



## September Newsletter 2018

### Difficult Times - Terminology Red Belts etc - Cancelled Standing Orders

#### Difficult times

We are nearly through the difficult times in Bourne, after the bomb shell of having to move from Bourne Academy, finding venues not only large enough but ones that are free on the nights we require. Having clubs every night of the week means we are committed to those nights, as are the students, as many have other activities; the next problem we faced was that many halls had taken future booking they had to honor. Well we are just about through the hardest part & look forward to a more settled & regular training routine, however we may have to change a little on some Fridays in November, but will give plenty of notice.

**Sorry for all the confusion, but we are nearly getting back to a normal routine, in Bourne.  
Thank you for your continued support**

#### Terminology / Words For Next Grading

ALL students from yellow stripes to Black stripe will need a terminology Book, this has all the words you need to learn for every Grading up to you taking your Black Belt. You only need one per family to share, they start from as little as £7 & may be obtained through your Instructors. All Grades will be asked their terminology the week prior to the Grading in class, if you get all the questions wrong you will not be grading. Blue Belts and above you will still be asked the week before to see if you are ready, however your questions will still be asked on the day as well. Anyone needing help with the words please ask in plenty of time. A terminology Session is being looked into, let us know if you are interested ?

#### Red Belts – Black Stripes And Black Belts

Black Belts it is a TAGB requirement to attend one of the pre Black Belt Training sessions, prior to each Black Belt Grading, even if you are **NOT** grading. This means to maintain your grade you must attend one prior to both April & October Black Belt gradings. Red & Black Stripes you will also need to attend at least one.

Black Stripes & Black Belts that are Grading **MUST** attend all three.

11am-12 All Red Belts & Black tags

12-1pm All Blackbelts

1<sup>st</sup> Session - Sat 22<sup>nd</sup> Sept - Mock Grading

2<sup>nd</sup> Session Sat 6<sup>th</sup> Oct – Annabel's Session

3<sup>rd</sup> Session Sat 13<sup>th</sup> Oct.

Wreake Valley School, Com College, LE7 1LY

#### Cancelled standing orders whilst on holiday & Subs increase

Please remember all of you that choose the standing order option and claim your discount rate, this only applies if the standing order is **not cancelled** throughout the year, those that cancel whilst on holiday will revert to normal price subs. The discount takes into consideration bank holidays & your holidays. We also **STILL** have a lot of people that have not upgraded their standing order to include the price rise back in January!!, this can't go on, its taking up far too much time checking and chasing, the reason we can give discounts & keep subs down is because thankfully the majority work with us & adhere to the rules.



**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...**

## **Sparring n stamina – Fun Day - Results Next Grading -**

### **Sparring & Stamina classes**

We are doing our best to provide extra sparring and stamina classes across all clubs, we need your support to continue with these. We are aware that a lot do not like the sparring & fitness side of TKD, these classes are set to help you improve both.

Those that compete and do well at competitions we also need your support, you are the role models for the next generation, remember who you looked up to when you started.

**Mondays 7-8 Hampton. Thursday 7-8 Deeping. Saturdays 11.30 -1pm Stamford**

We will still have sparring & stamina in all our classes, but not as dedicated as the ones above, where we have more instructors & the class is dedicated to sparring n stamina.

**We have also put on a Black Belt only class on Wednesdays at Lawrence Park Thurlby 7-8pm.**

**October half term Fun Day**

**Wednesday 24<sup>th</sup> October**

**And**

**Xmas Fun Day**

**Friday 21<sup>st</sup> Dec Bourne 10am-4pm**

**Limited space first come basis**

**ONLY £15 PER CHILD**

**Open to friends & family**

**call Annabel for more info and to book.**

**07714-323995**

**Next Colour Belt Grading is on Sunday the  
16<sup>th</sup> September**

**Deeping Leisure Centre, Park Rd, PE6 8NF**

**9.00am Pre Grades – Red Belts – Red Stripes  
& Blue Belts**

**10.45am Blue Stripes – Green Belts & Green  
stripes.**

**11.45am Yellow Belts – Yellow Stripes &  
White Belts**

**Please drop your children at the Welland  
room. There is a canteen up stairs for drinks  
whilst you wait. All Grading fees & Brown  
license book in now please. £30**

**Class and Hall changes through  
Sept /Oct**

**Thursday 13<sup>th</sup> Sept Deeping Class  
6-7pm only & Graders Only  
(look for sign in reception for where we are)**

**All Friday Classes at Bourne are at the  
Masonic hall 6-7 & 7-8 as normal**

**All Tuesday Nights at Corn Exchange  
5.45-6.45 For Sept & Oct **Except**  
11<sup>th</sup> Sept, 2<sup>nd</sup> Oct Methodist Church  
6-7pm and 7-8pm**

**Outstanding Results from the East  
Midlands in Derby well done all that took  
part win or lose.**

**30 Students 29 Medals  
Including 13 GOLD**

**Good luck to all those travelling to the  
Scottish on the 8<sup>th</sup> September  
& thank you for supporting the Club**



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