



# NEWSLETTER

MARCH 2025 NEWSLETTER



## INSTRUCTOR'S MESSAGE

Welcome to our March newsletter! Spring is on its way, and with it comes exciting opportunities for growth and achievement in your Tae Kwon Do journey. This month brings our first grading of the year, the prestigious English Championships, and our unique "Bring a Friend" initiative. Keep training hard, and remember that consistent practice leads to excellence!



## RECENT SUCCESS

Congratulations to Sean Milne, who represented our club at the closed Welsh Championships! Sean competed in both Patterns and Sparring categories and brought home GOLD MEDALS in both competitions! His hard work in perfecting his Won Hyo Pattern truly paid off. This outstanding achievement reflects Sean's dedication and the high standard of training at our club. Well done, Sean!



## UPCOMING COMPETITIONS

The Welsh Championships:  
18th May at Cardiff  
Metropolitan University,  
CF23 6XD

The Tae Kwon Do  
International - World  
Championships: 19th-20th  
July at Braehead Arena,  
Glasgow

Full information packs to  
be released alongside next  
month's newsletter.



## STUDENT OF THE MONTH

### DAISY MORGAN (5TH KUP)

Congratulations to Daisy Morgan on being named our March Student of the Month! Daisy has shown exceptional determination to improve her techniques and brings tremendous enthusiasm and effort to every class. Her consistent attendance and positive attitude make her an excellent role model for all students. Well done, Daisy!



## COMPETITION NEWS

### THE TAGB ENGLISH CHAMPIONSHIPS 2025

The English Championships are being held at Worcester Arena on Sunday, March 23rd, 2025.

This prestigious event typically attracts around 1,500 competitors from across the country. It is a fantastic opportunity to see what a huge organisation you are part of. Even if you don't want to compete, it's worth attending to watch the black belts in action—the TAGB boasts some of the best competitors in the world!

#### Competition Details:

- All students in Yellow Stripe and above can compete in Patterns and Sparring
- Sparring categories are divided by grade, age, height, and weight
- Entry Fee: £20 per event (Patterns/Sparring)
- Spectator Tickets: £10
- Team events (teams of 3) can be entered on the day

Equipment Requirements: All students participating in sparring must have a complete set of TAGB Safety Equipment. We may be able to share some kits for new yellow stripes, but our supply is limited. Consider purchasing your own equipment if you plan to compete regularly.

HOW TO ENTER: Please provide your details and submit payment by Thursday, March 13th.

## IMPORTANT DATES

### MARCH GRADING

Our first grading of the year will be held on Saturday, March 9th, at Hereford Leisure Centre. Make sure your techniques are sharp, and you know all your terminology!

### BRING A FRIEND

Join us on Saturday, March 15th, for our special "Bring a Friend to Tae Kwon Do" day!

- Your friend gets 4 WEEKS FREE TRAINING
- YOU receive a FREE Tae Kwon Do summer T-shirt if your friend joins
- A perfect opportunity to share your passion for martial arts with friends and family

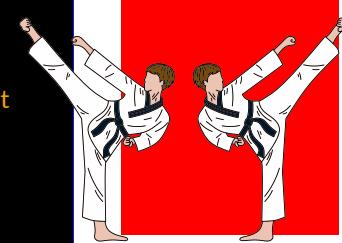
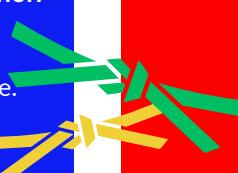
### BLACK BELT TRAINING

All Red Belts and above must attend a black belt session with Grand Master Atkins every 6 months. The next sessions are:

- Sunday, 30th March 2025
- Sunday, 6th April 2025

9TH MARCH

15TH MARCH



### TRAINING FOCUS OF THE MONTH

#### SET SPARRING (MATSOKI)

This month, we're focusing on Set Sparring (Matsoki). Choose a number and practice the defence as linework on your own. This fundamental practice helps develop muscle memory and improves reaction time in sparring situations. Instructors will be paying special attention to these techniques during classes.

### REGULAR CLASS SCHEDULE

We currently have two weekly sessions, you can attend one or both sessions depending on your personal training plan. These sessions are as follows:

### ADDITIONAL GRADING DATES FOR 2025

Mark your calendars for the remaining grading dates this year:

June 15th

September 7th

December 7th

All gradings are held at Hereford Leisure Centre.

**Thursday: 6:00 PM - 7:00 PM at Leominster Leisure Centre**

**Saturday: 10:00 AM - 11:30 AM at Leominster Leisure Centre**

**Leominster Leisure Centre Address: Coningsby Rd, Leominster HR6 8LL**

Thank you all for your hard work and commitment over the last month, its safe to say Leominster Tae Kwon Do are starting off 2025 strong!

Please get in contact to participate in the upcoming gradings and competitions, or for any queries you may have.

Many thanks,

Mr Paul Hickey, Leominster Tae Kwon Do

