



## PANTERA SCHOOLS OF TAEKWON-DO

ITF INTERNATIONAL PLAQUE No 5632

Tel. 07976 629 478

[info@panteratk.com](mailto:info@panteratk.com)  
[www.panteratk.com](http://www.panteratk.com)

### NEWSLETTER

JANUARY 2010

### HAPPY NEW YEAR!

*Let's make 2010 a better year for everybody, not just family and friends but to everyone in our path. Let's spread a positive attitude beyond the walls of the Do-Jang and help others when necessary in order to live in a better society and leave a constructive legacy.*



### PAST EVENTS

#### COMPETITION

Towards the end of last year we had a couple of important events which showed not only that hard work pays but also that the strength of the club is on the increase. One was the ETA competition on the 13<sup>th</sup> of December: About 150 competitors took part in an event open to all ages and grades. As with all competitions there were in some cases long waits between events but apart from that the whole event ran quite smoothly.

The following students took part: Katherine Malone (bronze medal -sparring), Alexandra Burgess (gold medal -sparring, silver -patterns), Clement Lanoë-Chaumet (Gold medal -sparring-), Alastair Malone, Joshua Myszczyński (gold medal -special technique-), David Jonathan Kaczmarczyk (bronze medal -sparring, bronze - patterns), Max Ziemann (Bronze medal - patterns-) and Benjamin Culley (Bronze medal -sparring).

Well done everyone, even if you didn't win this time you showed great determination and courage, you are an example to all!

#### Some of the proud competitors

#### END OF YEAR PANTERA DEMO

And to finish off in style we held an open class / demonstration at the club on Saturday 19<sup>th</sup> December in which many of the students took part. This event had been planned well in advance and consisted of a warm-up period followed by different activities performed by various groups according to age and ability. Congratulations to everyone who took part, I'm sure everyone went home with more confidence, knowledge and aspirations after the event.

The self defence routines were excellent as well as the choreographed patterns and the board breaking demonstration.

Keep in mind that this will be a regular feature in the future, so stay tuned during the year in order to improve this enjoyable event!



**A big thank you to the parents for supporting the children in taking part in these vital occasions!!**

### **FUTURE EVENTS**

#### **COLOURBELT GRADING**

The next colour-belt grading will be in the first half of February 2010, so there's enough time to prepare for those who are eligible.

**The exact date and time will be announced shortly**

#### **BIRTHDAYS!!**

**Many happy returns to:**

**Emile Hohman, Charlotte-Ambar Brown, Tony Welch, Dante Anderson-Perkins, Kyah Sisulu, Joseph Flaherty and Marco Moreno**

**who celebrate in January, and to:**

**Ben Knight, Harley Downes, Gabriel Weston, Spencer Boxer and Joshua Myszczyński**

**whose birthdays are in February**

#### **NEW PRICES**

Due to the rising cost of services to maintain the club afloat like hire rates,

membership to the Federation, etc, there will be a small increase in the fees as of January 2010.

It's been a few years since the last price revision and there will still be deals like the **up-front payment scheme** and **family discounts**.

#### **INTRODUCE A FRIEND AND SAVE ££**

Here's the deal: introduce a friend to the club and once they've signed-up get a free month's training.

**Not only will you be saving money but you'll also be doing a benefit and to a friend!**

**Thank you all for your hard work and support during 2009, let's make 2010 the best yet!!**

#### **A FEW REASONS TO REMEMBER**

Here are a few reasons on why we practice Taekwon-Do

**FITNESS  
SELF DEFENCE  
STAY AWAY FROM TROUBLE  
ENJOY A HEALTHY LIFE**

but can you think of more examples??

Yours in TKD

Mr J Moreno V Degree