

### **British Championships**

This will be held at Bells Sports Centre, Perth on the 13<sup>th</sup> June 2009  
Continuous sparring instead of points will be for Blue belts and above +  
13 years of age.

Entry forms to be returned by Friday 5<sup>th</sup> June

### **Seminar Master Thompson**

Sunday 7<sup>th</sup> of June. This is open to all coloured belts at a cost of £35 and  
will be for 3 hours duration. This will be held only in Inverness from  
11am-1pm

### **Tuesday-Thursday Training**

Tuesday and Thursdays from 5.30-6.30 will be made available for those  
wanting to work on technical training, patterns and power with  
Tuesdays being Sparring training and Thursday Pattern and Power.

### **Kids Camps**

If you would like a kids camp over the holiday term please contact your  
Instructor with dates and we will try to accommodate as far as possible.  
These can only go ahead if there is sufficient numbers.

### **Web Site**

For all up to date information please look at [www.tkd sport.co.uk](http://www.tkd sport.co.uk) where  
we will keep you informed of all events taking place locally and  
throughout the world.

### **Protocol**

There is an excellent article on the ITF web site regarding protocol in  
Taekwon-do. Please check the link from our own site.

### **Korean Kickboxing**

Next grading will be on Sunday 14<sup>th</sup> June at 4pm in Forres

### **Annual awards**

Don't panic, it's not until November but we thought we would give you a  
heads up for this year's event. Tickets will be available from next month  
and date is Saturday 14<sup>th</sup> November. Change of venue to the British  
Legion but we have retained the same DJ you will be glad to hear!