

newsletter

April / May 2003



tournamentnews

Welcome to Tae Kwon-Do



On behalf of our academy. I would like to welcome the following students who have most recently joined us:

Little Ninjas (4-6yrs):
Sam Shepherd
Reid MacCallum
Callum Simmers
Mischal Sanad
Nico Morrison

UKTF Events

UKTF Scottish Junior Championships - April 19th + October 2003
UKTF Scottish Senior 13-17; 18+ - June Date to be arranged
UKTF British Championship - October 2003

All UKTF events are open for all grades white-black.

UKTA Events

2003 Scottish Championships - Glasgow Kelvin Hall 24th May
2003 Welsh Championships - 22 nd September
2003 London Championship - 18th October
2003 British Championship - Cardiff 29th November

All UKTA events are open for Yellow Belts and above

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Kickin' Kids (7-9yrs):
Liam McLaughlin
Joe Helmore
Ben Stover

School Photos

In case anyone missed the opportunity to purchase the photos taken at last year's awards night, these are still available for purchase. Please ask for details.

Junior TKD (10-12yrs):
Shaun Byers

Security

Just to put everyone in the picture, we had an unfortunate incident at the hall on Wednesday 19th March, when an unknown person walked into the hall, went through to the changing rooms and stole some personal belongings. The police were called and the incident reported. Several people noticed the person but assumed he was a student or that he was known to the centre. To help us in future, we have installed security cameras to record all nightly events and we are in the process of getting costs for the installation of lockers. We do however, ask you to ensure that no valuable items are left in the changing rooms. Wallets etc, can be put on the stage at present or some highly visible area.

Adult TKD (13yrs+):
Stacie Cocker
Roy Park
Stephanie Florence
Tony Gilmour
Deborah Thomson
Catherine Waring
Anne-Marie Sweeney
Chris Graham
Sean Brooks
Dessy Brooks
Kath Robertson

The way we receive prospective students or enquiries, is through an appointment system. There should be no "walk-in" enquiries. If you should see anyone entering the hall, please bring it to our attention immediately. This particular incident had two peculiarities about it - 1. he bowed when entering the hall and 2. he knew where to go. Please help us ensure this doesn't happen again.

Sponsored Event

Last year we undertook a sponsored cycle run to Inverness in order to raise funds for the academy. This year I would like to undertake another sponsored event, but this time for a local charity. I would like to ask for any ideas on what type of event we could undertake and if there is a particular charity or group that is favoured by anyone.

Team Building Events

As the academy is growing and growing I would like to suggest that we organise any out of class event where all students could get to know each other, have a laugh and a great day out. Go-carts, paintball, quad biking, shooting, archery etc, are possible activities to name but a few. On the noticeboard there will be a form for noting suggestions and interested parties. After which we can look at the best way to get the events organised.

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SULSA (Korean Stick Fighting) Course

Just to remind you that our Salsa course will be held on Saturday 3rd May. For those of you wishing to come along, please ensure you have paid your deposit before Friday. Cost for course is £30(includes cost of weapons).

Sparring Equipment (Body Armour)

In the interests of safety, it is now necessary to enforce the ruling that all juniors (under 13) sparring in the academy MUST wear body armour. We had an incident last week whereby one student received an injury to the mid-section. I have spoken to other instructors and they have had similar incidents and have enforced the same ruling.

Body armour is also something that seniors should think about. Although not compulsory it may prevent injury to the mid section.

Although we do not teach full penetration of the target area in sparring it only takes 7lbf to break a floating rib of an adult

Health Tips

Fat is Bad.....or is it?

According to popular belief, fat is bad for you. Eat just a little bit and you will be wobbling around with your built in spare. This is not necessarily the case. In fact, if you eat too little fat you could be at risk for bringing on the very health problems you have been trying to prevent.

Some fats are vital for life. In particular, the "essential fatty acids", which have to be provided by food because they cannot be manufactured by our bodies, maintain cell membranes and the production of hormones, in addition to the vital role in the absorption of fat soluble vitamins. Namely vitamin D, which helps make strong bones, vitamin E which is vital for a healthy heart. Fat is also a great insulator and protects the body's vital organs, so fat is crucial for our good health. However BEFORE you go rushing of to the chip and kebab shop we have not told you about the good fats and the BAD fats. The key is eating the right amounts of the right type of fat.

GOOD Fats - Monounsaturates - olive, rapeseed and ground nut oils.

Polyunsaturates (Omega 6 and Omega 3) Oily fish, linseeds, nuts and rapeseed oil.

BAD Fats- Saturated-mainly found in animal fats (butter, cream, sausages)and subsequently through the food chain process end up in..... well you know where they all end up!.

TRANS Fats - The worst! Look for the term "Hydrogenated" This means that the good polyunsaturated fats have been hardened by a chemical process. These fats tend to clot in the arteries. Where do you find them:- McDonalds, Burger King, KFC, Hot Dogs, fat spreads, cakes, biscuits.

As a guide the government recommends that you should not exceed a fat intake of per day of 70g for female and 90g for a male. If you wish to reduce fat then you must reduce this intake figure (30 - 50g)and increase the amount of calories burned. To give an idea of how much fat that is one table spoon of oil is 11g and one handful nuts is about 10g.

Please look after your diet. If you would like any assistance in this area please let me know.

" Two Rules of Perseverence

#1 Take One more step

#2 When you don't think you can take one more step, refer to rule #1."

--- H. Jackson Brown Jr ---

Author and Writer