

Jakeun Bal Taekwondo News letter

February 06

Anyunghaseyo jejars of Jakeun Bal Taekwondo.

- **Referees Course:** I am pleased to announce that we now have 12 class three Referees in the club. I am now looking forward to watching them panic on ring side. I have seen referees fleeing for their lives when fighters end up trying to sit on their laps.
- **New rules:** Max score is now 12 points; winning by majority is now 7 points and you are allowed to receive -3.5 penalty points before you're disqualified. You have to **use clear or white gum shields** Gloves will have to be worn by May.
- **Club Grading:** I am pleased to announce that the Spring Grading will be on **Saturday 25th March**. White and yellow belts will be at Start at 1.00pm and everyone else will start at 1.30pm. Please arrive 20 minutes before your grading. **All completed grading forms + £13 to be handed in to me before that date.**
- **Grading:** I am concerned that there are a lot of members who are not putting the effort into their training. If you do not look confident with your poomsae; if you have not attended enough classes or you are a 4th Kup and not entered a competition by the 26th March you will not grade. I teach Taekwondo 7 days a week there is **no excuse!**
- **Insurance:** I need to remind you that in order to grade you must hold a BTCB insurance. This also allows you to compete and more importantly if there is an accident you have some protection. Seniors check you licence book, if it is not up to date you will not be able to grade.
- **Health and safety:** I would like to notify parents that unless your child has a medical reason they have to train in bear feet. If I receive notification of such, they must train in clean martial art shoes and not wear them outside of the Dojang. You can get barrier creams that cover Verrucas. I also want no watches or jewellery to be worn. It is for the safety of themselves and others.
- **Energize!** Don't forget there is an open day on **Sunday 5th March. Starting at 12.00 – 4.00** you don't need to stay all afternoon but please come along and make our displays the best they can be. I will be running 15 minute taster classes that will be really fun a good way of break one of our Taekwondo rules. Energise is opposite Barden Mill. Please be there as some really famous people will be there

To contact the club you can ring Philip on 07812 147895

- **Red belt and above:** The only way I can help you develop is by you attending the Senior class at the Vincent Farrell Community Centre. Sundays 6.30 – 8.00 please make an effort to attend.
- **Competition:** For Kathy's next 1-1 we have 30 which is a phenomenal effort by everyone. We also have the Referees going to the competition. This will be a really good event to attend as there will be lots of people to support. I have looked into hiring a coach and I have had 2 quotes £350 for a 32 seat coach & £325 for a 24 seat coach. Which is a lot more than I expected? One more thing all our competition entrees are **free**, however our club funds are not bottomless. If you are unable to attend the competition you will be asked to make a donation to the club for the amount of the competition.
- **Koreanna:** We are planning to have another trip to the Korean Restaurant on the 25th March or Saturday 1st April. £5 non refundable deposit required before March 19th. Adults only.
- **Lancashire Squad Training:** Please put the **1st of April** in your dries as I am pleased to announce the Garry Sikes and Sarah Stevenson will be running Lancashire's 1st squad training day hear in East Lancashire. This may change but make sure its free.

2005 events:

March 5 th	Energize Open Day	12.00 – 4.00
March 12 th	Sykes Championship	Dome
March 25th	Club Grading	
March 26 th	Kathy's 1-1	Adwick
April 23 rd	Sykes Championship	Dome

Licence	£15	this allows the student to compete and to grade.	
Grading	£13		
Jakeun Bal Badges	£2.00	BTCB badges	£2.50
Gum Shields	£2.00		
Belts (size 250 – 3.20)	£2.50		
Training tops	junior £20.00	senior	£22.00
T-shirts	junior £ 8.50	senior	£10.50

Here is a list of Master uniform prices and heights. Note measurements are in cm

00-120 - £20	0-130 - £21	1-140 - £22	2-150 - £23
3-160 - £24	4-170 - £25	5-180 - £26	7-200 - £28