



Professional Unification of Martial Arts

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 P.U.M.A Newbury Taekwon Do

# TAEKWON NEWS

Newsletter for the P.U.M.A. Newbury School of Taekwon-Do

December 2011

**Grading** (4<sup>th</sup> December) has quickly come around again for coloured belts so good luck to those who are eligible to grade.

This month our School will be hosting the **Berkshire & Oxfordshire 2011 PUMA Championships** on **Sunday 18<sup>th</sup> December** at Northcroft. Please help support the event by entering as many events as you can. We can only host these events if we have strong support so talk to your instructors to see the events you can enter. This will be open to ALL coloured Belts in Little PUMAs, Junior and Adult. To finish off this great year we will have our **Christmas party** (for all) on the evening of Sunday 18<sup>th</sup> December (see our Facebook page for more information). Also we have our **Christmas party for children** on Thursday December 15<sup>th</sup> (6-7pm) – could you please bring a present max of £5 (suitable for both boy and girl).

Congratulations to all those who participated in the PUMA British Championships in November. Our School did well again and Mr Bint showed the way forward with a spectacular display on his way to becoming British Champion 2011 Junior Black Belt in patterns. The full list of our success' is provided below:

Also a special thank you to those Black Belts who supported the event with their invaluable help.



## Events in December 2011

**GRADING SUNDAY 4<sup>th</sup> Dec.** Grading Kennet School, Stoney Lane, Thatcham RG19 4LL.

**Thursday December 15<sup>th</sup> (6-7pm)** – Childrens' Christmas Party

**Sunday 18<sup>th</sup> Dec** Berkshire & Oxfordshire Champs at Northcroft Leisure Centre

**Sunday 18<sup>th</sup> December.** Last session and Xmas Party (evening). See our Facebook page

**Sat 10<sup>th</sup> Dec** Black Belt Training. Northcroft Centre 10.30-12.30am (Black Belts /1<sup>st</sup> Kups)

**Thurs 29<sup>th</sup> Dec** Black Belt Training. Northcroft Centre 7:00-9:00pm (Black Belts /1<sup>st</sup> Kups)

## Events in January 2012

Wednesday 4<sup>th</sup> January First lesson back (little PUMAs)

Thursday 5<sup>th</sup> January. First Lesson back (Juniors & Adults)

Saturday 14<sup>th</sup> January. Assistant instructor's course (see instructor for details).

Sunday 15<sup>th</sup> January. Instructor's course (see instructor for details).

## What has been Happening at the School

**Little PUMAs Grading.** Well done to all those who passed their recent grading.

**Report from the PUMA Winter Camp at Warmwell Dorset ( 4<sup>th</sup> – 6<sup>th</sup> November).** Master Ogborne, Mr Sanderson, Marshall and Dennis Greensmith attended the winter camp and thoroughly enjoyed meeting old and new friends during our training and social times. Look out for pictures in the PLANET PUMA magazine.

### **PUMA British Championships at Oasis Leisure Centre Swindon (27<sup>th</sup> November)**

Mr Bint	British Champion Black Belt Patterns Junior
Rosie Middlewick	British Champion Ladies Sparring Red Belt Junior
Edward Chandler	Bronze in Adult Black Belt Sparring and Patterns
Dennis Greensmith	British Champion Sparring Red Belt (Veterans) and Silver in Patterns.
Mrs Sukwong-Fletcher	British Champion Ladies Black Belt Patterns



Rosie and Jason in action.

Mr Bint also competed for England at the Recent Ireland Championships winning Silver for patterns and Team sparring plus a Bronze in individual sparring.

## Information from your Instructors

Happy New Year to you all. Well done to all those who trained hard and were rewarded with success in grading and competitions throughout the year. Please remember P.U.M.A membership enables you to do extra training with other PUMA Schools to supplement the training at your own School. What other clubs or organisations do that for you! Talk to your instructors first about this as it is important you are training the appropriate amount of times at Newbury first before attending other Schools.

**Quick Quiz** Last Months Answer. *True. There are 305 moves in the 9 coloured belt patterns and 3 exercises.*

**Taekwon and Happy New Year! Master Ogborne, Mr. Sanderson, Mrs. Sukwong-Fletcher, Mr. Shelford and Dennis Greensmith (Editor)**