

British Championships

This will be held at Bells Sports Centre, Perth on the 13th June 2009
Continuous sparring instead of points will be for Blue belts and above +
13 years of age.

Entry forms to be returned by Friday 5th June

Seminar Master Thompson

Sunday 7th of June. This is open to all coloured belts at a cost of £35 and
will be for 3 hours duration. This will be held only in Inverness from
11am-1pm

Technical Training

We will be starting technical training classes from this Saturday 6th June
This is open to all grades from Taekwon-do classes(not Ninjas) Class
time 9-11am Great class for getting your Patterns developed.

Parents Night

This Friday (5th) 6-11pm. Contact Mr Ford for more details.

Kids Camp

6& 7th July and then again on 17th & 18th August

Web Site

For all up to date information please look at www.tkd sport.co.uk where
we will keep you informed of all events taking place locally and
throughout the world. There is an excellent article on the ITF web site
regarding protocol in Taekwon-do. Please check the link from our own
site.

Korean Kickboxing

Next grading will be on Sunday 14th June at 4pm in Forres

Chris Crudelli

BBC TV's Chris Crudelli from Mind Body and Kick Ass Moves and
author of Way of the Warrior came to our studio in Inverness last week
and gave a 3 hour seminar which turned into 4 as he was having such a
good time! We only had a few days notice regarding the event so he has
told us he wants' to do another around the same time next year. Watch
this space or check him out at www.KICKASSMAN.com

Summer Timetable

We will be introducing a summer timetable for the school holidays
where we will combine some classes for this period. Individual notes
will be given to those affected.