



WHITE TIGER

TAE KWON DO



December 2021

Regular Monthly Black Belt and Tournament Training

Regular monthly tournament training this month on Tues 7th December. Bring your full sparring kit. Also, ensure that groin guards are worn as accidental low kicks do happen.

Senior Red and Black Belt training will be run on Tues 14th December 8pm to 9pm. All lower grades train from 7pm to 8pm that evening.

Last training session before Christmas

Our last sessions before this Christmas break will be on Friday 17th December and then Tuesday 21st December 2021 will be a Christmas themed lesson with a few fun and games to round off the year.

Starting back training in 2022

The first lessons back in the new year will be:

- Tuesday 4th January 2022 at the Moulton Guides Hall.
 - 7pm to 8pm Beginners up to Green Belt
 - 8pm to 9pm Green Belt and upwards (Senior Training)
- Friday 7th January 2022 at the Moulton Village Hall
 - 7pm to 8pm All grades.

Colour Belt Grading

The next colour belt grading will take place on Tuesday 25th January 2022 at the Moulton Guides Hall. Times TBC.

Introduce a new member and when they licence after the first three free lessons. You can claim the next month's free training or your next grading free (not Black Belt Grading) or your next annual licence free. P.s. always bring your sparring kit to all lessons as I am hoping to enter members into tournaments next year.

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