



Harlow Tae Kwon Do

Newsletter January 2014

Welcome back.... it's 2014

and what an exciting year it will be... We have a few competitions coming up this year, and also look forward to getting a few more black belts within the club.

BIG CONGRATULATIONS

To everyone who graded in December 2013

We had 48 people who graded and every one of them passed. We had 19 people with A grades, 11 people with plus passes and 18 people who passed.

Payment plans per calendar month:

- £50- Any class, any day unlimited (incl Sunday's fitness & Sawbridgeworth lessons)
- £45 – 3 lessons per week}
- £32 – 2 lessons per week}
- £20 – 1 lesson per week}

(choose from any combination of midweek + Sunday's TKD lesson)

Payment is in advance of the next months training or £5 on the door per session – No refunds or carry over's for missed lessons except under extreme circumstances

Get your pattern sheets from the Harlow TKD Website... see below

New Club opened in Sawbridgeworth @ Leventhorpe School on Saturday mornings – ask for details & tell your friends !

PLEASE SIGN IN AT EVERY LESSON TO GET YOUR ATTENDANCE RECORDED



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As the club is growing & we have more, higher grade students than ever before, we want to reintroduce the lesson guides below... lower grade students can stay for the last lesson & practice but we may not go through their learning needs.

Lesson Guide

Monday & Wednesday

5 – 6pm Basics & lower grade patterns

6 – 7pm Basics, lower & middle grade patterns & sparring

7 – 8pm Higher grade patterns & sparring (blue belt +)

Sunday

10 – 11am Fitness lesson – open to anyone

11 – 12pm TKD lesson – curriculum will vary

– what do you want to do?

Diary of Events 2014

March – Grading date to be confirmed

Sunday 16th March – English Championships in Worcester

Sat 29th & Sun 30th March – European Championships in Davos, Switzerland

Fri 25th to Sun 27th April - Black Belt Grading – Bristol Academy

June – Grading date to be confirmed

June – *Summer BBQ date to be confirmed*

September – Grading date to be confirmed

Fri 17th to Sun 19th October – Black Belt Grading – Bristol Academy

Sunday 30th November – British Championships in Worcester

December – Grading date to be confirmed

December – *Christmas Party date to be confirmed*

We also want to do these events at some point in:

Feb – April – event with Warren Vice – date to be confirmed

April – Sept - Martial Arts Day – date to be confirmed

