



Newsletter

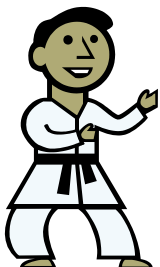
May 2012

We're looking forward to a whole lot of martial arts activity this term including the introduction of contact sparring to our classes. This will help prepare our students for the seminars and tournaments that are coming up during the next couple of months. If you are interested in participating in any of these tournaments, speak to Senior Instructor Dave.

Page 2 has a list of events including the Contact Sparring Seminar this month, and the Haktari Tournament in Lithgow and Wolves Interclub Tournament being held next month.



Above: Bostyn and Mahlia try out their sparring skills in preparation for the Contact Sparring Seminar this month.



See page 2 for:

- Important Dates for Terms 1& 2
- Junior sparring seminar
- Protective equipment

Congratulations to our new Dans

The Term 1 Grading last month was a fantastic showcase for our Nepean Wolves students. Senior Instructor Dave and Instructor Luke were delighted with the standard of our taekwondo and haidong gumdo students .

Particular congratulations to our two new 1st Dans - Jonathan Cooper and Eric Barnett who showed terrific spirit and strength in their gradings and are now sporting their new 1st Dan belts. Well done guys.

New Provisional Black Belts were also awarded to taekwondo students Megan Williamson, Elise Fuser, Damian Fuser and Sue Adlam, and haidong gumdo students Glenn Reynolds and Peter Mead.

Senior Instructor Dave and Instructor Luke also had cause for celebration when they attained their 3rd Dans in Haidong Gumdo.



*Back row: Megan Williamson, Eric Barnett, Jonathan Cooper, Sue Adlam, Senior Instructor Dave,
Front: Elise Fuser, Damian Fuser and Jordan Daley*

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Important Dates for Terms 2



Term 2 2012 Ends: Friday, June 29

Term 3 2012 Begins: Monday, July 16

Grading dates for Term 2

Haidong Gumdo: Saturday, June 23

Taekwondo: Sunday, June 24

Both sessions will be held at Winmalee High School.

NWTKD Junior Sparring Seminar: Saturday, May 12 at Surveyors Creek Public School from 10am to 12 noon

Team Leaders' Meeting: Sunday, May 20 at East Blaxland Public School from 4.30pm.

Haktari Taekwondo Tournament - Lithgow

Sunday, June 3 in Lithgow.

Queen's Birthday - Monday, June 11 - No classes

NWTKD Patterns Seminar: Saturday, June 16 at Surveyors Creek Public School.

Wolves Inter-club Tournament:

Sunday, June 17 at

Surveyors Creek Public School patterns for Taekwondo and Haidong Gumdo, and sparring for Taekwondo.

Contact Sparring Seminar for Juniors

This term sees a number of opportunities to compete in both taekwondo and haidong gumdo. In an effort to better prepare our students to take advantage of these opportunities Nepean Wolves is offering a free sparring seminar for our younger students on **Saturday, May 12 from 10 am to midday** at Surveyors Creek Public School. A number of our instructors and senior team leaders will be on hand to help our students learn the fundamentals of contact sparring.

Please register with Sue or your instructor and bring along a drink, a snack and your guards. We will have some chest guards available for you to use on the day.

Dave's Tip of the Month:

Life is about the journey not the destination.

Wolves Merchandise

This term sees the introduction of contact sparring for our senior belt students. Contact sparring always carries an element of risk and the items listed below are an important way to minimise the risk of injury. Mouthguards are essential.



Arm & Shin guards

Price: \$22 Arm Guards; \$26 Shin Guards

Sizes: XS to XL



Groin guard (External)

Price: \$25

Sizes: Childs XS to Adult XL



Head Guards

Double dipped and well padded.

Price: \$45

Sizes: S to XL



Chest guard

Reversible, laces at the back.

Price: \$60

Sizes: 1 to 6

We still have a few t-shirts left from our last order. These are great training tops.



NWTKD Club t-shirt: We have a limited number of these available.

Sizes: Adult Small x 2; 6 and 10

Price: \$30



Wolves "Run with the Pack" t-shirt. Just three of these left - all size 8.

Size: 8 only

Price: \$.30