

A Happy New Year to all our students and friends at the Academy. We hope you had a great Xmas and are all set for the coming year. Thank you for all the gifts and cards that were left at the gym, much appreciated.

A lot is happening in 2010 and we will give you a quick overview in this letter.

Steven Ednie- Sports Personality!

Going quickly back to December 2009 and Steven Ednie 1st Degree was the winner of the Inverness Area Sports Council under 18 year old Sports Personality of the year. This was a great occasion at the Town House, Inverness and Steven was certainly surprised at the award.

This is the second year running that the club has won the under 18 year award; hopefully we can go for 3 in a row!

Elite Training Inverness

Some people will be receiving invites to join our Elite Training Squad. Training will take place on the last Sunday of each month starting on 31st January. If you don't receive an invite keep training hard and catch the eye of the coaches!

Blackbelt Exams

Korean Kickboxing seminar and coloured belt & BB Exam will be held in February under Master Thompson VII Degree in Inverness studio.

Taekwon-do Blackbelt exam will be the weekend of the 27-28th March.

Competitions

Irish Open 13-14th March., Europeans Sweden 1-2nd May, World Cup, Las Vegas 14-16th November. UKTF and local comps dates to be arranged.

Seminars

Leon Jay will be here on February 20th. This can be booked through Mr Macrae on 07748 700 217 as he is hosting this event.

TV's Mind Body & Kickass Moves star Chris Crudelli, will be here on the 25th April at the Inverness studio. Check his website at www.crudelli.com

Awards Night

The annual awards night will be on the 6th of March, not the 13th as was on some newsletters. Tickets are available from the studio now. For those that have not been before it a chance for us to honour the students who excelled throughout 2009 and also for the students to choose their favourite training partner. Each class has it's own awards so every one has the opportunity to win! It is a formal, family evening and a chance to go out with the kids dressed up. After the award ceremony there is a buffet and disco till gone late o'clock.

Timetable

We have changed the timetable slightly so that Friday nights are back with a Leg Strengthening and Conditioning class from 5-6pm and all grades Sparring class from 6-7pm. Technical training in Pattern and Power breaking will be on Saturday's from 9-11am. You can join in at anytime throughout these times.