



Inverness September 2009

### Landmark Trip

Bus will leave from Matalan car park at Inshes on Sunday 6<sup>th</sup> at 10am. We will depart Landmark at 4pm with an eta of 4.40pm. Don't forget a packed lunch and wet weather clothes (just in case)

### Blackbelt Exam

Our September technical seminar and grading is on the 19th and 20th. The technical seminar will be in [St Margaret Academy, South Road, Livingston West Lothian EH54 6AT](#) on Saturday the 19th of September from 10am till 4pm. The course is open to 2nd kup to 3rd degree cost £35.00. Free for those that are testing. Our National black belt exam will be on Sunday the 20th of September starting at 10am in the MSBA Livingston.

### Training times

Due to the success of the Saturday morning sessions we will keep to this for the next term. Catch up class for Ninjas at 9am, Kicking Kids at 9.30, Technical training 10am and sparring class at 11am-12 noon

### Private lessons

We have been approached by several people regarding the opportunity to train on a one to one basis or a max of 4 people with an instructor. This can be for Taekwon-do, Kickboxing or for fitness training. If you require this service please contact Master D or Mr Ford to organise times.

### Cardio Class

This class is extremely popular at present and we can now offer pre booking if required. We also have gift vouchers available for purchase if required.

### Kids Competition

We are still waiting confirmation of date but there will be a local competition around the end of October beginning of November

### Kids Camp

There will be a 3 day Kids Camp on the 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> October. Places can be reserved now.