



South Coast Martial Arts Newsletter

JULY

BIRTHDAY'S

We would like to wish the following students a very

Happy Birthday

Thomas Maunder
Ella-Louise Handley
Jack Havard
James Charlick
Luke Rothery
Issie Wirgman-Neal
Reece Arcos
Rochelle Bettinson
Sam Grant
Darren Handley
Sam Norton
Helen Thomson
Kelly Armstrong
James Bree
Bronwyn Lloyd
Samuel Huntley
Matthew Wonnacott
Joseph Clarke
Joe Corrigan
Natannia Dairi
Jack Briggs
Sam Diprose
Ryan Stabb
Ronnie Young
Thomas Down

We hope you all have a lovely birthday.



www.south-coast-martial-arts.co.uk

CORNISH OPEN CHAMPIONSHIPS

On 6th June, several of S.C.M.A students, including Josh and Joanna attended the Cornish Open in Redruth.

Majority of the UK Team attended as they used this tournament as a warm up for the World Championships in Korea.

The day started off with the Black Belts in rings one and two and the under sevens in ring three.

Everyone, regardless of grade, age or ability gave one hundred percent effort and we are very proud to announce that they all brought medals

home with them.

Joanna Szczytkowska
Patterns & Sparring -
Gold

Josh Egan
Patterns - Silver
Sparring - Bronze

Ryan Hateley
Patterns & Sparring -
Gold

Harvey Drake
Patterns - Gold
Sparring - Silver

India Hateley
Patterns - Gold
Sparring - Silver

Thomas Trace
Sparring - Gold
Congratulations to
you all.



JULY 2010

FATHER'S DAY TRAINING & BBQ



Well done to all the Dad's that came along to train at Longash on Father's Day, 20th June.

We were blessed with beautiful weather, which made training a pleasurable experience for all. Following the training we treated everyone and their families to a BBQ.

We would like to thank Dave and Charlie for cooking the food.

Roll on next year!

GRADINGS

Well done to everyone who was successful at our last colour belt and kickboxing grading on Saturday 26th June. Our examiner, Mr Malcolm Jones commented that our standard is good, so please keep up the hard work.

We also had a Black Belt grading after the colour belts and we are proud to announce our new promotions to 1st Degree to Nathan Linden and Kieran Thomson.

We are also pleased to

announce that Evan Macwhirter has been promoted to 2nd Degree. Congratulations to you all.

Grading Awards

This quarters grading awards have been given to the following:

**Kickboxing -
Helen Thomson**

**Juniors Tkd -
Thomas Trace**

**Seniors Tkd -
Sef Mustafa**

Well done to you all.

WORLD CHAMPIONSHIP

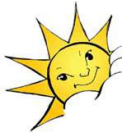
All five members of S.C.M.A, who were selected to represent the UK in the world Championships left for Korea, on 30th June.

The Championships run from Sunday 4th July to Thursday 8th July 2010.

We will keep you up to date with their progress at classes or you can follow their progress yourself from the face book page "SCMA TKD UK Team News" or www.scma.catchawave.co.uk.

Good luck to them all.

WHAT'S ON?



SUMMER PROGRAM

As the classes become quieter during the summer months. We have decided to run a summer program at two of our venues, which means there will be a change in times for some students. These are as follows:

TAMARSIDE

As of Wednesday 30th June

Lil' Dragons - 5.00-5.35 pm

Juniors (all grades) -

5.45-6.30 pm

Seniors - 6.30-7.15 pm.

HELES (Tuesday's)

As of Tuesday 6th July

Lil' Dragons - 5.30-6.05 pm

Mixed - 6.15-7.15 pm

Kickboxing - 7.15-8.15 pm
(Ladies Only)

Please note that all other classes are on as normal, unless otherwise informed at class or on the monthly program, which is available to download from our website.

BLACK BELT TRAINING



This month there will be two Black Belt training sessions and both will be at Longash on the Moors.

They are as follows:

Wednesday 14th July, 7 pm

Thursday 29th July, 7 pm

Classes will be on as normal at the normal venues on these days.



BEACH TRAINING

Sunday 18th July, we are taking our training sessions outdoors to Bigbury Beach, 10.00 am.

This is open to everyone, Lil' Dragons, Taekwon-Do and Kickboxing. So come and join us.

Please wear your training suits and make sure you have sun cream and a hat.

Please note there will be no classes at Heles or the Devonshire on this day.

MULTI-SKILLS HOLIDAY CLUB

Derriford Health & Leisure

10am – 4pm, £10 a day.
4 years & above.

Mon 26th - Fri 30th

July 2010

Mon 9th - Fri 13th

August 2010

Mon 23rd - Fri 27th

August 2010

8am – 10am & 4pm – 6pm
available at £3 per hour, per child.

TO BOOK CONTACT

Gary Burdock 07530 978938 or
Tina Hateley 07940 308757

Children are required to wear loose clothing and trainers. Child to bring packed lunch and drink for the day.

Booking forms need to be in by Friday 16th July.

SUMMER CAMP

**Saturday 31st July -
Saturday 7th Aug 2010**

**Monkey Tree Holiday Park
Newquay, Cornwall.**



For those of you that are staying for the full week, there will be the chance for you to grade on the Friday, if Mr Wood and Mr Burdock think you are ready. By doing the full week at camp you can cut the time between your gradings down by 3 months.

If you would like to know more please ask your instructor, Tina or Debbie.

JULY'S CLASS AMENDMENTS

Tuesday 6th July -

No Classes at Coombe Dean
HELES - Summer Program Starts (See above for details)

Sunday 18th July -

Beach Training at Bigbury,
10 am.

No Classes at Heles or the Devonshire

Wednesday 28th July -

Last Training session at Tamarside, school closed for the summer.

Thursday 29th July -

Prince Rock School Closed
No Kickboxing Class.

COMING NEXT MONTH

Tamarside Closed for the summer, no classes there during August.
Start back 1st Sept.

DEMO'S

**Saturday 14th August
MARY TAVY FETE**
(Tavistock)

**Saturday 21st August -
EAST END DEVELOPMENT
TRUST FUNDAY**
(Cattedown)

Demo training TBC

DOJANG RULES

- No student is to enter the Dojang unless a Black Belt graded member or a member of SCMA staff is present.
- Please ensure that your child arrives in good time for the start of the lesson.
- If the class before yours has not finished, please show respect and wait outside the Dojang until it has finished or permission is given to enter by the Instructor or SCMA staff.
- You should always bow as you enter or leave the Dojang and when working with a partner.
- If you are late for class, approach the instructor and bow before joining in.
- All black belts should be referred to as either "SIR" or "MA'AM" and this courtesy should be used between your fellow students, regardless of grade.
- When answering a question put to you by a Instructor, please end your response with Sir or Ma'am.
- If you are dismissed, take 3 steps backwards after bowing, before turning away. (It is considered rude in Korean culture to immediately turn your back to someone).
- When sitting on the floor, you must sit with your legs crossed and back straight. (Showing the soles of your feet is considered rude in many cultures),
- South Coast Martial Arts have a policy that parents must accompany Lil' Dragons for the duration of their lesson.
- Our policy also states that parents must accompany Juniors for the duration of their lesson. If this is not possible it is the responsibility of the parents of the student to inform a member of SCMA staff that they are leaving and an emergency contact number must be supplied.
- SCMA cannot take responsibility for the student once the lesson has finished. Parents must return to collect their child from the dojang on time.
- On late arrive of a parent SCMA staff will stay on the premises with the student. An instructor cannot remove the student from the premises.
- Due to the toilets being situated outside of the main training hall, it is South Coast Martial Arts policy that parents escort their children or take full responsibility for them for the time they are out of the hall.
- Please respect the facilities at the training venues.
- No students are to change in the Dojang, please use the facilities provided.
- Wearing jewellery in the Dojang is not permitted, this includes watches.
- Cleanliness is a pre requisite for training in our school. Personal hygiene standards are expected to be high and uniforms are also expected to be clean at the beginning of all classes. Smelly uniforms and smelly bodies are an offence to others around us and show a lack of respect.
- For your safety and also for insurance purposes only S.C.M.A. approved equipment may be worn in any class that you attend within our organization. This ensures not only the safety of all students but also upholds the integrity of the association.
- Parents must ensure that they control siblings or any other child they bring with them to class and do not allow them to interfere with the class before, after or during training.
- Similarly, parents need to keep their own noises to a minimum, as voices can carry depending on the acoustics of the training hall.

FUND RAISING

We would like to apologise to Charlie Drake for omitting him from the write up last month. SCMA would like to congratulate him on completing Plymouth's half marathon and raising funds for Korea.

Congratulations to Matthew Ambrose and his Dad on their latest motorbike ride, Lands End to John O Groats and back. It took them 6 days, clocking up 1900 miles.

FLYERS

Can you spare a few hours?

If so, we require people to deliver flyers in various area's. If you are interested, please contact us for further information.

CONTACT INFORMATION

HELPLINE 07530 978938

TINA 07940 308757

DEBBIE 07872 985770

SCMA's CPO - SIMONE DRAKE - 07508 817682

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