



## September Newsletter 2019

**Full Throttle – Colour Belt Grading**  
**Bring A Friend – Podcast – web links**

### Back & Full Throttle

Hopefully everyone has had a superb summer break, good to see the majority kept up their training, its hard when the sun is shining & you're having fun with family & friends to push yourself. Parents we know how difficult it is to get the younger ones back into it after they have had a period off, it's that feeling of being unsure & worrying that their friends will remember stuff and they've forgotten it. We will reassure them they are still on track and doing fine. Its going to be a busy few months ahead of us, coloured belt grading in two weeks, Scottish champs this weekend then the BTC Championships on the 22nd, also pre black belt sessions starting on 21<sup>st</sup> sept, its all going to be full on, just the way we like it.

### Coloured Belt Grading

Sun 15<sup>th</sup> September

Deeping Leisure Centre

Times out next week

All License books & Grading fees now due  
please. £30

If you pay online please text or call Annabel  
so we know.

Don't Panic if you are not ready this time, the  
next one is on Sunday December 15<sup>th</sup>.

### The Motivated

#### Martial Artists Podcasts on FB

Well for those that has been following these inspirational and knowledgeable Podcasts, Annabel has done her interview & it should be available this month for you to hear. Those that have not yet heard any, then lookout for them, there has been some awesome interviews with the legends of Taekwondo including GM Oliver, Jackson White, Gordon Fern & Warren Vice, to name a few.

### Bring A Friend

All through September we will be encouraging you to **BRING A FRIEND** to any class, as many times as they like. Totally **FREE OF CHARGE**. Just think if you were a little timid & nervous the first time you came, then that's how they feel. You are their opportunity to be able to attend a class and feel at ease.

The way we learn, is to be able to train with each other share and pass on our knowledge, this is essential to the clubs growing and staying strong.

We remain a family friendly club as most of our students come from family and friends, this creates a great friendly atmosphere, lets keep it going.

Younger ones can bring their parents/guardians to meet the Instructors and receive a full info pack as well as ask any questions.

As always the success of our clubs is only down to you the student and the way you promote and recommend them. So thank you as always for your support.

#### WEBSITE LINKS , AND INFORMATION

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

[www.annabelmurcott.com](http://www.annabelmurcott.com)

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

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



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



**More...**

**Important Dates - Next Comps**  
**Black Belt Meeting – Terminology – Inter-Club Comp**

**Important Dates & Class changes**

11<sup>th</sup> Sept Black Belt Meeting (see news letter)  
12<sup>th</sup> Sept No TKD Thursday Deeping school event.  
15<sup>th</sup> Sept Closing Date for Entry to BTC  
20<sup>th</sup> Sept NO TKD Bourne  
27<sup>th</sup> Sept 6-7pm only all grades Bourne

*Please attend a class of your choice to make up any missed classes*

**Black Belt Meeting**  
**(14yrs of age & above)**

We will be holding a Black Belt Meeting on Wednesday 18<sup>th</sup> September at Thurlby Lawrence Park hall, training will be available from 6-7pm if you wish to join us, if not then the meeting will be 7-8pm straight after.

Your presence is quite important as we need feedback and your opinions matter, they help us take the club in the direction you want it to go.

We do appreciate that some may have to travel, but the alternative is several meetings all over the place.

So please do your best to attend and kindly text Annabel to let us know you will be attending on 07714323995.

Please make sure you ask questions or give feed back

*We have a lot planned for next year & need your input*

**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***

*Please take time to read the news letter*  
*We do our best to get the info out there*

**Next Competitions**

Sat 7<sup>th</sup> Sept Scottish  
Sun 22<sup>nd</sup> Sept BTC Champs Worcester  
Sat 9<sup>th</sup> Nov Inter-Club  
Sun 24<sup>th</sup> Nov British Worcester

**Inter Club Competition**

**Saturday 9<sup>th</sup> November 9.30am**

**Deeping Leisure Centre Main Hall**

We do our best to try and fit in two inter club competitions per year, these are essential to allow not only those that would like to start competing, but also our officials that need the practice before attending major tournaments.

As a beginning student, it can be very off putting to attend a major tournament, so these smaller inter clubs, not only educate the student, but also parents that will be supporting them. It's also a requirement for all students to have attended a minimum of two competitions before be allowed to take your Black Belt.

You do not have to sparr as we have events for everyone, from individual sparring or Patterns to team events so you can compete with your friends.

Once again we can only run these events with the support of students & family. An entry form will be out shortly.

This event is open to **all Grades and ages**, as always we need those that compete on a regular basis to let the novice student watch you and aspire to be as good as you.

***Nobody is born a champion; it takes many losses to gain experience.***



**Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough**  
Annabel Murcott 7<sup>th</sup> 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 4<sup>th</sup> Dan | Tel: 07921 264 909

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