



November Newsletter 2018

Black Belt Results – December Grading Class Changes – Winter Ware

Outstanding Results

A huge well done to all those that travelled to Bristol for the recent Black Belt Grading, all Students passed & we are now very proud to have one more 6th Dan two more 5th Dans another 3rd Dan two more 2nd Dans and two new 1st Dans, all students gave an outstanding performance & made us proud as always. Almost 600 students went through their paces over 3 days, unfortunately not all made the promotions, but that's life, its all down to the performance and battling nerves on the day. No club in this area has as many high grades with such a wealth of experience as we are proud to have, so thank you all for your help and showing that working as a team and a family we all pull together and get through all the challenges in front of us. This club and all its success will always be down to you as students & the help and encouragement you give each other.

Colour Belt Grading 16th December Deeping Leisure Centre, Park Rd, PE6 8QY.

Anyone wishing to take their next Belt must make sure you have enough sessions in between your gradings, ALL Green Belts & above must have a full set of TAGB approved safety equipment. Yellow stripes & above should have a terminology book, with all the words for your grading. Not sure ask now, not the week before as we won't have time to help you.

Class time changes

We have done our best to put on extra sparring and stamina classes, across all our clubs on a weekly basis, at no extra cost to you, these were not that well attended regularly, therefore we can't justify keeping them on. We have re evaluated each class so as to maintain the high level of tuition for both the student that just wishes to train & grade and those that wish to improve for competitions. So as from Thursday the 1st November the following changes will apply.

Mondays Hampton 6-7.30pm all grades with 7-7.30pm sparring only (NO PATTERNS IN THE LAST HALF HOUR)

Tuesday Bourne Corn Exchange 6-7pm & 7-8pm all grades

Wednesdays Thurlby 6-7pm all grades 7-8pm Black Belts only

Thursday Deeping 6-7.30pm all grades with 7-7.30pm sparring.

Saturday Stamford 11am – 12.30pm. 12- 12.30 sparring only (NO PATTERNS IN THE LAST HALF HOUR)

All other classes and times have not changed

We are also looking into once a month putting on a sparring stamina session for an hour and a half, to encourage both new and old competitors to help each other from other clubs.

Black Belts please note the Wednesday BB only sessions at Thurlby, this is just patterns & set sparring.

PLEASE SEE OVER FOR CHANGES IN TIMES AND VENUES FOR OCT AND NOV

Winter training ware as from 1st Nov

No T-shirts, Doboks only please, also juniors bring a coat to go home in.

Club T shirts may be worn at sparring stamina classes



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...

Inter-Club Comp – Awards Night – Time Changes

Inter-Club Competition Sat 24th November 10am – 1ish

Deeping Leisure Centre Main Hall

Doors open at 9.30am comp starts 10am prompt

Open to all Grades & Ages from all our Clubs

Categories for every student to enter so no excuses

Patterns – Sparring – Team Events – Destruction (over 18s only)

Canteen for light refreshments

All Students must attend at least two competitions before they can take their Black Belts, so these competitions are put on for you, so you don't have to travel & may compete locally to see if you enjoy the competitive side of Tae Kwon Do. You do not have to sparr, you can compete in patterns only if you wish, or just a team event. See your Instructors now for an entry form. All 13 years and under must be accompanied by an adult.

£8 per event - 3 person team £12 (teams pay on the day)

All fees less trophy cost collected for team events go to

Help 4 Heroes in honour of James Holloway

Spectators £4 in advance £6 on the door.

This event needs your support to help up and coming new world champions

Black Belts without your help and support it can't go ahead.

Strict Closing Date for entries sat 17TH Nov

Awards Night

Sat 8th Dec 7.30pm – late

Bring your own food n drink

Dress Code Xmas jumpers

Masonic Hall Bourne

Limited space so advance tickets only

Family Ticket £15 single £6

Under 16s must be accompanied

Time Changes Oct/Nov

Mon 29th Oct 6-7pm only Hampton

Tue 30th 6-7pm only Corn Exchange Bourne

Thur 1st Nov 6-7.30 Deeping

Fri 2nd Nov 6-7 & 7-8pm Methodist Church Hall

Sat 4th 11am -12noon only Stamford

Tues 6th Nov 6-7 & 7-8pm Methodist Church Hall

Fri 16th Nov NO TKD

Fri 30th Nov 6-7 & 7-8pm Thurlby Methodist

Church Hall, High St, PE10 0ED

No Training Sat 24th Nov (Club Comp)



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