



Forres, April 2009

### **Web site**

Our web site is now up and running! Many thanks to all at Digican for getting us up to date.

If you find any mistakes or we are missing something please contact us and we will rectify asap.

Web address [www.tkdsport.co.uk](http://www.tkdsport.co.uk)

### **Fundraiser**

On the 11<sup>th</sup> April the club is hosting a Bingo and Quiz night at the British Legion Club.

This will be the last in a series of events for a while and we encourage as many as possible to attend this event. It will be a good night with loads of prizes and lots of fun.

We are looking for your input as to what we will buy with the funds. Please let your Instructor know if you would prefer a tracksuit, a hoody, a jacket or any other clothing you can recommend.

It will all have the club logo on them.

### **Competition**

What a great day for the Forres club. The team won 15 Gold, 10 Silver and 15 Bronze giving us the best result of the day with Inverness runners up.

A marvellous TEAM effort with many thanks also to those who helped out as Umpires or working on the fundraising stall. You all know who you are and the club really thanks you for your efforts.

Individual results on the web site!

### **Umpires Course**

The UKTF will host this in Inverness on May 16<sup>th</sup> & 17<sup>th</sup>. Open to Red and Blackbelts over 18

### **British Championships**

This will be held at Bells Sports Centre, Perth on the 13<sup>th</sup> June 2009

We are looking at running a bus along with Nairn and Inverness schools.

Please note your interest with Instructors if you are interested.

Continuous sparring instead of points will be for Blue belts and above + 13 years of age.

### **Seminar**

A coloured belt seminar will be held in May by Master Thompson and local International Instructors. This is open to all coloured belts at a cost of £35 and will be for 3 hours duration. Booking forms out soon.

### **Classes**

All Taekwon-do classes are currently full and a waiting list is in operation. We do have spaces in Cardio and Korean Kickboxing for the moment.

### **Congratulations**

Well done to Karen Thomson for reaching her target weight and losing over 3 stones since the birth of her son Noah and also congratulations to the Wilson family on the birth of Lucy!

(Places are reserved in Ninja classes 2012!)