



December Newsletter 2018

**Dec/Jan time changes – What a year
Awards Night – Next Grading –**

What a year

Well it's been another memorable year for all the clubs, they are all growing in numbers, with a good mix of ages, making us still a very friendly family orientated club. Bourne has gone through some ups and downs with having to change venues after 17 very good years, however the support and understanding from all the students has been solid, next year should be a lot easier, the support from the venues in the area just goes to show how well established the club has become. Stamford club will be our focus for next year, we will be looking to put on twice a week, so watch this space for more info. The results & support from the competitions over 2018 has also been outstanding, as well as British, English, Scottish, Welsh Champions we also gained Two or Three more WORLD CHAMPIONS. Next year should also see some more champions in the club and hopefully we will be taking plenty of competitors, spectators & officials to Croatia, so get saving and booked up. We must also remember the new promotions over 2018 three more 5th Dans & a 6th Dan Master, not many clubs can boast that amount of high Grades, over 90 Black Belts training across the clubs from 1st Dan to 7th Degree World Master.

All this Success is down to each and every one of *you*, your support and encouragement to each other and new members, is why they return. So from both Annabel & Dale we hope you have the best Christmas & New Year ever and are spoilt rotten, we look forward as ever to what next year brings.

As much as we appreciate all the cards & presents you give us every year, please this year donate to a charity or go and buy a homeless person on the streets a drink and something to eat, make their xmas.

HAPPY CHRISTMAS EVERYONE

Dec/Jan Training Times/Changes

Grading results Mon, Tue, Wed & Thu only

Last night Training Thursday 20th Dec all Clubs

First Day Back Mon 7th Jan all Clubs as normal

Tue 4th Dec Bourne 6-7 & 7-8 Methodist Hall

Fri 21st Dec NO TRAINING

All Classes Start Back Mon 7th Jan

**SORRY ALL THE
AWARDS NIGHT
TICKETS ARE NOW
SOLD OUT**

STAMFORD & DEEPING Dec & Jan

As we have no competitions over the Xmas break the class on Monday is 6-7 only.

Remember these sessions are free and not part of your monthly subs. We will be starting them back up in Feb.

**Hampton Mondays & Thursday Dec/Jan 6-7pm only all Grades
Stamford 11-12 Dec/Jan.**

**Next Colour Belt Grading
Sunday the 16th December
Times T.B.C.
Grading Fees * License
Book due in from the
Mon 3rd Dec**



Bourne - Market Deeping - Werrington - Thurlby - Stanground - Yaxley - Hampton - Billingborough - Crowland - Stamford
Annabel Murcott 7th Dan - Tel: 01780 410609 | Mob: 07714 323 995 | Email: belltagb@aol.com | Web: www.annabelmurcott.co.uk
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More...

**Black Belts – Winter Ware
Blue Belts – Xmas Orders – Licenses**

All Black Belts

**Don't forget we have a Black Belt only session every Wednesday in Thurlby
Lawrence Park Hall from 7-8pm**

**This is patterns only no stamina or warm ups
5th to 7th Dan Instructors so everyone is covered**

Winter Training Ware

**As from the 29th of October, we go to our winter training ware
TAGB Doboks only please, NO T Shirts. As from next summer
only CLUB T shirts will be allowed for yellow Belts & above.
Sparring & Stamina sessions you may still wear T.A.G.B
T-Shirts & Contact bottoms.**

Blue Belts & Above

It is a **T.A.G.B.** requirement that all Blue Belts and above should be training twice a week, we do realize that at times this isn't convenient, this is why we do not make it compulsory, however for the younger ones once a week is a long time between each lesson, the result means some of the children fall behind their friends & then get a little stressed and say they are getting bored. Please talk to us in these situations so we can help & advise how to work through it. It is such a shame when the younger ones get so close to their Black Belt & when it gets a little tougher they give in, life isn't easy & this is one of the lessons we teach (Indomitable Spirit). Tae kwondo isn't a watered down Martial Art that is made easy for juniors like some out there, its challenging for a reason, that is why when they pass any Grading they can be very proud, as they have had to work hard to gain it.

Licenses

Please make sure you check your license book to make sure it is up to date.
If you aren't licensed you should not train and can't Grade.
The license fee is £38

The Insurance Company makes a £5 admin charge for each lapsed month
(This is NOT our Rule)

A new License form **MUST** be filled in each time.

Xmas Orders

Anyone wishing to place orders for equipment etc for Christmas presents
The closing date will be
Thursday the 13th Dec
To order see Annabel
Or call/text her on
07714 323995



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