

Kids Competition

Forres Academy, Saturday 21st March.

Entry forms available now from your Instructor. This is a great opportunity to enter at a local event. All age groups catered for and then split into height and belt categories. For the first time we have a special event for siblings of students or kids who have just started training. They will be trained by Instructors on the day in some kicking and punching moves then perform on the mats as a group. Every entry will receive a medal at the end.

Kids Camp

Next available camp is April 2nd & 3rd and April 9th & 10th. Open from 8am till 5.30pm
See Instructor for details. Camp is run on a minimum of 6 students only.

Umpires Course

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

British Championships

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

Korean Kickboxing

Congratulations to all who were successful at this months promotion exam in Inverness.

Fundraising

Don't forget to get your bonus ball number when you are at class. £1 per ticket and you could win £25 if your number comes up.

At present you have raised over £628 and a further event next month will hopefully raise the total a bit more. Miss McDonough has organised a Bingo/Quiz fun night at the Forres Legion Club on Saturday 11th April. Don't forget to bring your friends!

Blackbelt Exam and Pre test

This will be on Sunday 29th March in Inverness. All forms to be in by Friday 13th March. If you intend to grade this year you must pre test 6 month in advance.

Kicking Kids Graduation

This will take place on Monday 23rd March. Please ensure all forms are returned promptly for this event.

Sparring Class

Tuesdays at 5.30pm. Excellent opportunity for training before the competition on 21st! Please ensure you have all sparring equipment for your safety.