



Inverness, December 2009

World Championships Argentina.

Maree McDonough and Greig Sim from the Forres club were part of the Scotland Squad that travelled to Mara Del Plata, Argentina to take part in one of the biggest World Championships held in the last 20 years. Maree did herself and the club proud by winning Bronze as part of the Female Power Team. They were tied for 1st place until the eliminators where sadly they lost out to Poland (Gold) and Norway (Silver) She also made it to the quarter finals in Team Sparring where they lost the last match to miss out on a semi final place. Greig's biggest fight was to make the weight division, which with the help of his parents and others in the club, he managed to step on the scales bang on the weight.

He fought against Ireland in the first round gaining a draw and then went on to win the bout in extra time. His next fight was against the much fancied German and he gave a really good account of himself before losing on a split decision. This was a tremendous occasion for both Maree and Greig with an atmosphere that would be hard to recreate on this side of the world. Please check out the web site with many photos etc www.tkd-itf.org and follow the link to world championships.

Awards Night

Our annual awards night will be on Saturday 6th March 2010. Tickets will be available from January 2010.

Leon Jay

Mr MacRae from Alness is hosting a seminar with Leon Jay, Small Circle Ju Jitsu on February 20th 2010. The cost of the seminar if you book now £30.00, January £35.00 February £40.00 Contact Tel: 0560 1123 114 / Mob: 07748 700 217

Xmas Timetable

Last class will be on Tuesday 22nd December and classes will recommence on Monday 4th January. Thank you to all who have helped the club throughout 2009, have a great time and we look forward to seeing you all again in 2010.

Charity

We are pleased to announce we raised £1000 between the last competition in Forres and various other events for the Crocus Group Child Bereavement Support. Thanks to all who helped raise this amount.

Graduations

Congratulations to all who have gained promotion this year to their requested ranks. Taekwon-do Blackbelt exams for next year will be weekends of 27-28 March and 25-26 September. Korean Kickboxing Blackbelt exam will be in February, date to be confirmed.