



Forres, October 2009

### **Race Night**

Miss McDonough and Mr Sim have been selected to represent Scotland at the forthcoming World Championships in November and they have organised a Race Night in the British Legion for Saturday 3<sup>rd</sup> October to help raise funds to go to Argentina. 7.30 pm start with an entry fee of £4 which includes stovies. Sorry adults only.

### **Blackbelt Exam**

Our September technical seminar and grading was held on the weekend of the 20<sup>th</sup> September and we are pleased to announce that Cameron Thomson was promoted to 1<sup>st</sup> Degree Black Belt. More details and photos on web site. Congratulations from all at the Academy.

### **Landmark Trip**

We had a superb day at Landmark again this year with 105 kids and Instructors and a few parents thrown in to make up the numbers. Again the weather was good for us and it was great for the Buckie, Forres and Inverness students to meet up again. Photos on web site [www.tkdsport.co.uk](http://www.tkdsport.co.uk)

### **Kids Competition**

This will be held in Forres on the 7<sup>th</sup> of November. This event will be changed slightly with the addition of team events. Team pattern and team sparring will replace special technique for this competition. We will hold a club special technique competition in the gym before Xmas. Entry forms available soon.

### **Awards Night**

This will be held on Saturday 14<sup>th</sup> November in the British Legion Forres. Tickets are available now @ £10. Includes buffet and welcome drink. We are also looking for prizes for a raffle and any donations would be greatly accepted.

### **Self Defence seminar**

Professor Leon Jay is to hold a seminar on Small Circle Jujitsu in February next year. His father is Professor Wally Jay who trained with Bruce Lee back in the day. Master D has trained with him before and thoroughly recommends attending this event. Places can be booked now at a reduced cost. See web site [www.tkdsport.co.uk](http://www.tkdsport.co.uk)