

CENTRAL

TAEKWONDO

ACADEMY



EST. 1993

Master Bailey Tel: 01324-557004 Mob 07812-580898
Email: masterbailey@centraltkd.co.uk Website: www.centraltaekwondo.com

NEWSLETTER *August 2011*

6th WORLD POOMSAE CHAMPIONSHIPS

Master Bailey & Angie are just back from the 6th World Poomsae Championships in Vladivostok. It was a truly amazing event with 570 athletes from 53 countries. Angie achieved Great Britain's best ever result in the 1st Masters individual female category though not without agony in the semi-finals. She was so close to qualifying for the final with some confident poomsae producing a very high average score but was agonizingly pipped by just 0.01 of a mark for the last of the eight qualification places by home favourites Russia, who went on to take a bronze. Angie, who had a 6th place finish at the European Championships, had to settle for a world ranking of 9th. Finishing ahead of Finland, Mexico, Singapore, Canada, Australia and USA was a great achievement. This goes to show how much Angie has progressed recently through her hard work and dedication. Angie will continue to train hard to improve and will hopefully gain more success at the highest level in the future.

NEW TRAINING STRUCTURE FROM AUGUST

There are now new training sessions available with Master Bailey at weekends. On Saturdays the session will cover sport taekwondo and fitness. On Sundays the emphasis will be on poomsae performance and competition rules. The Thursday night session has been extended to 9pm for all red and black belts. The new classes are offered as part of your monthly training fees. It is hoped the majority of central members will be able to increase their attendance. Remember minimum training is twice per week, with 6 sessions per week available with Master Bailey everyone should be able to meet, or even exceed this. Leaflets are available with details of all sessions on offer.

BTCB REGIONAL POOMSAE TRAINING

There will be a BTCB Regional Poomsae Training Session at Carronshore on Saturday 13th August from

2pm to 5pm. The session is open to all ages from Green Belt and above. The BTCB has increased the fee for regional training to £10.00 (£5.00 for students at 3rd kup and below).

BTCB POOMSAE JUDGES COURSE

Master Bailey is conducting his first BTCB Class C Poomsae Judges Course on behalf of the governing body at Carronshore on Sunday 14th August. The course will cover the latest WTF competition rules and will be the first in the UK to use the electronic scoring system.

The course is open to all BTCB black belt members aged 16 or over. Black tags who have a good knowledge of poomsae up to Taebaek can also sit the course. Successful candidates will receive a BTCB Judges Certificate and will be invited to judge at future national poomsae competitions.

CHI OPEN CHAMPIONSHIPS

The Chi Open Kyorugi Championships took place on Sunday 17th July. Central had 6 players competing and all came away with a medal. Black belts Hassan and Kristian both won bronze medals, whilst cadet girls Asia and Naomi won silver medals. Alan Haston won silver in the senior males and Jordyn Smith once again brushed all opposition aside to win yet another gold medal. It was a really good team performance and the future looks very exciting for our kyorugi players.

ONE ON ONE COMPETITION

Carronshore will play host to a one on one sparring competition on Saturday 20th August from 10am. The event is a great chance for those students who don't normally compete to experience the excitement of competition. All competitors will be matched up based on grade, height and experience etc. and all receive a medal – win or lose!

This will also be a great opportunity for newly qualified officials to get some experience of corner judging or centre refereeing in a relaxed atmosphere. Pick up a leaflet and get your entries in before Thursday 18th August.

GRADING

The next coloured belt grading is at Carronshore on Sunday 21st August at 10am. Deadline for application forms is Thursday 18th August.

ANNUAL 10K CHALLENGE

Our annual 10K Challenge and 5K Family Fun Run will be held in Calender Park on Sunday 28th August starting at 9am. It is the 9th year we have held this event. Help support club funds, get you name down and join in the fun. See leaflet for full details.

“IT’S A KNOCKOUT”

Central Academy has two teams entered in the Strathcarron Hospice Charity “It’s a Knockout” competition on Sunday 28th August. Come along to Tulliallan Police College at 3.00pm and give your support.

KIDS POINTS COMPETITION

Central Taekwondo Academy is introducing the first kids fun points championship. This new event is designed especially to give all kids from 4 to 13 years old the chance to experience competition Taekwondo in a safe and fun environment.

All players compete on a round-robin basis in groups of four of similar age, grade and height. The kids score points for each event and the points are tallied up for the awards presented at the end.

This will be the first of a series of events. Points accumulate and are carried forward to each tournament until the students reach the coveted 100 points and achieve the Black Award.

SPARRING (KYORUGI) – All protective equipment will be provided for those kids who don’t have their own.

PATTERNS (POOMSAE) – Players perform any pattern of their choice.

TAEKWONDO CIRCUIT – The kids race around a specially designed circuit against the clock.

Please encourage your child to take part. This event will be great fun for all kids and we hope that it will give them the confidence to enter bigger events in the future

KIRAN’S TRUST SPIRIT AWARD

Central Academy, in conjunction with Kiran’s Trust is introducing the first “Kiran Martin Indomitable Spirit Award”. The central member who has best demonstrated the Taekwondo tenets and trained with the best attitude, commitment and spirit throughout the year will receive the award on the clubs anniversary in November. The prize will include an engraved shield, which will be passed on each year and a voucher for £50.00 to be spent on Taekwondo equipment.

ULTIMATE POOMSAE CHAMPIONSHIPS

There is a poomsae tournament in Barnsley on Sunday 4th September. Angie is putting a team together for the event. If anyone is interested in representing Central at the event please let Angie know as soon as possible.

DATES/TIMES FOR WEEKEND SESSIONS

SPORT TAEKWONDO & FITNESS SESSIONS

6th Aug – 10am to 12pm

13th Aug – 10am to 12pm

20th Aug – No Session (One on One Competition)

27th Aug – 10am to 12pm

3rd Sep – No Session (Coaches at development course)

10th Sep – No Session (Kids Points Competition)

17th Sep – 10am to 12pm

POOMSAE SESSIONS

7th Aug – 11am to 1pm

13th Aug – 2pm to 5pm (BTCB Regional Training)

21st Aug – 12pm to 2pm

28th Aug – No session (10K and It’s a Knockout)

4th Sep – 11am to 1pm

11th Sep – TBA (BTCB Regional Training)

18th Sep – 11am to 1pm