



What's happening at Tamaki?!

Star Series Tournament – Saturday July 31st , Whangarei

This tournament will be one of the last biggest tournaments to be held this year!!
If you would like to gain more competition experience, please fill in the online entry form and get fees in by this Thursday.

Tamaki Cup Challenge - Updates

Well done to the students who ran in the recent King of the Mountain Fundraising Challenge!

Special mention goes to: Samuel Kirby 24:27mins 19th place

Please get your sponsorship money in to our Treasurer in as soon as you can and FIND OUT which TEAM won the Fundrasing Challenge!!

Next Challenge: “The Power Breaking Challenge” – Monday 2nd August

What you need to do? Practice your designated POWER technique and condition your tools

This is a great opportunity to perform a tournament power break and learn how to train to break the required boards

Followed by: “The Team Patterns Challenge” – Monday 6th September

What you need to do? Perform a synchronized pattern routine using 5 team members (+1 reserve)
(coloured belt patterns only – up to Hwa Rang)

This challenge aims to teach you how to perform a team pattern in a synchronized fashion and in turn improves your individual ones

Grading - Updates

Pre-Grading for Everyone: Monday 9th August (at usual class times)

Coloured Belt Grading: Thursday 19th August – 6:30pm start – Remuera Intermediate

Adults Class Instructors: Ms Thu Thach Ms Chanthie Thach Ms Amanda Insull Mr Bjarne Morris

For more information: www.tamaki-tkd.org.nz / 09 5702446 / 021 1138644 / tamaki.tkd@gmail.com
