Trotter
A young and talented Taekwon-Do athlete, Mark Trotter, is a member of the New Zealand National Taekwon-Do Team. He has competed at the World Taekwon-Do Championships in Gyeongju, Korea, and is a member of the New Zealand National Taekwon-Do Team.



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