


# Winchester Tae Kwon-Do FOOTNOTES

  
T. A. G. B.  
TAE KWON-DO  
INTERNATIONAL  
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## DECEMBER 2004 GRADING RESULTS

Well done all those who took their grading – especially Kelly-Ann who has made a great advancement to gain an A-pass and take the grading award.

Name	Grade	Result
Andrew Clover	2 <sup>nd</sup> Kup	1 <sup>st</sup> Kup A pass
David Francis	4 <sup>th</sup> Kup	3 <sup>rd</sup> Kup + pass
Phillipa Thornton	5 <sup>th</sup> Kup	4 <sup>th</sup> Kup A pass
Emma Payne	5 <sup>th</sup> Kup	4 <sup>th</sup> Kup + pass
Emily Topley	6 <sup>th</sup> Kup	5 <sup>th</sup> Kup A pass
Alexander Barry	8th Kup	7th Kup A pass
William Christie	8th Kup	7th Kup A pass
Ryan Ede	8th Kup	7th Kup + pass
Kelly-Ann Gale	8th Kup	7th Kup A pass
Jordan Tsouramanis	8th Kup	7th Kup
Amine Sabia	10 <sup>th</sup> Kup	9th Kup A pass
Ellie Golley	10 <sup>th</sup> Kup	9th Kup

### For those who did not get through the pregrading:

Three months is not very far away. I know it can be disappointing, particularly when your fellow students have new belts, but then you also have something that is very valuable – the experience of overcoming a disappointment and showing perseverance. It would be far too easy just to give up - after all there are plenty of excuses, but few real reasons. Those who stay with us are showing their strength of character, particularly when they really work on their weaknesses to achieve an A-pass at the next grading. Andrew, David, and Amine have all come back to prove this. At the end of the day, there's no substitute for regular training – stick with it, we'll help you.

### WINCHESTER TAE KWON-DO CHRISTMAS TIMETABLE



Monday 20th Dec – Usual training  
Wednesday 22nd – 7-8.30pm  
Monday 27th Dec – No Training  
Wednesday 29th Dec 6-7.30pm  
Monday 3<sup>rd</sup> Jan 6-7.30pm

### STUDENTS' NEWS

*Club Members Only*



## Eric Hale 10 Years on

October saw the 10<sup>th</sup> anniversary of Eric's Tae Kwon-Do career. Eric left us for a while to train in Basingstoke after he move house. Now he is back in Alresford and we look forward to presenting him with a 20-year award...talking of which.....



## Darren Cooper 20 Years on

November saw the 20<sup>th</sup> anniversary of Darren's Tae Kwon-Do career. Darren came to us as a red belt from the East Midlands and got his Black Belt with us. His job then took him to Birmingham, before returning to us to gain his 4<sup>th</sup> Dan.



## Oliver Pope 1<sup>st</sup> Dan

Congratulations to Oliver on gaining his 1<sup>st</sup> Dan. He worked hard for his Black belt and continues to set a good example in both the adult and junior classes.

## Where's the Partridge in the Pear Tree?

by Emma Payne

On the first day of Christmas  
my true love said to me....

That Tae Kwon-Do is  
10 tiny 10<sup>th</sup> Kup  
9 naughty 9<sup>th</sup> Kup  
8 intelligent 8<sup>th</sup> Kup  
7 silent 7<sup>th</sup> Kup  
6 scary 6<sup>th</sup> Kup  
5 fighting 5<sup>th</sup> Kup  
4 frightening 4<sup>th</sup> Kup  
3 thinking 3<sup>rd</sup> Kup  
2 singing 2<sup>nd</sup> Kup  
1 foolish 1<sup>st</sup> Kup

..but on Boxing Day  
my true love told me..

he'd seen Mr Whitlock  
stuck in a Christmas tree

## QUIZ

The winner of last edition's photo quiz was Oliver Pope, who wins a TAGB mug.

This edition's quiz:

How many different moves are there in the pattern for your grade?

## *Club Members Only*

### **TRAINING TIPS**

Stretching: Little and often is the key to maintaining and improving on your flexibility. It is quite difficult to be disciplined about stretching, but here is something you can try. I'm probably right in saying that most of you watch TV. Stretch whilst watching – if it's a good programme you won't notice the stretch – if it's rubbish, then you haven't completely wasted your time. Need some ideas – just ask the Black Belts.

Problems with a move or moves in your pattern? Don't keep practising the whole pattern – practice just those moves every day for a week without doing your pattern. When you next try, you should now feel confident when you get the troublesome move(s) to continue without problems.

Jumping and flying kicks: practice with a target (a practice golf ball on a piece of string is ideal) – this will give you something to focus on. Don't use a hard target if you are trying to improve your kick, you will be too concerned about hitting it hard, or worried about injury, to be relaxed enough to experiment and change your style. Once you have found something that works, you must practise and practise again until your improved method is natural and overrides your old style.

### **CHARITIES 2005**

The 2005 West of England fund raising campaign will be directed towards cancer charities, including the McMillan Cancer Relief fund that many of you have supported us with in the past. The target is:

**£30,000**

before 31<sup>st</sup> December 2005.

We have started now:

The Charity Tin collects the money from our 'Left Luggage Department' so keep leaving your personal items (from socks to sandwich boxes) behind and support the fund. The tin had £12.10 in it since January.

Christmas Cards: No need to send club members Christmas cards – put the money you would have spent into our box and sign the poster on the notice board – so far this fund stands at £3.36

The Chris Morris memorial demonstration: We hope to do this annual event in January and will be looking for you to bring all your friends and relatives with their pockets full of money for the 'Firewood Auction'

### **YOUR ARTICLES**

Hope you enjoyed this issue.



If you want it to keep going , I need more input from you.