



Inverness July 2009

### **Summer Timetable**

Starts Monday July 6<sup>th</sup> - Saturday 15<sup>th</sup> August

Due to the holiday period we are changing some classes so that you can get the most out of your training over the summer months.

All Friday classes will now be on Saturday mornings apart from XMA which will cease for the summer. The 4pm Little Ninja classes will be combined with the 4.45 class so all Ninja classes Mon-Thursday are now at 4.45pm All other classes are normal times.

The timetable for Saturday is as follows;

Little Ninja catch up 9am-9.30am

Kickin Kids catch up 9.30am-10am

All TKD grades Patterns 10am-11am

Sparring class all grades 11am-12noon

### **Kids Camp**

**Only a few places remaining for the camp on July 5<sup>th</sup> & 6<sup>th</sup> so please book asap to avoid disappointment. Kids should bring a packed lunch and change of clothing as we will be going to Whin Park and the Ice Rink as part of the camp. Drop off between 8& 9am pick up by 6pm.**

**Future dates available due to demand are Mon & Tues 3<sup>rd</sup> & 4<sup>th</sup> August and Monday 17<sup>th</sup> August.**

### **5K Run**

Well done to Jill Sommerville, Derek MacKay, Donald Chisholm, Chris Milne, Julia Sarwar, Birgit Hees, Sheila Gray, Liz Gray and Allison Tulloch who all completed the Jog Scotland 5K and raised over £300 for club funds. Jill was in 16<sup>th</sup> place and first female home overall, a great result for her and Derek was first home for the team in 12<sup>th</sup> place. If any one still has sponsor money to give them please hand it in as soon as possible.

These guys run out of the club most nights and if any parents/students want to join them they are more than welcome.

### **British Championships**

Well done to all who took part in this event. It was one of our biggest competitions for a while with competitors from as far as Norway and Ireland taking part. We had success in the following events with our students:

#### **Inverness students**

Callum Ednie Gold Sparring (Black belt)

Steven Ednie Bronze Sparring (Black belt)

Scott Tulloch Bronze Sparring (White belt)

Alison Tulloch Bronze Pattern (White belt)

Gavin Kippen Bronze Special Technique (Green belt)