

Professional Unification of Martial Arts

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TAEKWON NEWS

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

September 2011

We hope you all have had a great summer and are feeling fully refreshed. September is going to be a busy month so if you are grading or competing we wish you the best of luck.

Last call for juniors and Little PUMAs to design a new Logo for our School. The winner will have their design designated our official Logo – all entries to Mr Sanderson by **Thursday September 15th**. If you're struggling for an idea see if you can mix something historical about Newbury into a Taekwon-Do design, for example, the canal, horse racing, being in the 'Royal' county or our beautiful countryside.

Events in September 2011

GRADING SUNDAY 25th SEPTEMBER – 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.

Saturday 3rd September - PUMA Day. This is a great fun day for ALL the family (including those who do not do Taekwon-Do) and it's FREE. Starts at 10am at King Edwards School, North Road, Bath, BA2 6HU

Sunday 4th September - Kids Championships: Starts at 10am at King Edwards School, North Road, Bath, BA2 6HU. For Little PUMAs and Coloured Belts (up to and including 16 years of age). **Entry is now closed so let's wish all our junior and little PUMA colleagues good luck.**

Saturday 24th – PUMA Team Championships – listen out for more details.

Weds 28th and Thurs 29th – Black Belt pre-Grading Training – Oasis Centre Swindon.

Events in October 2011

Saturday 1st October. Black Belt Grading at Oasis Leisure Centre Swindon

Sunday 2nd October. Black Belt Pre-Grading at Oasis Leisure Centre Swindon

What has been Happening at the School

P.U.M.A held the Kids Summer camp on the 12-14th August. These are amazing weekends organised by PUMA that give the organisation its special family feeling. Many thanks to those adults from Newbury TKD who assisted at the camp especially Mrs Sukwong-Fletcher.

Mr Sanderson is currently in South Korea and he's provided us with some experiences he's had so far: 'It's been a busy time and I've been training at an ITF dojang. I have climbed the highest mountain in South Korea. I have been to where the 29th infantry division was based and I've been to Whon-Hyo's temple the ancient capital of the Silla Kingdom.



Information from your Instructors

September is grading month so be fully prepared for both the pre-grading and grading.

- It is important to know everything, all patterns to your grade, not just those techniques learnt since the previous grading.
- Make sure you know the target areas for each offensive move and what each blocking move is performing.
- If you're not sure about something now's the time to ask. Good luck.

Quick Quiz

True or False: Mr Ahn-Chang-Ho (Dosan) had a son called Philip Ahn who was an actor and played "Master Kan" on the television series 'Kung-Fu'.



Philip Ahn?

Last Months Answers

1. *Editor* – I found it difficult! 2. Rising Kick. 3. The culprit fulfilled his tenants of Taekwon-Do and owned up but it would be telling to say who did it!.

Taekwon

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