



18 March 13

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Invitation to Instructors and Students of ITKD clubs.

I would like to invite you and your students to join our Central Districts Taekwon-Do Training Extravaganza. This is a Central Districts Fundraising initiative as well as an opportunity to build friendships and strengthen our collaboration as a region.

This invitation is also extended to all ITKD clubs and members from outside the CD region.

The details are:

Date: 13th April 2013

Time: 9.30am till 3 pm

Venue: College St. Normal School, 402 College St, Palmerston North

Cost: \$40 per person, or \$35pp for 2 or more members of the same family.

Payable internet banking to: 06-0746-0269161-00

Entry: online ITKD website

Eligibility: All ITKD registered students (all grades: white belts and up).

Attire: Dobok at all times.

Bring: Drink bottle, towel, complete sparring gear and safety equipment, pen and paper, thick socks, and shoes to break boards with.

NOTE: Numbers are limited to 80 due to size of hall, and to ensure quality instructor/student/equipment ratio. So be in quick!

We will have 4 training stations, each station is led by very experienced instructors. Students will be split into 4 groups, and each group will be at a station for 1 hour, after which they will move to the next station, and so on.

Our hall is brand new and FULLY AIR CONDITIONED! The temperature will be kept at a very comfortable 19 degrees C for a good solid Taekwon-Do Training session.

Students will be training on the usual sparring mats.

Lunch is provided. The menu will be:

Bread rolls, hotdog, grated cheese, grated carrots, lettuce, sliced tomatoes, sliced cucumber, apples, oranges and bananas, etc. Butter/sauces/Fruit juice and water will also be provided.

Unfortunately we are not able to provide for those with special dietary requirements.

The training stations are:

Station 1: **Patterns** Leader: Mr Lawrence Mantjika 6th Dan (with 3 assistants).

Station 2: **Tournament Free Sparring Drills** (Leader to be confirmed).

Station 3: **Power Breaking- with 8 breaking stations** Leader: Master Rocky Rounthwaite 7th Dan and Mrs Rounthwaite 5th Dan, and 3 assistants).

Station 4: **Taekwon-Do in Actual Combat. NEW!!** Leader: Mr Andrew Salton with 2 assistants.

The programme for the day:

9.30am line up, and explanation of what is happening for the day.
10.00am Training begins at the allocated first station.
11.00am Move to next station.
12.00 Stop for Lunch
1.00pm Start on third Station.
2.00pm Start on fourth station.
3.00pm Finish.

We promise to start on time, and finish on time!



This event will NOT BE CANCELLED even if numbers are low.

A great opportunity to train with some of the region's best, most experienced, and senior instructors. Not to be missed!

I do hope that you would support and participate in this initiative.

I look forward to seeing you there!

Kindest regards,

Lawrence Mantjika (organizer).

VI Dan SCTA Instructor.