



BKMAS NEWSLETTER – May 2013

Gradings

Gup gradings will be held on the following dates:

6th June 2013

5th September 2013

5th December 2013

As always, students will be invited to grade dependent on their **attitude, effort** and **behaviour** during class time.

Grading forms will be handed out to selected students within the next couple of weeks.

The Dan grading will be held on

9th November 2013

Competitions/Tournaments

Aberdeen Combat Tang Soo Do

2nd Invitational Tournament

Aberdeen Sports Village

Saturday 6th July 2013 - 10am – 4pm

Categories:

Forms, Weapons, Sparring & Breaking (each category £10.00 or all 4 for £35.00)

Team forms will be £15.00 per team

Teams can be between 3 and 6 people

Entry forms are to be in by 16th May

General Rules

Here are the BKMAS General Rules.....you are all given a copy in your new student information, please take some time to read them and more importantly follow them:

- Students must arrive at least 10 to 15 minutes before class is scheduled to start
- Students must pay proper respects to higher belt holders (Cho Dan & above) – bow to higher belts
- Always bow when entering and leaving the dojang - respect your surroundings
- Avoid taking part in loud or controversial activities in the dojang – no shouting or swearing, keep away from school equipment
- Warm up and stretch prior to the start of class time – in the 10-15 minutes before class starts
- The wearing of rings, watches and all other jewellery is not allowed in class – this includes charity bands, friendship bands etc.
- Always wear a clean, pressed do bohk, annotated only with the correct insignia and trim – badges and trim (where applicable) should be put on your jacket as soon as possible.
- Shoes may only be worn if you have a medical note/parental note stating a medical reason
- Students are to bring their own refreshment to class
- Use only non-carbonated drinks for refreshment during training
- During training, students should observe proper protocol and orderliness....line up quickly and smartly, in the correct order, paying the proper respects to higher belts
- Students should use Korean terminology where-ever possible – repeat the Korean terms when given instruction and take time to learn
- Students will not adjust their uniforms while training unless told to do so by the instructor
- All students will take part in the cleaning of the dojang at the end of class
- A latecomer must ask one of the instructors for permission to join the class
- Finger and toe-nails must be kept trimmed and clean
- Over shoulder length hair must be tied back
- Students should notify the instructor in advance of any absence if possible
- Students should notify the instructor of any medical conditions before the start of class

TANG SOO!