



## Paul M Taekwon-Do

PAUL M NEWS - DECEMBER 2004

PAPAKURA • WAIUAU PA • BOTANY • GLENDOWIE

**Another year draws to a close** and it is time to reflect on what a great year it has been for Taekwon-Do. At the start of 2003 I set the goal of expanding into new clubs, and this has now come about. Paul M Taekwon-Do now has 4 clubs under our banner, and we hope for more in the near future. Paul M Taekwon-Do branches are those run and taught my students only. I am in constant touch with the instructors to offer guidance, support and training. This is an exciting development in my Taekwon-Do career and something I am keen on developing further.

The year began with the **New Waiiau Pa Branch** getting under way in spectacular style. Mr Dan Jackson and Mr Steve Morris have done a great job to give the club a good reputation for itself already. The club competed at the **Oceanicas and Under 18 tournament** taking out many medals and awards. They have just completed their second grading so now have founding members as proud green stripes.



In February I travelled to Sydney to teach at the **Oceania Technical Conference** along with Master Michael Daher and Mr Rocky Rounthwaite. Immediately returning from there I conducted the **2nd ITFNZ Development Camp**, at which Ethan Parker, Harmony Moki and James Hunt were invited participants. I produced a DVD of the camp which is available for sale at [www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd).



*Kapiti Coast Club visit - February*

I was back to Australia in March for the **General Choi Cup**, accompanied by ITFNZ members from CD and the South Island. We also had an **Interclub tournament** with Nibun ITF in March - which was an exciting event.



*Inter-club Tournament*



*Daniel, Ethan and Paige at the Regionals*

In April Paul M Papakura won the **CM Regional tournament** for the 8th year running. Ethan won best Blue Belt (Best Green Belt in 2003). In April we also had some of our members attend the **Level One Instructors Course**, and put on a **demo** at the Papakura Normal School Fair.

In May Paul M Papakura hosted a **Breaking Seminar** with Mr Rocky Rounthwaite, then Dave Butchers and Daniel Prasad successfully **graded for their 1st dan**. In December Mr Steve Heke and Waka Clencie will be testing for theirs.

In July I taught at the **First Dan Fever seminar** in New Plymouth. Dave Butchers and Deborah Olesen also made the trip down for this seminar.

The **National Tournament** was held in August, and Dan Jackson lead the CM Team to victory 2nd year running. Congratulations to all those in the CM Team!



*Melissa receiving her medal from Mr Patterson at the Nationals*

In August four visiting Masters conducted the **ITF International Instructors course and senior dan grading**. Those attending from Paul M Taekwon-Do were: myself, Mark Banicevich, Dan Jackson, Evan Impson, Dave Butchers, Deborah Olesen, Steve Morris, Amanda Insull and Brad Thomson. It was honour to test for my **7th dan** in front of my students and other members

- thanks to everyone for your support. Many of our members also attended the **Master Class** held on 10th August. I also travelled to **Sydney to attend the course** there.



*Sydney Cruise with the Masters*

Throughout the year we also had members attend events such as the **PeeWee tournaments, Sports Expo and National Kids Camp**. Thanks to those who support these events.

In August I conducted the **National grading round**, including a "camp style" grading at a **Wellington Camp**. This involved 4 hours of continuous training - while being graded at the same time.



*Wellington Camp Training / Grading*

In October the Papakura branch kicked off a **new kids class**, which is being taught by Mr Steve Heke and assisted by Cher Brown. Thanks also to Melissa and Mr Tidbury who are always there helping! Also in October many of our members attended the **Oceania** held here in Auckland. Dan Jackson won best male black belt of the tournament and Toni Moki Best female black belt. A big thanks to Mr Banicivich for being Chief Umpire and Mrs Olesen for organising the **Official Banquet**.



*Oceania Winners*

The **2004 Counties Manukau Sporting Excellence Awards** were held on 29th October 2004. Regional Director Sue Breen was very happy with 11 ITFNZ nominations gaining five finalist selections, and taking three of the awards. From Paul M Taekwon-Do:

**Service to Sport Award - Master Paul McPhail  
Team of the Year - ITFNZ CM Regional Team**

The **EPSON Under 18 tournaments** continued throughout the year and Ethan Parker won Best Colour Belt Boy 2nd year in a row - well done Ethan! Paige Moki won Best Colour Belt Girl, closely followed by Melissa (2003 champ). Chris Clencie won best black belt for 2004.



*Under 18 Champions - Paige, Chris and Ethan - all Paul MTKD*

In November I conducted the **ITFNZ Examiners Course** in Taupo plus the **Stripes 1 to 1 seminar** for 4th dans and above. Mr Jackson and Josh Parker travelled to Orlando, Florida to compete in the **ITF World Cup** (black belts) and the **International Friendship Cup** (colour belts). Congratulations to Josh who won gold in both sparring and patterns.

When you look at this newsletter you can see we are involved in a lot throughout the year, and I thank you for your participation, support and effort. Special thanks to all the parents who have been a great help this year!

I would like to make special mention and acknowledge the following people:

**Evan Impson**. Thanks to Mr Impson for all the classes he taught this year - I even got to train myself which was great!

**Melissa Timperley**. Our most dedicated member - training 4-5 times a week (Papakura, Infinity, Dragons Spirit, Waiau Pa...). Well done Melissa.

**Ethan Parker**. Setting the standard for the other kids.

**Simon Tidbury** and **Mary-Jane James**. Two people that are **always** there to help. Thank you.

I hope you all have a happy Christmas and I look forward to another great TKD year in 2005.

**Master Paul McPhail**

**2005 trainings re-commence:**

11 January - Glendowie, 17 January - Botany,  
7th Feb - Papakura, 8th Feb - Waiau Pa.

[www.paulm.co.nz/tkd](http://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](mailto:pmcphail@itfnz.org.nz)