



Summer Newsletter 2016



Class Closures

It's that time again the summer holidays! But don't worry some of our locations are still open throughout the break so you haven't got anything to worry about ☺

For Dates, Times, Available classes, Closed Classes, Addresses etc. please visit the calendar page (Website link below) which contains all of the information you'll need over the summer holidays, when viewing the calendar page please click on your class on the relevant day to read the description as this may include important information.

Calendar Page: <http://ukti.eu/calander.php>

Any further questions related to holiday closures that you cannot find on the calendar page please do not hesitate to contact us:

Email Address: uktienquires@gmail.com

I am worried about paying my monthly Agreement in the Summer Holidays?

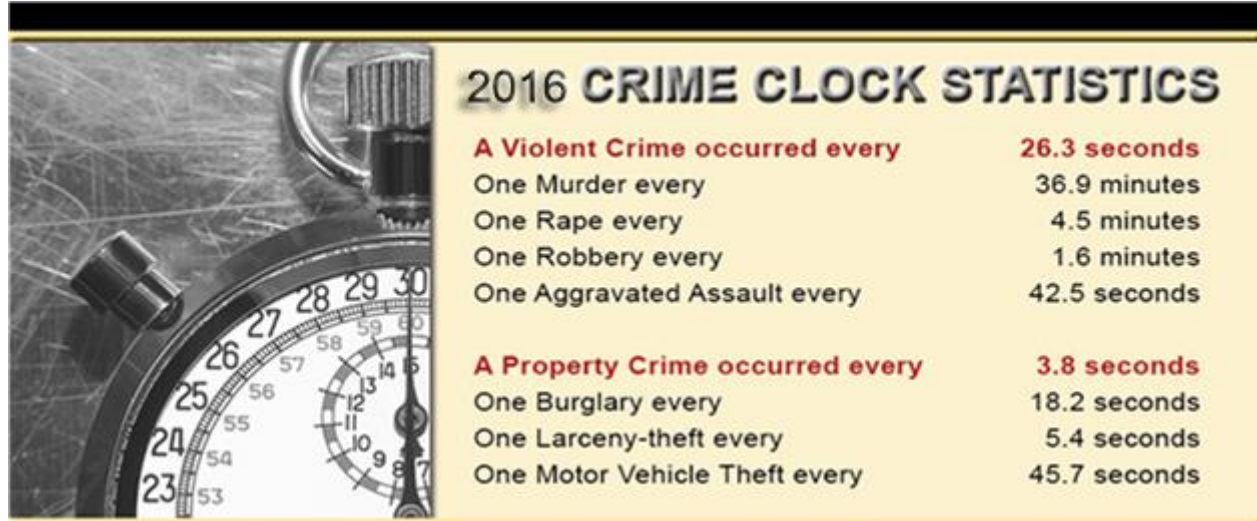
Some students within our clubs are concerned with the class closures throughout the summer period; **Please note:** not all of our TKD classes are closed during the holidays so you can still attend regular training without missing any sessions. (Available classes are on the Website calendar page.)

If you are a Direct Debit member your fees are based on 48 weeks of the year and NOT 52 weeks so you are NOT losing out on money if your usual class is closed and you cannot attend any other classes over the summer holidays.

UNDERSTAND THE VALUE OF SELF-DEFENSE!

We live in a *dangerous* and violent world. To think otherwise is both naive and irresponsible on your part. In the violent world we live in today, you actually have only two choices: forget about it, cross your fingers and hope for the best; or accept the responsibility of learning to protect your life and also your loved ones from the realities of violence that surround you every day.

"You have two options: cross your fingers and hope for the best; or accept the responsibility of protecting yours OR your child's life."



REASONS PEOPLE OVERLOOK SELF DEFENSE...

- Fear of the unknown.
- Defeatist attitude - I can't do it!
- Thinks the police will protect me.
 - Lazy personality.
- Is naive or oblivious to the real world.
 - Claims they don't have time.

THE DIFFERENT TYPES OF SELF DEFENSE...

There are numerous sub categories of personal safety that are equally *important*. They include:

- Street safety
- Home protection
- Women's safety
- Children's safety
- Workplace safety
- Vacation & travel safety

Congratulations Newly Promoted Black Belts!

Tamara Rose – 1st Degree

Jo Boughton – 1st Degree

Tyrell Drummond – 1st Degree

Sharif Khalid – 2nd Degree

George Lovelace – 2nd Degree

The Next Course & Test

Required Rank: All Little Kubz!

Date: Saturday 6th August

Time: 10:45am – 12:00pm

Location: Houghton Regis, Drury Lane, LU5 5ED

Required Rank: White Belt – Blue Tag

Date: Saturday 6th August

Time: 11:00am – 1:00pm

Location: Houghton Regis, Drury Lane, LU5 5ED

WHY take part in a Course & Exam?

Courses & Tests are important for various reasons, while undergoing an exam this proves to the student, instructor, examiner, fellow students and in some cases parents that you have proved you are ready for the next stage. For instance this method is similar to how a school examination is conducted...For example When you go to high school after you have completed your five years of hard studying you sit your GCSE exams to move forward to the next level whether it be to college or any other higher Education.

A.) To Identify the Students Strengths & Weaknesses:

Another use of tests is to determine student strengths and weaknesses. One good example of this is when Instructors use Pre-Tests at the beginning of sections in order to find out what students already know and where the instructor's focus needs to be on. Additional, learning style and numerous intelligences tests help Instructors learn how to best meet the needs of their students through commencing instructional techniques.

B.) To Identify What Students Have Learned:

When the Pre-Tests are related to what is being taught in their lessons the Instructor can analyse the results to see where the majority of the students are having problems.

C.) To Provide a Way to Measure an Instructors and/or School's Effectiveness:

These tests can be useful when evaluations to the Instructors themselves are carried out. This use of testing is often contentious with instructors since many things can influence a student's grade on an exam.

D.) To Provide a Method for Awards and Recognition:

Tests are used as a way to determine who will receive awards such as certification which are recognised by the national governing body. For instance, a new belt or tag is given to students upon successfully completing a test.

When I pay for a Course & Test where does it go?

All monies paid towards an exam or course is to pay for a number of features such as:

- Hall fees • Utility fees • Administration • Registration
- Certificate Awards that are ordered from overseas (Canada) National Governing Body
- International Governing Body • Examiners • Belts/ Tags • Travel Expenses.

Money collected is for the benefit and purpose of the Organisation, it is used to help our martial arts family grow, if there is any unused money it is used to advertise to help your local group become larger and to help keep your small/new clubs open. E.g. when you go to college many courses and exams require you to pay for the knowledge and the recognition of the certificate.



"Training with equipment develops your technique.

Sparring in class time develops your fighting skills!"

Sparring is probably one of the most important training aspects of being a great Martial Artist

Sparring goes beyond punching and defense. This is where you actually learn to fight. You get to see what works and what doesn't. You find out exactly what needs to be worked on in your class time. Unfortunately, a lot of students don't know how to spar because they haven't got the equipment for it. We are encouraging all Students/Parents to get the training equipment that is available to gain the experience for competition purposes and also most importantly for life threatening street situations.

"Sparring is NOT fighting.

Sparring is to develop skills, not to determine a winner"

P&P INCLUDED when Purchase all sparring equipment here:

www.waaremartialarts.co.uk

UKTI Competition OCTOBER 2016

Has now been confirmed for Saturday 8th October 2016 at Venue 360!

For further information please regularly check the UKTI Calendar: <http://ukti.eu/calander.php>

For the results of the previous competition please visit: <http://ukti.eu/securestudent.php>

Student page password: **Summer00@**

Student with the Best Attendance this year...

WELL DONE!

Daniel Chen – Houghton Regis TKD

