



KARORI TAEKWONDO

NEWSLETTER MAY 2014

UPCOMING TOURNAMENTS

- **HUTT VALLEY OPEN. 5th of JULY**

A local tournament hosted by Hutt City Taekwondo. It is designed for new comers to the sport of Taekwondo and has a white belt division. As it is a local event we expect everyone possible to enter at least one event patterns and/or sparring.

There will be two special training days for sparring practice on the 15th and 29th of June as well as the usual class times. All competitors must have shin/instep guards, forearm guards, groin guard and a clear or white mouth guard. Specific and separate Poomsae training will be given to those who wish to enter Poomsae.

- **SOUTH ISLAND CHAMPS. 7TH JUNE. INVERCARGILL.**

Due to the high travel costs Karori Taekwondo will not attend.

- **TUNZ CLUB CHAMPS CHRISTCHURCH. 13th September**

This is our annual national tournament. Red belts are permitted to compete in the Black Belt division if they wish and it is a round robin system.

- **TOP OF THE SOUTH BLENHEIM. 25TH OCTOBER.**

EVENT PLANNING

- Planning to attend these events is underway.
- Please make contact with Dave Merrall to register interest in these events and receive the information pack.
- Information and entry pack can also be downloaded from Facebook. Karori Taekwondo Club Members under 'files'.

Parent helpers can supervise other students (up to 5 students).

GRADING

Well done to all those who tested for their next grade. All passed and the examiner Master Chikka was happy with the overall standard, there are a few little bits that we need to tidy up and we will be focusing on those techniques over the next few months.

OOPS

Some items have names spelled incorrectly. Please advise Dave Merrall via email so we can amend and correct.

WINTER REGULATIONS and DRESS CODE

A reminder that all students may wear a white t shirt or white thermal under the training Dobok. Should you wear a non white T shirt you may be asked to remove it before training.

Taekwondo style shoes are permitted for training. A Taekwondo shoe is not worn outside as a street shoe and usually doesn't have laces on the instep.

For help or advice on the right style of shoe please talk to an Instructor.

**PLEASE PLEASE DO NOT WEAR WET STREET SHOES INTO THE
GYM and REMOVE SHOES AT THE DOOR.
THIS INCLUDES STUDENTS, VISITORS and PARENTS**

FACEBOOK

Karori Taekwondo has three Facebook profiles. This has Taekwondo club information, grading syllabus and a training calendar which includes extra training sessions.

Karori Taekwondo

Karori Taekwondo Members

Karori Tigers – Kids Taekwondo

The Members and Tigers are non public and only parents and registered fee paying members of Karori Taekwondo club can view the pages and information. To join the members page you must 'REQUEST' to join.

Note our new webpage will be live soon.



FIGHTING FIT CLASSES

On Saturdays there is a fitness circuit class in the Gym. It s open to anyone 12* and over. The focus is flexibility, core strength and fitness. It is group circuit training and lots of fun. Parents and friends are welcome to come along.

Usually these are on Saturdays at 2pm. There is a Facebook “Fighting Fit” page and training schedules are listed on there.

There is a small cost to attend

Karori Club Members	\$2.00
Friends with own gloves and body pads	\$2.00
Friends with no gloves and body pads	\$5.00

*Under 12's can attend with a parent/care giver who is also actively taking part.

UNIFORMS

These need to be correctly worn. As an example the bottom cuff of the trouser should sit just above the ankle bone. The sleeve cuff should sit above the wrist. You may not roll or fold sleeves and cuffs up. We suggest that iron on hemming tape (from Spotlight) and is easily applied.

Jewellery (esp. rings, necklaces, watches and bangles) must be removed.

PERSONAL SAFETY GEAR

All students are required to own and bring there own safety gear. These items are for our own club grading's and for safety and your training partner.

- Mouthguard – From white belt and over
- Shin/Instep, Forearm and Groin guard – From Yellow belt onwards
- Bodypad and Helmet – From Red belt onwards

Talk to the Dave Merrall getting these. We have good club relations with several Martial Arts suppliers



CLUB SHOP

The last Wednesday of each month we will have a small 'POP' up shop that will sell Taekwondo equipment. Items ordered in can also be done as one order and therefore save on freight costs.

Shin and Instep guards, Forearm guards, Doboks etc.

Payment by arrangement.

TIME KEEPING and HOUSE KEEPING

If arriving late please wait to be acknowledged by the class instructor before joining in. If having to leave early please advise class instructor before class.

When arriving early please wait quietly if there is another class in session.

Stretching and warming up is a good idea. Do not bounce balls and run around ie cause a distraction to the Tiger class.

At the end of the class please help put away gear and tidy up. Parents please be patient and encourage the students to assist in clean up.

Please always say "Hello and Goodbye" they are only two small words and show a courtesy and respect.

FEES

A reminder that students with overdue fees may not incur further debt until the aging fee is cleared. Regretfully, this includes grading , TUNZ membership fees and tournaments

TUNZ NATIONALS – CHRISTCHURCH

Flights to Chch (as of 25th/3/2014) \$149 return Jetstar

8 Seater People Mover @ \$80 a day = \$320 (\$40 a seat).

Accommodation bunkhouse @ \$20 a night = \$80

Basic food kitty \$20

Total for estimate for TNZ Open per person \$345.00*

*NOTE does not include event entry fees AND extra food requirements. Note these are all minimums , based on no vacant spots and probable to rise.

