



Newsletter

March 2012

What a great start to the year it's been for Nepean Wolves! We have welcomed many new students to both our taekwondo and haidong gumdo classes, and we're delighted to see some of our older students come back to training - if you spot a new face in your class, please take time out to say hi and make them feel welcome.

We also enjoyed a fantastic day at the Combined Wolves Tournament. Some of our young students had their first taste of a tournament, and some of our older students took part in the first EVER poom se competitions for taekwondo and haidong gumdo. Hopefully poom se is here to stay at these tournaments. Check out the photos of our Nepean Wolves in action below and on page 2.

Some highlights for the second half of term 1 include the **Wolves Challenge Camp** on March 18, **haidong gumdo seminar and grading** on Saturday March 31, and **taekwondo grading** on Sunday April 1. To help our students prepare for their gradings we will be holding a **poom se workshop** the Saturday prior to grading (March 24). Keep an eye out for further details during the week.



Left: Debra took out top honours in the TKD poom se competition with this fine performance.

URGENT: Are you financial?

All students should have paid their Registration/Insurance fees by now. If you haven't, you will not be able to train from week 6 onwards, or participate in the challenge camp or gradings. Please see Sue if you are unsure of your financial status.

Are you ready for a challenge?

The Term 1 Taekwondo Challenge Camp is coming up on Sunday, March 18. If you haven't been to one of these days yet, it's high time you did! They are a great way to learn more about your taekwondo, polish up your patterns, improve your sparring and self-defence. Senior students will also be able to do some haidong gumdo training. Our instructors will have flyers/registration forms available over the next two weeks. Here are the details:

Date: Sunday, March 18

Times: Juniors (7 to 10 years) 8:45am to 1.00pm

Seniors (11 years and over) 11:45am to 5.00pm

Venue: Winmalee High School

Cost: \$35 per student

Bring: Plenty of water, ALL your guards (mouth, arm, shin, chest, head and groin guards)

Congratulations to all our Taekwondo team leaders and instructors who attended the Team Leader and Instructors meetings last month. They picked up some great information during the session, including some great, fun warm-ups.



See page 2 for:

- Important Dates for Term 1, including the poom se workshop
- Interclub Tournament photos

Nepean Wolves Contacts

Website: www.nwtkd.com.au

Email: nwtkd@exemail.com.au

Mobile Phone: 0408 609 464

Important Dates for Term 1



Term 1 2012 Ends:

Thursday, April 5.

TKD Challenge Camp:

Sunday, March 18 - see page 1 for details

Poom Se Workshop - HDG & TKD:

Saturday, March 24, 10:30 to 12 noon at Surveyors Creek public school.

Grading dates for Term 1

Haidong Gumdo: Saturday, March 31

Taekwondo: Sunday, April 1

Both sessions will be held at Winmalee High School.



Bostyn and Teneille get serious under the watchful eye of Wolves' Education Officer Paul Versteegan.

Dave's Tip of the Month:

To be old & wise
you must first be
young & foolish

Snaps from the Wolves Interclub Tournament



Instructor Chris and Robert Merjane keep the spectators enthralled with a high intensity bout. Great work, boys.



Megan had her first taste of coaching - and came up with a win for Shamus!



Robert and Michael Merjane in action with Instructor Warren Thrush as referee and Senior Instructor Dave Adlam as coach.