



A Registered Charity
CIO No: 1137526

Newsletter 128

September 2011



Sports Exchange 2011



Over the weekend of the 1st-4th July, we hosted the 11th exchange between Overton and Basingstoke Taekwondo and KampfkunstSchule Tangun Euskirchen as part of the annual Festival of Sport between Basingstoke and Euskirchen.

Our Fifteen guests from Germany, led by the chief instructor Klaus Hambach, arrived on the Friday evening to be met by their hosts for a quiet evening - except Nathalie Rexroth who despite a 14 hour coach journey from Euskirchen, who decided to immediately come down to the club training session - good on you Nathalie.

Saturday morning started with an informal couple of hours of training matches for both poomsae and sparring. The poomsae was played using a flag system simulating match play, with the sparring conducted under controlled rules and with a few OBTKD players loaned to our friends to ensure everyone who wanted a match could have a go. We were honoured to have a visit from the Mayoral party, led by Basingstoke and Deane Mayor, Cllr David Leeks, during the morning training. It was great to have the Mayor visit our dojang and see Taekwondo played in such great spirit. After a short lunch break, we had a second guest of the day, Grandmaster Lindsay Lawrence, President of Taekwondo Chungdokwan GB. Grandmaster Lawrence led a fabulous afternoon seminar with the emphasis on improving speed, flexibility and agility. The session was thoroughly enjoyed by all

Saturday finished with an informal social event and BBQ. A time for relaxing and good conversation - and the drinking of a certain amount of Taekwondo-branded beer.

On Sunday morning, the guests and hosts headed off for a visit to Longleat Safari Park. We were fortunate to be blessed with excellent weather, dry and sunny nearly all day so fun was had by all

Sunday evening finished with the traditional end of event party at Milestones Museum bringing together all the clubs involved with the Festival of Sport.

Monday 7am was time for good-byes as our guests head back to Euskirchen. Another really enjoyable exchange visit, next year our turn to travel!

Many thanks to all those who help organise events, hosted our guest or participated in the training and seminar



Dan Grading

Congratulations to Dave Hatton and Ellie Hatton.

On Sunday 5th of June they travelled to Kingston for their Dan gradings.

Dave was promoted to 1st Dan, Ellie to 2nd Dan.

After starting Taekwondo aged forty, Dave says he never imagined he would be wearing a black belt five years later. He is doubly proud at being able to grade alongside his daughter.



Kup Grading Results May/ July 2011

Congratulations to all the successful candidates in the Kup gradings on 29th May and 19th July

The next kup grading will be at VBC from 2pm on **Saturday September 17th**—please note the change in date!

| 9 th Kup / Yellow Tag | 7 th Kup / Green Tag | 3 rd Kup / Red Tag |
|----------------------------------|----------------------------------|--------------------------------|
| Jabegu Namsangen | Anthony Lewis | Mujahid Baksh |
| Natt Khetklang | Jamie Cassell | Steve McCulough |
| 8 th Kup—Yellow Belt | Lucy Cooper | 2 nd Kup / Red Belt |
| Eleanor McDevitt - CREDIT | 6 th Kup / Green Belt | Laura Filgate |
| Harry McDevitt - CREDIT | Jack Dunesby | 1 st Kup/Black Tag |
| Max Piper | Davey Klenz | Jim Rate |
| Henry Fordham | 5 th Kup / Blue Tag | |
| James Muimi | Kamil Nowak | |
| Jude Cooper-Smith | | |
| Jamie Lewis | | |

Trustee Vacancy



After many years of sterling service, Julie Dinsdale has stepped down as a trustee. The trustees' committee will miss her clarity and insight and send her a hearty thanks.

The trustees would like to use this as an opportunity to recruit some new blood.

The club's trustees are responsible for overseeing the finance and governance of the club and work with the instructors' committee to help plan events and campaigns, and to ensure the club is run as effectively as possible for all its members. We meet every couple of months to discuss how things are going and plan for the future.

We know there's a vast pool of talent amongst our members and parents. We would be particularly keen to add some skills in marketing and PR. 2012 will bring lots of opportunity to develop and grow the club and these skills would really help. We'd also be interested in one or two volunteers from among our younger members, especially those aged 14-21. Whilst you need to be 18 to be able to be a full trustee, we feel that having the thoughts and opinions of our younger members will help us to better support all our membership. This is a chance to have your views heard and is great experience to add to your CV!

However the most important thing is enthusiasm. OBTKD is an entirely volunteer club and so our success comes from lots of willing volunteers!

So if you have enthusiasm and a few spare hours to contribute and want to find out more, or are interested in becoming a trustee, please speak to any of the existing members of the trustees' committee ;

Gerry, Lynne, Sarah Meeson, Leo Clifford, Paul Crawte or Jo Hatton

Coming soon—Club clothing

The club will be able to offer a range of t-shirts, hoodies and training tops with the club logo. These make a great Christmas present. Look out for more details and order forms in the next few weeks.

Minibuses—Can you help?



There are a number of tournaments and other events that would be much more accessible if the club had access to a minibus. Sadly, a team had to withdraw from a tournament in Liverpool recently as the minibus operator let them down with very little notice.

Perhaps you, or someone you know, has access to a minibus the club could use? If you do please speak to Gerry or Lynne

Thank you!

Active Kids



Thank you for making the 2011 Active Kids campaign a success for the club.

With your help we were able to collect sufficient vouchers to order:

- *Bean bags* for use in the 4 - 6 year old class
- *Strength conditioning belt* for use in the Sport Class
- *Throw down feet* that can be used in all our classes to help with work on stances

We look forward to receiving the equipment in October and for you all to be able use it in your classes.

Dropping off and collection of juniors from classes

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. **All juniors under 11 must be dropped off and collected from inside the dojang, no exception.** Juniors from 11-15 will be permitted to make their own way provided that we have **written consent** from a parent or guardian.

This policy is in place for very practical reasons and I hope a couple of examples will help explain why we take this so seriously. We have had a situation where a junior was being allowed to make their own way to and from classes; however they were not actually attending 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 were not be aware that the child had been sent down to train. We have also had a couple of occasions where young juniors have been dropped in the car park who have then proceeded to run across the car park and been very narrowly missed by cars. Fortunately these incidents have not resulted in a serious injuries or worse, however next time we may not all be so lucky.

Please can I therefore remind everyone of the policy and ask that you ensure that all juniors under 11 are dropped off inside of the training hall and that the instructors are aware that they have arrived. ***To make it easier, we have attached a consent form to this newsletter. If you have a junior aged 11-15 who you wish to have travel to and from classes on their own, either all the time or occasionally, please complete the form and return to an instructor.***

Thank you for your assistance in this important matter.

Artistic? **CREATIVE? We need your help!**

The club is looking to take advantage of the excitement around London 2012, and the extra attention Taekwondo will be getting, to grow the club. To help with this we need some bright and exciting new leaflets, etc. If you are creative and think you could help with the development of our new advertising material please talk to one of the club's trustees. (list on p.3)

Dorset 1-1 Tournament

The club took eight players to the Dorset 1-1 on Saturday 22nd May. For several it was either their first or second tournament, so great chance to get some more experience at a well run and welcoming event.

This was new format for Bournemouth events and ran well with good even matches and a spirited but friendly atmosphere. All the OBTKD players played with lots of heart and we saw some very tough and evenly fought matches. The results were:

| | |
|------------------------|---|
| Anthony Lewis | Gold & Silver |
| Callum Walker | Silver |
| Alex Walker | Silver <i>losing on golden point after 15-15 at the end of normal time!</i> |
| Alex Stock | Gold |
| Jamie Cassell | Gold |
| Liam Griffiths | Silver |
| Dean Digby | Silver |
| Andrew Hawthorn | Silver |

Well done everyone! Great to see some new faces out competing

Satisfaction Survey



Sport England recently announced the results of a nationwide survey which asked sports participants how satisfied they are with their chosen sports. Some of you may have been invited to take part.

The results show that Taekwondo has a very high satisfaction score, coming second amongst the forty-seven sports surveyed. People who take part in Taekwondo are particularly happy with the sporting experience, exertion and fitness levels. Other very high scores were awarded for the way Taekwondo helps them release stress, feel better about themselves and enjoy the buzz of a dynamic martial art.

These are great results, but there's always room for improvement. Over the next few weeks your instructors will be asking you to complete a questionnaire that will examine how satisfied you are with Taekwondo. The instructors and trustees will use the results to help plan the future of the club.

If you can take the time to respond it would be really appreciated. There will be secure collection points at VBC and Overton. Your responses will be anonymous and confidential. Once all the results are collated they will be available on the website and in the next newsletter.

| Forthcoming events | | | |
|--|------------|-----------------------|---------------------------------|
| Date | Time | Venue | Event |
| Sunday 4 th September | 2.00-3.30 | VBC | Senior Grade Training |
| Tuesday 6 th September | | Overton | Tuesday classes resume |
| Saturday 17 th September | 2.00-6.00 | VBC | Kup Grading |
| Sunday 2 nd October | 2.00-3.30 | VBC | Senior Grade Training |
| Sunday 9 th October | | Southampton | Southern Counties Championships |
| Saturday 29 th October | 11.00-4.00 | Swanmore, Southampton | TCGB All Grades Seminar |
| Sunday 30 th October | | Bournemouth | Dorset Taekwondo Championships |
| Sunday 6 th November | 2.00-3.30 | VBC | Senior Grade Training |
| Sunday 20 th November | | Southampton | Pre-Dan Seminar |
| Sunday 27 th November | 11.00-3.30 | VBC | Kup Grading |
| 3 rd / 4 th December | | London | Olympic Test Tournament |
| 4 th December | | Southampton | Dan Grading |
| Sunday 11 th December | 2:00-3:30 | VBC | Senior Grade Training |

| Class times | | | |
|------------------|-------------|-------------------------|------------------------------|
| | Time | Venue | Age/Grade |
| Monday | 7:30-9:30 | Vickers Business Centre | 12+ |
| Tuesday | 5:45-6:45 | Overton Primary school | 7-11 |
| | 7:00-8:15 | Overton Primary School | 12+ |
| Wednesday | 7:30-9:30 | Vickers Business Centre | 12+ |
| Thursday | 7:30-9:00 | Vickers Business Centre | 12+ |
| Friday | 6:30-7:45 | Vickers Business Centre | 7+ |
| | 8:00-9:15 | Vickers Business Centre | 12+ |
| Saturday | 10:00-11:30 | Overton Primary School | 10+ |
| | 11:00-12:30 | Vickers Business Centre | 6-12 |
| Sunday | 4:00-4:45 | Vickers Business Centre | 4 – 6 Multi-skills/Taekwondo |
| | 5:00 6:30 | Vickers Business Centre | Sport Taekwondo |

| Price list & Fees | | | |
|--|---------------------------|--------------------------|--|
| Training Fees | | | |
| | One class per week | Unlimited classes | |
| Adult | £20 | £30 | |
| Junior | £17 | £25 | |
| Payment by standing order. For details of discounted family rates please speak to one of the instructors | | | |
| Grading fee | £15 | | |
| | | Equipment | |
| | Junior | Adult | |
| Body Armour | £19.00 | £23.00 | |
| Head Guards | £19.00 | £22.00 | |
| Shin pads | £10.00 | £12.00 | |
| Forearm pad | £9.50 | £11.50 | |
| Foot Protectors | £14.00 | £16.50 | |
| Gloves | £13.00 | £15.00 | |
| Groin guards | £9.00 | £10.50 | |
| Bat type pad | £15.00 | | |
| Uniforms/Doboks | | | |
| Sizes 0000/100– 3/160 | £15 | | |
| Sizes 4/170-7/200 | £25 | | |
| Embroidered belts (dan grades only) | £25 | | |