



A Registered Charity
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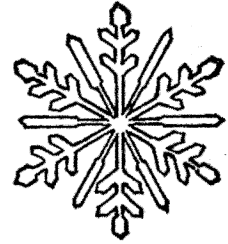
Newsletter 122

www.obtkd.org.uk

Happy Christmas!



2009 has been another good year for the club and has seen loads of progress both in the technical standard of our members and with also with Sport Taekwondo.



Many students have progressed to higher grades and it is particularly noticeable in the increasing numbers of red belts in the classes—some of which will hopefully be converted into black belts in 2010!

The year has finished with a large and successful kup grading with 32 students progressing and with two of our students successfully passing dan grades, Ellie Hatton to 1st Dan and Matias Carpio to 2nd Dan.

Many thanks to the instructors and trustees for their tireless efforts in 2009.

The year ahead will be really exciting. As well as regular training, we will be attending more poomsae and sparring tournaments—for all levels of experience, in late June there will be the opportunity to go to Germany as part of our annual Sport Exchange. The instructors and trustees are also still working on finding a larger permanent venue for the club—so may be some time next year this will bring good news.



So enjoy the break, rest the muscles and get ready for an exciting 2010!

2010 Classes

Classes will restart on Monday 4th January.

For more information on training times, events, etc. call Gerry Reilly on (01256) 895701

December Grading

Congratulations to all those who were promoted following the grading in December. Well done.

The examiners were particularly impressed with the spirit and attitude shown by the junior grades. This was reflected in a record number of three double promotions and three credits. The junior grades showed that they had established a strong base to their Taekwondo which will help them move forward. The senior grades, whilst performing technically well and showing good progress, could have shown a stronger spirit and this will be expected at the next grading.

The first Kup grading for 2010 will be on Sunday 28th February. If you wish to be considered for this by your instructors please make sure that your training is strong and consistent between now and the grading.

9th Kup / Yellow Tag	8th Kup / Yellow Belt	6th Kup / Green Belt	5th Kup / Blue Tag
Rafferty Evans	Farhan Firoz	Bryher Hutchins	Alex Newman
Erin Holbrook	Peter Mulholland	Neo Botha	Holly Flanders
Josephine Lawrence - Credit	Jemma Barton – Credit	Zack Piper	Patrick Clifford
		Leo Clifford	Sam Stone
8th Kup / Yellow Belt	7th Kup / Green Tag	Jo Hatton	Steve McCulough
Stuart Walker — Double	Darren Miller — Double	Jolene Bryant	
Tony Rice — Double	Graeme Willis		3rd Kup / Red Tag
Davey Klenz — Credit	Robin O'Neill		Harvey Allen
Jack Dunesby—Credit	Finley Evans		Jim Rate
Euan Williams	Phoebe Evans		
Alfie Evans			1st Kup / Black Tag
Michael Dorey			Carys Redman-White

Festival of Sport—2010

In 2010, it will be our turn to travel to Germany for the annual sports exchange between Basingstoke and Euskirchen. We will travel out by coach on the evening of Wednesday 30th June, arriving in Euskirchen for breakfast. On the Thursday we will spend the day at the Phantasieland Theme Park, Saturday will be competition and a social event with the Sunday probably a visit out with our hosts. We will return on Sunday 4th July getting back to Basingstoke in the evening. As usual we will be staying with host families from the Tangun Euskirchen Taekwondo Club.

The event is open to all members aged 10+ and minimum grade of green belt.

All attendees, except for the two club coaches, will be expected to compete and to ensure that we perform as well as possible, there will be extra competition training for both sparring and poomsae in the months before we travel.

The total cost will be £120. A deposit of £30 will be required by the 31st January. If you are interested in attending please contact Gerry or Lynne as soon as possible. If we are overbooked, preference will go to those who competed or hosted this year and to those who have previously competed outside of club competitions.

December Dan Grading

Following years of hard work and months of detailed preparation, the club is proud to announce that our two candidates at the TCGB Black Belt Grading held in Southampton on Sunday 6th December passed with flying colours. Ellie Hatton has now achieved her Black Belt 1st Dan, and Matias Carpio has progressed to Black Belt 2nd Dan. Well done.



Ellie receiving her black belt from Grandmaster Lindsay Lawrence, President of Taekwondo Chungdokwan Great Britain.



Matias being presented with his certificate by Master Mick King, Technical Director of Taekwondo Chungdokwan Great Britain.



Matias and Ellie proudly display their new grades.

Handbook

The club handbook, which covers the details of the OBTKD syllabus including the Poomsae and Kibon patterns, is available for download from the website. To access it, you must register on the site.

Professionally printed copies of the handbook can also be ordered. They can be ordered at

<http://www.lulu.com/content/paperback-book/obtkd-club-handbook-2009/4343891>

Annual Club Meeting

The annual club meeting is the opportunity for members and the parents of our juniors to meet with the instructors and trustees, to hear about the plan for the forthcoming year and raise any questions you might have.

This year's annual club meeting will be

***4pm, Sunday 9th January
Essex Road Dojang
35-41 Essex Road
Basingstoke
RG21 7TB***

Training Fees—2010

The move to everyone paying for their training by monthly standing order has made a huge difference to both the club's financial situation and the amount of administration and cash handling required from the instructors. It has allowed us to seriously start to look at larger venues, which will then provide the club with training facilities of the highest possible quality. So thank you for making this happen.

The final stage of moving to a single structure for standing orders will be in place from the 1st January 2010. Therefore,

- If you are one of the small group still paying cash, you must let your instructor have a signed standing order at your first class of 2010.
- For students paying the reduced transitional fees available to existing students as of 1st January 2009 who move to a standing order, your fees will now move to the same rate as the newer students.
 - For adults this is £20/month for one class per week or £30/month unlimited.
 - For juniors this is £17/month for one class per week or £25/month unlimited.
 - For details on the family discounts please talk to your instructor.
- If you are on one class per week payments and you wish to do a few extra classes, these can continued to be paid for in cash at £4 for juniors or £5 for adults.
- For students who have joined since the 1st January 2009, there is **no change** to your fees for 2010.

For those students who are on the reduced transition fees, you will be given a new standing order with the revised fees in early January.

The trustees would like to remind everyone that we use standing orders not direct debit. This means that the club does not hold any of your bank details, nor are we able to vary the amount of your payments. So if you do need to change your payments, please let us having amended standing orders promptly.

If you have any questions on any aspect of the fees please do not hesitate to contact Lynne or Gerry.

Charity Trustees

OBT KD is nearly unique in Taekwondo in being a charity. The charity is run by a committee of trustees who are responsible for the financial operation of the club and work closely with the instructors on club events, such as the festival of sport, and on long term development such our training facilities.

We are required to have 5 trustees who serve for 3 year terms. Currently we have 6—however we would welcome 1 or 2 more as we have some exciting future developments being planned.

If you over 18 and interested in getting involved please talk to Gerry or Lynne. This is open not just to students—parents are just as welcome!

Senior Grade Training

The instructor's committee have decided to change the format and timing of Senior Grading Training for 2010. This will hopefully improve the attendance and help ensure that we continue to develop the strong technical standard of the club.

So, starting Sunday 7th February, there will be senior grade training from 11.00 until 12.30 on the first Sunday of the month at Essex Road (if that Sunday is on a bank holiday weekend it will be moved out by one week, so April's training will be on the 11th). This training will be open to all red belts and above. The training will be covered by your normal training fee.

The training will focus on the technical requirements of the black belt grading syllabus.

All senior grades are encouraged to attend as the sessions will provide an opportunity to focus on your own personal development. Regular attendance will be required for anyone considering taking a black belt grading in 2010.

Referee and Corner Judge Training

For those interested in supporting the sport side of Taekwondo but not as a competitor, becoming a trained official is a great move. This will give you the chance to help ensure that competitions can be run and you never know might be the start of officiating that could one day give you the chance to officiate at major international events.

The next training courses for Class 3 Corner Judges will be in Manchester on the 23rd and 24th January. Other course dates will be publicised once known. If you are interested please talk to Gerry to get more details.

Jumpers and Socks

Please make sure that you or your children bring with them socks and a jumper or top.

Recently we have a couple of children who have had to stop during a class because they were feeling unwell but did not have any warm clothes to put on whilst waiting to be collected.

Reminder

During 2009 we have had two significant incidents as a result of parents not following the club policy on the dropping off and collection of juniors.

*The club takes the safety of our juniors seriously and works tightly under the guidance provided by our governing body. Part of this is the club policy on juniors travelling to and from classes. Parents are therefore reminded that all juniors under 12 must be dropped off and collected from inside the dojang, **no exceptions**. Juniors from 12-15 will be permitted to make their own way provided that we have written consent from a parent or guardian. A form for this consent is available from instructors.*

This policy is in place for very practical reasons. Earlier this year we had a situation where a junior was being allowed to make their own way to and from classes, however was not always coming to the class. The consequences of which were that the parents could not have known their child was not safely with the club and the instructors could not be aware that the child had been sent down to train. More recently we have a young junior dropped in a car park who proceeded to run across the car park and was very narrowly missed by a car. Fortunately neither of these incidents resulted in a serious injury or worse, however next time we may not all be so lucky.

Therefore please help keep our juniors safe and ensure that they are dropped off and collected from inside of the training hall and that the instructors are aware that they have arrived.

Forthcoming Events

Date	Time	Venue	Event
4 th January		All	Classes Reopen
Saturday 9 th January	4pm	Essex Road	Annual Club Meeting
30 th / 31 st January		Manchester	BTCB National Championships Sparring—Selection Only
Sunday 7 th February	11-12.30	Essex Road	Senior Grade Training
Sunday 21 st February		London	UTF Tournament Poomsae and Sparring
Sunday 28 th February	2pm	Essex Road	Kup Grading
Sunday 7 th March	11-12.30	Essex Road	Senior Grade Training
Saturday 20 th March		Bracknell	TCGB Tournament Poomsae and Sparring
Sunday 28 th March		Durham	Chi Tournament Poomsae and Sparring
Sunday 11 th April	11-12.30	Essex Road	Senior Grade Training
Saturday 17 th April	2-6	Overton	Club Novice Tournament
15 th /16 th May		Bournemouth	Southern Taekwondo Championship Poomsae and Sparring
Sunday 23 rd May—TBC		London	Dan Grading
Sunday 6 th June		Barnsley	Ultimate 1-2-1 Poomsae and Sparring
Sunday 13 th June	2pm	Essex Road	Kup Grading
Sunday 20 th June		Durham	Chi Open Sparring
30 th June—4 th July		Euskirchen	Festival of Sport 2010

Latest details of events can be found on the club website: www.obtkd.org.uk

Class Times

Mondays

7.30pm – 9.30pm
35-41 Essex Road
Basingstoke
(Over 12s Only, no exceptions)

Tuesdays

5.45pm – 6.45pm (Ages 6-11)
6.45pm – 8.00pm (Ages 12+)
Overton Primary School, Court Drove,
Overton

Wednesdays

7.30pm - 9.00pm (Ages 12+)
35-41 Essex Road
Basingstoke

Thursdays

7.30pm – 9.00pm
35-41 Essex Road
Basingstoke
(Over 12s Only, no exceptions)

Fridays

6.30pm - 7.45pm (Ages 7+)
8.00pm - 9.15pm (Ages 12+)
35-41 Essex Road
Basingstoke

Saturdays

11.00am – 12.30pm (Ages 6-12)
1.00pm – 2.30pm **Sport Taekwondo**
35-41 Essex Road
Basingstoke

Saturdays

10.00am – 11.30pm (Ages 10+)
Overton Primary School, Court Drove,
Overton

Saturdays

10.00am – 11.00am (Ages 8+)
Testbourne Community School, Micheldever Road
Whitchurch

Price List & Fees

Fees

Training / Month (Standing Order)	Adult	£30.00
	Adult	£20.00 (one class/week)
	Junior	£25.00
	Junior	£17.00 (one class/week)

For details of discounted family rates please talk to one of the instructors.

Gradings	£15.00
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Club Equipment

Hoodies	£20.00
T Shirt	£8.00
Tracksuit Jacket	£27.00
Training Bag	£22.00

Uniforms/Doboks

Sizes 0000/100 - 2/150	£15.00
Sizes 3/160 - 7/200	£25.00
Embroidered Belts (Dan Grades only)	£25.00

Equipment

Bat type pad	£15.00
Body Armour (Junior/Adult)	£19.00/£23.00
Head Guards (Junior/Adult)	£19.00/£22.00
Shin pads (Junior/Adult)	£10.00/£12.00
Forearm pad (Junior/Adult)	£9.50/£11.50
Foot Protectors (Junior/Adult)	£14.00//£16.50
Gloves (Junior/Adult)	£13.00/£15.00
Groin guards (Junior/Adult)	£9.00/£10.50
Gum shields	£1.50