



South Coast Martial Arts Newsletter

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



MID MARCH 2010



Pictures by Nic Randall

WORLD CHAMPIONSHIPS KOREA 2010

We would like to take this opportunity to congratulate Josh Egan and Joanna Szczutkowska for successfully making the selections to represent the U.K at the World Championships in Taekwon Do's birthplace, Korea, in July. The fact

that we have two members of South Coast Martial Arts in the U.K squad team is a fantastic achievement and please join us in supporting them and their training in the next few months and wishing them all the best. It will be a proud moment for them, their families

and all of us who train with them and know them personally. If anyone is able to assist with sponsorship to help them on their way to Korea then please talk to Mr Wood. Any donation big or small would be very much appreciated.

MARCH BIRTHDAY'S

We would like to wish the following students a very

Happy Birthday

- Preston Bee
- Elliott Chapell
- Michelle Charlick
- Mia Constantinou
- Liam Cook
- Allyn Cox
- Ross Davidson
- Harvey Drake
- Tyler Gallagher
- Kieran Gray
- Kev Hamill
- Michael Heath
- Khia-Alaya Law
- Ahmad Mohammad
- Oliver Pile
- Luke Seaton
- Jack Shields
- Pete Smith
- Jack Thompson
- Sarah Patching

We hope you all have a lovely birthday.



SPIRIT CAMP

We held our first ever adult Spirit Camp in February at Pier Cellars in Cawsand Bay. The venue was superb and we had a selection of students from both Taekwon Do and Kickboxing who were brave enough to attend!! The weather was very kind to us and one of the highlights had to be the training session early on Saturday morning on the cliff tops looking out over



Plymouth Sound as the sun rose. We would like to thank everyone who attended and congratulate them all on the effort and 'Spirit' shown over the whole weekend.

It was inspiring for us all. A big thank you to Dave for cooking and for being the chef for the event. Please look at the gallery on the website for some great and funny pictures of the camp.

NEW CLASS AT TAVISTOCK

South Coast Martial Arts are proud to announce new classes starting soon at Tavistock. Details of times and venue will be available on the website soon.

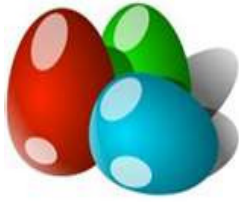
PS3 COMPETITION WINNER



Congratulations to Oliver Thomas for winning our latest competition to win

a Playstation 3. Oliver introduced his sister Natasha to Lil' Dragons and his name was pulled out of the hat first. Thank you to all who introduced a friend to Taekwon Do and look out for our next competition coming soon!!!

EGG HUNT



As normal we will be having a Egg Hunt on Good Friday, 2nd April at Longash, 11am.

We would like to invite you and your friends to come and train for 40 minutes with the pads and then have fun with our Egg Hunt.

Hope to see you all there.

MULTI-SKILLS HOLIDAY CLUB

Derriford Health & Leisure

10am – 4pm, £10 a day.
(sibling's reductions),
4 years & above.

Tues 6th - Fri 9th & Mon 12th - Fri 16th April 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.

Please see Tina or Debbie for a booking form.

KICKBOXING

We would like to remind Taekwon-do students, that you are able to train in Kickboxing aswell, at no extra charge. However you are required to wear the correct Kickboxing Uniform. For more details, please see your Instructor or Tina and Debbie.

BLACK BELT PRESENTATION

Our Black Belt Presentation Evening will be on Saturday 1st May, Derriford Health & Leisure, 7.30pm.



This is to celebrate with all the new black belts, on passing their grading. Everyone is welcome, so please try to come and support your fellow students. Tickets available from Tina and Debbie at £10 per person, buffet & disco included.

2010 CAMPS



**Friday 14th - Sunday 16th
May 2010**

**Nine Ashes Scout Camp,
Washaway near Bodmin.**

Ages 7 - 15 years

You will be required to provide your own tent or share with other students. Food will be provided.



Saturday 31st July - Saturday 7th August 2010

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

Onsite Facilities include:

Club House, Summer Nites Bar & Bistro, Bakery, Full Laundry Facilities, Trampolines, Crazy Golf, Cash Machine, Restaurant, Take Away, Mini Market, Heated Pool & Toddler Pool & 3 Adventure Playgrounds.

**Prices and Booking Forms available soon
from Tina and Debbie.**

CHILD MINDING SERVICES

Various Hours Available
OFSTED REGISTERED
(Outstanding 2008/2009)

**Contact
VANESSA 342048**

FOR SALE FREE RANGE EGGS



Please see
MR WOOD

CONTACT INFORMATION

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