



JUST KICKS TAEKWONDO

NEWSLETTER

JULY 2009

Just Kicks National Team

The **JUST KICKS** committee has decided to contribute some funds towards students who compete in the 2009 Australian National Championships. The amount of funding will be announced at a later date.

JUST KICKS Demo Team

Any students interested in joining our Demo team there will be a meeting on Friday 10th July at **Jon & Michelle's, 7 Hillary Crescent, Modbury North, at 7pm.** This team will perform at school fetes, shopping centres etc...

Junior Olympic Selections & World Championship Selections

Selections for both of these teams are being held on the weekend of August 16th & 17th 2009 in Canberra. Junior Olympic Team is for Black Belts 14 years + and World Championship team is for Black Belt Seniors 18 years +. Good luck to **JUST KICKS** team members that try out for both these teams.

JUST KICKS Red Books

The **JUST KICKS** Red Books are now available for purchase at the front counter or at your branches for \$8.00 each.

Every student will need to have one of these books as it has competencies that they will need to achieve and get signed off by the Instructors or Head Instructor before they are able to grade.

Suggestion Box

We have a suggestion box on the front counter for any ideas on how to improve **JUST KICKS**, also if you have any ideas for the website just write them down and put them in the suggestion box.

Club improvements

We are purchasing a new computer system that will help our club move into the future. It is designed to keep the details of all our members in one easy to find place. Keeping track of: member details, training attendance, fee payments, emergency contacts etc.... making the front counter job easier for Michelle and Dang and more efficient for **JUST KICKS**.

Nationals Accommodation

A suggestion for accommodation for Nationals, Oct 1st-4th 2009:

Booking using the Internet information will save you \$40 per night. Internet special \$200 per night

Virginia Palms, cnr Sandgate & Zillmere Rds, Boondall, QLD, 4034, ph:07 3265 7066

www.palmsinternational.com.au

Go to Virginia Palms site

Go to last minute rates

Go to click here for more specials

Go to for other availability click here

Go to other specials click here

Put in dates of stay, click on the room type, then follow the link to book

SA HPP training

S.A HPP Training is on **Sunday 2nd August 2009**. This is state team sparring. All welcome to train with the state development team, from yellow belt upwards. Bring all protective gear.

Cost \$6 – Time 11am William Light School
Errington Street
Plympton SA

Cleaning of the centre

Check your Red Books as this may be a component of your grading level and may need to be signed off.

Take pride in your training centre and help keep it clean.

See front counter for further information

Demo's

We are holding some promotional Demo's in the school holidays at Golden Grove Shopping Centre.

Thurs 9th Fri 10th & Sat 11th July – 11.00am – 2.00pm

Wed 15th Thurs 16th & Fri 17th July – 11.00am – 2.00pm

Please see the front counter for further details.

State Selections

State Selections for Nationals will be held on **July 18th seniors sparring and Poomsae**
July 19th junior sparring

William Light School

Errington Street

Plympton SA

Times and Weigh-in - check the notice board for details

Even if you're not competing come down and show support for your team mates...and wear your club colors!!!

All forms to be returned by Wednesday 8th July 2009

Taekwond-a-thon

We are holding our first Taekwon-a-thon to raise some funds for the club. Students will get sponsors or donations and will then have a Taekwondo based course they will follow. This is being held on **Sunday 23rd August 2009** at Para Hills West 10.30am – 12.00pm. We will also have a sausage sizzle available.

Competition Training

Any students that wish to take part in competitions and would like to attend Competition training it's held on a Tuesday and Thursday night at Para Hills West 6.30pm – 7.30pm

Just Kicks Website

Justkickstaekwondo.com.au

Check it out for all upcoming Events, Grading's and all the information you need to know about our club.

If you have any Taekwondo photos forward them to justkicks@optusnet.com.au and we will put them on the website

JUST KICKS OPEN 2009

The 2009 Just Kicks Open is booked in for December 13th at the Mars Sporting complex. Events will include Poomsae, Jump Kick, Sparring and a new event for 2009 Team Poomsae. Please support this event!! We are looking for volunteers for our major event. Please see front counter if you want to be involved.

2009 Camp

We are holding a camp at West Beach Caravan Park.
Saturday 8th August 2009. Limited numbers so get in quick to avoid disappointment.
Club members are free, incl: Dinner (Sat), Breakfast (Sun) – Non-members \$40.
Bring all your own gear: sleeping bags, pillows, toiletries, cutlery, plates, cups etc...
See front counter for further details

Just Kicks Merchandise

Anyone wishing to purchase any **Just Kicks** merchandise we have a range of Doboks (uniforms), t-shirts, polo shirts, jumpers, jackets etc...

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Also all protective gear can be ordered.
See the front counter.

Personal Hygiene

Please read your Code of Conduct regarding Personal Hygiene, You can find it on the website

Justkickstaekwondo.com.au

Kitchen Areas

Anyone using the kitchen areas in any of our training centres **must** clean up after themselves

i.e.: any cups, glasses, cutlery used **must** be washed, dried and put away.

Failure to do this will result in us not being able to use these facilities any more

