

Caledonian Taekwondo Health & Fitness Centre

- May 2019 Newsletter –

Rebecca McGowan Selected for GB at World Championships

Caledonian Rebecca McGowan has been selected to represent GB at the World Championships in Manchester. Rebecca now lives and trains as a full-time athlete at the GB academy. She will be fighting on the **15th & 16th May**. Rebecca is a former world junior bronze medallist and recently came 4th at the Gran Slam in China. A huge achievement.

The matches will be available online and via the BBC red button. Commentary on the finals via the BBC will be from club coach John Cullen.

May Bank Holidays

The centre will be closed on **Monday 6th May & Monday 27th May** for the bank holidays. Please note all classes will be closed on this day due to the bank holiday.

April Grading Results



Well done to all the kids that passed their grading on Saturday 27th April at the centre. The successful candidates were –

Promoted to Yellow Tags:

Alex, Alan, Ziqi & Ziqian

Promoted to Yellow Belt:

Christopher

Promoted to Green Belt:

Asad, Ivan & Adrian

Promoted to Blue Tags:

Samuel, Urvi & Dvithi

Promoted to Blue Belt:

Zuzanna, Junjie & Logan

Promoted to Red Belt:

Tymon & Wali



Black Belt Grading

The next black belt/kukkiwon dan grading will be on **Sunday 16th June at Caledonian Taekwondo Health & Fitness Centre**. Forms are available now from your instructor.

Parent's Gym - £10 per month

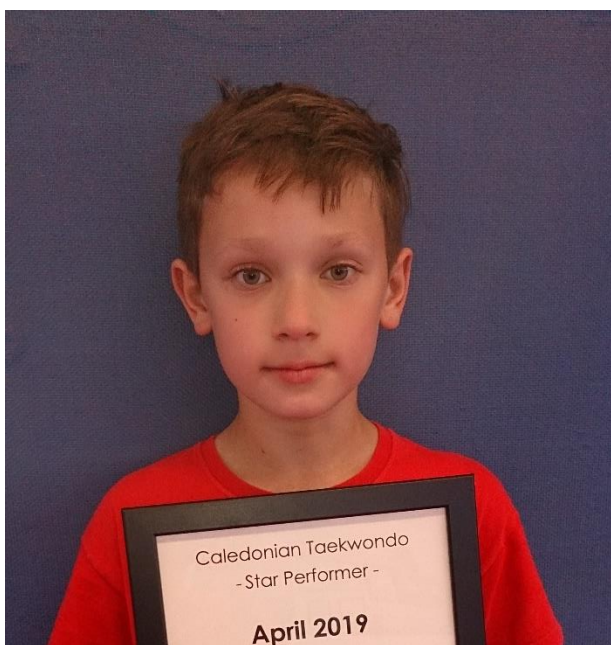
Any parent (or grandparent) can use our gym seven days per week and access our mobility and barbell classes for only **£10 per month**. If you would like to take up the offer just let us know.

The Next Coloured Grading – Friday 31st May

Next Coloured Belt Grading -

Friday 18th May 2019, 7pm at Caledonian Taekwondo Centre.

Please submit your grading form, fee and licence booklet the day before the grading. The grading [syllabus can found at reception or on the website – www.caledoniantkd.com](#) All patterns are available to view online at the club's [You Tube page](#) – search 'caledTKD'



April's Star Performer – Tymon

This month's Star Performer was Tymon. What a great performance and attitude at the grading!

Competitions - GTA Development

The next competition will be -

GTA event in Craigholme Sports Complex Saturday 8th June.

There will be the usual 3 sections - poomse (patterns), board breaking and sparring. Entry is £15 per person and can be done via your instructor.

Tots Class – Our Preschool Taekwondo and Play Programme.

We have a Tots class every Saturday 11am-11.45am at the centre and a new class on Thursday at 12-12.45pm. Class is pay-as-go and costs £5.00 per session. This is a great way to introduce kids to martial arts in a fun and rewarding way.

