

# **Ely Tae Kwon Do Club**

## **Newsletter**

### **Rules and notes for 2005**

Fees will be £28.00 per month or £5.00 per session

Students must train twice a week in their own school to stay in line for grading times which are as follows:

Yellow - 2 months between each grading, training twice a week

Green - 3 months between each grading, training twice a week

Blue - 4 months between each grading, training twice a week

Red - 5 months between each grading, training twice a week

Licence fee and school membership fees - £33.00 each year.

No student will be allowed to train until their licence is applied and paid for. We will be registering and collecting fees on the first training session in January 2005. Important – You must bring 2 x passport photos.

All suits, sparring kits, books et cetera should be bought through the school. Please see Sue Philips to order.

### **Seminar Courses**

Students must attend at least two seminars per year. There have been changes to the seminars for 2005.

Juniors under 13 and up to blue belt will train separately from the seniors and their training session will be for 1 hour only. This will cost £10.00.

Students 13 and above and red tags and above, including seniors will train for 2 hours at a cost of £15.00.

Black tags must sit a pre-grading on a black belt course before applying for their black belt grading.

Black belts must attend at least 1 black belt course per year before applying for Dan grading.

## **Squad Training**

To start in January Squad membership will be £30.00 per year for black tags and above and £15.00 for colour belts. We will also be starting junior only squad training from January for all schools in Wales. This will run on alternate weeks to the main squad training dates.

Fees for squad training are £10.00 seniors, £5.00 juniors per session.

## **Championships 2005**

This is going to be a very busy year:

4 x National Championships

1 x Four Nations

1 x European in Ireland, April

1 x World in Australia, July

It is important for seniors and juniors to go to squad training to improve themselves and our area. All profits from squad training will go to help fund out National teams.