

## Jakeun Bal Taekwondo News letter

February 06

Anyunghaseyo jejars of Jakeun Bal Taekwondo.

My I first welcome all our new members to Jakeun Bal Taekwondo. January can be seen as a time for a new start. Everyone hear at the club have already made that decision will of course help and you all settle in.

- **Referees Course:** I am pleased to announce that we now have 15 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 the referees laps.
- **New rules:** Max score is now 12 points; winning by majority is no 7 and your are allowed to receive -3.5 penalty points before your disqualified. You have to use clear or white gum shields Gloves will have to be worn by May.
- **Lancashire Squad Training:** I am pleased to announce the Garry Sikes and Sarah Stevenson will be running Lancashire's 1<sup>st</sup> squad training day hear in East Lancashire. As such it is open to 8<sup>th</sup> kups and above, you have to be over 8 years old and be insured so you must bring you licence book. The aim of the event is to keep us up to date with the latest fighting methods that are being used around the world. If you want to fight this is a must.
- **Club Grading:** I am pleased to announce that the Spring Grading will be on **Saturday 25<sup>th</sup> March**. As before the grading will be divided into two Groups. Registration for white and yellow belts will be at 12.30 with the grading starting at 1.00pm. Registration for everyone else will start at 1.30pm; this will mean less hanging around for everyone. At the end of the first session there will be the group photograph. Our Sectary is also grading for 1<sup>st</sup> Kup on that day so I must insist on everyone handing in their grading forms with the money 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 you poomsay; if you have not attended enough classes or you are a blue tag and have not entered a competition by the 26<sup>th</sup> March you will not grade. I teach Taekwondo 7 days a week there is now excuse!

To contact the club you can ring Philip on 07812 147895

- **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 because if it is not up to date you will not be able to grade.
- **Helth and safty:** I would like to notify parents that unless your child has a medical reason they have to train in bare feet. If I receive notification of such that they must train in clean martial art shoos and not ware them outside of the Dojan. You can get creams that cover Varokers. I also want no watches or jewellery to be worn. It is for the safety of them selves and others.
- **Energize!** Don't forget there is an open day on Sunday 5<sup>th</sup> March. Starting at 12.00 – 4.00 please come along and make our display the best it can be. Energize is opposite Barden Mill.
- **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.

### 2005 events:

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

|                          |               |  |
|--------------------------|---------------|--|
| Licence                  | £15           | this allows the student to compete and to grade. |
| Grading                  | £13           |  |
| <b>Jakeun Bal Badges</b> | <b>£2.00</b>  | <b>BTCB badges</b> <b>£2.50</b>                  |
| 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

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