

EASTER HOLIDAYS—TIMES AND DATES

PLEASE NOTE CHANGES (HIGHLIGHTED IN YELLOW)

Mon 31st March	Aberdeen	Seaton Primary	7pm—8pm
Tues 1st April	Peterhead	Community Centre (Dance Studio)	7pm—8pm
Wed 2nd April	Bridge of Don	Oldmachar Church	7pm—8pm
Thurs 3rd April	Peterhead	Community Centre (Practice Hall)	7.05pm-8.05pm
Fri 4th April	Bridge of Don	NO CLASS	NO CLASS
Mon 7th April	Aberdeen	Seaton Primary	7pm—8pm
Tues 8th April	Peterhead	Community Centre	7pm—8pm
Wed 9th April	Bridge of Don	Oldmachar Church	7pm—8pm
Thurs 10th April	Peterhead	Community Centre	7.05pm-8.05pm
Fri 11th April	Bridge of Don	NO CLASS	NO CLASS

SELF DISCIPLINE

Here are some basic tips to help you develop self-discipline:

- Practice a 'Can-Do' attitude.
 - Don't let negativity slow your progress.
 - Punctuality: Always be on time.
 - Follow through on your promises and commitments.
 - Be honest with others
 - Consistently set new goals to accomplish
- Self discipline is essentially the heartbeat of your lifestyle.

CLUB ORDER

We will be placing an order for all club students: suits, shoes, sparring equipment, bags etc. Please just see your instructor or email

k1.tkduk@gmail.com.



Important Dates for your Diary

April 5th 2025

Seaton Primary School, Aberdeen Training Seminar and Grading Test (includes Black Belt Test)

May 3rd 2025

Aberdeen—Senior Master Murdoch's Self-defence training seminar

May 24th 2025

Aberdeen—Training Seminar and Grading Test

June 7th 2025

Aberdeen—Advanced Training for Red and Black Belt Students

Junior students,

Pictured below at recent Aberdeen classes are two of our junior students Addy and Lamar.



Newsletter for Tae Kwon-Do students, friends and family

Special Date for Your Diaries

Saturday 3rd May 2025

**Senior Master Murdoch Self Defence
Training Seminar
Knife/Gun Defence Training**

Open to all students

10.00am to 12.00pm at Aberdeen.

Application forms are attached and also available at class. There are a limited number of places available so please ensure your form is on time to guarantee your place.

April Training Course and Grading Test includes the Black Belt Test

Saturday 5th April 2025

the Grading and course will be held at Seaton Primary School, Aberdeen.

Application forms are enclosed. The training course will run from 10.00am sharp till 11.30am.

All Tae Kwon-Do Students serious about becoming a black belt and black belt progression should attend. Everyone who attends will be eligible to grade/pregrade on the day. You get 3 signatures in your membership booklet, which will help speed up your progression to Black Belt and Black Belt Progression.

The grading tests will commence at 12.00pm and should finish by approximately 2:00pm. Please be back at 1.30pm.(Note finish time).If you are not staying to watch please be prompt to collect your child.

If you have any queries about the course or the grading test please see your instructor at class. We are all happy to help but remember that we do need to know about any questions you may have.

INVITE A FRIEND

This Easter why not invite a friend, member of your family or work colleague along to try 2 FREE Taekwon-do classes?

Bring them along to class and as a thank you the club will give you a FREE gift.



Colour Belt Coaching and Black Belt Instructor Course

Attendees at the recent Colour Belt Coaching and Black Belt Instructor Course held in Aberdeen. Pictured with Senior Master Murdoch, 8th Dan, are Miss Krammer, 3rd Dan (Aberdeen University) and students from Aberdeen, Bridge of Don and Aberdeen University Schools.

