



ANGLIA ACADEMY OF TAEKWON-DO

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NEWSLETTER CHRISTMAS '09

TOURNAMENT TRIUMPHS!

A handful of students travelled across the country to the British Championship held in Cardiff. Two of the five came back with medals. Congratulations! to them and a Big Well Done to all!!!!

Isla Chapman-Hammond	Attleborough	Silver	Patterns
		Bronze	Sparring
Evie Chapman-Hammond	Attleborough	Bronze	Patterns

FESTIVE FUN!

Christmas is nearly upon us, so time for fun and games is here!! So as last year, the last lesson* of the year will be PARTY NIGHT! for juniors. Everyone can bring along a friend for the fun and a prize will be given for the best Xmas fancy dress.

PARTY NIGHTS

NORWICH	MON 14 TH DEC
*FAKENHAM	TUE 15 TH DEC
DEREHAM	WED 16 TH DEC
ATTLEBOROUGH	THU 17 TH DEC

SPARRING SESSIONS

A sparring session will be held in Fakenham on Saturday 28th November at the Fakenham Leisure Centre, 3pm- 4pm.

A similar session will be held at the Grove School in Cambridge on Saturday 12th December also starting at 3pm- 4.30pm

MASTERS SEMINAR

This will be held on Sunday 20th December starting at 1pm til 4pm at Linton College.

<i>White –Blue Stripe</i>	<i>1pm-2pm</i>	<i>£5</i>
<i>Blue belt up</i>	<i>1pm-3pm</i>	<i>£10</i>
<i>Black Belts</i>	<i>1pm-4pm</i>	<i>£15</i>

LOGBOOKS

The logbooks are a revision guide to help you through your training. It reminds you of what needs to be practiced, for the grading, in a fun, step-by-step way. There are areas in the logbook for you to write in your own notes and tips towards making your learning easier. As you progress through your grades, your logbook will begin to grow in size and information. You can partake in courses that cover how the administrative side of the club works too assisting in taking and teaching classes, too learning basic first aid and how the body works.

As well as being a guide, this book is also a merit scheme, allowing you to challenge yourself and be rewarded with 'badges', Each coloured belt has 2 types of badges, Skills and Merit, and sets attainable tasks for the student to achieve. Skills Badge is split into 2 different types, 8 technical and 4 physical. Merit Badge is split into 3 different types, Tenets, Principles and Life skills that required 3 different examples of each. If you achieve all 5 badges you receive a 'Gold Belt Badge'. Added to these are the Bonus badges which you receive for gaining an 'A' pass in your grading or for your theory.

The introductory packs are available from your Club secretary. From then on in you can receive your grade packs either by e-mail or on disc to print out at your leisure. If you require the Academy to print them for you there will be a small fee to go towards the cost of this. We can also provide a high quality folder for your logbook, or you can obtain one yourself.

MOCK GRADING & GRADING

The Mock Grading will be held on **Sunday 13th December** at **Fakenham Junior School** starting at **10.30am**. The Grading is confirmed for Saturday 16th January 2010. Venue to be confirmed at a later date.

SCHOOL CLOSURES

Norwich	Close 14th Dec	Open 4th Jan
Dereham	Close 16th Dec	Open 4th Jan
Fakenham	Close 17th Dec	Open 5th Jan
Attleborough	Close 17th Dec	Open 7th Jan