

CENTRAL

TAEKWONDO
ACADEMY

EST. 1993



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NEWSLETTER *September 2011*

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.

HOLIDAY MONDAY

There will be no classes at Carronshore on Monday 12th September due to the hall being closed.

GRADING

The next coloured belt grading is at Carronshore on Saturday 24th September at 10am.

This will also be the Black Belt Pre-Grading and Intermediate Dan Grading. The senior grading will start at approximately 11.30am.

ANNUAL 10K CHALLENGE



We had 25 runners for our annual 10K Challenge and 5K Family Fun Run in Calender Park on Sunday 28th August. The event raised £250.00 for club funds. Thank you and well done to everyone who took part.

Results 6th 5K

1	Alec McLernon	00-24-41
2	Cameron Gray	00-25-07
3	Jordyn Smith	00-26-39
4	Nicky Scott	00-28-25
5	Ellise Bailey	00-30-30
6	Charlie Kinnon	00-30-35
7	Kristian Kinnon	00-31-15
8	Ellie Muir	00-31-26
8	Lauren McKinlay	00-31-26
10	Ciara McLernon	00-31-58

Results 9th 10K

1	Master Bailey	00-40-50®
2	Dave Scott	00-47-55
3	Alan Clark	00-48-49
4	Darren Smith	00-50-50
5	Asia Bailey	00-50-52
6	Angie Bailey	00-53-55
7	Fraser Guthrie	00-55-00
8	Chic MacGregor	01-06-05

BTCB REGIONAL POOMSAE TRAINING

There will be a BTCB Regional Poomsae Training Session at Toll Cross, Glasgow on Sunday 25th September from 1pm to 4pm. 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).

CLUB FUNDS - BAG PACKING

To help boost the club funds we have a bag packing evening from 4pm-8pm at Asda, Stenhousemuir on Friday 23rd September. If anyone can spare an hour or two it will be very much appreciated.

3rd SCOTTISH OPEN POOMSAE CHAMPIONSHIPS



Our flag-ship event is on Saturday 8th October at Grangemouth Sports Complex. There are categories for all ages and grades, all Central members should consider having a go! We have competitors travelling from all over the UK and this year we have international players from Portugal and India!

We need a big team of people to help with the organisation of the event. If you would like to be involved please give your name to Angie.

EUROPEAN MASTERS GAMES

Master Bailey will be representing the UK at the European Masters Games in Ligano, Italy from 18th to 20th September. There are over 4000 veteran athletes from 61 countries competing in 21 different sports. WTF Taekwondo is included for the first time and Master Bailer is in both the poomsae and kyorugi divisions.

48th UTA DAN GRADING



The UTA Black Belt Grading takes place at Carronshore on Sunday 9th October. Central Academy should have a large number of candidates this year, depending on the results of the pre-grading, 24th Sept.

With a large number of students coming from England and Northern Ireland, it looks like being the biggest UTA Dan Grading ever.