



Forres September 2009

Landmark Trip

Bus will leave from the Cross, High Street on Sunday 6th at 10am. We will depart Landmark at 4pm with an eta of 4.40pm. Don't forget a packed lunch and wet weather clothes (just in case)

Blackbelt Exam

Our September technical seminar and grading is on the 19th and 20th. The technical seminar will be in St Margaret Academy, South Road, Livingston West Lothian EH54 6AT on Saturday the 19th of September from 10am till 4pm. The course is open to 2nd kup to 3rd degree cost £35.00. Free for those that are testing. Our National black belt exam will be on Sunday the 20th of September starting at 10am in the MSBA Livingston.

Private lessons

We have been approached by several people regarding the opportunity to train on a one to one basis or a max of 4 people with an instructor. This can be for Taekwon-do, Kickboxing or for fitness training. If you require this service please contact Master D or Miss McDonough to organise times.

Kids Competition

We are still waiting confirmation of date but there will be a local competition around the end of October beginning of November

Awards Night

This will be held on Saturday 14th 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.

World Championships Argentina

Miss McDonough and Mr Sim have been selected to represent Scotland at the forthcoming World Championships in November. This is a fantastic opportunity for them both and a credit to the Forres club for attaining this position. Miss Hansen from Buckie will also be attending as coach of the junior team. Good luck to all of them