

### **Awards Night**

March 14<sup>th</sup> is our annual awards night where we all get together to celebrate achievements over the last year. All the voting has now taken place by the students and all that is left is for YOU to be there. There are only a few places left this year so please contact us now to ensure a place.

### **Kids Competition** (Forres Academy, Saturday 21<sup>st</sup> March)

Entry forms available now from your Instructor. This is a great opportunity to enter at a local event. All age groups catered for and then split into height and belt categories. For the first time we have a special event for siblings of students or kids who have just started training. They will be trained by Instructors on the day in some kicking and punching moves then perform on the mats as a group. Every entry will receive a medal at the end.

### **Kids Camp**

Next available camp is March 30<sup>th</sup> & 31<sup>st</sup> and April 6<sup>th</sup> & 7<sup>th</sup>. Open from 8am till 5.30pm  
See Instructor for details

### **Umpires Course**

The UKTF will host his in Inverness on May 16<sup>th</sup> & 17<sup>th</sup>. Open to Red and Blackbelts over 18

### **British Championships**

This will be held at Bells Sports Centre, Perth on the 13<sup>th</sup> June 2009

### **Parents Night**

Next available night is Friday 1<sup>st</sup> May. For more information please contact Instructor.

### **Korean Kickboxing**

Congratulations to all who were successful at this months exam especially Keith Martin and Colin Mackie who were both promoted to 1<sup>st</sup> Degree Blackbelt. We also wish to express our thanks to Colin and his son Ben, (Kickin Kids class) who have now moved to Houston, Texas. They are continuing their training under the guidance of Grand Master van Binh 9<sup>th</sup> Degree.

Anthony Corrigan and Ian Hopkins took part in a full contact event in Dundee last weekend. Although the fighters were unsuccessful in their bouts a lot of experience was gained by both.

### **Fundraising**

Don't forget to get your bonus ball number when you are at class. £1 per ticket and you could win £25 if your number comes up.

We also have replaced a number of focus pads and the old ones are available at only £4 each.

A few places have also become available on our fundraising committee so if anyone is interested please contact Miss Macdonald.

### **Blackbelt Exam and Pre test**

This will be on Sunday 29<sup>th</sup> March in Inverness. All forms to be in by Friday 13<sup>th</sup> March.