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Building a more peaceful world... together
www.camborne-taekwondo.com
www.truro-taekwondo.com

Welcome back to training...

I hope you had a great Christmas and New Year and welcome back to training. As we start what looks to be another busy and exciting year in Tae Kwon-Do I would like you to know that I've been extremely proud of you all for your commitment and dedication to your Tae Kwon-Do training. Keep up the good work and let's make Kernow Tae Kwon-Do Academy of Excellence and the GTI stronger than ever.

Tae Kwon-Do News...

End of 2009 celebrations



We had a great end to the year with fun training sessions at Camborne and Truro, including games and some brilliant fancy dress costumes!



And the official end to 2009 came on Towan beach at Newquay, with a dip in the sea for most of us! I would like to thank everyone that got into the Christmas spirit and supported these events.



Exeter Tae Kwon-Do Academy (GTI)

Mr Newman has launched Exeter Tae Kwon-Do Academy with a number of KTAE students performing a demo on the opening night. I hope you will join me in wishing Mr Newman the greatest success with his new school. Visit his school website at www.exertataekwondo.com

Dates for your diary 2010...

events updated at www.truro-taekwondo.com

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| 13 th Feb | Coloured belt grading and black belt assessment, Threemilestone Community Centre, 1.30pm |
| 20 th /21 st Feb | GTI Instructor Course, Tolcarne Beach, Newquay, 10am to 4pm |
| 28 th Feb | GTI English Open, Cheltenham, 9am height testing for juniors
NO TRAINING AT TRURO GTI |
| 6 th Mar | River Life Day, Tehidy Woods. 9.30am |
| 21 st Mar | GTI Cornish Championships for Sports Relief, Truro Leisure Centre, 12 to 4pm
NO TRAINING AT TRURO GTI |
| 3 rd Apr | Laser Combat, Wadebridge (TBC) |
| 4 th Apr | Easter Sunday
NO TRAINING AT TRURO GTI |
| 5 th Apr | Easter Monday
NO TRAINING AT CAMBORNE GTI |
| 10 th Apr | Patterns training, Threemilestone Community Centre, 1.30pm start |
| 3 rd May | Bank Holiday Monday
NO TRAINING AT CAMBORNE GTI |
| 9 th May | GTI Black Belt Grading, Derby |
| 15 th May | Coloured belt grading and black belt assessment, Threemilestone Community Centre, 1pm |
| 23 rd May | GTI Team Championships, Cheltenham |
| 31 st May | Bank Holiday Monday
NO TRAINING AT CAMBORNE GTI |
| 25 th to 28 th Jun | GTI Cornwall Summer Camp, Polly Joke Camp site near Newquay |
| 8 th Aug | Newquay Lifeboat Day Demo
NO TRAINING AT TRURO GTI |
| 21 st Aug | Coloured belt grading (TBC) |
| 11 th Sep | Truro Carnival (TBC) |
| 3 rd Oct | GTI Black Belt Grading, Derby |
| 7 th Nov | GTI British Championships, Cheltenham |

KERNOW T.A.E.
NEWSLETTER
Winter 2010

Upcoming Events...

Coloured Belt Grading, Saturday 13th February, 1.30pm

The first KTAE coloured belt grading and black belt assessment will be held at Threemilestone Community Centre on Saturday 13th February, starting at 1.30pm. The grading will take the following format:

1.30pm	All students will line up to take the bow and the Tae Kwon-Do Oath
1.30 to 2pm	Black belt assessments
2 to 5.30pm	Coloured belt gradings (probable order is yellow belts, white belts then green and blue belts)

To be eligible to grade you will need to fulfil the following requirements:

1. You will need to submit your licence and grading fee of £22 per person by Friday 12th February
2. You will need a clean/ironed white GTI suit and to be clean and presentable (clean, clipped nails, no jewellery)
3. White belts will need to submit two passport sized photographs and sign a grading card
4. Green, blue and red belts will need a full set of sparring gear including a head guard (groin/gum shield optional)
5. You will need to demonstrate that you can perform the pattern (or SAJO-JIRUGI) for your grading on your own
6. You will need to be familiar with your essential theory (belt colours, pattern meanings and number of moves) – available online at www.truro-taekwondo.com/info.aspx

GTI Instructor Course, Saturday 20th / Sunday 21st February

The GTI national Instructor and Assistant Instructor Course will be held at the Cornwall College Surf Science training facilities on Tolcarne Beach, Newquay. The course will be taught by Mr Paresh Bhadeshia, Chairman of the GTI and national training coach. The course is open to 2nd kups and above, aged 18 or over. Places must be booked and paid for by Friday 12th February. Please see Liam Broderick for an application form.

GTI English Open Championships

The GTI English Open Tae Kwon-Do competition will take place on Sunday 28th February at 'Leisure at Cheltenham'. Doors open at 9am with junior height testing starting at 9.15am. Entry forms and your £15 entry fee to Mr Broderick by 19th February please. Spectators can enter for £5. Please note that there is **no Truro class** on this date.

River Life Day, Saturday 6th March

As part of the United Nations International Year of Biodiversity, we shall be visiting Tehidy Country Park on Saturday 6th March for a bug hunt. We will be joined by the Saturdads group on this occasion and will be looking at the invertebrate life in the Tehidy Stream and lake. You will need wellies and it may be advisable to bring waterproofs and a torch. Please note that only Liam Broderick and Andrew Robinson are trained to take biological samples from water so you will need to remain on the bankside at all times. Meet at the South Drive Car Park at 9.30am.



2010 International Year of Biodiversity

GTI Cornish Championships, Sunday 21st March

The Cornish Championships returns after a 3-year break and all proceeds will go to the Sports Relief charity. Doors will open at 12 noon and the following events will be held:

- Patterns competition to include all grades and team patterns
- Point Stop Sparring competition for all grades
- Destruction competition for adult blue, red and black belts
- Highest jumping kick competition for all grades

Entry fees are £12 for unlimited event entry which can be paid directly or raised through sponsorship. Spectators can enter for £3 per person or £6 per family. Entry and sponsorship forms shall be available at the end of February. There is no normal Truro class on this day.

Training Updates...

KTAE numbers continue to grow

KTAE (Kernow Tae Kwon-Do Academy of Excellence) now has over 70 students training regularly. As we continue to expand, please spend some time welcoming in and getting to know our new students. Each and every one of them are future Tae Kwon-Do black belts!

Tae Kwon-Do Merchandise

Truro's red and blue doboks will continue to be on sale at £30 each throughout February. KTAE merchandise in the development stages includes:

- Zip-up hoodies
- T-shirts
- Fleeces

Beat the price rise...

GTI doboks, TKD equipment and sparring gear prices will rise on 1st April. Place your orders early to beat this price rise.

Training Manuals

Coloured belt and black belt training manuals are available from Mr Broderick. Prices are £16.50 for coloured belt and £19.50 for black belt manuals. Further training information and slideshows can be found at: www.truro-taekwondo.com/info.aspx

Changed Patterns Training Date

Your 2010 Calendar will show a patterns training day on 20th February in Truro. This event has been re-scheduled due to the GTI Instructor course in Newquay and will now be held on 10th April at Threemilestone Community Centre.

Cornwall Tae Kwon-Do, Established 1974

Camborne, Pool School, Pool, Mondays & Wednesdays 7-8pm
Truro, Truro Leisure Centre Sundays 6-8pm, Fridays 8-9pm
Newquay, Newquay Sports Centre, Weds 7-8pm, Fridays 6-7pm
Seahawk Tae Kwon-Do, RNAS Culdrose, Mondays 7-8.45pm

Please note: Fee paying students may train in any other GTI school for free



www.cornwall-taekwondo.com
www.gti-taekwondo.com
www.truro-taekwondo.com
www.camborne-taekwondo.com
www.youtube.com/TruroGTI