

Winchester Tae Kwon-Do FOOTNOTES



Volume 5 Issue 1
March 2008

March 2008 GRADING RESULTS

Well done all those who took their grading especially those with A-passes.
The grading award was presented by Master Dew to Patrick Robins

NAME	GRADE	RESULT
Harriet WILD	6 th Kup	5th Kup A pass
Michael GODLEY	7 th Kup	6th Kup A pass
Matthew CONNOLE	7 th Kup	6th Kup A pass
Thomas DICKSON	7 th Kup	6th Kup A pass
Jacob GARDINER	7 th Kup	6th Kup
Effie EVANS	8 th Kup	7th Kup A pass
Alex BAKER	8 th Kup	7th Kup A pass
Dylan GILES	8 th Kup	7th Kup
Ellie DICKSON	9 th Kup	9th Kup A pass
Beatrice GOLLEY	9 th Kup	9th Kup A pass
John SCOTT	9 th Kup	8th Kup + pass
Patrick ROBINS	9 th Kup	8th Kup A pass

WEST OF ENGLAND CHAMPIONSHIPS

GOLD MEDAL

Ellie Golley - Girls' Red Belt Middleweight Sparring

SILVER MEDALS

Thomas Hayne – Boys' Green Belt Patterns

George Smith – Boys' Blue Belt Patterns

Ellie Golley - Girl's Red Belt Patterns

BRONZE MEDALS

Effie Evans – Girls' Yellow Belt Patterns

Mathew Coleman – Boys' Red Belt Patterns

Matthew Connole - Boys' Yellow Belt Middleweight Sparring

Lauren Golley - Girls' Green Belt Lightweight Sparring

Well done to all competitors, spectators, and officials for making it a great day

EASTER TIMETABLE

**MONDAY 24TH MARCH - ALL CLASSES
6-7.30PM**

WEDNESDAY 26TH USUAL TRAINING TIMES

NEW STUDENTS

Welcome to new students: David Addiss, Anna, Baker, and Steven Willoughby

NEWS OF STUDENTS

MEMBERS ONLY

HI TO EVERYONE AT WINCHESTER TAE KWON DO!

I would just like to say congratulations to Katy and I hope that she had a fabulous day. I am currently in India for six months working at an orphanage. (I couldn't go to Kenya due to the political situation). The children are fantastic but the work is very hard with little support for the volunteers. I have just started to teach the children Tae Kwon Do in after school classes and they are really enjoying it, and so are the other volunteers! I will be back in England in late July when I hope to restart my training before going to university I hope that everyone is well, best wishes

WEST OF ENGLAND TOURNAMENT ENTRANTS

MEMBERS ONLY

BELTS CAN BE DANGEROUS!

Be careful if your belt becomes loose. If comes undone take it off and place it (don't throw it) to the side for later. Recently mine came undone without me noticing and a rising kick flicked the end into my eye. A couple of days later I had to spend a few hours at the eye hospital. To cut a long story short, I now have a possibly permanent eye defect. So take care, and observe the following rules:

1. Tie your belt tightly.
2. Make sure your belt is not too long – (when tied the free ends should not be able to reach your eyes).
3. Do not flick a belt at anyone.
4. Tie your belt round your waist, not your hips (it's not cool – it's silly!)

WEST OF ENGLAND SUMMER CAMPS

I have the application forms – Adult & Junior. Don't miss it!

TOURNAMENT SHIELD

The story so far – after the West of England Championships:

NAME	POINTS
Ellie GOLLEY	7
Mathew COLEMAN	6
Thomas HAYNE	6
George SMITH	5
Matthew CONNOLE	5
Lauren GOLLEY	4
Effie EVANS	4
Amine SABIA	3
James WALLIS	3
Alex BAKER	2
Darren COOPER	2
Charlotte HUTCHINSON	2
Harriet WILD	2
Dylan GILES	2
Daniel GODLEY	2

**BEST WISHES TO
LUCY ESSEX
PHILIPPA THORNTON
WILLIAM CHRISTIE
MATHEW COLEMAN
Black Belt Grading
April 2008**

**CHARITY DEMONSTRATION
& PRESENTATIONS**

Wednesday March 19TH 7pm

**Don't miss it – your chance to
show your parents & friends
what you can do!**

No video cameras please.