

# Winchester Tae Kwon-Do FOOTNOTES

  
 T. A. G. B.  
 TAE KWON-DO  
 INTERNATIONAL  
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## DECEMBER 2005 GRADING RESULTS

Well done all those who took their grading especially those with A-passes. Master Dew presented the grading award to Emma Payne.

Name	Grade	Result
Emma Payne	3 <sup>rd</sup> Kup	2 <sup>nd</sup> Kup A pass
Philippa Thornton	3 <sup>rd</sup> Kup	2 <sup>nd</sup> Kup A pass
Samuel Cooper	3 <sup>rd</sup> Kup	2 <sup>nd</sup> Kup
Alexander Barry	5th Kup	4th Kup + pass
Jordan Tsouramanis	5th Kup	4th Kup
Kelly-Ann Gale	5th Kup	4th Kup
Katy Goodyear	7 <sup>th</sup> Kup	6 <sup>th</sup> Kup + pass
Amine Sabia	7 <sup>th</sup> Kup	6 <sup>th</sup> Kup
Ellie Golley	7 <sup>th</sup> Kup	6 <sup>th</sup> Kup A pass
Kieran Martin	8 <sup>th</sup> Kup	7 <sup>th</sup> Kup A pass
Kieran Davies	8 <sup>th</sup> Kup	7 <sup>th</sup> Kup
Anna Daniell	9 <sup>th</sup> Kup	8 <sup>th</sup> Kup
John McHardy	9 <sup>th</sup> Kup	8 <sup>th</sup> Kup
Lauren Golley	9 <sup>th</sup> Kup	8 <sup>th</sup> Kup + pass
Julia Vincent	10 <sup>th</sup> Kup	9 <sup>th</sup> Kup + pass
Lynn Moreto*	10 <sup>th</sup> Kup	9 <sup>th</sup> Kup
Arnold Moreto*	10 <sup>th</sup> Kup	9 <sup>th</sup> Kup A pass

\*Graded in Salisbury 1711/05

## XMAS TRAINING

Wednesday 14<sup>th</sup> December – Junior fun session – usual training time  
 Monday 19<sup>th</sup> December – normal training  
 Wednesday 21<sup>st</sup> December – Adult fun session – usual training time  
 Monday 26<sup>th</sup> December – no training  
 Wednesday 28<sup>th</sup> December – All classes 6-7.30pm  
 Monday 2<sup>nd</sup> January – All classes 6-7.30pm



## STUDENTS' NEWS

Members Only

### LAST ISSUE'S QUIZ ANSWERS

Walking , L, and sitting stances in your patterns.

moves	19	21	24	28	38	32	37	29	30
Walking	15	15	19	5	23	11	15	8	10
L	4	6	1	13	2	10	8	12	10
Sitting	0	0	2	0	6	0	6	3	1
Total	19	21	22	18	31	21	29	23	21
Missing	0	0	2	10	7	11	8	6	9

So what happened to the missing moves? Answers in class

There were no entries – the prize, a bottle of wine has been drunk.

### WHICH LEG BACK?

Can't remember which leg comes back to ready stance in your patterns?  
See if you can fill in the following tables:

moves	19	21	24	28	38	32	37	29	30
R/L									

moves	39	36	44	39	45	52	33	46	68
R/L									

Answers in class

### TAE KWON-DO DICTIONARY

**Volunteer:** lowest grade present  
(usually 10<sup>th</sup> Kup)

**Compulsory:** you will do it and enjoy it.

**Optional:** you will do it,  
but you don't have to enjoy it.

### SOUTH EAST CHAMPIONSHIPS

Congratulations to our medal winners:  
David Francis – silver medal - patterns  
Elliot Pope – bronze medal - patterns  
Well done to others who took part: Neil  
Whitlock, Emma Payne, Philippa Thornton

### FITBALL TRAINING

Stretching is often difficult for the less flexible who can't get near enough the floor to support themselves with their arms. For those of you who have purchased a fitball (or Swiss ball) from us – try this to help with your stretching:

With your legs wide, toes pointing forwards, just rest your forearms on the Fitball. You can then support yourself quite comfortably while increasing the stretch. By turning to each side, you can practice front splits, while still maintaining control using the ball.

Let me know of any exercises you have devised and want to share.

Next time: my (fun?) stomach exercise.

# EASTLEIGH DEMONSTRATION PHOTOS

