

CENTRAL

TAEKWONDO
ACADEMY



EST. 1993

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NEWSLETTER

November/December 2011

GRADING

The last grading exams of this year will be held on Sunday 11th December at Carronshore Community Centre starting at 10am.

KIDS POINTS COMPETITION

Our 2nd kids fun points championship will be held at Carronshore on Saturday 10th December. The 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.

The first event was a big success and we hope to attract even more players this time. 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. All points gained in the 1st event are carried forward to this 2nd tournament. 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.

CHRISTMAS AND NEW YEAR BREAK

The last class of 2011 will be at Carronshore on Tuesday 20th December.

Thornhill and Bothkennar classes will finish on Wednesday 14th December.

All classes resume from Tuesday 3rd January 2012.

ANNUAL BLACK BELT PHOTO

Our annual Black Belt picture will be taken on **Thursday 15th December at 7.30pm**. Could all Black Belt members please try to attend in uniform even if you are unable to train that night.

2012 LONDON OLYMPIC GAMES

The build up to the Taekwondo event at next year's Olympics has already started. You can follow the progress of Team GB at www.gbtaekwondo.co.uk there is a link on our own website and there is already a lot of coverage on the BBC sport website.

Master Bailey and Angie will be involved with the Olympic Test Event at the Excell in London from 1st to 4th December.

GB TEAM CADET/JUNIOR DEVELOPMENT

Central Academy has 4 players involved with the GB Team cadet and junior development programme. Jordyn Smith and Naomi Strathie are just back from a weekend training camp at the new national academy in Manchester. They now face a 3 week wait to find out if they have been selected to join the GB Cadet Talent Squad.

Kristian Kinnon and Asia Bailey will be at the academy from 19th to 22nd December to be assessed for the GB National Junior Squad.

SPORT & FITNESS SATURDAYS

No class on **26th November** due to National Team development training. No class on **3rd December** due to all day hall booking.

SUNDAYS POOMSAE SESSIONS

Sunday's poomsae sessions with Master Bailey will be held as follows:**27 Nov - 11.00 to 1.00pm**
(1.00 to 2.00pm BTCB Cadet Session)
11 Dec - 11.30 to 1.30pm