



Inverness, November 2009

### **Forres Competition**

Well done to all who took part in the event. We had some outstanding results and thought that the team did really well on the day. This year we are trying to raise monies for the Crocus Group Child Bereavement Fund and after all bills are paid we will inform you of how much we have raised so far. Results on web at [www.tkdsport.co.uk](http://www.tkdsport.co.uk)

### **Argentina**

Good luck to Miss McDonough and Mr Sim from the Forres club who are taking part in the World Taekwon-do Championships in Argentina at the end of the month. Master D will also be there as part of the organising committee and hopes to meet up with them at some point as he travels out before them.

### **Halloween party**

We had a great evening with all the kids dressed up and having a ball! Thanks to all who helped out at the event and to the parents who put the effort into the costumes for the kids. Own up now those who were scared?

### **Xmas orders**

If you require any equipment, t shirts, sparring gear, etc please ensure that you place an order as soon as possible as we cannot guarantee delivery on orders placed after 20<sup>th</sup> November.

### **Sports Council awards**

Inverness Area Sports Council are having their annual awards in December are looking for nominations for various categories. If you think any one is worthy of an award please complete an entry form in the Inverness Courier or go to [www.sportinverness.co.uk](http://www.sportinverness.co.uk). Closing date for applications 21<sup>st</sup> November 2009. Please inform the club of any nominations so that we can confirm with IASC any person entered.

### **Taekwon-do Training and Blackbelt Pre -Test**

On the 21<sup>st</sup> of November from 12noon-3pm there will be Red and Blackbelt training and pre-test for Blackbelt exam in the Inverness studio. Cost of course is £20 and £35 if you are testing. Course will be run by Sabums James, Scott and MacRae from the Nairn and Culloden clubs

### **Korean Kickboxing and Taekwon-do**

There will be a grading exam in Inverness on the December 5<sup>th</sup> for those that are eligible.