



Jon Churchward Schools of TaeKwon Do

Newsletter—December 2011



Welcome to the December newsletter.
Have a wonderful Christmas and a Happy New Year!!

SPECIAL CONGRATULATIONS

Congratulations go to Miss **Catherine Michael**,
Duane Karunaratne and **Jack Munt** who won **best competitor in their category**
at the TAE junior/senior
Annual Championships

CLUB CHRISTMAS SHUTDOWN

This year we will be closing down after Thursday 15th December at Ryton and reopen on Tuesday 3th January at West Road Centre for Sport.
Remember that Monday 2nd January 2011 is a bank holiday!!!!

COMPETITION RESULTS



Congratulations to everyone who competed in the TAE annual Championships 2011 at Kenton. We had 54 competitors on the day which is the highest number yet and this year we had some of our Little Dragons competing with our youngest competitor, Morgen Costley, only 5 years old!!! We took 47 medals and three best in category trophies. We won 21 gold, 8 silver and 18 bronze medals only being beaten by a two gold medals right at the end of the day by Mr Stronachs Reflex Academy for the Best Team shield.

Competitions are a great way to increase your experience and confidence in TaeKwon Do as you get to compete against other schools. You also get to meet new friends and get to spend time with other senior blackbelts.

Well done everyone !!!!!!!!!

SUMMER CAMP 2012- NEWQUAY

After a great experience this year, summer camp 2012 is being held in Mawgan Porth again. It will be a four day camp based at Retorrick Mill in picturesque Mawgan Porth near Newquay. There will be several sessions per day to take part in with some variety to normal training including some weapons instruction.

Again we will be offering an activity package that will including surfing, go karting and of course the club barbecue.

First lesson will start on Friday 17th August at tea time and last lesson on Tuesday morning 21st August.

If anyone would like to go please let Mr Churchward know asap as spaces will need to be booked with the campsite. Further information is going to be sent out shortly and is of course available on request.



DO'S AND DON'TS OF CHRISTMAS



LITTLE DRAGON GRADING RESULTS DECEMBER 2011

Over the Christmas period have a great time but try not to overdo things.

- Don't overeat too many times
- Don't overindulge in alcoholic beverages
- Don't misbehave before Christmas as Santa is always watching
- Do try to drink plenty of water
- Do try to eat healthy fruit and vegetables as well as sweets and chocolate
- Do remember to do press ups after you have eaten chocolate so you will not forget your patterns.
- Do remember to practice as often as possible particularly your patterns

Congratulations to the following Little Dragons who passed their latest grading:-

Promoted to Purple Belt- Lewis Marshall

Promoted to Double Brown belt- Evie Allinson, Emily Churchward

Promoted to Black Stripe- Holly Stewart, Harry Munt

Promoted to Brown Stripe- Tom Edgar, Jack Edgar, Liam Graham, Callum Smith

Promoted to Red Stripe- Daniel Dixon, Nathan Forest, Max Rogan, Ben Mullen, Harris Johnson, Oliver Vowles

Promoted to Purple/white Stripe- Zach Charlton, Katie Marshall

Promoted to Blue Stripe- Sonny Rogan, Josh Robbins, Ben Holmes, Ethan Nash, Joe Copley, Matthew Jehan, Nicole Wood, Nurin Amni,

Promoted to Green Stripe- Matthew Bone, Nicholas Cameron, Ryan Elliot, Bradley McClarence, Craig Lawson, Ethan Snowdon, Joshua Richley, Morgen Costley, Jake Costley, Ella Hind, Charlie Wright

Promoted to Yellow Stripe- James Ward, Thomas Ward, Jimmy Mitchell, Travis Michaels, Reece Blackett, Sami Woo Ling, Grace Wallace, Mellissa Johnson, Mason Wilson, Callum Thompson, Jessica Aspey, Katie Telford



JUNIOR/ SENIOR GRADING RESULTS

Friday 2nd December 2011



Results from Friday 2nd December junior/senior grading at Rowlands Gill

Promoted to 3rd Kup

Sean Ranson, Jordan Ranson, Caroline Scott

Promoted to 5th Kup

Dalton Foster, Joseph Todd, Alexander Wallace, Cameron Fairlamb, James Sotheran, Noah Bingham, Nikki Marshall, Jake Rutherford

Promoted to 6th Kup

Jade O Connor, Jamie Robson-Dryden, Duane Karunaratne, Ian Sotheran, Elizabeth Carter

Promoted to 7th Kup

James Fairlamb, Gabriel Jarman-Ivens, Huda Harriffudin, Haneef Harriffudin, Matthew Grimmond

Promoted to 8th Kup

Kathryn Boulton, Kira Copley, Ben Laurie, Thomas Chadwick, Tiegan McDonald, Joanne Young, Tony Soave

Promoted to 9th Kup

James Bradley, Ben Charlton, Mohammed Abugchem, Chloe Simpson, Jon Cummings, Kerry- Anne Simpson, Daniel Stephenson, Andrew Elder, Wayne Costley, Paul Stephenson, Amal Rahman

Promoted to 10th Kup level 2

Jake Towler, Laura Burnett

Promoted to 10th Kup level 1

Charlotte Graham, Jack Munt, Gemma Jones, Ryan Zhao, Abigail Sotheran, Alfie Hall, Nesrdin Kadir, Hayat Kadir, Haodong Mo

Congratulations to the following who all received plus passes:- Sean Ranson, Cameron Fairlamb, James Sotheran, Jade O Connor, James Fairlamb and Kathryn Boulton.

Extra special congratulations to Kira Copley who was awarded an 'A' pass. Only the second student from this club to do so. Well Done Kira!!!!!!

CHRISTMAS WORDSEARCH



Can you find all the words in the grid below. The words can be spelt horizontally, vertically, backwards and diagonally. All are TKD techniques and are spelt in Korean in the grid.



Also whats not listed????????????????????!!!!

B Q W E R T Y U U K M I H C M U K P A L- stance
 A A A D N U Y H A S S U H Y M K L P P Courtesy
 N A L C T W I M Y O Y O P C H A G I M Master
 J W G K O O H C T I W D M J K Y U I B Downward (axe) kick
 A X I D A E G H Y I G O S A J N U I N Back kick
 Y Z G X C L V B K U M O O J P A B N Y Heel
 O S A D F G O L C H O M A K G I N E N Footsword
 O A H W A N T E D M O R E K U P U G G Forefist
 M D C N A E R Y O C H A G I W I V V V Ball of foot
 A F T S O N K A L Y O P T A E R I G I Front rising kick
 T H I S I S A T R I C K D S W R G H K Knifehand side strike
 S J W W E E R T I G I L L O A H C P A Flying side kick
 O Y D A S D F G H J K L W E R T Y U U 3 step semi free sparring
 G U I G K A M L A K N O S G N A S V N Hooking block
 I Z X V B N M A S D F G H J K T R E E Twin knifehand block

DEVELOPING THE TENETS OF TAEKWON DO AND THE OATH



Developing good physical strength and agility is not enough when you take up the martial art of TaeKwon Do. A complete martial art focuses the student on development of themselves both mentally and physically. In Taekwon Do the student should live by the TaeKwon Do oath and the five tenets :-

Courtesy, Integrity, perseverance, Indomitable Spirit and Self Control.

Developing yourself in line with these tenets will help to develop a strong inner self that does not give up when things do not go your way and allow you to keep focused on what you believe in. You will have a good sense on what is right and wrong and you will always try to be a champion for what is right in life.

Study these and you will become the best that you can be both physically and mentally. Remember you do not need great physical strength to stand up for what is right but you do need good inner strength. That is bigger than any muscle!!!

Attitudes are contagious, is yours worth catching?!