



Paul M Taekwon-Do

PAPAKURA NEWS - JUNE 2009

Regional Success

Congratulations to everyone that took part in the Counties Regional Tournament. Our club won the Best Over-All Award with 103 points. See photos and all the results at:

www.itfnz.org.nz/events/tournaments/regionals/cm/2009.htm

Kids Class

Our Minikids Group are grading for their FIRST BLUE next week - at the last session of the term. Kids - make sure you have had your workbook signed off. Good luck! A reminder that **we do not run the 5pm kids class in the school holidays.**

Grading

The ITFNZ Grading will be held on Wednesday 26th August at 6.30 pm (Warm up at 6.15pm). We need an organiser for the grading please. Pre-grading will be on Wednesday 19th August.

World Champs

Congratulations to Melissa, Paige, Ethan, Alisa and Toni for being selected for the NZ Team! They go to the World Champs in Argentina this November - coached by Mr Pellow. Do you know of a possible sponsor? Please let us know if you do.

TKD Talk Magazine

Hope you enjoyed the latest magazine. We desperately need advertisers for the next issue (Dec 09). Do you know anyone that may be able to advertise in our magazine? Information including advertising rates are on the website: www.itfnz.org.nz/taekwon-dotalk.

Protect Self Defence

One of our main partners Protect Self Defence are running a one day course on 11th July. Any family members or friends are welcome to attend. This is one of Protect's most comprehensive and popular seminars, Get REAL. Where: Remuera Intermediate School, Ascot Avenue, Remuera, Time: 10:00am - 5:30pm, \$99 per person. Min. age 15 years. Please register with Mr Barry Hart.

US Open

Good luck to Mr Pellow who is coaching a small NZ Team who will compete at the US Open next month in Orlando, Florida.

Paul McPhail



Hygiene reminder for the flu season

With the Flu season beginning and the H1N1 "Swine Flu" establishing itself in the community, extra care needs to be taken to avoid spreading flu viruses...

If you have Flu symptoms - sore throat, cough or a temperature, DON'T come to training.

Before training, **wash your hands**, especially before person to person contact e.g. self defence.



Calendar of Events

28 June - ITFNZ AGM

1 July - Kids Class Grading

6 - 19 July - School Holidays so no kids class. 6 & 6.45 pm classes continue normally

11 July - Protect Self Defence Course

12 July - Star Series Tournament 2

9 Aug - Patterns Tournament

26 Aug - Grading

26-27 Sep - Nationals Christchurch (Trainings at Botany TKD, Saturdays, 2.30 - 4.30.

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



The Boys



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