

CENTRAL

**TAEKWONDO**  
ACADEMY



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## NEWSLETTER *January 2011*

### STIRLING CUP

This year's Stirling Cup sparring competition takes place at Stirling University on Sunday 16<sup>th</sup> January. There are categories for all age groups and grades. Central Team Coach Alan Dunsmuir will be collecting entry details. If you wish to compete please speak to Alan at competition training on Tuesday or Saturday.

Full competition details can be downloaded from the Central Academy website (address above).

### GRADING

The next coloured belt grading is at Carronshore on **Sunday 23<sup>rd</sup> January** starting at 10am. Deadline for application forms is Thursday 20<sup>th</sup> January.

The date for February's grading is Sunday 20<sup>th</sup>.

### INDIA TRIP

The 24 strong Scottish National Team will be travelling to India on the 25<sup>th</sup> of this month to compete at the 5<sup>th</sup> Commonwealth Taekwondo Championships in Chennai.

Amongst the poomsae team we have Angie Bailey, James Rennie, Howard Sargeant, Nigel Robinson, Trisha Robinson, Iain Opray and Glen Brown. Craig and Ross Eden and Chris Sweeten will be on the gyorugi team.

Master Bailey is poomsae team coach and Alan Dunsmuir is amongst the gyorugi team coaches. It would be fantastic for Central Academy if our Scottish representatives come back with Commonwealth medals.

Good luck to the Scottish Team from everyone at Central.

### BRITISH POOMSAE CHAMPIONSHIPS

The official BTCTB British Poomsae Championships takes place at the English Institute of Sport in Sheffield on 5<sup>th</sup> & 6<sup>th</sup> February. Central has been well represented at this event in previous years and finished in a very respectable overall 2<sup>nd</sup> place last year.

There are numerous categories are split by age and grade, so the competition is suitable for everyone from yellow belt and above. As well as individual there are also pairs and teams divisions.

Any Central member wishing to be part of the team for Sheffield should download the competition details from our website and complete an application form. Deadline for entries is 20<sup>th</sup> January; this will allow us time to get the entries to the BTCTB on time.

### 2011 SCOTTISH POOMSAE TEAM

The selection criteria for the 2011 Scottish Poomsae Team is now available. Selection starts with the national championships in Sheffield and continues throughout the year with monthly Scottish Team training and various other poomsae events.

Full details are available on the club website.

### UTA DAN GRADING SYLLABUS

The UTA Black Belt Grading Syllabus has been revised. The new syllabus is available to download on the club website. It is very important that all students at Red Belt and above have their own copy. Those who wish to sit senior gradings have to work to ensure they meet the new criteria.