

Welcome

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

Little Ninjas

Matthew Irvine
Nathan Mundie
Amy Findlay
Jay Barclay

Kickin' Kids

Matthew Dunhill

Juniors

-

Seniors

George Wilson

Blackbelt Grading Congratulations

We would like to take this opportunity to congratulate **Mrs Margaret McMillan** who successfully promoted to 1st Degree Blackbelt on Saturday 7th Nov.

This exam was held in our Academy in Aberdeen with the Taekwon-Do Scotland ITF Examination Board (Master Gordon Wallace 7th degree, Master Mark Hutton 7th degree and Mr David Murphy 6th degree). Sixteen students tested at this exam, from 1st kup-4th degree. The day started at 9am with a 3½ hr technical seminar. This was followed by lunch and the theory testing. The practical exam began at 2pm and finished at 6pm. Following this, students were taken in one by one and given feedback on their performance and notified of their result. A presentation followed for the successful 1st Kups. We are delighted to Margaret reach this level and are very proud of her efforts both on the day and throughout her years of training with us to date. We are sure you will join us in congratulating her.

We would also like to take this opportunity to congratulate Mrs Ngaire Boydell (Stonehaven/Inverbervie) who successfully promoted to 2nd Degree at this exam. Congratulations to her and all the successful candidates.

TOURNAMENT RESULTS

WKA World Kickboxing Championships

After travelling to Spain with the World Kickboxing Association (WKA) Scotland Team to compete in the World Kickboxing Championships in November, Dean Sutherland (age 11) returned with the **WKA World Title** for the under 35kg Full Contact Sparring. He competed in the following:

Full Contact Sparring – GOLD (won against 3 countries and then beat Ireland in the final).

Light Contact Sparring – SILVER (beat USA, Germany, England & Lebanon then won Silver by split decision)

Semi Contact Sparring – (got through 2 rounds in points sparring).

Forms - (Patterns) Got through to 5th place.

Dean started attending Kickboxing competitions with our adults and soon managed to collect the trophies. In Dec-08 he became WKA Scottish Champion winning the -35kg event. Weeks later, he won two gold medals at the WKA Scottish qualifiers for the World Championships in Wishaw. Following this, he travelled to the WKA Five Nations Championships in Birmingham and won Gold and two Silvers. We are very proud of his efforts and look forward to his continued success in both Kickboxing and Taekwon-Do.

Taekwon-Do Scotland ITF Invitational Championships

This years' competition was held on Sunday 1st November in the Bellahouston Sports Centre in Glasgow. A total of 255 entries were registered with 4 events being contested in Patterns, Sparring, Special Technique and Power Test.

Nineteen students from the academy travelled to this event and returned with a grand total of **8 Gold, 5 Silver and 9 Bronze** medals. This was an excellent effort considering we only had 19 competitors on the day and placed us joint third overall. Unfortunately the drive home was not as good, due to the bad weather conditions, but thankfully everyone made it home safely.

A presentation was made at this event to Grand Master Tom MacCallum IX Deg in recognition of his promotion to IX Deg and his homecoming to Scotland following his retirement. GM MacCallum spent 21 years in Vienna as Secretary General of the ITF. He is currently on the Board of Directors in the position of ITF Treasurer. A presentation was also made to Master Mark Hutton VII Degree in recognition of his promotion to VII Deg in September 2009.

Korean Kickboxing Programme

Adults

If you would like to attend any of these classes, please ask for an information sheet. Classes have now started and are being held as follows:

| | | |
|-----------|-------------|-------------------------------|
| Monday | 8.00-9.00pm | (Pad class) |
| Wednesday | 8.00-9.00pm | (Tech Kicking & Conditioning) |
| Sunday | 5.00-6.30pm | (Sparring) |

9-12yrs

Classes have now started and are being held on Sundays (1.00-2:30pm). Juniors who are over 13yrs will be eligible to attend this class (not the adult class). If you are interested in attending, please ask for an information sheet.

Blackbelt Club

Spaces are currently available in the Blackbelt Club for students in the Junior and Senior classes (8th kup and above). Classes are held twice a month for one hour (or one two hour class depending on our calendar of events). Our next classes will be held as follows:

| | | | |
|-----------------|-------------------------|--------------|--|
| DECEMBER | Sunday 13 th | 12:00-1:00pm | One class this month due to Xmas Parties |
| JANUARY | Sunday 10 th | 11:00-1:00pm | Extra hour this session |
| | Sunday 18 th | 11:15am | Training Run (meeting at the gym) |
| | | 12:00-1:00pm | Training |

Masters Programme

We have now started a new programme for Blackbelts - more details can be found on the noticeboard. This programme offers two classes per month (Masters Training & Technical Training). If you wish to join, please see Mrs Wallace to register.

| | | | |
|-----------------|--------------------|---------------------------|-------------------------------|
| DECEMBER | Masters Training | Saturday 5 th | 10:30-12:30pm |
| | Technical Training | No class | Due to Xmas Parties |
| JANUARY | Masters Training | Sunday 25 th | 11:00-1:00pm |
| | Training Run | Saturday 31 st | 10:15am (meeting at the gym) |
| | Technical Training | Saturday 31 st | 11:00-3:00pm (longer session) |

Technical Training - Blackbelts

Blackbelts who do not join the Masters Programme will be invited to attend the Technical Training Session at a cost of £10.00 per class.

| | | | |
|-----------------|--------------------|---------------------------|-------------------------------|
| DECEMBER | Technical Training | No class | Due to Xmas Parties |
| JANUARY | Training Run | Saturday 31 st | 10:15am (meeting at the gym) |
| | Technical Training | Saturday 31 st | 11:00-3:00pm (longer session) |

Grading Results

Little Ninjas (14-Nov-09)

Champion Ninja – Finlay Keir (graduated into our Kickin' Kids Programme as a Super Kicker – well done)

White/Purple – Lyall Keir, Gary Livingstone

White/Green – Jared Ednie, Connor Napier

White/Orange – Theo Leslie, Freddie Gray

Kickin' Kids (14-Nov-09)

Red/White – Ruairidh Jones, Jack McDonald

Brown/White – Antonia Tierney, Rory Anderson

Purple/White – Samuel Hill

Green/White – William Paterson

Orange/White – Campbell Oag

White/Yellow – Shanilka Kannangara

Junior Taekwon-Do (28-Nov-09)

2nd Kup - Ryan Carstairs

3rd Kup – Cameron Wilkinson

8th Kup – Ryan Sainsbury, Euan Sainsbury

Senior Taekwon-Do (29-Nov-09)

2nd Kup – Brian Storie

3rd Kup – Dax Edgley

5th Kup – Rachel Montague, Scott Horne

8th Kup – Stephen Dionne

9th Kup – Jonny Mitchell

Reminders

Licence Renewals – If you have recently paid for your Annual Membership Renewal but have not yet handed in your licence booklet, please remember to do so, otherwise we will be unable to complete your renewal.

Note to Female Students – Due to the style of our training Doboks, female students are reminded that they must wear a white t-shirt or top under their training suit at all times as per our student etiquette.

Supervision of young children – We kindly request that parents ensure that young children are supervised at all times. Our lounge area has been equipped with toys, books and magazines and although we do not yet have our CCTV in operation, this will follow shortly. Please do not allow children to play on the stairs as this is our fire escape and must be kept clear at all times. Thank you.

Recycling – You may have noticed that we do not have bins in our changing rooms – this is to ensure that no plastic bottles, cans or paper which can be recycled are placed in our litter bins. Recycling bins are situated in the lounge area and we are pleased to see them being used. We hope that you will assist us in our continued efforts to recycle these items.

Xmas Parties

This years' Xmas Parties will be held as follows:

| | | | |
|-----------------------------|--|--------------------------------|-----------|
| Little Ninjas | Saturday 12th Dec (10:50am) | Party One (Mon & Sat classes) | Ramboland |
| | Saturday 12th Dec (11:40am) | Party Two (Tues classes) | Ramboland |
| Kickin' kids | Sunday 13th Dec (10:15am) | Sunset Boulevard Bowling | |
| Juniors | Saturday 19th Dec (11:15am) | Sunset Boulevard Bowling | |
| Teens | Saturday 12 th Dec (time to follow) | Sunset Boulevard Bowling | |
| Adults & Parents | Saturday 19th Dec (7:30pm) | | |

Now that we have our own premises once again, we will be having our annual Xmas Party for 18's and over in the academy. As always, the party starts at 7:30pm and will finish when the last person leaves! Please remember that parents/guardians of our students are also invited.

Xmas Closure Dates

This years' Xmas closure dates are as follows:

| | | |
|-----------|--|-------------------------|
| Closed on | Sunday 20th December | No classes on this date |
| Opens on | Monday 4th January | All classes resume |