

CENTRAL

# TAEKWONDO

## ACADEMY

EST. 1993



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## NEWSLETTER *November 2010*

### GRADING

The next coloured belt grading is at Carronshore on **Sunday 21<sup>st</sup> November** starting at 10am. Deadline for application forms is Thursday 18<sup>th</sup> November. The date for the December grading has been changed. Instead of Sunday 12<sup>th</sup> it will now be held on **Sunday 19<sup>th</sup> December**.

### FUTURE CHAMPIONS

Central Academy had 3 players competing at the Future Champions tournament in Barnsley on Sunday 31<sup>st</sup> October. All 3 produced top class performances and took 1<sup>st</sup> place in their categories. Congratulations to our gold medallists; Jordyn Smith, Naomi Strathie and Kristian Kinnon.

### SCOTTISH TEAM FUND RAISING

Central has 7 players on the national poomsae team and Master Bailey is national team coach. They will be representing Scotland at the Commonwealth Taekwondo Championships in Chennai, India in January. Unlike the Olympic sparring side of Taekwondo there is no funding available for the players. The team are trying to raise £8,800.00 to enable them to represent their country at this major event. Central Academy are doing a number of fund-raising events to help support our members.

### PRIZE BINGO

A prize bingo was held at the Carronshore Age Concern Hall which raised £300.00.

### ZUMBA CLASS

We had a Zumba class at St Mungo's on Friday 29<sup>th</sup> Oct which raised £315.00.

### RACE NITE

There will be a Race Nite at Carronshore Community Centre on Saturday 20<sup>th</sup> November. Tickets are only £3.00 for adults and £2.00 for kids and this includes a buffet. Adults bring your own drink. There will be soft drinks available. Please encourage your family and friends to come along.

### PARENTS CLASS

Mums, Dads, relatives and friends are all invited along to Carronshore Community Centre on 21<sup>st</sup> November from 12.30 to 1.30pm for a taster Taekwondo class. All the training fees from the Parents Class will go into the team fund.

### SPONSORED RUN

Also on 21<sup>st</sup> November team member, 3<sup>rd</sup> Dan Black Belt Howard Sargeant, will be running an incredible 37 miles across Scotland in aid of the fund. There is a sponsor sheet at the class. If everyone could make a small donation it will help inspire Howard along the way.

### BAG PACKING

We have 2 bag packing days arranged. The first will be in Marks & Spencers on Saturday 27<sup>th</sup> Nov. the second at Asda, Stenhousemuir on Sat 11<sup>th</sup> Dec. We need as many volunteers as possible to give up an hour or two. Please give your name to Angie if you can help.

If you can support any of the above events it will be greatly appreciated.

### LAST CLASSES OF 2010

After-school classes finish week commencing 6<sup>th</sup> December.

Thornhill and Bothkennar classes finish on Wednesday 15<sup>th</sup> December.

The last class of this year will be held at Carronshore on Monday 20<sup>th</sup> December.

Classes will resume at Carronshore in the new-year on Monday 3<sup>rd</sup> January 2011.

Thornhill and Bothkennar start back on Wednesday 5<sup>th</sup> Jan. and the after-school classes resume week commencing 10<sup>th</sup> January.

### PERSONAL TRAINING VOUCHER

Central Health & Fitness has a special offer on at the moment for a four week block of personal training. A gift voucher is available for only £95.00. The voucher entitles the bearer to 4 weeks personal training in the private one-to-one Central Health & Fitness Studio. A four week programme can dramatically improve fitness and body shape and normally costs £120.00. The voucher will make an ideal Christmas gift! If you are interested see Angie for more details.