

CENTRAL

TAEKWONDO

ACADEMY



EST. 1993

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NEWSLETTER August 2010

CLUB FUNDS

A massive THANK YOU to all the Central members and parents who gave up their Saturday to help out at the bag-packing at Asda, Stenhousemuir on Saturday 24th July. It was a very successful day and raised a fantastic **£1,100.63** for club funds.

SUMMER CAMP

Our annual Summer Camp takes place at Carronshore on Wednesday 11th August and Friday 13th August from 10am to 1pm.

The camp will include all aspects of Taekwondo training, circuits and drills, fun, games and fitness. A healthy snack is included in the fee.

It is open to all ages and grades and ideal preparation for future gradings, including the forthcoming dan grading.

This event has been very well attended in previous years and has always proved to be a great success. Ask at class for further details or to book your place speak to Angie.

10K CHALLENGE & 5K FUN RUN

This is the 8th year of our club fund raising race around Calendar Park. It takes place on Sunday 22nd August. We meet outside Calendar House at 8.45am and the race kicks off at 9am. All competitors receive a race medal and healthy snacks to help them recover. So support the funds and get your name down and get your family and friends involved too! Running is a great way to improve your CV and make your TKD classes easier! All proceeds go to club funds.

POOMSAE TRAINING

The August Scottish Poomsae Training Session will be on Saturday 14th in Glasgow (venue and times still to be confirmed).

All grades from Green Belt and above are welcome to attend.

GRADING

The next coloured belt grading is at Carronshore on Sunday 15th August starting at 10am. Deadline for application forms is Thursday 12th August.

OLYMPIC KYORUGI SEMINAR AND SPARRING EVENT

There is a major international event taking place in Glasgow on Sunday 8th August.

World class international players and coaches from Korea, Norway and the UK National Team will be in Scotland for 8 days for a training camp with the Scottish National Team.

As part of the camp there will be a training seminar open to all ages and grades at Caledonian University from 10.30am to 12.45pm on the Sunday morning.

The Scottish coaches will be using the seminar to identify talented athletes who may be invited to join the national team set-up.

On the Sunday afternoon from 12.45pm to 4.30pm there will be international matches between Scotland, Korea, Norway and the UK.

Our own Craig and Ross Eden and Chris Sweeten will be competing so it will be a great opportunity to come along and see them in action against top class opposition.

See leaflet for full details.

KOREA OPEN

Central Academy senior players Craig and Ross Eden have both been selected to represent Scotland at the Korea Open from 2nd to 5th September. The boys will be in Korea for two weeks, training and preparing for the competition.

They will not be the only Central Academy members competing at this major international event. As the event is both Kyorugi and Poomsae (sparring and patterns) Master Shin is taking a small UTA team to compete in the poomsae event. Angie Bailey will be flying the flag for Central (& Scotland) in the Masters 1 Female category. She will be away for 12 days and most of that time will be spent training with the Kukkiwon's most senior Poomsae master.

It is fantastic for Central Academy as all this invaluable experience will be coming back to the club.

Best of luck to Angie, Craig and Ross.