



Forres, August 2009

Landmark

Our annual trip to Landmark is scheduled for Sunday September 6th. We will be meeting up with the students from Buckie and Forres again this year so please book your place now. Cost including bus is £8. Payment with names please.

Beach Training.

We are having a training session at Nairn beach on Sunday 23rd August. 10am start and we will meet at the car park at the caravan site. Please bring a change of clothing and a sense of humour! Sorry kids but this is only open to the Taekwon-do seniors, cools, kids advanced and Kickboxing classes. Still on even if it is raining (you're going to get wet anyhow!)

Sparring

Due to another increase in insurance cover we have to inform you that all safety equipment recommended should be worn in these classes. This includes gloves, feet, head guard, groin guard (male) body armour up to 12 years old. Gum shields are optional but highly recommended. Our club can supply all items and we would prefer if you bought through us as some people have bought out with the club and have had to return it as it was unsuitable for the job intended. Please note that you can get different equipment for different competitions so ask first if you are not sure.

Black Belt Exam

This is scheduled for the weekend of 19th September. If you are grading or pre testing your forms should be in by 15th August along with your thesis if required.

Coloured Belt exam

Adult Taekwon-do exam will be scheduled for Friday 21st August. Korean Kickboxers can also grade that evening.

Awards Night

This year our awards night will be held on the 14th of November. Tickets available at end of this month.

Equipment

We have a range of equipment that is being sold off at a reduced price to make way for new stock. Please see availability at reception.