

# NEWSLETTER

August 2018



Hi all, would like to give a quick mention of the South Island championships which was held in Dunedin in May. While only a small team entered, everyone gave 100% in sparring and poomsae and it wasn't easy as it was freezing inside and outside of the venue, it's amazing no one ended up with injuries!! Everyone came away with at least one medal, well done team!

We have some important dates coming up soon with a fun night for the club on Wednesday 15<sup>th</sup> August and an Open Night on 26<sup>th</sup> September for anyone keen on giving TKD a go. October is Top of the South champs and this is a great tournament for beginners or those that do not normally compete. Your committee has decided that the club is now in a financial position to pay for all entry fees to TUNZ tournaments. This is fantastic news, and means more Oxford members can attend, so pencil this in to your planner. It is held every year on Labour Weekend.

There has been a lot of changes with the club this year and I would like to thank all the seniors for stepping up and helping when it has been needed.

A special mention to Cate, Matt and Simon who are doing more coaching, so I can train more with Master Ken.

We have had a few new students start this year and our numbers are almost at 40 again, this is fantastic for a small country club!

**Sheree Adams | Head Instructor | 1<sup>st</sup> Dan Black Belt**

## **Graeme Kettle**

It is with sadness that we received Graeme's resignation as president of our club. Graeme started Oxford Alpine Taekwondo with Sheree eight years ago and brought an energy and knowledge to the club that will be missed.

This resignation means that Graeme is progressing with new opportunities, and for that we are excited for him. Graeme remains as a Lifetime Member of Oxford Alpine Taekwondo, our door will always be open to him.

The committee needs to fill this position, which is open to any financial member of the club. If you are interested, please forward your name to Matthew by 1<sup>st</sup> of September. The list of applicants will be publicised, and a meeting will be held in September to vote the new person in.

## **Junior Classes**

Monday / Wednesday:  
5:30pm - 6:30pm

## **Senior Classes**

Monday / Wednesday:  
6:00pm - 7:30pm

## **Key Dates**

15 August 2018

Club Sausage Sizzle Fun Night  
GP Hall, Oxford

26 September 2018

Open Night  
GP Hall, Oxford

20 October 2018

Top of the South Tournament  
Blenheim

## **Current Monthly Fees**

Child \$15.00

Adult \$25.00

Family \$60.00

## **Contact Us**

*Email*

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*Website*

[www.oxfordtaekwondo.club](http://www.oxfordtaekwondo.club)

*Facebook*

[@oxfordtaekwondo](https://www.facebook.com/oxfordtaekwondo)

*Mobile*

021 103 6259



## Club Sausage Sizzle | Fun Night

Winter can be a pretty hard time to train, and the Committee is always happy with the number of members that show up every week, sometimes in the snow! To have a bit of fun the committee is planning a fun night on Wednesday 15 August from 5:30pm and we'll have a free sausage sizzle running from 6:00pm as well as stations set-up around the hall to help us keep warm and let off a bit of steam. Doboks not required!

## Guest Instructors

Thanks to Daniel Glassenbury for driving out from Tigers TKD in Christchurch to show us the kicking drills he uses. Daniel tells us he had a great time and is keen to do it again soon.

We certainly learnt a lot from that one visit, so will definitely be taking him up on that!

We are also talking with Anthony Chan from Blue Dragon TKD to bring us his style of training in the near future.

Our goal is to introduce different instruction styles to the club to ensure that we are providing the most up to date skills and drills.



## Photo Opt-out

From time to time we take photos so that we can celebrate our successes and so that family members can see them. In most cases there is more than one person in the photo and we try to keep them as group shots as much as possible. If you do not want your photo published on our webpage and Facebook please send a message to Matthew either through the Facebook page or to [secretary@oxfordtaekwondo.club](mailto:secretary@oxfordtaekwondo.club)

## Gear Trailer

A while ago we purchased a run-down trailer for \$200, thanks to [Bearman Engineering Ltd](#) for rebuilding it and look what we have! Now we can carry our equipment to and from training, and to tournaments if we want. In the near future it will be sign-written, and will be a great advertisement for our club.



## Breaking Boards

Part of the curriculum is board breaking. Sourcing these boards can be an expensive exercise. For several years Aaron from [Ashley Industrial Services](#) has donated our boards on request, we thank him for his continued support. In turn, please support Aaron and his business where you can.

*kicking it!*

Oxford **Alpine** Taekwondo

[info@oxfordtaekwondo.club](mailto:info@oxfordtaekwondo.club)

[OxfordTaekwondo.club](http://OxfordTaekwondo.club)

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