

Welcome

We would like to welcome those who have joined since our last newsletter.

Little Ninjas

Blair Shaw
Thomas Mitchell
Struan Livingstone
Rory Littlewood
Jamie Munro

Kickin' Kids

Brandon Stones

Juniors

Gemma Clark

Seniors

Nicola Johnstone
Jonny Mitchell

New Gym

We are now settling into life in our new gym and are delighted with the way things are going. Although we still have work to do, it now feels like home and after having our first belt promotions for all classes, we appreciate just how nice it is to have our own space again.

Thank you

Following our last newsletter, we must make a belated thank you to the following people who we missed from our list - Frederic Place, Roy Maclean and Colin Shearer. Thank you for all your help with painting the vast expanse of white on the upstairs ceiling. It definitely was a bit mind numbing, but the pizza helped I think!

Fire Drills

We will be organising Fire Drills within each class over the next month and would like to take this opportunity to remind you about footwear requirements and the importance of having a quick exit from the training area. We are pleased to see that most of you are brining slip-on footwear however many are still coming upstairs in bare feet or outdoor shoes. Outdoor shoes **must** be changed for **clean slip-on shoes** that can be put on quickly in the event of an emergency. This must become an essential part of your training kit just like your suit and belt.

Pro-Shop

Our Pro-Shop is now back selling clothing, equipment and gifts. We now stock NEW Training Bag First Aid Kits which are equipped with all the essentials for training injuries (Tape, plasters, tiger balm, tubigrip etc). We will also be stocking Holdalls and Waterproof Jackets very soon.

Contact Details / Emergency Contact Details

In order to ensure that we have your current contact details and emergency contact details, please remember to advise us of any changes by completing a new form or updating your existing one. If you have not yet provided an email address, please pass this on so we can update our records.

Photographs

If your photograph is not yet on the student chart please ensure that you hand in the photographs which should have been received with your enrolment forms so that your picture can be added.

Opening Hours

Please note that the gym will open at 4:00pm on weekdays as detailed below:

Monday to Thursday	4:00pm - 10:00pm
Saturday	9:00am - 10:30am
Sunday	12:00pm - 7:00pm

Blackbelt Club

The next Blackbelt Club sessions will be held as follows:

OCTOBER	Sunday 4 th	1:30 – 2:30pm	Training
	Sunday 11 th	11:45am	Training Run (meeting at the Bridge of Dee, Riverside Drive)
NOVEMBER		1:30 – 2:30pm	Training
	Sunday 8 th	1:30 – 2:30pm	Training
	Sunday 15 th	1:30 – 2:30pm	Training

Spaces Available

There are currently spaces available in our Blackbelt Club for 8th Kups and above (Junior / Senior TKD). The cost to enrol will be £45 (this will include your Blackbelt Club suit and first months membership). You will then require a £10 per month upgrade to your current monthly membership. Please see Mrs Wallace if you are interested.

Blackbelt Club Suits

Those who have not yet purchased a Blackbelt Club Suit, please remember that these suits are mandatory. Please ensure that you purchase your suit as soon as possible. All sizes are in stock.

October Kids Camp

This years Kids Camps will be held for students who are currently in the Kickin' Kids or Junior Taekwon-Do Programmes up to the age of 13 years. Each day will run from 9am-4pm with drop-off from 8:30am. These camps can be attended on one, two, three or all four days. Dates will be as follows:

Camp One	Day 1 (Wed 14 th)	Camp Two	Day 1 (Wed 21 st)
	Day 2 (Thurs 15 th)		Day 2 (Thurs 22 nd)

The cost to attend will be: One day - £30, Two days £55, Three days £75, Four days £90.
Forms are available from reception.

Taekwon-Do Scotland Open Competition

This competition will be held on Sunday 1st November in the Bellahouston Sports Centre in Glasgow. This competition is available to all students in the Junior and Senior Taekwon-Do Programmes and is also open to Little Ninjas (Purple and Red) and Kickin' Kids (Orange and above). Entry forms will be available soon.

Teambuilding – Paintball

A teambuilding day has been organised for **Saturday 24th October** at Bedlam in Edzell. This will be open to students in our Senior classes. If you would like to attend, please give your name at reception. A voucher has been donated by Colin Shearer which reduces the cost for the day as the equipment hire will be free. The cost will be approximately £35 per person.

Grading Results

These are the results following our latest belt promotions.

Junior TKD (19-Sep-09)

1st Kup – Dean Sutherland, Rogan Rennie

3rd Kup – Erin Fraser

4th Kup – Connor Clark, Joshua Sluyter, Elle Trinder

6th Kup – Niall Reid

8th Kup – Arek Jaskiewicz, Rory Macdonald

Senior TKD (19-Sep-09)

7th Kup – Roy Maclean, Cathy Henderson, Frederic Place

8th Kup – Timothy Jones, Dee Hunter

9th Kup – Stephen Dionne

Little Ninjas (19-Sep-09)

White/Yellow – MaryKate Kennedy

White/Orange – Cayden Leitch

White/Green – Murdo Livingstone, Caitriona Hastings, Lewis McShannon

White/Blue – Scott Moir

Korean Kickboxing (16yrs plus)

The Sunday Korean Kickboxing class will start on **Sunday 4th October** from 5:00-6:30pm. The Blackbelt Programme will be starting in November and can be attended by students who are 16yrs plus on a once, twice or three night basis.

Monday	8-9pm	Pad Drills
Wednesday	8-9pm	Technical Kicking & Conditioning
Sunday	5-6:30pm	Sparring

Blackbelt Programme - The Blackbelt Programme offers classes 3 times a week and competition attendance will be mandatory for promotion through the grades. The upgrade for this membership will be **£30.00** per month. You will also require the following equipment:

Class: Kickboxing Dobok, 10oz gloves, Foot Protectors, Gum Shield, Groin guard (males)
Tournament: Headguard, Shinguards, Gum shield, Chest Guard (females).

Once a Week - If you wish to attend once a week, your membership can be upgraded by **£10.00** per month. This will offer attendance in one of the above classes each week. Competition attendance is not mandatory and there will be no grade promotions.

Twice a Week - If you wish to attend twice a week, your membership can be upgraded by **£20.00** per month. This will offer attendance in two of the above classes each week. Competition attendance is not mandatory and there will be no grade promotions.

There will be an enrolment fee for joining any of the above classes. This will provide the equipment/clothing required.

Kids Korean Kickboxing (10-15yrs)

The Kids Korean Kickboxing classes will be starting over the next few months. This class will be available as a Blackbelt Programme or as an extra class and will be held on a Sunday from 1:00-2:30pm. Competition attendance will be an active part of this programme. Details will be available as soon as we have the suits and gloves in stock.

Masters Club

A new programme for Blackbelts will be starting in November which will focus on Degree student development in areas such as - Instructor training (children and adults), Umpire training, Grading Official duties, Health, Nutrition, Anatomy, Philosophy and Taekwon-Do theory and principles. This programme will offer a monthly 2 hour class with workbooks and regular testing working towards Instructor and Umpire qualifications. Candidates who enrol in this programme can also attend a monthly 2 hour Technical session. The cost to enrol will be **£45** (this will include your first months membership, Masters Club Jacket, folder and pen). You will then be required to upgrade your monthly membership by £10 per month.

Those who do not join the Masters Club may attend only the monthly Technical Training at a cost of £10 per session.

OCTOBER	Saturday 10 th	Degree Technical Training	11:00am-1:00pm
NOVEMBER	Sunday 15 th	Masters Club	11:00am-1:00pm
	Saturday 21 st	Degree Technical Training	11:00-1:00pm

Halloween Fancy Dress

As Halloween is fast approaching again, we wanted to remind our younger students that they can attend class in fancy dress on the following days: Wednesday 28th, Thursday 29th and Saturday 31st October. Although classes will be as normal, we will have additional Halloween games and fun. As always, there will be prizes for the best costume in each class!!

Thank you from Mr & Mrs Burns

Mr & Mrs Burns asked us to say a big thank you to all who contributed to their surprise wedding gift in July. They were overwhelmed by your generosity and thoroughly appreciated your kindness.

“The few who do, are the envy of the many who only watch”