

## Welcome

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

## Little Ninjas

Jay Barclay  
Amy Findlay  
Jack Munro

## Kickin' Kids

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## Juniors

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## Seniors

Martin Dey  
Richard Day

## Korean Kickboxing

Jordan Jackson  
Karl Roberston  
Barry Woods

## ITF President – Grand Master Tran Trieu Quan IX

We received the very distressing news that Grandmaster Tran was caught up in the devastating earthquake in Haiti. This is terrible news for his family and a huge shock for all of us as he is our President.

His family have not yet heard from him and have received no news so far regarding his rescue. Our thoughts and prayers are with him and his family.

## Christmas Gifts & cards

We would like to take this opportunity to say a huge thank you for all the lovely gifts and cards we received this Christmas. On behalf of Master Wallace, Mrs Wallace, Mr Burns and Mr Dylan, thank you all very much for your kindness, it was very much appreciated.

## Farewell Announcement

As most of you now know, we have to announce that Mr Burns II Degree will be leaving us at the end of January. Mr Burns has been with us for over 6 years as he started teaching when we moved to our first full time premises at Justice Mill Lane in September 2003. As you know, Mr Burns was married in July 2009 and has various projects which he is now looking into. He is currently in the process of writing a book which he is hoping to publish in the near future and we wish him every success in this venture and with all he chooses to do in the future. We are obviously sad to see him go, but appreciate that he has other things to fulfil. Mr Burns has been a great asset to our academy over the years and has definitely added to the energy within our kids classes with his particular way of teaching. We know that everyone will miss him, but we are sure you will all join us in wishing him well.

## 7<sup>th</sup> Annual Academy Awards

This years Awards Ceremony will be held on Saturday 20<sup>th</sup> March 2010 in the Britannia Hotel, Bucksburn, Aberdeen. There will be awards presented for all groups – Little Ninjas, Kickin' Kids, Junior & Senior Taekwon-Do and Korean Kickboxing. The awards will be for Most Promising, Most Improved, Perseverance, Blackbelt Attitude, Ryan Park Memorial Award, Competitor of the Year, Student of the Year, Dedication & Commitment and Long Service.

The evening will begin with reception drinks between 6:30-7:00pm and the awards ceremony will follow. When the presentations are complete, a finger buffet will be served to the tables and the group photograph of award winners and VIP's will follow. **Our guest of honour this year will be Grand Master Tom MacCallum IX Degree.**

This year, we have a magic show by Bill Duncan from 5<sup>th</sup> Dimension which will appeal to all ages. This will be followed by our after party and raffle. This years top raffle prize will be £100 of vouchers and there will also be a separate raffle for under 18's. The evening will draw to a close at 1:00am.



### **Tickets are on sale at reception now:**

16yrs Plus (£12), Under 16yrs (£10), Family - 2 adults & 1 under 16yrs (£32)

**Seat Reservations** - We have a table plan this year to allow seats to be booked in advance when buying your tickets. Please Note - tables will seat a minimum of 10 and maximum of 12.

**Rooms** are also available in the hotel for £45 (double room).

We do hope you can join us this year to help us celebrate the past year and to congratulate all the award winners. It promises to be another great night.

## WKA World Championship Qualifiers - February

This competition is being held on Sunday 7th February in the Wishaw Sports Centre, Wishaw.

It is open to all students however specific equipment may be required depending on the division. Although this can be treated as an independent competition, this is also the qualifier for the World Championships which will be held in Edinburgh this year. The WKA are looking for sparrers in points, light continuous and full contact and they are also looking for traditional pattern exponents. Entry fee is normally £20 per event. If you wish to attend this competition, please see Master Wallace first.

## WKA FIGHT NIGHTS

**Dean Sutherland** will be fighting for the vacant WKA <35kg British Full Contact Title on Friday 19<sup>th</sup> February in Wishaw. This will consist of 5 x 1.5 minute rounds. If you would like to cheer him on, please let us know.

**Mr Jamie Presly I Deg** will be fighting for the WKA <79kg Scottish Full Contact Title on Saturday 10<sup>th</sup> April in Forfar. This fight is the rematch with Gary Clelland following their draw in December.

## Graduation Results

### **Little Ninjas (23-Jan-10)**

Our first graduation of the year was held on 23rd January for our Little Ninjas group. As always, they put on a great show for their parents and guests and we are happy to announce the following results:

White / Red - Mitchell Glen, Gary Livingstone  
White / Purple - Ben Jamieson, Lennox Milton  
White / Blue - Murdo Livingstone, Gus Macdonald  
White / Green - Amy Duncan, Calum Harvey, Cayden Leitch  
White / Orange - Declan Kennedy  
White / Yellow - Zaid Farook, Jamie Munro, Luke Nicol

## Extra Training Options

### Blackbelt Club

Spaces are currently available in the Blackbelt Club for students in the Junior and Senior classes (8<sup>th</sup> kup and above). Classes are held twice a month for one hour (or one two hour class depending on our calendar of events). The classes are individually themed to cover the technical criteria for the Blackbelt Programme and therefore give additional focussed training. Please see Mrs Wallace if you wish to enrol. The cost to enrol will be £45.00 which provides your first month's membership and your Blackbelt Club Dobok. Following this, your monthly membership would have to be increased by £10 for this upgrade. Please check the notice board / website for upcoming dates.

### Korean Kickboxing

**Kids (9-12yrs)** – This class is held on Sunday from 1:00-2:30pm and is open to students training in the Kickin' Kids and Junior Taekwon-Do classes. This class focuses on sparring, fitness and conditioning and students will be expected to attend competitions as part of the academy kickboxing team. Details of enrolment cost are available on the notice board and the cost to upgrade will be £10 per month.

**Adults (13yrs plus)** – These classes are held on Monday 8-9pm, Wednesday 8-9pm and Sunday 5:00-6:30pm. Students can upgrade their membership to include the full Blackbelt Programme or to attend one or two classes each week. Training is intense and will involve Bag and Pad Work, Boxing Training, Light and Full Contact Sparring, along with Strength and Conditioning Training. The basis of this programme is competition training. Details of enrolment and upgrade costs are available on the notice board.

### Masters Programme

Our new programme has now started which is open to all ITF Blackbelts. This programme includes Instructor training (children and adults), Umpire training, Grading Official duties, Health & Nutrition, Anatomy & Philosophy, Taekwon-Do theory and principles along with Regular Testing & Technical Training. Two classes per month will be included (Masters Training & Technical Training).

If you wish to enrol in this programme, please see Mrs Wallace to register. The cost to enrol is £45 which will provide your first month's membership, Jacket, folder and pen. Following this, the cost to upgrade will be £10 per month. Training dates will be posted on the notice board and website.

### Degree Technical Training

Degree Technical Training will be included in the cost of the Masters Programme Membership however it is also be open to all ITF Blackbelts at a cost of **£10 per class**. This will be a 3 hour class once a month. Please check the notice board / website for upcoming dates.

## Reminders

**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 neck level top under their training suit at all times.

**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 not only dangerous, but is the fire escape for the upper floor 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

**Lost Property** – We have recently accumulated a large number of items of clothing which have been left in the changing rooms. If you think you may have left any items of clothing behind, please remember to ask at reception. They will be kept for a maximum of 30 days and they passed on to a local charity shop.

## Licence Booklets

**Replacement Licence** – If you have lost/misplaced your Licence Booklet, the cost to replace will be £5.00.

**Licence Renewals** – Please remember that you must hand in your Licence Booklet with application for renewal. If you have recently paid for your Membership Renewal but have not yet handed in your licence booklet, please remember to do so as soon as possible in order to complete your renewal application.

## **Courage**

*“The important thing is to take that first step.  
Bravely overcoming one small fear gives you the courage to take on the next”*