

Forres, January 2010

**A Happy New Year to all our students and friends at the Academy. We hope you had a great Xmas and are all set for the coming year. Thank you for all the gifts and cards that were left at the gym, much appreciated.**

**A lot is happening in 2010 and we will give you a quick overview in this letter.**

### **Apologies**

Due to the bad weather we have had to close the studio some evenings and we would ask that you park outside the studio car park for the present as the area is very dangerous due to ice and deep snow. The approach road, as you are aware, has not been looked at by the authorities and is in very bad condition, please be careful.

### **Training clothes**

It is possible during these conditions that you can wear tracksuits or the likes to training. It is also possible to wear training shoes as long as they are for indoor use only and have not been used outdoors.

### **Elite Training Forres and Buckie Area**

Some people will be receiving invites to join our Elite Training Squad. Miss Hansen will be contacting individuals in the near future regarding the training sessions. If you don't receive an invite keep training hard and catch the eye of the coaches!

### **Blackbelt Exams**

Korean Kickboxing seminar and coloured belt & BB Exam will be held in February under Master Thompson VII Degree in Inverness studio.

Taekwon-do Blackbelt exam will be the weekend of the 27-28<sup>th</sup> March.

### **Competitions**

Irish Open 13-14<sup>th</sup> March., Europeans Sweden 1-2nd May, World Cup, Las Vegas 13<sup>th</sup>-17<sup>th</sup> October. UKTF and local comps dates to be arranged.

### **Seminars**

Leon Jay will be here 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 [www.crudelli.com](http://www.crudelli.com)

### **Awards Night**

A CD of photographs from last years Awards Evening is available at reception. Individual photos can be ordered on request.

### **Classes**

All classes are back to normal timetable again on Tuesday and Thursday. Thanks to Karen and Maree for helping out at different times due to the illness of Miss Hansen. She is well on the way to full recovery and we wish her well for the coming year. Good luck to everyone on your forthcoming gradings in 2010.