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Lochgelly Tae Kwon Do

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Why, hello there!!

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In coming into the new year, we have thought to incorporate new ways of keeping you, our dedicated students and parents, up to speed on the happenings in class and throughout the Tae Kwon Do community.

This newsletter will be issued on a quarterly basis, with updates to our own teaching and class information; upcoming events and competitions including, seminars, training opportunities, galas, our own Lochgelly Tae Kwon Do BBQ and the like.

We will also be able to provide you with information on any new gear—sparring equipment, hoodies and apparel and when orders are going in.

We will also include articles from our black belts and instructors, so that you might get

to know all of us a bit better.

We will be looking through this newsletter to share our students' accomplishments in class and with that things like Ninja stripe testing and gradings (more on that below).

We would also be happy to hear of your news and goings on in the world outside of Tae Kwon Do—has your child/school/club held an event you are proud of? Let us know and we will be pleased to print it.



Lochgelly Tae Kwon Do

New Ninja Curriculum!

Following conversations amongst our instructors and black belts, Lochgelly Tae Kwon Do is now looking to make some changes to the Ninja Curriculum to bring us in line with Grand Master Sutherland's Blackbelt Academy in Livingston and Bathgate.

Our hope is to provide visible, steady progress within the Ninja's class and to show you what your child is working on a weekly basis.

We are breaking down the curriculum into eight component parts:-

Fitness, balance, teamwork, focus, memory, control, coordination, black belt attitude.

Each of these will have an

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New Ninja Curriculum (Cont.)



Cont.

attainable goal within the student's grade and will be recognized with a stripe on the student's belt. If all eight components are achieved and the student is then able to demon-

The new ninja belts.

strate the requisite technical knowledge, they will be eligible for promotion. To this end, the curriculum will also be split over several belts which are not in keeping with the traditional Tae Kwon Do order. The advantage of this is that the student will be able to show measurable progress within a grade instead of having to wait a significant period of time between promotions to an adult level.

Such gradings we hope will take

place every two months and will be held in class. These gradings will incorporate a small charge of £15 and you will be informed via paper invitation when your child is eligible.

We hope the introduction of this new curriculum will provide encouragement to our students, to know that their progress and hard work is being recognized and will give parents a visible measure of how their child is doing in class and what also might be worked. Please do contact us, should you have any questions in this regard. (Email on page 3).

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Competitions and Upcoming Events

Dowden's Martial Arts—1st June 2025: 9am —Heriot Watt University, Edinburgh 70th Anniversary of Tae Kwon Do

Dowden's Martial Arts—27th Sept 2025: 9am — Wishaw Sports Centre 4th DMA Scottish

Further information including registration fees will be provided closer to each event.

May 31st 2025: 9am—Ravenscraig Regional Sporting Arena - Scottish Open TKD Championship

GMSMA—12th Oct 2025: 9am—Ravenscraig Regional Sporting Arena—GMS XXXI Open Championships

GMSMA Competition February 2025

This past February 23rd, Lochgelly Tae Kwon Do attended Grand Master Sutherland's Martial Arts Academy's 30th Open Championship. We had two competitors from our senior class. Miss Morgan Masterton (1st Kup) and Mr Harry Lawson (10th Kup) Both put in sterling performances and Miss Morgan Masterton obtained two medals; bronze in 18-35 female red belt sparring and bronze in 18-35 female red belt

sparring. A huge congratulation to Miss Morgan Masterton and we look forward to seeing Mr Harry Lawson compete again in the future.

Should you or your little ninja wish to compete, please note the times and dates above and speak to Sir about entry forms and fees.



Miss Morgan Masterton and coach Mrs Zoe Matthews-Smith (II)

Lochgelly Tae Kwon Do
Benarty Centre
Flockhouse Avenue,
Ballingry Road
Lochore, KY5 8JH

Phone: 07838 363550

Email: lochgellytkd@gmail.com

Facebook: [lochgellytkd@groups.facebook.com](https://www.facebook.com/groups/lochgellytkd)

Website: www.lochgellytkd.co.uk

Lochgelly Tae Kwon Do prides itself on high standards of fitness and behavior and so demand the best from our students, but we keep training fun and varied, promoting improvement over time.

Our instructor, Mr. Robert MacGregor has been training for 35+ years and has held his 6th Degree since 2023 .

