



Newsletter

Christmas 2022

www.bluewave.org.uk

Thank you!

As we come towards the end of 2022, and celebrate the club's 25th anniversary, the club would like to thank all our coaches, members, parent/carers and supporters for their enthusiasm over the year. We would also like to thank everyone who has coached, trained at and supported the club since our start in November 1997.

We would particularly like to thank our Class Leading Coaches; Master Gerry Reilly, Master Lynne Firth, Master Coleen Reilly and Master Sian Reilly. Our Assistant Coaches who support classes every week; Master Corey Payne, Pradeep Lalung, Darren Miller and Sam Stone. In addition to our full coaches we have also had excellent regular support in classes, and with competition activity from; Master Jonny Hainsworth, Mujahid Baksh, Ahan Sen, Annabel Poynter, Shubhashis Shrestha, Jamie Froude and Liz Scorey. And this is just those providing regular support across the year, we have also had support at different times from several other people. This is great and sets up the club for an exciting next 25 years.

We will finish the year with our traditional fun end of year training session. This will be on Sunday 18th December from 12.00-2.00pm. This is open to all ages and grades. This will be followed by the annual club meeting which will review our activity in 2022 and look forward to plans for another exciting year in 2023. The club meeting is open to all members and parents/carers of our junior members as well. Please do let us know if you / your children are planning to attend. There will be a short break with classes closed over the Christmas and New Year period and then resuming on Wednesday 3rd January.



**NEW
CLUB
CLOTHING**

We now have new club clothing available for our members/parents/supporters, available in t-shirts, gilets and tracksuit tops! You even have the option to personalise them with your initials.

To order, please go to: <https://ospreysports.com/club-shops/106/>

You can then select your new Bluewave items, pay for them, and we will then have all items delivered to us. All initial orders need to be made by 31st December 2022, for initial delivery by the 7th February 2023.

If you have any questions on our new club clothing, or need assistance with your order, please speak with our coaches.

2023 Fees

As discussed at the club meeting in January, club training fees will be changing this year. With rising costs it has been necessary to increase fees and the club is also taking the opportunity to equalise fees for all age groups. As a not-for-profit club all fees go on club expenses especially the lease on the dojang, heating and electricity, equipment and membership fees with British Taekwondo. All our coaches are volunteers and do not take payment from the club so this does help keep down costs.

Therefore for all existing members the fees from the 1st January 2023 will be £25 per month for those training once a week, and £35 per month for those on unlimited classes. This will continue to include all specialist classes as well as your annual membership and insurance with British Taekwondo. The discounts for families will continue at the same levels. Lynne will be in touch with everyone to confirm fees and details of our new bank account. We will also be using this opportunity to check we have up to date contact details for everyone.

This is the first change in training fees for several years but unfortunately with the significant rise in equipment costs over the last two years and the recent rise in energy costs it is unavoidable. However the club remains committed to providing the best possible coaching in Taekwondo with training fees that as affordable as possible.

Competition Opportunities

During 2022, we have started to expand the level of competition activity for both poomsae and sparring. This has seen success in both disciplines including a National Champion Title for Master Gerry Reilly at the British Taekwondo National Poomsae Championships.

Our focused competition training classes will continue in the new year. The first competition poomsae class will be on Saturday 7th January with our first sport taekwondo/sparring monthly class on the 14th. We'd like to remind those interested in sparring competition that we do also have a regular Sport Taekwondo class on a Wednesday at 6pm.

In 2023, the club will be looking to further expand competition opportunities for both sparring/sport taekwondo and for poomsae competition. Our first competition will be Ali's Dojang Open in London which will feature poomsae on Saturday 18th February and sparring on Sunday 19th February. We are also looking at sparring and poomsae events in March. If you / your children are interested in competing at the February event please let us know as soon as possible.

Dan Grading Success

The club has run two successful black belt / dan gradings during 2022. This has seen eight of our members progress to dan grades or to higher dan grades. Congratulations to

1st Dan – Brandon Koh, Shubhashis Shrestha, Caitlin MacDon-ald, Maciek Nowak, Sam Dodds

2nd Dan – Mujahid Baksh

3rd Dan – Pradeep Lalung

4th Dan – Master Corey Payne



Gradings

All members of the club have an assigned coach who will typically be the coach of the classes which you train in most often. Your assigned coach is responsible for assessing progress and deciding whether you are ready to grade for your next belt. Gradings are held approximately every three months for kup (coloured belt) grades and twice a year for dan (black belt) grades. Eligibility to grade is based on progress, attendance, attitude and behaviour.

When, in the opinion of their coach, a member is ready to grade they will be given an invitation letter with the details of the next grading. Gradings for KickStars are held in classes. Gradings for kup and dan grades are formal assessments and are held separately to regular classes and assessed by a grading panel of the club's master grades.



For KickStars gradings the fee is £10 and for kup gradings the fee is £20. This applies to all grades from white belt/10th kup up to black tag/1st kup. Details of the current fees for dan gradings are available upon request.

The first gradings in 2022 will be KickStars on Friday 10th March, kup grades on Sunday 12th March, and dan grades on Sunday 2nd April.

Senior Grade Development

The continued development of our senior grades and coaches is a vital part of the Bluewave approach to martial arts training. As we cover most of the senior grade requirements in our regular classes, and have a weekly classes focused on the dan grade poomsae, we will be taking a different approach to senior grade training in 2023. Instead of a monthly session, we will instead be running a quarterly 3 hour seminar which will focused on the requirements of our dan grading syllabus. The first of these sessions will be on Saturday 21st January from 12.00-3.00pm.



This training will be open to all Red Belts/2nd Kup and above and for Bluewave members is included in your normal training fees.

Jewellery / Finger and Toe Nails

More recently there has been a tendency for people to be wearing fitness trackers and sometimes jewellery in class. We would like to remind everyone that this is not appropriate as it risks injury to both yourself and your partners. All jewellery and watches should be removed before the class, and if this isn't possible should be covered with tape.

Another health and safety reminder is for all members to be regularly checking on finger and toes nails. Long or sharp nails can easily cause injuries and also damages equipment. So please keep nails trimmed and clean. Thank you.

January 2023 Class Schedule

Monday	6.00 - 7.00pm	Juniors (7-12) – All Grades
	7.15 – 8.45pm	Adults / Teens (12+) – All Grades
	8.45 – 9.15pm	Stretching and Flexibility - All Ages / All Grades
Wednesday	6.00 - 7.00pm	Sport Taekwondo (7+) – All Grades
	7.15 – 8.45pm	Adults / Teens (12+) – All Grades
Thursday	6.00 - 7.00pm	Juniors (7-12) – All Grades
	7.15 – 8.45pm	Adults / Teens (12+) – All Grades
	8.45 – 9.15pm	Dan grade poomsae – Minimum 1 st Dan Black Belt
Friday	5.00 – 5.45pm	KickStars - 4 to 6 year olds
	6.00 – 7.00pm	Juniors (7-12) – All Grades
	7.15 – 8.15pm	Technical Class (7+) – Green Belt / 6 th Kup+
Saturday	10.30 – 11.30am	All Ages (7+) – All Grades