

January 2010

2010

The Year Ahead



www.eaglingstaekwondo.com.au



Eagling's Taekwondo

Welcome to training for 2010. Eagling's Taekwondo has a busy year ahead with several competition trips planned plus State Competition and National Level Competition. If you are a current member returning to training please see our calendar of events for all dates that are relevant to training for the year.

Eagling's Taekwondo High Performance training will continue this year and has been moved to Wednesday nights at our Moonah Centre. High Performance sessions for the year will start on the 10th February 2010.

Training will lead into the different competition events planned for the year and attendance at High Performance Sessions will be compulsory for those members wishing to continue on to State and National competition in 2010

For our more traditional

members development will continue for the year with several workshops that will be conducted in self defence and the more traditional aspects of the art.



Remember, set your goals for the year and make sure you succeed in fulfilling them. This one step - choosing a goal and sticking to it - changes everything. Nothing worthwhile was

achieved without hard work

Special Black Belt training sessions will continue for those progressing toward a Black Belt grading. Please see the calendar of events for training dates.

Tournament Training

Sparring - will recommence on Wednesday 10th February, Moonah Hall at 6.00pm.

Technical - will recommence on 4th March, Moonah Hall at 6.00pm.

If you wish to participate in either of the tournament squads please see your Instructor.

Hugh Eagling
Master Instructor

*Success is a journey,
not a destination.
We wish you well
for the year ahead.*

