

January 2011



Eagling's Taekwondo 'Skills for Life'

2011 DETKD is Forty Years Old



www.eaglingstaekwondo.com.au

Dale Eagling's Taekwondo was founded by the late Dale Eagling in 1971.

In 2011 Eagling's Taekwondo turns 40 years old. A record we are extremely proud of. During that time we have taught over 30,000 Tasmanians the art of Taekwondo.

This year promises to be a very busy year for the club. We have already planned a busy competition season with several interstate training sessions and tournaments planned for our competition schedule. Our tournament team had a very busy schedule last year and this year promises to be a productive one with our Junior Tournament players gaining experience over the past year.

Our calendar of events has been updated for 2011 for all dates that are relevant to training for the year, make sure you mark them in your diary.

Our club prides itself on the instruction of traditional Taekwondo. For all our club members, development will continue for the year with several workshops that will be conducted in self defence and the traditional aspects of the art.

High Performance training will continue this year on Wednesday nights at our

Moonah Centre. This training will lead into the different competition events planned for the year and attendance will be compulsory for those members wishing to continue on to State & National competition for the year.

We often lose sight of our goals as the year progresses, 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. In December 2010 four of our younger members succeeded in achieving their 1st Dan Black Belts. Eagling's Taekwondo set a very high standard to achieve this level. Those four players set their goals and stuck to them for the whole year. Perseverance and hard work are the key to achievement.

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

Competition Training

Sparring / Technical will recommence on Wednesday 9th February, Moonah Hall at 6.00pm.

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

**Hugh Eagling
Master Instructor**

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

*Photo: Brandon Servant
setting a new High Kick
record of 2.4m*

