

# Winchester Tae Kwon-Do FOOTNOTES



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TAE KWON-DO  
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## JUNE 2006 GRADING RESULTS

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

Name	Grade	Result
Emma Payne	2nd Kup	1st Kup A pass
Philippa Thornton	2nd Kup	1st Kup
David Francis	2nd Kup	1st Kup
Ellie Golley	5 <sup>th</sup> Kup	4 <sup>th</sup> Kup A pass
Katy Goodyear	5 <sup>th</sup> Kup	4 <sup>th</sup> Kup
Amine Sabia	6th Kup	5 <sup>th</sup> Kup
Kieran Davies	7th Kup	6th Kup
Arnold Moreto	8th Kup	7 <sup>th</sup> Kup A pass
Lynne Moreto	8th Kup	7 <sup>th</sup> Kup A pass
Nicholas Clift*	8th Kup	7th Kup
Anna Daniell	8th Kup	7th Kup
Claire Carter	8th Kup	7th Kup
John McHardy	8th Kup	7th Kup
Lauren Golley	8th Kup	7th Kup
Ed Rose	10th Kup	9th Kup A pass
Thomas Hayne	10th Kup	9th Kup A pass
Janet Foley	10th Kup	9th Kup
Huw Richards	10th Kup	9th Kup
Katherine Hurst	10th Kup	9th Kup
George Smith	10th Kup	9th Kup

\*Poole 14/6/06

## HOLIDAY TIMETABLE

FROM MONDAY 24<sup>TH</sup> JULY TO WEDNESDAY 28<sup>TH</sup> AUGUST ALL CLASSES WILL START AT 7PM.

JUNIOR GRADE CHILDREN MAY LEAVE AT 8PM

BLUE BELT AND ABOVE ARE EXPECTED TO STAY UNTIL 8.30PM

EXCEPT

MONDAY 28<sup>TH</sup> AUGUST (BANK HOLIDAY) - ALL CLASSES 6-7.30PM

MONDAY 4<sup>TH</sup> SEPTEMBER ONWARDS-CHILDRENS CLASS 6-7PM, ADULTS 7-8.30PM

**STUDENTS' NEWS**

Members Only.

**NEW STUDENTS**

Members Only.

## **WHY DIDN'T I GET AN 'A' PASS? (common faults)**

Stances too short (standing up too high) or too narrow.

Bent back leg in walking stance (not finishing move before thinking about next)

Sitting stance toes pointing outwards

Rising kicks leg bent and/or too low. Press-ups body not straight

Starting blocks from the wrong side (inside instead of outside or vice versa)

Starting blocks too low (including rising block/twin forearm block)

Blocking too high (exposing ribs on middle block)

Not punching centre in walking stance, twisting wrist too early (on hip instead of at target)

No hip twist, poor reaction, no acceleration (miss out any one and you lose power and effectiveness)

Body not side facing in L-stance, too much weight on front leg

Front kick – pointing toes forward instead of kicking with the ball of the foot.

Turning kick – not kicking at 45° for mid-section, toes pointing up

Side kick – kicking with flat of foot, dropping knee below foot, no use of hips (flicking leg), hands immobile, no power (no acceleration), not side facing at moment of kick, dropping back hand.

Knifehand strike – not twisting hand at target, fingers open

Double punches – wrong order, no power on first punch (not setting up reaction hand).

Forgetting moves in exercises/patterns/set sparring (insufficient practice)

Performing exercises and patterns too fast; lack of accuracy/power/realism

Set sparring – poor focus, lack of realism, weak blocks/reaction, dropping guard when kicking.

Free sparring - insufficient activity, no give and take, poor control, lack of stamina.

Theory – dates, hand & foot parts, blocking and attacking tools

## **20 YEARS**

By the time our next Footnotes is out our club will be 20 years old.

If you have a suggestion how you like to celebrate let us know – but you must be willing to help with any organisation – so if it's a club trip to Korea, we hope you have won the lottery!

We can get tracksuits, sweatshirts etc. embroidered, but only if there are enough people interested.

It's up to you.

**JUNIORS – DON'T LEAVE THIS IN YOUR BAG TO JOIN THE LAST ONE, GIVE IT TO YOUR PARENTS (AND MAKE THEM READ IT!)**

**ADULTS- DON'T LEAVE THIS IN YOUR BAG AND FORGET IT – READ IT**

## **QUIZ**

**Members Only.**

## TOURNAMENT SHIELD

Members Only.

DATE	EVENT	VENUE
<b>JULY</b>		
Sat 29 <sup>th</sup> – Sat Aug 5 <sup>th</sup>	Summer Camp	Veryan, Truro
<b>AUGUST</b>		
Mon 21 <sup>st</sup>	Coloured belt pre-grading	Badger Farm
Fri 25 <sup>th</sup> – Sun 27 <sup>th</sup>	Junior Summer Camp	Chelwood nr Bath
<b>SEPTEMBER</b>		
Sat 2 <sup>ND</sup>	Coloured Belt Grading	Romsey 2.30pm
Sat 9 <sup>th</sup>	Scottish Champs	Glasgow
Sun 24 <sup>th</sup>	Umpires Course Part 1	Newbury
<b>OCTOBER</b>		
Sun 1 <sup>st</sup>	Black Belt Pregrading	Bristol 1st Kups 10am Black Belts 2pm
Sun 8 <sup>th</sup>	Black Belt Training	Weston 1st Kups 10am Black Belts 12pm
Sun 15 <sup>th</sup>	Black Belt Training	Weston 1st Kups 10am Black Belts 12pm
Mon 16 <sup>th</sup> -Wed 18 <sup>th</sup>	Pre-grading training course	Bristol 10am-3.30pm
Thur 19 <sup>th</sup> - Sun 22 <sup>nd</sup>	<b>Black Belt Grading</b>	<b>Bristol</b>
<b>NOVEMBER</b>		
Sat 11 <sup>th</sup> – Sun 12 <sup>th</sup>	Instructors Course Part 2	Bristol
Mon 20 <sup>th</sup>	Coloured belt pre-grading	Badger Farm
Sun 26 <sup>th</sup>	British Champs	Coventry
<b>DECEMBER</b>		
Sat 2 <sup>ND</sup>	Coloured Belt Grading	Romsey 4pm

see notice board for latest revisions