

TAEKWON-DO CLASSES – UPDATE

Please note that classes will return to normal venues and times as per the table below from Monday 19th August 2024

Day	Venue	Times	Times
Mon	Seaton Primary, Aberdeen	7pm to 8pm	
Tues	Central School Peterhead	7pm to 8pm	
Wed	Oldmachar Academy, Bridge of Don	6.30pm –7.30pm	7.30pm - 8.30pm
Thurs	Central School, Peterhead	7pm to 8pm	
Friday	Oldmachar Church, Bridge of Don	7pm to 8pm	

September Grading/Course 2024

On Saturday 14th September the Grading and course will be held at Oldmachar Church, Bridge of Don..

The training course will run from 10am 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.

The club requires that all paperwork and applications for the grading test are handed in or emailed by Friday 13th September.

GUEST PASS



Keep up your training over the holidays and why not bring along some friends, work colleagues or members of your family?

Fill out the free pass and your friend, work colleague or member of your family can enjoy 2 FREE classes so that they can learn self defence, keep fit and have fun.

Bring along a family member , Work colleague or friend to Taekwon-Do this Summer and he/she will receive 2 FREE CLASSES. If they join the club and become a member, we will reward you with a complimentary gift, simply choose from the following: TKD holdall, TKD punch pad, TKD colour belt book .

Simply fill out the 2 FREE CLASS Pass below and bring your friend, Family member or work colleague and the pass along to class!!

Valid August /September 2024

Name	
Address	
Tel. No.	
Email address	
Address	
Date of birth	
Who gave you this card?	

INDEPENDENT TAEKWON-DO SCHOOLS



Senior Master Murdoch demonstrating a high hooking kick .

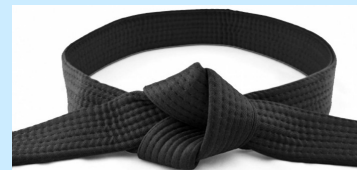
Remember to keep your hands up and keep eye contact with your opponent.

Grading & Course dates

Saturday 14th September
Oldmachar Church,
Bridge of Don.
Training Seminar and Colour
Belt Grade

Saturday 28th September
Aberdeen.
Instructors' Course for Black
Belts and Coaching Course
for Colour Belts

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SUMMER SPECIAL

We are making up an order for new Taekwon-do uniforms. Please email k1.tkduk@gmail.com if you wish to order a new uniform.

Sparring Safety Equipment

Students who require safety sparring equipment ie.new equipment or larger size: The yellow belt combat kit on the equipment order form saves you £10—whole set costs £83

Colour belt students—RED set

Black belt students—WHITE

4th Dan and above—BLACK

Please check with Senior Master Murdoch re. Sizes.



FLYERS NOW IN!!!

The club is looking for some reliable people to deliver flyers in Aberdeen, Bridge of Don, Peterhead (and areas round about these places).

£5 for every 100 flyers delivered.

If you are interested please contact us on

k1.tkduk@gmail.com