

Caledonian Taekwondo Health & Fitness Centre

- October 2018 Newsletter -

Grading Results – September 2018



Congratulations to all the kids that sat and passed their grading on Saturday 29th September at Caledonian Taekwondo Health & Fitness Centre. The successful candidates were –
Promoted to Yellow Tags: Asad Abbasi
Promoted to Yellow Belt: Leon Dumbreck
Promoted Green Tags: Aleksander Trybus
Promoted to Green Belt: Samuel Rough
Promoted to Blue Tags: Junjie Chen & Karolina Bolbot
Promoted to Blue Belt: Emily Rose Lowther, Amelia Kadziolka & Tymon Kadziolka
Promoted to Red Tags: Lana Carberry

October Break - Class Times & Opening Hours

Due to the October holiday break the following classes have been cancelled –

Saturday 13th & 20th ASD & Tots Class.

Monday 15th & Wednesday 17th, 7-9pm – Team Training Classes

Thursday 18th 4pm & 5pm

Friday 19th 4pm & 5pm classes on Friday 19th of October.

The gym will be open as normal during this period with all other classes running as normal.

The Next Coloured Grading

Next Coloured Belt Grading

- Saturday 26th October 2018, 1pm at Caledonian Taekwondo Centre

Please submit your grading form, fee and licence booklet the day before the grading. The grading [syllabus can found at reception or on the website](#) – www.caledoniantkd.com All patterns are available to view online at the club's [You Tube page](#) – search 'caledTKD'

Hoodie Order

We are going to place an order for red club hoodies. The hoodies cost £15 for children and £20 for adult sizes. We also have T-shirts in stock for nearly all sizes. They are £10 each.

Parent's Gym

Any parent (or grandparent) can use our gym seven days per week and access our mobility and barbell classes for only **£10 per month**. If you would like to take up the offer just let us know.

Star Performer - Tymon



Well done to this month's Star Performer – Tymon.

He has been working very hard over the past few months doing extra classes and it shows 😊

Who will be next months???

GTA Competition Report



Raw Taekwondo hosted the latest GTA event at their gym in Cumbernauld on Sunday 30th September. We had 3 players enter – Paris, Tymon and Stephanie. All of the athletes competed well. Stephanie made the final of the patterns but missed out on her sparring matches. Tymon made it to the final of the board breaking but was also beaten in his matches. Paris was only competing in the sparring and won her match well.

Thanks also to Lauren and Lucian for helping out all day at the event.

You can save paper by visiting our Website or follow our Blog at www.caledoniantkd.com or see us on FB, Instagram and Youtube.