



ANGLIA ACADEMY OF TAEKWON-DO

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NEWSLETTER SUMMER '09

CONGRATULATIONS !

The grading, held on Sat 11th July in Dereham, was well attended with everyone successfully passing. Well Done! to all who took part, especially to those who achieved 'A' Pass marks named below.

Robert Prosser	FAK
Clare Burden	NOR
Lucy Webster	NOR

WINNERS!!

A fun day was had by all who attended the NM Area Tournament on Sunday 19th July in Derby. A BIG WELL DONE and pat on the back to all those who came back bearing riches!!

GOLD MEDALS

Sharon Elfleet	Exec Div
	Breaking
Annie Elfleet	Patterns
Dana Wurr	Patterns
Evie Chap-Hammond	Patterns
Leah Wurr-Talbot	Sparring
Liam Palmer	Sparring

SILVER MEDALS

Sharon Elfleet	Patterns
Liam Palmer	Patterns
Craig Davis	Sparring
Isla Chap-Hammond	Patterns
Evie Chap-Hammond	Sparring
Lewis McKean	Sparring

BRONZE MEDALS

Sharon Elfleet	Sparring
Liam Palmer	Sparring
Callum Palmer	Sparring
James Kimber	Sparring
Bradley Lawes	Sparring
Thomas Lawes	Sparring
Jack Spall	Sparring
Rio Wurr-Talbot	Sparring
Sean Whitesides	Sparring

PASSED

Well Done to Sharon Elfleet for passing her Referees Course.

CLUB CLOSURES

All clubs will shutdown for two weeks from Mon 3rd August and reopen from Mon 17th August.

WEBSITE

Check out the websites to catch up on what is happening in the Academy and Area

www.nmtkd.org
www.angliaacademy.co.uk

END OF YEAR AWARDS!

Best Attendance

Liam Palmer

Student Achievement

Alex Bird

Club Championship Award

Fakenham

Student Club Award

Jack Spall	ATT
James Kimber	DER
Luke Morgan	FAK
Kerry McPherson	NOR

NEW FOR SEPTEMBER!

We are introducing a couple of new products this month.

1, is the new Academy T-shirt and hoodies, in either black or red. Price of these will start from £7 for t-shirts & £15 for hoodies.

We are taking orders for these now.

2, is the long awaited logbook. Most of the inserts for this logbook will be downloadable from the Academy website. It will contain loads of information to help and guide you through your training and gradings. There will be a small fee for the starter pack with file to get you on your way. In the starter pack you will receive a pack of basic info and the first set of merits to work to, as well as a file to hold them in.

MOCK GRADING

The mock grading will be held on Friday 11th September in Fakenham. Starting at 6.00pm at the Junior School.

GRADING

This will be held on Saturday 10th October at Dereham, Leisure Centre, 12.00am start. It will follow the same format as before.

AUGUST & SEPTEMBER DATES

AUGUST

Thu 20 th	Beach Session
Sat 22 nd	Sparring Training
Sun 23 rd	Senior Training
Sun 30 th	1 st Kup Grading

SEPTEMBER

Sat 5 th	Scottish Champs
Fri 11 th	Mock Grading
Sat 12 th	Sparring Training
Sun 13 th	Senior Training
	BB Pre-Grading
Sat 26 th	Sparring Training
Sun 27 th	Senior Training
	BB Pre-Training

All venues and times are on website,

STANDING ORDERS

Paying monthly by standing order can save you money on your training fees. Ask your club secretary about the variety of different pay plans and how to set one up.

EQUIPMENT ORDERS

We are trying to place one big order at the beginning of every month. So take a look in the catalogue and place an order with your club secretary.