



## **STAFFS TAEKWONDO ANNUAL REPORT 2019**

### **Introduction**

I want to let everyone know what we've achieved this year. I like to start by thanking all members and parents for your support over the last 12 months. We have had a very successful year having gained five new 1<sup>st</sup> Dan black belts and three 2<sup>nd</sup> Dan Black belt grades.

We have attended one-one competitions at Barnsley, Derby, and Doncaster giving students experience and an opportunity to try out Taekwondo competition. We have also attending events at Kanghan at Hucknall, Nottinghamshire including seminars and sparring days. I would encourage all students to attend these events to broaden your knowledge and learn from other Masters and to practice with other students; this is the way you improve and to progress.

### **Financial report**

The balance for the end of 28<sup>th</sup> November 2019 is £3707.25. There has been no major expenditure this year other than purchasing kicking targets and trunk protectors. A financial statement will be provided to all members at the end of March 2020 giving a full breakdown of incoming and outgoing expenditure.

### **Membership**

The club membership as of the 28<sup>th</sup> November stands at 31, up four from last year. All students are required to join British Taekwondo for Insurance and also to grade.

### **Competitions**

Billyrae – Doncaster

Billyrae/Arjun – Derby

Billyrae/Freya – Barnsley

If you wish to compete you will be required to train for competitions. I will arrange extra sessions at weekends at Trentham to enable you to prepare properly. I will distribute a list of competition dates for the year. **I would like all grades (particularly high grades) to consider entering**

**either Poomsae (patterns) or kurugi (sparring) competitions next year to build up your experience and confidence.** Competitions can be an enormous help when preparing for your black belt and there is of course the sense of achievement you get from winning a medal or trophy. We can start with 1 to 1 competitions and if you feel confident enter Nationals. Competitions are not compulsory but they are an indication on how you are improving.

### **Training**

I would like to thank Tilly Parkinson and Emily Jackson for stepping in and taking the warm up sessions on occasions this year, also thanks to everyone who helps me with the equipment at Trentham on Mondays.

As you progress through the grades the requirements to pass grading's becomes more demanding, I would advise all green belt and above members to try and attend more than just once a week (that does not mean you have to attend twice a week or more) but try to come more often. I have decided that the Wednesday class should be split up i.e. up to green tag should attend 5.30-6.30 and green belts and above should attend 6.30 up to 8.30 if you wish. Anyone who can't make these times I will accommodate you. **High grades can also start attending regional Poomsae and sparring day training to improve you individually.**

### **Kup grading's**

We have had 3 kup grading's this year as promised in last year's report. Next year I plan to have 2 grading's with set dates; these will be on June and December. The exact dates will be advertised at the beginning of next year.

### **Dan grading's**

We have had an extremely successful year in 2019 with Emily Jackson, Freya Mangotra, Amy Johnson, Mark Whitfield and Jordan Overall passing their 1<sup>st</sup> Dan and Sue Shemilt, James Fellows and Connie Fellows passing their 2<sup>nd</sup> Dan grading's, Connie is the youngest member to achieve 2<sup>nd</sup> Dan in the clubs history which stretches back to 1990. Students and parents must understand that taking a Dan grading is up another level from a Kup grading and therefore requires a lot more commitment. There are up to 6 examiners to please so the expectations are higher. It is essential that members who wish to be a candidate are thoroughly prepared.

## **Social Events**

I think that it is good practice to have a social side to the club as this builds friendship and camaraderie within the club, this gets us all together and involved in our club. This year we have twice been to Ninja Warrior, which has proven to be extremely popular, the last occasion all members went free. We plan to do the same next year.

Very best wishes to you all and have a great Christmas and New Year and I hope Santa brings you some nice prezzies!

Master Andrew Cawley 5<sup>th</sup> Dan World Taekwondo

17<sup>th</sup> December 2019

