

# NEWSLETTER

November 2017



## Grading

Good luck to everyone for Grading on **20th November for the junior class and 22nd November for the senior class**. Costs are \$35 for up to Blue Belt and \$45 for Red Tip and above. To be eligible to grade you must have paid for grading in advance and be up to date with monthly fees. If this may be an issue for you please speak to Graeme, Sheree or Simon as soon as possible to avoid disappointment on the night. Good luck also to Graeme, going for his 3rd Dan in Dunedin on 25th of November.

## End of Year Break-Up

Our end-of-year breakup this year will be breakfast at Main St Cafe (Sheffield Pies Oxford) at 9am on Saturday 2nd of December. We have negotiated discounts based on the number of people attending, Adults will be \$22 and Children up to 12yrs \$12. This is buffet style breakfast, includes a hot drink and great value for money. Due to our large group, we would like to make it easier on the cafe to prepare by giving them numbers closer to the time. Please RSVP to [info@oxfordtaekwondo.club](mailto:info@oxfordtaekwondo.club) by Thursday 16th November it would be appreciated. Looking forward to seeing everyone there.

## Oxford Alpine Tae Kwon Do Tournaments

### 2017 Nationals - Wellington

On 30th September we took 14 competitors to Wellington for the 2017 Nationals. This was the first time Oxford Alpine Taekwondo was represented at a North Island tournament. Getting there was made possible by the awesome efforts of club members with various fundraising activities, and the support of the following fabulous Sponsors; Oxford & Districts Lions, Waste Management, Oxford Workingmen's Club, Alan Hawker, Black Beech & Cafe51, Canterbury Homekill, HydroVac South Island, Marmalade Clothing & Curiosities, Oasis Beauty Oxford, Wefts Industries, and a special thanks to Mr Frahm for taking the time to draw our raffles. As per usual Oxford competitors performed at an extremely high level, with everyone bringing home at least one medal. Hopefully this will be the first of many North Island tournaments.



### 2017 Top of the South - Blenheim

On 20th October, only 3 weeks after Nationals, 22 competitors represented Oxford at TOTS. Master Bruce from Blenheim Olympic Taekwondo made a point of thanking us for bringing such a large group and supporting their tournament. Once again Oxford punched well above our weight, with everyone bringing home medals. We are now one of the largest groups attending tournaments, and fantastic that we do so well in Poomsae given some clubs do not do Poomsae at all.

### Kids Classes

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

### Adults Classes

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

*Adults are required to warm-up from 6:00pm*

### Key Dates

20 November 2017

Junior Grading  
GP Hall

22 November 2017

Senior Grading  
GP Hall

2 December 2017

Christmas Breakfast  
9.00am | Sheffield Pie Shop  
78 Main Street | Oxford

13 December 2017

Last class of the year

15 January 2018

First class of the year

### Current Monthly Fees

Child \$15.00

Adult \$25.00

Family \$60.00

### Contact Us

Email

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The next Tournaments are Nelson on 24th March then Oamaru on 5th May, more details to follow later.

### Women's Only Self Defence Class

Our first Self Defence class dedicated to women has finished the same way it started, with laughter and learning. Well done to these ladies who now have a few more tools to help look after themselves, and avoid or get out of dangerous situations with "real-world" techniques. With the success of this course we will be running some more in the early new year, we plan for the next one to be open to teenagers and adults, dedicated to women again, and we would welcome Mother/Daughter pairs. More information on that later.



### Training Over December and January

In the lead-up to the end of school term there may be some disruptions to classes to allow for school prizegiving etc, keep an eye on facebook for updates. As usual there will not be formal training over the xmas break, the last class will be Wednesday 13th December. There will be informal classes on Self Defence and Grip Breaks or those who wish to attend, and fitness classes as usual. First class for 2018 will be Monday 15th January.

As December and January are both part months, to make it easier for invoicing there will be no monthly fees due in December and a full month invoiced in January. If you have any questions about this please don't hesitate to ask.

*kicking it!*

**Oxford Alpine Taekwondo**

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