



Forres, February 2010

## **Grand Master Tran Trieu Quan**

The president of the ITF was in Haiti when the earthquake struck a few weeks ago. Despite a massive search and with the Taekwon-do family all over the world contacting various groups and rescuers there has unfortunately been no sign of him since that fateful day. He was last seen going into Room 306 of the Montana Hotel 10 minutes before the earthquake struck. A colleague who was with him was rescued and is now safely home in Canada. Our thoughts are with the family of GM Tran and all in Haiti.

## **Kenya**

Taekwon-do in Kenya is just starting to take off and as they are quite a poor country they are looking for any equipment that other countries can supply. If you have any old training suits or sparring equipment that you don't need please take it down to the studio and we will organise delivery to Kenya.

## **Korean Kickboxing Exam**

There will be an exam and training session in Inverness which will take place on Sunday 28th of February at 1.30pm

## **Taekwon-do Blackbelt Exam**

The TKD exam will be on the weekend of 27-28th March. The training course (compulsory for those sitting exam and highly recommended for those taking in the future) will be on Saturday 27th in Livingston and the BB exam will be on Sunday 28th in Inverness Those that wish to pre-test can do so on the Sunday. Forms available from your Instructor.

## **Elite Team**

We had a great response to the first training session of 2010 for the elite team. There is a competition in Livingston on the 21<sup>st</sup> of March and would like as many as possible to enter. Please see your Instructor for forms and more details. Next session is on Sunday 28<sup>th</sup> February.

## **Umpires Course**

This will take place on the 8-9<sup>th</sup> of May in Inverness

## **Instructors Course**

For those interested in becoming Instructors a course will be held on the 13-14<sup>th</sup> November 2010

## **Seminars**

**Leon Jay** will be in Nairn on February 20<sup>th</sup>. This can be booked through Mr Macrae on 07748 700 217 as he is hosting this event.

TV's Mind Body & Kickass Moves star **Chris Crudelli**, will be here on the 25<sup>th</sup> April at the Inverness studio. Check his website at <http://www.crudelli.com>