



## Tae Kwon-Do – the Korean Art of Self-Defence

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*Building a more peaceful world... together*

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### Tae Kwon-Do News...

#### Newquay Lifeboat Day, 8<sup>th</sup> August



We performed a demo in front of thousands at Newquay Harbour to help raise funds for Newquay RNLI on their Lifeboat Day. This was followed by a free jet boat ride for all students! Thanks to everyone that supported this event.

#### Truro Carnival, 10<sup>th</sup> September



Once again, GTI Camborne and Truro students took to the streets for the annual Truro Carnival. We had a fantastic reception from the people of Truro as we performed our Tae Kwon-Do techniques and routines through the city. A big thank you to everyone who took part!

### Dates for your diary 2011...

events updated at [www.truro-taekwondo.com](http://www.truro-taekwondo.com)

- 1<sup>st</sup> Oct Senior grade training session – 1pm, Threemilestone Community Centre
- 9<sup>th</sup> Oct Black Belt Grading, Derby
- 29<sup>th</sup> Oct Senior grade training session under GTI Chairman Paresh Bhadeshia (details TBC)
- 30<sup>th</sup> Oct Umpire and Referee Course – 9.30am, Threemilestone Community Centre
- 4<sup>th</sup> Nov Children in Need Kickathon, Truro
- 13<sup>th</sup> Nov GTI British Championships, Cheltenham  
**NO TRURO CLASS**
- 3<sup>rd</sup> Dec Skulduggery Laser Tag and Christmas Buffet, Pool, 1pm
- 10<sup>th</sup> Dec Coloured Belt Grading, Pool Academy 1pm
- 14<sup>th</sup> Dec Last Camborne class of 2011
- 18<sup>th</sup> Dec Christmas Fancy Dress Training Session  
Last Truro class of 2011
- 27<sup>th</sup> Dec Christmas Beach Training, Towan Beach, Newquay, 10.30am
- 4<sup>th</sup> Jan Return to training, Camborne
- 6<sup>th</sup> Jan Return to training, Truro

### More Tae Kwon-Do News...

#### Coloured Belt Grading, 17<sup>th</sup> September



Twenty students were assessed for their new belts at Threemilestone Community Centre. The standard of their floorwork and theory was once again very high and all students passed their grading, being awarded their new belts at presentations in Truro and Camborne. Well done!

Kernow T.A.E.

Student Newsletter Autumn 2011

## Events coming soon...

### Senior Grade training sessions

Blue, red and black belts are invited to two special training sessions **free of charge** on **1<sup>st</sup> October** (1pm to 2.30pm) at Threemilestone Community Centre (followed by black belt patterns training from 2.30pm to 3.30pm) and an Instructor meeting at 3.30pm) and **29<sup>th</sup> October** (times TBC) at Cornwall Cricket Centre, Truro. This second session will be hosted by GTI Chairman Mr Paresh Bhadeshia, 5<sup>th</sup> Dan.

### GTI Umpire and Referee Course, 30<sup>th</sup> October

Mr Paresh Bhadeshia is course leader for the GTI Umpire and Referee Course, starting at 9.30am at Threemilestone Community Centre.

**Course Description:** This one day course is open to any TKD practitioner aged 16 years or older with a minimum grade of 2<sup>nd</sup> kup. Completing the course will enable you to develop the required skills to become a competent official at GTI competitions. The Umpire qualification is also a requirement for those applying to take a 3rd degree grading. The cost of the course includes the purchase of a GTI Officials' polo-shirt. This is issued upon completion of the required training which involves officiating, under the supervision of a senior official, at GTI events. There is no charge for those taking the course on a refresher basis. Drinks will be available, but please bring along a packed lunch. You will also require a tracksuit or similar, safety equipment, and a pen and paper. If you'd like to attend then please ask your Instructor for an application form.  
Cost: GTI members £45 - Non-GTI £59

### Children in Need Kickathon, 4<sup>th</sup> November

GTI Cornwall will be raising funds for BBC Children in Need by performing Tae Kwon-Do kicks for an hour at Cornwall Cricket Centre. **Our target is 500 kicks but we might well do 1,000!** Sponsorship forms are available from Mr Broderick. Entry is via sponsorship or donation to BBC Children in Need. Kicks will be counted for those that are seeking sponsorship funds for each kick they perform. Please help us to raise money for this very important charity... every penny goes to children that need our help! This is a merit point event!

### GTI British Championships, 13<sup>th</sup> November

The final competition of 2011 will be held at Leisure@Cheltenham Sports Centre, Tommy Taylor's Lane, Cheltenham GL50 4RN on Sunday 13<sup>th</sup> November. Divisions:

Point-stop sparring for yellow & green belts.

Point-stop and continuous sparring for blue, red, & black belts.

Patterns (ITF style) for all belts.

Board breaking for adult blue, red, & black belts.

Jumping High Front Kick Competition - adults & juniors.

Entry fee: GTI members £15, Non-GTI £20

Spectators: £5 (under 5's free)

NB. GTI entrants are required to wear their white GTI uniform for this event. This event gains you one competition point just for entering or spectating plus a merit point! Entry forms available from Mr Broderick.

### Skulduggery Laser Tag, 3<sup>rd</sup> December

Votes have been cast and verified and you decided that this year's Christmas event will be a pirate-themed laser tag at Pool near Redruth. Details of the venue here: [www.bombadingas.co.uk](http://www.bombadingas.co.uk)

The cost is £15 per person with a minimum age of 7 years old. There will be two games plus a buffet lunch from 1pm to 3pm on Saturday 3<sup>rd</sup> December. A deposit of £5 per person needs to be paid to Mr Broderick by Friday 25<sup>th</sup> November. This is the first merit event of next year's table!

## Updates...

### Good Bye and Good Luck to Mr Newman

Mr Newman has moved to Swindon and the instructors and students of GTI Cornwall would like to wish him all the best.

### Junior Theory Sheets

There is a new set of theory sheets for juniors ages 5 to 7. Please go to: <http://truro-taekwondo.com/JuniorTaeKwonDoTheory.aspx> Please ask Mr Broderick if you would like them printed.

### Theory Books

Training manuals are available from Mr Broderick. The coloured belt manual, which contains the theory and routines to take you to black belt costs £18.50 and the black belt manual costs £19.50.

### Minibus Travel to the British Championships

The schools will subsidise a minibus trip to the GTI British Championships if we can get a minimum of 12 persons. Please let Mr Broderick know ASAP if this would interest you.

### T-Shirts

Kernow TAE black T-shirts are available from your Instructor for £14.50.



### Senior Grade Training Sessions

The free senior grade extra training sessions are continuing throughout the Autumn. They are open to all green, blue, red and black belts and are held on: Wednesdays, 8 to 8.30pm, Camborne GTI

Sundays, 7 to 7.30pm, Truro GTI up to Sunday 25<sup>th</sup> September

Fridays, 8 to 8.30pm from Friday 30<sup>th</sup> September

### Fitness and Competition Squad Training

Mrs Beattie and Mr Yates will soon be running an extra class to compliment your Tae Kwon-Do training. The focus of the two-hour sessions will be on fitness and sparring. The first hour will be dedicated to fitness with various cardio workouts. The second hour will be geared towards sparring. The classes will be held at Threemilestone Community Centre every Saturday from 2pm to 4pm. The cost is £3 for one hour or £5 for two hours. Please note that you will need a full set of sparring gear with groin guard and mouth guard to take part in the second hour. If you are interested please speak to Mrs Beattie and Mr Yates asap.

## Kernow Tae Kwon-Do Academy of Excellence and GTI Cornwall

Camborne, Pool Academy, Pool, Mondays & Wednesdays 7pm

Truro, Cornwall Cricket Centre Sundays 6pm, Fridays 7pm

Newquay, Newquay Sports Centre, Weds 7pm, Fridays 6pm

Seahawk, RNAS Culdrose, Mon 7pm (not open to the public)

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[www.youtube.com/TruroGTI](http://www.youtube.com/TruroGTI)

