



A Registered Charity  
Charity No: 1137526

# Newsletter 129

## November 2011



### Class Changes

The club has recently made a few changes to some of the 12+ classes in Basingstoke.

Monday classes have now moved to a class time of 7.30-9.00pm. This is intended to help those who either do not yet feel ready for a 2 hour training session or need the earlier 9.00pm finish time. There is an optional extra thirty minutes training available from 9.00-9.30pm for those who would like the full benefit of a two hour class. The class will continue to be run by Master Kevin Hanks.

We have also made a change to the Wednesday class. After having worked closely with Gerry over the last few months on a Friday night, David Dinsdale has taken over responsibility for teaching the Wednesday class.

### Kup Grading Results 17th September

Congratulations to all the successful candidates who progressed to their new grades at the 17th September grading.

9 <sup>th</sup> Kup / Yellow Tag	7 <sup>th</sup> Kup / Green Tag	3 <sup>rd</sup> Kup / Red Tag
Luke Rowland - CREDIT	Ryan Morgan - DOUBLE	Alex Stock - CREDIT
Nicole Wootten	George Allen	Amber West
Scott Coventry	Owen O'Conner	Amy Stock
Rhys Hopkins	6 <sup>th</sup> Kup / Green Belt	Ella West
	Anthony Lewis	Shailesh Mistry
8 <sup>th</sup> Kup—Yellow Belt	Jamie Cassell	Corey Payne
Nathan Lewis	Jemma Barton	Dean Morgan
Natt Khetklang	5 <sup>th</sup> Kup / Blue Tag	Holly Flanders
Owen Willis	Andrew Hawthorn	2 <sup>nd</sup> Kup / Red Belt
Simon Jones	Catherine Redgrave	Paul Crawte
Jabegu Namsangen	Darren Miller	1 <sup>st</sup> Kup/ Black Tag
Louis McLaren	Graeme Willis	Harvey Allen
	Michael Digby	George Hatton
	4 <sup>th</sup> Kup/Blue Belt	Dylan Crawte
	Sarah Meeson	

## Club Annual Meeting



The annual open club meeting will be on Saturday January 7th at 2pm and will be held at the OBTKD Dojang, Vickers Business Centre. This is the opportunity to discuss the progress the club made in 2011 and hear about and discuss the plans for 2012. Also the chance to ask questions of the club's instructors and trustees. All members and parent/guardians of junior members are welcome.

## Club Questionnaire



Thanks to everyone who took the time to fill out the questionnaire. The response was good, with replies from members across all ages and grades. Initial results are very positive.

Students are very happy with the facilities and classes we provide. You recommend us to others —indeed many of you came to the club through personal recommendation. Many respondents praised the friendly family atmosphere at the club.

Of course there is always room for improvement and many of you had some very interesting comments and thoughtful ideas. Over the next few weeks Instructors and Trustees will be discussing the results and using them to plan for the future. We will keep you updated in the newsletter and on the website. A copy of the report will be available for members soon.

We will be sharing the findings at the club meeting (see above) and would encourage you to come along and contribute to the discussion.

## Overton Tuesday 5.45-6.45 Class Time Keeping



*Please can parents try to get their children to classes on time.*

The time keeping in this class was very good immediately after the summer but is now slipping, so that on a couple of recent weeks the majority of the students arrive after the class start time.

To train well it is important for everyone to be at the class on time so they can fully participate in the warm up and basics prior to moving to other aspects of the training.

*Thank you for your support*

## Licence Books

From the very start of the club in 1997, we have kept licences and licence books centrally. This has allowed us to ensure the licence books were available for gradings and did not get lost!

From January this will be changing. In future all members will be given their licence book and licence. This is an important record of your Taekwondo training and will need to be kept safe. The licence book will need to be presented for all kup gradings and seminars. For tournaments and dan gradings the book will need to be handed in at the same time as the entry forms.

Each year you will be given a licence slip to paste into the book, this will be your record of licence and insurance.

Obviously the occasional licence book will get lost and a replacement will be available for £3. The club keeps a central record of all grading information so it will be easy enough to also update a replacement book with this information. The replacement book however will not include a new licence. The club has details of the licence number and expiry date and this will be sufficient for internal club activities.

However please be aware that for some events (Dan gradings, seminars/courses, tournaments) a current licence book with a current licence must be presented, and the club records are not sufficient. So for those of you who are involved with these events you will need to check that you have your book well ahead of attendance. Should your licence be lost a replacement licence will need to be purchased which would be £20 and will need a two-week turnaround to get it processed. Without a current licence the students would not be able to participate, there is no leniency at tournaments or dan gradings around this.

We will discuss this in more details at the club meeting on the 7th January

## Fee Freeze for 2012



Following a review of the club's financial position by the trustees, we are delighted to announce that there will be no increase in training fees for 2012. We understand that money is tight for many people and holding the fees for another year (the last rise in training fees was in January 2009) means training with OBTKD is better value than ever. The club continues to offer some of the best facilities in the South of England with a large and experienced team of instructors with affordable fees, lower than most other clubs and less than half the cost of a monthly fee at a gym - and much more fun!

The club will also be continuing with the bursary scheme to support those members who are unable to meet the costs of training. We see this as a key commitment by the club to ensuring that high quality Taekwondo training is available to as many people as possible.

## TCGB All Grades Seminar

The Taekwondo Chungdokwan GB All Grades Seminar on the 29th October was outstanding. Even though only a small group from the club attended they each got to work on several aspects of their Taekwondo under the guidance of very experienced instructors who were experts in the area they were leading.

The seminar was split into 3 tracks running in parallel with the opportunity during the day to attend 3 sessions. So those attending had the opportunity to mix and match between Poomsae (led by Grandmaster Biddlecombe), Self Defence (led by Master King) and Sparring (led by Master Sargeant and Grandmaster Lawrence). The format worked really well and all those attending benefited whether they were junior kup grades or senior dan grades!

This was an excellent training experience, let's try and get a bigger club turnout for the next one.



## Christmas Closures

### *Overton*

*Last class in 2011 will be Saturday 17th December*

*First class in 2012 will be Tuesday 10th January*

### *Basingstoke*

*Last class in 2011 will be Wednesday 21st December*

*First class in 2012 will be Wednesday 4th January*



## Dorset Open - October 2011

The club took 5 cadet (11-13) players to the Dorset Open on the 30th October. Even though the entry for the tournament was well down on previous years all of our players had divisions that avoided mergers and so they had the opportunity for good matches. The spirit from the team was excellent and there were a couple of outstanding performances.

Alex Stock unfortunately went out in the semi final. Having trained in the seminar the previous day, maybe the legs were a little too tired? However despite his personal disappointment he continued to be up there supporting his team mates as they played.

Kamil Nowak had an excellent match in the semi final despite giving away a serious height advantage! The match went back and forth during the 3 rounds and eventually tied 15-15. Unfortunately Kamil then missed out on the golden point, however he showed great improvement since his previous tournament and was unlucky not to make it through to the final, at least.

Mujahid Baksh was entering his first tournament at this level. Having got a bye to the final he started a little slow allowing his opponent to establish a lead. During the final round he settled well into the match and pulled back several points. However time wasn't on his side and the match finish 6-5 to his opponent. Good result though for first time out at a non-club level.

Neo Botha's match was unfortunately cut short. Having got a bye to the final, Neo open up aggressively with a number of attacks to the head which narrowly missed and was running slightly behind at the end of first round. However, her opponent then had to withdraw due to an injury sustained in the match as a consequence of blocking using open hands. Neo was therefore awarded the Gold. Neo was on good form and I have no doubt she would have won in normal play so it is shame that her opponent sustained the injury and we wish her a quick recovery.

Despite having not competed for a while, Alex Newman came out in devastating form. First up on the day, he won his quarter final with a 12 point separation and then repeated this in the semi-final. The final was a tougher affair with Alex taking a number of headshots, however his speed and focus ensured that he continued to build a steady lead with excellent movement and simple clean body shots eventually reaching a total points tally of 30 - a club record in a single match. Eventually this took its toll and the opposing coach threw in the towel. Excellent Gold, well done Alex.

Many thanks to all those who came down to support the team, to Lynne for coaching and to Alex Walker for managing the players and their warm ups



Alex, focussed on victory

## Forthcoming events

Date	Time	Venue	Event
Sunday 20 <sup>th</sup> November		Southampton	Pre-Dan Seminar
Sunday 27 <sup>th</sup> November	11.00-3.30	VBC	Kup Grading
3 <sup>rd</sup> / 4 <sup>th</sup> December		London	Olympic Test Tournament
Sunday 4 <sup>th</sup> December		Southampton	Dan Grading
Sunday 11 <sup>th</sup> December	2:00-3:30	VBC	Senior Grade Training
Saturday 17 <sup>th</sup> December		Overton	Last class of 2011
Wednesday 21 <sup>st</sup> December		VBC	Last class of 2011
Wednesday 4 <sup>th</sup> January		VBC	First class of 2012
Tuesday 10 <sup>th</sup> January		Overton	First class of 2012
Saturday 7 <sup>th</sup> January	2:00	VBC	Annual Club Meeting

## Class times

	Time	Venue	Age/Grade
<b>Monday</b>	7:30-9:00	Vickers Business Centre	12+ With optional extra training to 9:30
<b>Tuesday</b>	5:45-6:45	Overton Primary school	7-11
	7:00-8:15	Overton Primary School	12+ FULL
<b>Wednesday</b>	7:30-9:00	Vickers Business Centre	12+
<b>Thursday</b>	7:30-9:00	Vickers Business Centre	12+ FULL
<b>Friday</b>	6:30-7:45	Vickers Business Centre	7+ FULL
	8:00-9:15	Vickers Business Centre	12+ FULL
<b>Saturday</b>	10:00-11:30	Overton Primary School	10+
	11:00-12:30	Vickers Business Centre	6-12
<b>Sunday</b>	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
<b>Adult</b>	£20	£30
<b>Junior</b>	£17	£25
Payment by standing order. For details of discounted family rates please speak to one of the instructors		
<b>Grading fee</b>	£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