



BKMAS NEWSLETTER – September 2013

Gradings

Gup gradings will be held on the following dates:

5th September 2013

5th December 2013

As always, students will be graded on their **attitude, technical ability, effort** and **behaviour** during class time.

Due to the Gup grading – there will be NO classes on Thursday 5th September

Classes

Thank you to all of the diehard students, who attended class over the school holidays.

The excuse that “we didn’t think it would be on over the holidays” doesn’t go down too well as other students knew and took time to find out.

Standardisation of Gup Hyungs

There is now a standard breakdown of all Gup forms from Ki Cho Hyung Il Bu through to Sip Soo. These include the techniques, directions & counts.

Note: There is one new extra move in Sip Soo for 1st Gup (and above) which is highlighted.

There is also a breakdown for Ki Cho Bong Hyung, Dong Ji Bong Hyung and Bom Bong Hyung – more will follow.

The complete breakdowns can be found in the Student Area of the club website.

If you need the password – ask in class.

East Meets West

Reminder that your entry forms for the East meets West tournament should be in by now.

NBA Seminar

There will be a Northern Budo Alliance seminar held in the Hilton Community Centre on Saturday 7th September, from 10:30am.

Cost will be £25.00 per person

Words of Wisdom

“Never forget that, at the most, the teacher can give you fifteen percent of the art. The rest you have to get for yourself through practise and hard work. I can show you the path but I cannot walk it for you.”

— *Master Tan Soh Tin*

“The best fighter is never angry.” — *Lao Tzu*

“Flow with whatever may happen, and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate.”
- *Zhuangzi*

Last newsletter

This will be the last paper newsletter. All future news letters will be posted on the website and on the club’s Facebook pages. They will be posted (all going well) on the first of every month. So make sure you keep yourself informed.

Important announcements will be made in class

Tang Soo!