



Introducing TKD Kubz

We are very excited to announce the introduction of a new programme called **TKD Kubz**. Classes begin Tuesday 30th July, 3.30 pm and 4.30 pm.

The programme was developed by Master Mark Hutton from Scotland, and focuses on pre-schoolers.

It combines safe and exciting Taekwon-Do skills with fun drills and games that inspire great behaviour. It emphasises the benefits of great communication skills, which reduces the child's frustration, and increases the child's confidence and self-esteem.

This unique programme was inspired by the Founder of Taekwon-Do, General Choi Hong Hi, and the tenets and oath he developed.

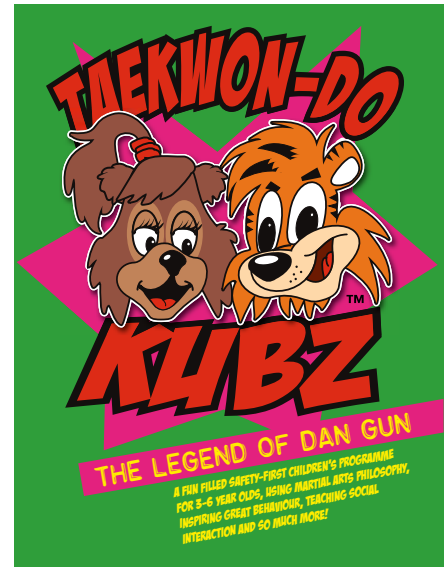
Each reward is directly linked with the ideals set forth in Taekwon-Do: courtesy, integrity, perseverance, self-control and indomitable spirit are all employed to inspire our kids, just as Taekwon-Do has been inspiring people of all ages for over 50 years.

TKD Kubz uses simple drills to teach how we "build a more peaceful world" by using "calm" voices (a dream for all parents and carers), smiling and shaking hands, as well as the essential skills of:

- Child protection against adults, strangers and non-strangers.
- Dealing with aggressive children and bullying, verbal and non-verbal.
- Health and fitness, the benefits of a healthy lifestyle.
- The benefits of working together and the fun of sharing.

Paul M Papakura have several instructors qualified and ready to teach the TKD Kubz programme including Master McPhail, Courtney Weir, Bryan Reynolds and Melissa Timperley.

Please tell your family and friends about the new program and invite them to register.



TKD KUBZ CLASSES (4 & 5 year olds)

Tuesdays
3.30 - 4.15 pm
and 4.30 - 5.15 pm

Papakura Sea Scout Hall
21 Cliff Road, Papakura

Starting Term 3
Tuesday 30th July 2013
Registration and all
details: paulmtd.co.nz

RARO FUNDRAISER

Firewood for sale
\$65 per Cubic metre split pine
Contact Bryan Reynolds
Ph 027 267 4034

REMINDER

Extra KIDS CLASS Saturdays
1273 Alfriston Road, Manurewa
10-12 pm

What's On

Details on-line: itkd.co.nz

10 July Gup Grading - Valley School, East Street, Pukekohe

21 July Under 18 (2) Tournament - Tauranga

25 July Master Jedut Seminar - Papateotoe High School

30 July TKD Kubz Starts

2-4 Aug Veterans Camp - Tauranga

21 Aug Gup Grading - Papakura Normal School

1 Sep Star Series Tournament - Hamilton

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



Our TKD Kubz Training Venue - 21 Cliff Road, Papakura