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Building a more peaceful  
world... together  
[www.camborne-taekwondo.com](http://www.camborne-taekwondo.com)  
[www.truro-taekwondo.com](http://www.truro-taekwondo.com)

## Happy New Year and welcome back to training!

I would like to welcome you all back to training after our Christmas break and also say a big hello to those of you that have joined us in 2011.

As we move into my 20<sup>th</sup> year in Tae Kwon-Do I would like you all to know the great pride I feel to be your Instructor and the utter admiration I have for your effort and dedication in your Tae Kwon-Do training.

Camborne Tae Kwon-Do was established by my brother Danny in February 1991 so this year sees its 20<sup>th</sup> birthday, making it one of the longest running Tae Kwon-Do schools in the country. I trust we can look forward to another successful 20 years for this great school! We shall be marking this great achievement with a special event in May.

As we progress through 2011 I sincerely hope that you enjoy your Tae Kwon-Do training and reap all of the rewards and benefits that this great martial art can offer. I'm looking forward to so many of you gaining new belts, learning new patterns, skills and techniques and of course, having some fun along the way!

Liam Broderick, Chief Instructor and your Kernow  
Tae Kwon-Do Academy of Excellence Instructor Team



# Kernow T.A.E.

## Dates for your diary 2011...

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

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| 12 <sup>th</sup> Mar                     | Coloured belt grading and black belt assessment, Pool School, 1pm start  |
| 25 <sup>th</sup> Mar                     | <b>Friday classes permanently move to 7pm</b>  |
| 27 <sup>th</sup> Mar                     | GTI Cornish Championships, Truro Leisure Centre, 1pm start   |
| 2 <sup>nd</sup> April                    | GTI AGM (Instructors only)   |
| 3 <sup>rd</sup> April                    | Red and black belt pre-grading, Truro Leisure Centre, 7 to 8pm<br><b>NO SENIOR CLASS</b>                               |
| 9 <sup>th</sup> April                    | Black Belt Training, 1pm (Threemilestone)  |
| 20 <sup>th</sup> April                   | Red and black belt pre-grading, Pool School, 8 to 9pm<br><b>NO SENIOR CLASS</b>  |
| 24 <sup>th</sup> April                   | Easter Sunday<br><b>NO TRURO CLASS</b>   |
| 25 <sup>th</sup> April                   | Easter Monday – Bank Holiday<br><b>NO CAMBORNE CLASS</b>   |
| 1 <sup>st</sup> May                      | Red and black belt pre-grading, Truro Leisure Centre, 7 to 8pm<br><b>NO SENIOR CLASS</b>                               |
| 2 <sup>nd</sup> May                      | May Bank Holiday<br><b>NO CAMBORNE CLASS</b>   |
| 8 <sup>th</sup> May                      | Black Belt Grading, Derby<br><b>TRURO CLASS AS NORMAL</b>  |
| 21 <sup>st</sup> May                     | Special Training Session to celebrate 20 years of Camborne Tae Kwon-Do – Beach Training at Portreath, 5pm – BBQ 6.30pm |
| 30 <sup>th</sup> May                     | Bank Holiday<br><b>NO CAMBORNE CLASS</b>   |
| 4 <sup>th</sup> Jun                      | Event for World Environment Day (TBC)  |
| 11 <sup>th</sup> Jun                     | Prep Session for the coloured belt grading, Threemilestone Community Centre, 1pm                                       |
| 15 <sup>th</sup> Jun                     | Coloured Belt Grading, Pool School, 6pm  |
| 24 <sup>th</sup> to 27 <sup>th</sup> Jun | Summer Camp, Polly Joke<br><b>FRI AND SUN TRURO CLASS MOVED TO POLLY JOKE BEACH AND NO MONDAY CAMBORNE CLASS</b>       |
| 2 <sup>nd</sup> Jul                      | Superdads Demo, Camborne (TBC)   |
| 3 <sup>rd</sup> Jul                      | GTI National Championships, Colchester   |
| 7 <sup>th</sup> Aug                      | Newquay Lifeboat Day Demo<br><b>NO TRURO CLASS</b>   |

# Student Newsletter Winter 2011

## Tae Kwon-Do News...

### Fitness Classes

Well done to all of you that took part in our New Year fitness classes, totalling four hours of dedicated fitness training in January.

### Congratulations

to Mr Newman and Lucy on the birth of Peter in February. We look forward to seeing Peter in a dobok in the near future!

### GTI English Championships

The GTI English Championships was held in Cheltenham on Sunday 27<sup>th</sup> February. A number of medals and trophies were gained including a gold for Miss Charlotte Brown, our new English Champion of Destruction.



### Mr Danny Broderick promotion

For services to Tae Kwon-Do over the last 37 years and for 18 years of commitment to improving the GTI Mr Danny Broderick, founder of Camborne Tae Kwon-Do has been awarded an honorary 5<sup>th</sup> degree black belt by the GTI Black Belt Grading Panel. Please join us in congratulating Mr Broderick and in thanking him for his years of dedication to our Art. Pictured below, Mr Broderick receives his certificate from GTI Chairman Mr Paresh Bhadesia.



### New Training Videos

The Kernow TAE Instructor team have worked very hard to produce high quality videos of the patterns and set sparring from white belt beginner up to 3<sup>rd</sup> degree black belt. All of these videos are free to view online on our local websites and should hopefully serve you well as a training aid. In the very near future, these videos will also be available on DVD.

## GTI Tae Kwon-Do Cornwall

Camborne, Pool School, Pool, Mondays & Wednesdays 7pm  
Truro, Truro Leisure Centre Sundays 6-7.30pm, Fridays 8pm (7pm from 25<sup>th</sup>)  
Newquay, Newquay Sports Centre, Weds 7-8pm, Fridays 6-7pm

Seahawk, RNAS Culdrose,  
Mondays 7pm  
(not open to the public)  
Instructor John Newman, 2<sup>nd</sup> Dan



## Tae Kwon-Do Events...

### Spring Coloured Belt Grading, 12<sup>th</sup> March

The next coloured belt grading will be held at Pool Business and Enterprise College (Camborne GTI) from 1pm on Saturday 12<sup>th</sup> March. To be eligible to grade you will need to fulfil the following requirements:

1. You will need to submit your licence and grading fee by 9<sup>th</sup> March.
2. You will need a clean/ironed white GTI suit and to be clean and presentable (clean, clipped nails, no jewellery etc.). Seahawk Tae Kwon-Do Academy students may grade in their current white suit.
3. White belts will need to submit two passport sized photographs and sign a grading card (parents must sign for juniors).
4. Green, blue and red belts will need a full set of sparring gear including a head guard (groin/gum shield optional).
5. You will need to demonstrate that you can perform the pattern for your grading on your own.
6. You will need to be familiar with your essential theory (belt colours, pattern meanings and number of moves) – [www.truro-taekwondo.com/info.aspx](http://www.truro-taekwondo.com/info.aspx)

### GTI Cornish Championships, 27<sup>th</sup> March

The GTI Instructors in Cornwall would like to invite you to enter our annual interclub competition and help us raise funds for Help for Heroes. The competition will be held at Truro Leisure Centre on Sunday 27<sup>th</sup> March from 1pm. Entry is £15 and the follow events will be held:

- Patterns** – all grades from white belt beginner upwards
- Team Patterns** – teams of 3 – any grade or age mixed
- Point Stop Sparring** – adult and junior 9<sup>th</sup> Kup to 5<sup>th</sup> Kup
- Continuous Sparring** – adult and junior 4<sup>th</sup> Kup to 1<sup>st</sup> Dan
- Jumping high kick** – all grades, any age
- Destruction** – adults only, 7<sup>th</sup> Kup and above

All profits will go to Help for Heroes and a shield will be awarded to the school with the most points. The current shield is held by Truro GTI. The Kernow TAE Instructors would like every student to enter, even if just to do a pattern or high kick. Closing date for entries, Friday 25<sup>th</sup> March.



## Training Updates...

### Red and Black Belt Pre-Gradings

Please note that red and black belts must attend a minimum of one pre-graduing every Spring and one every Autumn and must also attend all three immediately prior to taking a Dan grading. Pre-gradings are currently free and please feel free to wear white or club suits.

### Training Fees

A new fee rate which offers junior rates to full time college students is now available. There is also the opportunity for a reduced fee rate if you can only make one session per week. You can also save about one month's fees per year by setting up a standing order! See Mr Broderick for details. Note that non-standing order fees will rise on 1<sup>st</sup> April.

### 3<sup>rd</sup> Edition Training Manual

Training Manual One: Fundamental Tae Kwon-Do is now available in its 3<sup>rd</sup> Edition and contains all of the Tae Kwon-Do theory required to take you to black belt. It covers both the Kernow TAE and GTI Syllabus. The manual costs £18.50 and is available from your Instructor.

### New Top Ten Sparring Gear now available

It's not cheap but Top Ten leather sparring gear comes highly recommended, especially for those regularly entering competitions. Prices are available on the equipment list from Mr Liam Broderick.

### Friday class time change

From 25<sup>th</sup> March our Friday classes in Truro will be 7 to 8pm, an hour earlier than before. Hopefully this does not inconvenience anyone.

[www.cornwall-taekwondo.com](http://www.cornwall-taekwondo.com)

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

[www.camborne-taekwondo.com](http://www.camborne-taekwondo.com)

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

Please note: Fee paying students may train in any other GTI school for free

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