



### Sports Week – Half Term Times Black Belt Training Sessions

**AUGUST FUN SPORTS WEEK 14<sup>th</sup> – 18<sup>th</sup> 10am-4pm Westfield Primary School, Bourne, PE10 9QS**

**We have a few places left for the week or just for a day or two**

**Open to all juniors Friends, Brothers & sisters may also join you**

**A fun packed week of sports, Team Games & Tae Kwon Do**

**£15 per day or £70 for the week, family discounts. Call Annabel or Dale now 07714-323-995**

### Summer Time changes July/Aug

#### July

Fri 28<sup>th</sup> Bourne 6-7 & 7-8

Sat 30<sup>th</sup> Werrington Normal 10-11.30

#### Aug

##### Mondays

Deeping Leisure Centre, Welland room 6-7 only. Permanently from now on.

Hampton 6-7

B`boro normal

Stanground 6.30-7.30

##### Tuesdays

Yaxley 4-5pm Every Tues at Queens Hall NO TRAINING ON THE 8<sup>th</sup> & 15<sup>th</sup>.. Back at School on Tuesday 5<sup>th</sup> Sept.

Bourne **NO TKD Tuesday 8<sup>th</sup> and 11<sup>th</sup>**. (School maintenance.)

**Bourne 6.30-7.30. 15<sup>th</sup> & 18<sup>th</sup> at Westfield Primary School, Westbourne Park PE10 9QS.**

Bourne Tuesday 29<sup>th</sup> 6-7pm all Grades & 7-8pm 4<sup>th</sup> Dans only

All other dates are as normal 6-8pm.

##### Wednesdays

Thurlby 6.15-7.15. As from Sept this class will be from 6.05 – 7.05 pm

Werrington 6-7pm – All as normal

##### Thursdays at Deeping

Thurlby afterschool club no training – start back Thursday 7<sup>th</sup> Sept.

Deeping July 27<sup>th</sup>, Aug 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 31<sup>st</sup> 6.30-8pm All grades

**Deeping Aug 24<sup>th</sup> 6-7 All grades & 7-8 1<sup>st</sup> Dans only.**

Starts back in Sept on Thurs 6-7pm & 7-8pm as normal.

Deeping Sept 14<sup>th</sup> (Venue to be arranged as school event.)

Hampton 6-7pm only

Billingborough as normal

Crowland 6-7

##### Fridays

Bourne 6-7 & 7-8 As normal

##### Saturdays

Werrington 10-11.30am As Normal

**Please call for venues if not sure, this is school maintenance time so last minute changes may occur, we have no control.**

**September training times will be given out towards the end of August**

**Please make up any lost time at a venue of your choice**

**Please stick this on the fridge door, Black Belts on your forehead.**

**Thank you for your help support and understanding.**

## Annabels Black Belt Training Dates

**1<sup>st</sup> Dans Thursday 24<sup>th</sup> August 7-8pm, Main Hall Deeping Leisure Centre**

**2<sup>nd</sup> Dans Tuesday 5<sup>th</sup> September 7-8pm Bourne Academy**

**3<sup>rd</sup> Dans Tuesday 22<sup>nd</sup> August Bourne Academy 7-8pm**

**4<sup>th</sup> Dans Tuesday 29<sup>th</sup> August Bourne Academy 7-8pm**

**5<sup>th</sup>/6<sup>th</sup> Dans You will be advised personally.**

**These sessions are not compulsory, just put on free of charge to give back time to you, as you are always here to help us. We will continue each year with these sessions if they are well attended. Its not a fitness & sparring class, just going through patterns for your grade & making sure you are happy. Thank you once again for your continued support.**

**PLEASE TELL US IF YOU ARE ATTENDING. IF YOU DO NOT TELL US YOU ARE COMING WE WILL ASSUME YOU ARE NOT & CANCEL CLASS IF NOT ENOUGH INTEREST FOR YOUR GRADE.**

These DO NOT count as one of your pre Black Belt Sessions.



**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



**More...**

**License/Insurance – Standing Orders – New Clubs  
Venue Change – Safety Equipment – Derby comp**

**Please check your License / Insurance**

Please note we do our best to remind you when your License is due, however it is the Students responsibility. Your License should be renewed in the month prior to expiry. We are currently working on a new web site, with access for students only, there will be a facility for you to check on there. If you loose or misplace your License book, please tell us as soon as possible, so we can replace it. No License NO insurance. Also please note you MUST fill in a new form every time you renew, if you have put the money in our account and not filled out a form and returned it, then it will not get processed until we have the signed form.

**New Clubs**

**STAMFORD CLUB**

**Wednesday** 7.40-8.40pm – Starts on 13<sup>th</sup> Sept.  
Stamford Welland Academy, Green Lane, Stamford, PE91HE  
**Saturdays** 11.30-12.30 – Starts on 16<sup>th</sup> Sept.  
Stamford Endowed Schools Sports Hall and Swimming Pool, Conduit Road, Stamford, PE91QQ

**Crowland**

**Thursday** 6-7pm  
South View Community Primary School, Postland Rd, Crowland, PE6 OJA

**Stanground**

**Monday** 6.30-7.30  
**Wednesday** 4.30-5.30 – Starts on 18<sup>th</sup> Oct  
St Michael's and All Angels, Mace Road, Stanground, Peterborough, PE2 8RQ

**Standing orders & Bacs transfer**

Please make sure when paying standing orders or BACS, that you put the **students** name as a reference, especially if the account holder is in a different name. Also please text Annabel 07714 323 995 this will help us to find it.

**Competitions**

**Sunday 3<sup>rd</sup> September, Derby  
Saturday 9<sup>th</sup> Sept Scottish**

This is open to all our Students from white Belt to Black Belt.

You may compete in Sparring, patterns or both. It is a T.A.G.B requirement that you compete in at least two competitions prior to taking your Black Belt. Family & friends may also watch the competition to cheer you on. Those that already compete without your support up & coming new students have no one to aspire to, so please do your best to attend to make for a great atmosphere.

Closing date 16<sup>th</sup> August for Derby  
Please see your Instructor for more details.

**Monthly Standing Orders prices**

<b>Juniors</b> under 16yrs of age	
X1 session per week (up to five sessions per month)	<b>£20.00</b>
X2 Sessions per week (Unlimited training)	<b>£30.00</b>
<b>Adults</b> 16yrs of age & above	
X1 session per week (up to five sessions per month)	<b>£23.00</b>
X2 Sessions per week (Unlimited training)	<b>£33.00</b>

**Please do not Cancel your Standing Order in Holliday times as you will lose your discount rate, any lost time can be made up at a venue and time of your choice.**

**Deeping Venue Change**

Due to the venue being a little small at the Deeping St James community School, we will be training in the Deeping Leisure Centre in the Welland room 6-7pm on Mondays from now on. We will start the class at 6pm. Arrive at hall before 6pm. Another class will start at 7pm so we must be out on time. As soon as we can secure a larger venue the 7-8pm class will return. Thank you for your support, please make up any lost time, at a venue of your choice.

**T.A.G.B. SAFETY EQUIPMENT**

**ALL Students from Green Belt & Above Must have a full set of T.A.G.B. Safety equipment. This may be purchased through your Instructor. Should you choose to purchase from another source, this is ok, as long as it is T.A.G.B. (Gladiator) branded & approved.**



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