



## Onwards and upwards.....

Don't worry about your fitness, flexibility, basic movements or patterns. Those of you who are all back at class are doing really well—keep up the great work.

If you haven't managed to get along to class yet please do get in touch as we it would be great to welcome you back to training and you can just take things slow and steady.

The club and training will help build you back up physically and mentally.



## Getting back to normal

As we are now starting to get back to some sort of normality, can we please remind students and parents to remove any jewellery, rings, watches, earrings or, if it can't be removed, please tape up jewellery. The reasoning

behind this is if they are partnered off and the jewellery is accidentally caught up in their partner then this could inevitably lead to serious damage to both parties.



## HERE TO HELP YOU

After such a long period of lockdown some of you may be feeling the following:

- Low Motivation
- Low levels of happiness
- Low self-esteem and well-being

**Taekwon-do can help. Let's get back to training and a positive mental attitude.**



## Booking in for class

To comply with the rules and regulations of trace and protect and our hall providers we must still follow all the necessary rules to conform with the covid19 situation.

- Wash hands/sanitise
- Face coverings
- Book in for class



### Good news—updates

- We have been working hard to arrange suitable halls so that we can get back to a bit more normality.
- Current classes available:
  - **Bridge of Don/Aberdeen**
  - Oldmachar Church, Bridge of Don
    - Wednesdays 6.30pm to 7.30pm and 7.30pm to 8.30pm
    - Fridays 7pm to 8pm
    - Saturdays 10am to 11am and 11am to 12 noon

### Peterhead

Central School, St Peter Street,  
Peterhead

- Thursdays 7pm to 8pm

Both of these halls are very spacious and there is plenty of room to train safely.

### Gradings

The clubs plan to hold the first training course and grading test on **Saturday 25th September 2021 at Oldmachar Church, Bridge of Don, Aberdeen.**

We plan to have a new grading calendar shortly and will share this with you all.

Do not worry, we realise that most of us will be a bit rusty as we have not been training as per normal for the past 18 months or so. We will take all of this into consideration.

10am to 11am—training for **ONLY** those students sitting the grading test

11am to 12 noon—Grading test

More information and application forms will be sent out soon.



## EQUIPMENT

The club has recently processed an order for our students. Should anyone wish to order a new suit, new shoes or sparring equipment please email [k1.tkduk@gmail.com](mailto:k1.tkduk@gmail.com) so that we can add your details to the order list.

Please note, due to covid19, we cannot guarantee order time, however, we all have to show a bit of understanding at the present time.

