



Professional Unification of Martial Arts

PUMA-UK.COM

0845 600 1967

[info@puma-uk.com](mailto:info@puma-uk.com)

 P.U.M.A Newbury Taekwon Do

# TAEKWON NEWS

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

November 2011

This month we are proud to announce the promotion of our Instructor and students who took their black belt grading in October:

<b>Mr Sanderson</b>	IV Dan - International Graded Instructor
<b>Mr Jesse</b>	II Dan
<b>Mr Pyne</b>	II Dan
<b>Mr Green</b>	I Dan

Also we would also like to give special mention to **Anthony Alemany** and **Bethany Carlton** who achieved credits at the coloured belt grading in September.

The next grading is on the 4<sup>th</sup> December (pre-grading 17<sup>th</sup> November) so we suggest you take advantage of competing in the British Championships in Swindon on the 27<sup>th</sup> November. NOTE - enrolment for the British Championships is now on-line at [www.puma-uk.com](http://www.puma-uk.com) (go to 'News & Events' and click on 'Competition Entry') where you can enter, print the form which you must hand to Mrs Sukwong-Fletcher with correct payment – **by the 11<sup>th</sup> November**.

## Events in November 2011

**Friday 4<sup>th</sup> – Sunday 6<sup>th</sup> November** PUMA Winter Camp at Warmwell Dorset  
**Wed 16<sup>th</sup> and Thurs 17<sup>th</sup> November** - Little PUMA's Grading 5.30-6.30pm Northcroft Centre.  
**Thursday 17<sup>th</sup> November.** Coloured Belts Pre-Grading  
**Saturday 21<sup>st</sup> November.** Black Belt Presentation Evening at Oasis Leisure Centre, Swindon, 6pm. All are welcome to attend this event (ticket cost £22.50).  
**Sunday 27<sup>th</sup> November** British Championships at Oasis Leisure Centre Swindon  
**Sat 12/26th** Black Belt Training. Northcroft Centre 10.30-12.30am (Black Belts /1<sup>st</sup> Kups)

## Events in December 2011

**GRADING SUNDAY 4<sup>th</sup> December.** Grading at the Kennet School, Stoney Lane, Thatcham RG19 4LL. If you wish to be considered for grading please be prepared for your pre-grading at least **two weeks** before the grading.

**Sunday 18<sup>th</sup> December.** Berkshire Championships at Northcroft Leisure Centre

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

## What has been Happening at the School

The Newbury Taekwon-Do school was well represented at the recent Bill "Superfoot" Wallace seminar where the martial arts legend imparted some of his knowledge of kicking and stretching onto an eager group of PUMA students.



### **P.U.M.A. Stars vs Stripes Fight Night at the Oasis Leisure Centre, Swindon. A short report from Dennis Greensmith - Sunday 23<sup>rd</sup> October.**

For the dozen or so Newbury students and instructors attended the 'Stars Vs Sripes' Fight Night I think we saw what P.U.M.A really stands for in terms of an organisation that goes far beyond the teaching of an art. From my own perspective I was in awe at how such a large organisation can organise such a unique event and make it go as smooth as one of Mrs Sukwong-Fletcher's sine waves! The night included a dance routines, weapon usage routines, patterns, board breaking as well a range of sparring from juniors to our senior members. It would be too easy to write superlatives about the techniques we saw and the real competitive streaks shown in the sparring sessions as it became clear nobody wanted to 'lose' in front of the audience. So, the thing that gets me about my club and PUMA is how students, Instructors and Masters can teach, train and compete with each other yet the respect that we are taught shines through as the social side always comes through the clearest. Simply inspiration to me they were.

### ***The black belt grading (a former colour belt's perspective)***

What does it actually feel like to take a black belt grading? For me I really enjoyed the grading, but also it felt very different to a colour belt grading. Unlike a colour belt grading there are no other people in the training hall apart from the grading panel, people grading and some instructors at the back, this makes it feel like there is no pressure to perform at your best. I didn't expect to feel like that, I stood there in line for a moment and thought about it and then realised it's up to you how much you put into it, if you don't try then the panel will think that you don't want to be a black belt. However, if you put all you have into it then at least, pass or not pass, you can walk away from the day feeling that you have done all you can. *Taekwon! Mr Green*

## Information from your Instructors

Next grading is Sunday 4th December so pre-grading is 17<sup>th</sup> November. Please discuss with your instructors if you wish to grade grading so you can prepare fully for the pre-grading.

### **Quick Quiz**

*True or False:* As part of his exam to pass his 1<sup>st</sup> Degree Black Belt Mr Green had to complete 305 moves from the 9 Patterns and 3 Exercises.

Last Months Answer. *True. Mr Sanderson did indeed say he dislikes running.*

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