



Forres, November 2009

Awards Night

This will be held this weekend 14th November in the British Legion Club Forres. We look forward to welcoming you all to the event and hope it will be as big a success as last years. As we have a bigger hall we still have a few tickets available for those last minute orders. Please remember this is a formal occasion and to dress appropriately.

Forres Competition

Well done to all who took part in the event. We had some outstanding results and thought that the teams did really well on the day. This year we are trying to raise monies for the Crocus Group Child Bereavement Fund and after all bills are paid we will inform you of how much we have raised so far. Results on web at www.tkdsport.co.uk

Argentina

Good luck to Miss McDonough and Mr Sim who are taking part in the World Taekwon-do Championships in Argentina at the end of the month. Master D will also be there as part of the organising committee and hopes to meet up with them at some point as he travels out before them.

Halloween party

We had a great evening with all the kids dressed up and having a ball! Thanks to all who helped out at the event and to the parents who put the effort into the costumes for the kids.

Xmas orders

If you require any equipment, t shirts, sparring gear, etc please ensure that you place an order as soon as possible as we cannot guarantee delivery on orders placed after 20th November.

Korean Kickboxing

There will be a grading exam in Inverness on the December 5th for those that are eligible.

Taekwon-do Training and Blackbelt Pre -Test

On the 21st of November from 12noon-3pm there will be Red and Blackbelt training and pre-test for Blackbelt exam in the Inverness studio. Cost of course is £20 and £35 if you are testing. Course will be run by Sabums James, Scott and MacRae from the Nairn and Culloden clubs