



## September Newsletter 2017

**Welcome Back – Colour Belt Grading  
Black Belt Training Sessions**

### **Welcome back**

Hopefully you've had a great relaxing break over the summer holidays, don't forget to send any pictures wearing your club T-shirts or doboks on holiday. It has been the best summer seeing so many new students join us, its great to have you all come and enjoy the journey.

The run up to xmas looks like its going to be both challenging and exciting, we already have two new clubs opened & more to open before xmas. Please make sure you read the news letters to keep up with any changes in times & venues. We are doing our best to make sure we give you the best possible training we can. We know changes does not always please everyone, however we look at the big picture & hopefully we will continue to offer classes for ages, abilities & needs.

### **Colored Belt Grading Sun 17<sup>th</sup> September**

**Bourne Academy PE10 9DT**

Times refer to the Belt you are NOT the one you are going for. Please Note this is an exam, parents/loved ones may watch if the student IS a White Belt, Green Belt, Red Stripe, Red Belt, star Grading or Black Belt Pre Grading. NO photos or videos allowed, No children's buggy's.

All times are approximate, if you are on a tight schedule then best to leave the grading until the next one.

**9.00am Black Belt pre Graders – Star Graders - Red Belts  
Red stripes and Blue Belts**

**Times to be arranged for all other grades.**

#### **Terminology / Words**

White Belts to Blue stripes you will be asked your questions the week prior to your Grading in class as always, Blue Belts & above you will be asked on the day. Don't struggle with your words, ask your Instructor for help.

You will need to know the meaning of your pattern, the meaning of the colour or stripe of the belt you are going for, how many moves in your pattern, start putting Korean & English meanings together. If you are not sure ASK your Instructor. All the usual excuses like `I've lost my book` `mummy didn't say I needed to know that` `the gold fish has swallowed my book` will not get you through you exam. Terminology books can be purchased from you Instructor for as little as £7.00 this will take you to Black Belt.

## **Annabels Black Belt Training Dates**

**1<sup>st</sup> 3<sup>rd</sup> & 4<sup>th</sup> Already done, sorry if you missed them.**

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

**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**



More...

## New Clubs – Blackbelt training sessions – October Fundays

### October Fun Days

Yaxley Tuesday 24<sup>th</sup> October. 9am – 4pm (Venue to be confirmed either Owen Pooley hall or Queens)

Bourne Wednesday 25<sup>th</sup> October Westfield School Main Hall 9am – 4pm

£15 per Child Family Discounts open to brothers, Sisters & friends.

Non refundable £5 deposit per child by end of September secures your place

Remaining £10 by 7<sup>th</sup> October.

Places are limited & go fast so book now to avoid disappointment.

All Instructors are DBS / First Aid Certified & fully insured.

A fun packed day filled with Tae Kwon Do, Team Games & different sports.

Just ask those that have been for recommendations.

Call Annabel 07714 323995 to Book

### BLACKBELT TRAINING SESSIONS

All Red belts, Black Tags and Black belts must attend two sessions per year or if you are grading for your Dan grades then you must attend all three. The sessions are :

11-12 All red belts and Black stripes

12-1pm All Black Belts

2<sup>nd</sup> September (MUST ATTEND IF GRADING AND OBTAINED A GRADING FORM FROM YOUR INSTRUCTOR AND TAKE TO THIS SESSION.

30<sup>TH</sup> Sept (Annabel will be taking this session)

7th October

Please use link for address: [http://](http://www.wvacademy.org)

[www.wvacademy.org](http://www.wvacademy.org)

### 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

Anyone free on these dates & would like to come along, join in and support the opening nights this would be gratefully

### 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>



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