



May Newsletter 2019

**Competitions – Thank You
Summer Ball – May Class changes**

When should you enter competitions??

The sooner you enter any competition the better, a lot leave it until they get to a higher grade, as they think they now have more experience, this really is not the case, the ones you are competing against may have been competing from yellow stripe, therefore they have the ring experience on you. You only have to compete in two competitions before taking your Black Belt, this can be one of our inter clubs & one major tournament, you do not have to sparr, you can enter just patterns or a team event. But the sooner you start the better as you will know win or loose if you like that side of Taekwondo, its better to learn as a lower grade than a high one. If you or your parents are worried come and talk to us so we can re assure you and advise you

**Thank you to all those That
supported our Inter-Club Comp
Students Parents & Officials.
The experience for the students is
priceless also you managed to raise
no less than
£110 for Jeannine Helliwell's
Charity
Inflammatory Bowel Disease
Please let us know if you have a charity in
mind for the next Inter-Club**

May Bank Holidays & Changed Classes

Sat 4th May – Werrington as normal – Stamford 11-12
Mon 6th No TKD Bank Holiday only Billingborough 6-7
Wed 8th No Thurlby Class - Hall Booked AGM.
Tues 14th May – Bourne class - Westfield Primary School 6-7
Fri 17th May – Bourne class - Westfield Primary School 6-7
Fri 24th NO TKD Hall Booked
Sat 25th No TKD Bank Holiday
Mon 27th No TKD Bank Holiday
Wed 29th NO Black Belts Session Thurlby 7-8

Tuesday 4th June – Westfield Primary School 6-7
Please make up any lost session at a club of your

A few Tickets left for Our Summer Ball Sat June 1st

Your support is greatly appreciated & will lead to further events

Open to all our Adult Students, Parents & you may bring friends, this will allow both to socialize & get to meet all the instructors. So if you or your children train with us, then you are invited, the tickets are on a first come basis & are limited, the dress code is simple smart & casual, the ticket price includes entry and buffet, there is a Bar & live music from

One of the countries leading comedy tribute acts as seen on TV "Alvin Printwhistle"

We have known & worked with this guy for over 30 years & can safely say, you will not be disappointed, tickets are now on sale from Mr Pollard (Dale) or call him to reserve your tickets on **07921264909** Do not bac the money into Annabel's account It will not guarantee your ticket. (16/17yrs of age must be accompanied by an Adult). **Tickets are £17 pp.**

Masonic Hall Stamford doors open 7.30 – late Saturdav Live Music & Buffet



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 - Welsh Comp
Next Grading - Fun Run - Face Book - Web Link**

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.

Welsh Championships

Sunday 19th May

**Competitors we need your entries in
THIS WEEK**

**So we can process them before we
go off to the Euro Champs in Croatia
on Wed 8TH MAY**

Little Bytham 5K FUN RUN

Sunday 26th May

This was excellent last year and we had quite a few from the club enter and support it, considering it was last minute. So come along run or walk, it would be great to see you there. Annabel will be doing the pre run warm up & then catching you up & running around with Bobby as well. (Our crazy spaniel).

A **£50 voucher** is on offer if you are the very first runner over the line wearing our club T shirt.

A **£15 voucher** to the first student over the line wearing a club T shirt (Ts & Cs apply ask for details).

Leaflets with entry details are with your Instructors please ask for one. Sign up and info visit.

WWW.LB5K.ORG

Refreshments also available at the start/finish line.

**Next Coloured Belt Grading is
on Sunday the 16th June
Deeping Leisure Centre**

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

WEBSITE LINKS , AND INFORMATION

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

www.annabelmurcott.com

[http://www.annabelmurcott.com/timetabl
e--prices.html](http://www.annabelmurcott.com/timetabl
e--prices.html)



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

Newsletter Design by Creative Remedy | Sara Hemp 3rd Dan | Web: www.creativeremedy.co.uk