



July/Aug Newsletter 2019

Summer Training Times - Club T-Shirts – July-Aug Class changes Web-links & info

Summer Training Times

As from Monday the 22nd July we will be going to our summer training times, please see list below for any changed class times or closed classes, this is due to schools having to do maintenance also some classes are merged due to low numbers through the summer as a lot of people are away. We will be back to normal as from Tuesday 3rd September.

Please make sure you keep up your training at any other venue of your choice, those that pay for once a week, this entitles you to up to 5 sessions per month, so make sure you get them. We are one of the only clubs in the area that allows you to go to any club of your choice, so you do not miss out on your training.

Parents please be aware that when some children fall behind their friends, they can struggle to get back in the rhythm of training, if this happens, then please contact us so we can advise where their friends are training to get them back on track.

SUMMER T-SHIRTS

We currently have Club T-Shirts in Stock....

Blackbelts – Black T-shirts

Coloured Belts – White T-Shirt

Juniors - £10 & Adults £11

Please text me for order and must be paid before ordering them

WEBSITE LINKS, AND INFORMATION

**Please visit our website
And checkout up-to-date info**

www.annabelmurcott.com

<http://www.annabelmurcott.com/timetable--prices.html>

**Please use this app for all
competition dates, class times and
grading info.**

July/Aug

Changed Classes Due to Summer Holidays

Bourne – Tuesday and Friday class - July as normal,
All of Aug the Tues class will be 6-7pm and 7-8pm.

NO 5.15-6pm

No Tkd Friday 30th August

Billingborough – As Normal. No class 26th Aug

Deeping – Mondays As Normal

As from Thursday 11th July the Thurs class will be 6-7pm only All grades and ages.

The 6-7.30 will start back on Thursday 5th Sept.

Werrington – As normal. No Class 24th Aug

Thurlby From Wed 17th July 6-7pm Only

Last afterschool club date is Thur 18th July, start back Thursday 5th Sept.

Crowland – As normal

Stamford – As normal. No Class 24th Aug

Stanground – As normal. No class 26th Aug

Hampton – As Normal. No class 26th Aug

Fourfields – Last class Tue 23rd July, start back Tue 10th Sept.

August Bank Holiday 24th/26th NO TRAINING

Please make up any lost session at a club of your choice. Check our team up app for up to date changes



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough
Annabel Murcott 7th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: belltagb@aol.com | Web: www.annabelmurcott.co.uk
Facebook: Annabel-Murcott-Schools-of-Tae-Kwon-Do | Welfare Officer - Dale Pollard 4th Dan | Tel: 07921 264 909



More...

**Black Belt training sessions - BTC Champs
Next Grading – Face Book – Terminology**

Red Belts, Black Stripes & Black Belts

All Red Belts, Black Stripes & Black Belts Must Attend at least one of the pre Black Belt training sessions prior to our Black Belt Gradings in April & October, this is a **T.A.G.B.** requirement to allow you to grade on time. If you are not sure please ask your instructor. Non Graders its £5 payable in cash on the day at the door, if you are Grading then all 3 are FREE.

We will also be doing a one off pre Black Belt training session free on Sat to help asses and guide you through the Black Belt Grading if you wish to grade then its advisable you attend this session.

Pre Black Belt Sessions at Syston Leicester

Sat 21st Sept 11-12pm All Red Belts and Blacktags – 12-1pm All Blackbelts

Sat 28th Sept 11-12pm All Red Belts and Blacktags –12-1pm All Blackbelts **MOCK GRADING**

Sat 12th Oct 11-12pm All Red Belts and Blacktags – 12-1pm All Blackbelts

Wreake Valley Community College, Parkstone Road, Syston, Leicester, LE7 1LY

Next Competitions

Sat 7th Sept Scottish

Sun 22nd Sept BTC Champs Worcester

Face Book

Like it or hate it, it's becoming the easiest & fastest way to communicate & get instant up to date info on class changes etc.

It's also the cheapest & best form of advertising, we had more new students via FB last year than any other advertising, and this was mainly due to new students being able to get real recommendations from you the student & parent. So all we ask is that if you see an advert on any selling or parent discussion sites etc, you leave an honest review for us.

If you're not on it yet just like our site, also feel free to rate it and leave a review.

Annabel Murcotts schools of Taekwondo

Next Colour Belt Grading

Sunday the 15th September

Deeping Leisure Centre

**Yellow Belts please make sure you
have a terminology book.**

**Green Belts please make sure you
have a full set of TAGB safety kit.**

TERMINOLOGY

It's a good time to start your words
NOW.

On your next lesson bring in your book
and we will mark up the words for your
next grading.

WE ARE HERE TO HELP YOU



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