



- Action TKD
- Alpha
- B J Academy
- Barnet
- Bournemouth
- BTA
- Christchurch
- Chung Yong
- Chung Yong - Scotland
- Demon
- Golden Eagle
- Isle of Man
- Kings TKD
- Kingston University
- Merseyside TKD
- LL TKD
  - Edgware
  - Kensington & Chelsea
  - TASIC
- London Irish TKD
- Oakleigh
- Overton & Basingstoke
- Panther
- Phoenix
- Powerhouse
- Scottish TKD Union
- Southampton City
- Southampton University
- South Bank University
- Steyning
- St. Katherine's
- STU
- TKD Cymru
- University of Portsmouth
- University of London (SOAS)
- Waterside
- Welsh WTF TKD Association
- Weymouth
- Will's TKD
- Winchester City
- Xtreme





You may have noticed something different about this edition of the Chungdokwan GB newsletter.

In response to readers comments there has been a thorough overhaul – saving the rainforest by cutting down on paper, changing the format and increasing the clarity of the newsletter generally.

You'll notice that it is still in black and white but I am currently looking into ways we can fund a full colour version. After all, with a growing association and the hectic lives we all lead the newsletter is one of the easier methods of keeping in touch.

Amongst other things, in this issue you can read how Master Colin Graves and friends 'Taekwondo-ed' their way to raise over £4,200 for a good cause. You can compare the opinions of the featured Masters in *Perspectives*, read about my battle to buy World Championship tickets and read about Rik Lymer's fairytale wedding.



### Inside you will find:

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## CLUB NEWS

### Waterside TKD provides some Comic Relief!



Waterside Taekwondo Club raises over £4,200 for Comic Relief

*Written by Melvin Pugh (Waterside Taekwondo Club)*

On Sunday 20<sup>th</sup> March, Waterside Taekwondo club held a "12-hour Taekwondoathon" in aid of Comic Relief.

Master Colin Graves conceived the event several weeks earlier, originally as an idea to raise money for the Tsunami appeal, but the logistics of organising and promoting such an event brought it squarely in line with a Comic Relief style fundraising activity.



The idea was that as many members as possible would get sponsorship to do a full 12 hours of Taekwondo, including normal training and some public demonstrations.

For some of the younger members 12 hours might be a bit too much, so they were encouraged to take part in a mass "Kickathon" in the morning where they would get sponsorship to do as many kicks as possible in an hour.

To ensure success, a lot of promotional work went on in the weeks leading up to the event culminating in Colin taking part in an interview, live on Radio Solent!

On the day Alex Barter brought along some members of Spitfire Taekwondo and members of Southampton City Club also boosted numbers, including Master Brian Hussey and Master Pat Donnelly – all of whom added to the fundraising effort.

At around 6:30 am on the Sunday morning people started arriving to set up the hall, fix signs around local roads, unload mats and arrange the raffle prizes just as a starter.

In line with the Comic Relief theme, and to raise even more money, a bouncy castle and some Sumo wrestling outfits (It's a Knockout style!) were delivered with the idea that at any time throughout the day, youngsters

could use the bouncy castle and the young at heart could don a Sumo suit try their hand at wrestling - for a small charge of course!

The event then started at 7:00 am with a warm up, followed by some Poomse work and then into groups for floor work, pad work and some self-defence, whilst black belts rehearsed a demonstration for later in the day.

The younger members of the club started arriving just before 11:00 for their Kickathon and at 11:00 they all lined up, facing a pad and took turns at various kicking techniques.

During this time, the older members were practicing sparring techniques, but just before 12:00 everyone joined in to encourage the youngsters to an absolutely electrifying finale.



*Harry Parson showing us how it's done!*

With quite a crowd of parents in attendance, there then followed an energetic display of self defence and pre-arranged sparring, followed by a black belt demonstration, including poomse, pre-arranged sparring, self defence and some breaking techniques which were all very well received by a good crowd of onlookers.



Four members of Spitfire Taekwondo then treated everyone to a demonstration of full contact sparring, competition style and then, in order to bring the pace back down again and re-introduce the comic element, there was a short Sumo wrestling competition.

Competitions for both jumping front kick and flying side kick started the afternoon, followed by some workshop style sessions in Poomse, Sparring and Self defence.



*Jumping for his life!*

These sessions were rotated to ensure everyone had the opportunity to take part.

Master Donnelly led a Yoga session towards the end of the day to help stretch down and relieve some tired muscles. There was then a hurried exit from the hall at 7:00 pm as it was booked for other activities. The day culminated in a most welcome and well-earned drink in the centre bar!



*Master Donnelly easing the pain*

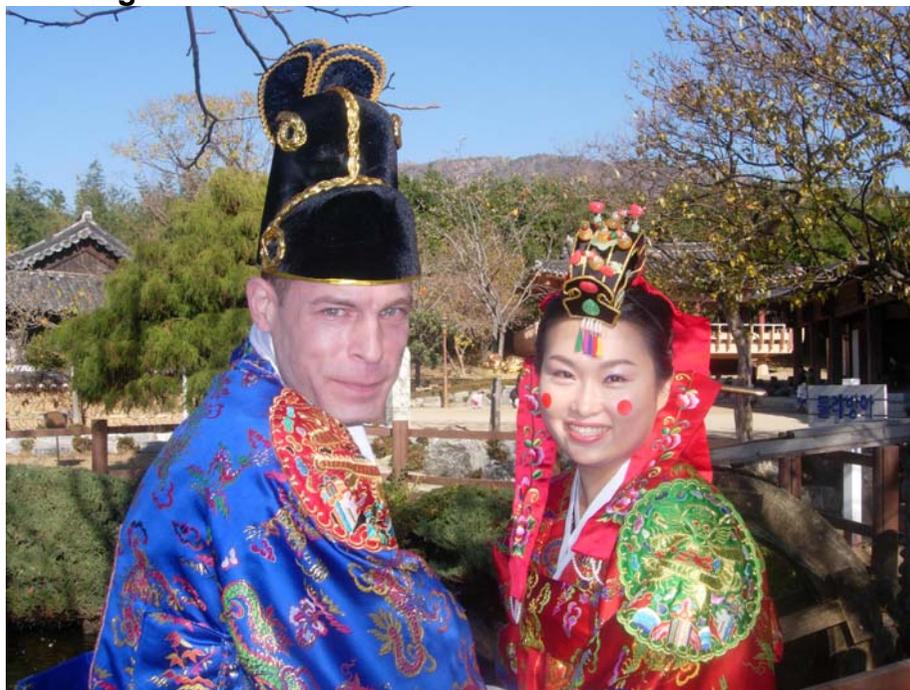
A lot of effort went into organising the event with most of the preliminary work being shared around a small committee of volunteers who did most of the arrangements, such as: finding and booking the venue, bouncy castle, sumo suits, mats, printing and distributing posters and sponsorship forms, arranging raffle prizes, refreshments etc..

In addition to this many more people put a lot of effort into raising sponsorship and to supporting the event on the day. Altogether, the combined effort raised an amazing £4,242.00, although money is still coming in and it is hoped that we can top £4,500.

It was a wonderful way to raise money and Thanks go out to everyone who took part.

Master Colin Graves would like to add a special thank you to all those that helped organised this event which made it possible, Also a great big thank to every student that took part. Maybe we can do the same for next year but for a more local charity.

## A very different English wedding



**Belated Congratulations** go to South Bank Taekwondo instructor, Master Rik Lymer and his then fiancée Kyoungmi Juhn who married in Changwon City, South Korea on Sunday 28<sup>th</sup> November 2004.

It was a fairytale wedding. They had a traditional Korean wedding wearing elaborate hanbok and had to bow many times to each other and their elders, catch chestnuts and drink much wine.

The ceremony was held at a place called 'The House of Changwon', an ancient Buddhist complex.

The wedding was followed by a three day honeymoon on Jeju Island, which is a favourite destination for newly-wed Koreans and is famous for Mandarin oranges.

Kyoungmi said, "We always wanted a traditional Korean wedding and we will be having another celebration early in the New Year".

## Self-defence aids Tsunami Sufferers

### Steining Tsunami Fund Raiser by Niall Grange

The decision for Steining TKD Club and Steining TaiChi Club to do our bit to help the Tsunami victims was not at all difficult. What was a little trickier was how we were going to persuade our local sports centre to let us have its largest hall for free!

### The plan

With the hall arranged, we set out to host a self-defence seminar which incorporated four instructors, four different training styles, a demonstration and a hall full of participants, spectators and local press (if possible). The date was set for 12<sup>th</sup> February, and we planned to offer three hours of training for just £5. But after persuading the sports centre to waive the fees, our next hurdle was how much content to put in the seminar. Too much content would confuse and too little could result in boredom and dissatisfaction for the participants.

We decided that each instructor would teach 4 techniques in 30 minute sessions, with the hope that if the participants went away with just one technique from each instructor then that would be a good result for everybody. There would be four instructors, with two

working at any one time. Of the instructors, Mark Ellett would focus on TaiChi, while Mark Newcombe would teach knife defence. Liam Grange would teach Escrima<sup>1</sup>, and I would teach Hapkido & Aikido based techniques.



The invitations went out to local (and some not so local) martial arts clubs and instructors. The response was instant and positive; with offers of "what can we do to help". The exception was one Karate group who apparently "don't allow their students to be contaminated by other styles". Need I say more?

Sixty-two students responded to the call, some travelling to Steining (West Sussex) from Harrow and Hemel Hempstead. With participants aged 12 to 60, and all grades from beginner to 5<sup>th</sup> Dan represented, there was an excellent cross-section of the martial arts community. It wasn't just Taekwondo either; we were

<sup>1</sup> Filipino martial art based on using one or two sticks.

also lucky enough to have students of Judo, Karate, Jujitsu, and Kungfu also wanting to contribute to a good cause.

### The instruction

Mark Ellett and his assistant Marc Burton took half the group and set to work showing self-defence applications of TaiChi forms. Mark has the ability to be very gentle, but with devastating effect. It was interesting to watch and sense the enthusiasm from his group as they were learning new techniques from a style most people associate with gentle exercise performed very slowly by old people in a Beijing park, or before programmes on BBC1 TV.

At the further end of the hall, Liam Grange had the other group and started work. His approach was to show a 5 to 8 move *form*, so the techniques can be learned and practiced alone. Then he arranged participants into pairs so they could get an understanding of the development of each technique whilst emphasising body movement and flow. Liam was the only qualified Escrima teacher present; however he was able to give individual coaching and even gave impromptu demonstrations for the local press.

After a short break it was the turn of Mark Newcombe and myself to do our bit. Once again the students were divided into two groups. Mark (yes - another Mark)

has a very classical approach to teaching Jujitsu. He emphasises the importance of stances and utilises them to move from one position to another and maintain good balance whilst taking the opponent off balance.

I kept my group busy for about 40 minutes. I thoroughly enjoyed the teaching and I hope they enjoyed the learning experience as much as I did. I did however have an interesting, if somewhat daunting teaching experience. Despite the fact that I've been teaching for over 20 years, I had the opportunity of teaching one of my Taekwondo teachers (1978 to 1981), and one of the most respected Kyorugi champions of the 70s and 80s, Master Chris Sawyerr. It was also strange yet fascinating to watch my son teaching something new to this great Taekwondoist. *Who said you can't teach old dogs new tricks?*

Overall, the sound of giggles and laughter was apparent all day - a good indicator that people were enjoying what they are doing.

### The demonstration

The day finished with a demonstration by the TaiChi teachers Mark and Mark with an excellent display of one of their forms, rounded off by some practical self-defence.

Liam Grange of Steyning TKD and Magdy A Raheim of F.I.S.T.S gave a short but superb display of WTF Olympic sparring (as shown below).



We also had an excellent display of Karate Kata by 2 young black belts (Ashton Tansey and Garry Williams), both from Sensei Brian Redman's Kanagi Martial Arts academy. There was also some incredible speed breaking by Liam Grange and Steve Williams and a Poomse display by Sam Pulfer of Steyning TKD. The last of the demonstrations was knife defence by Liam and myself.

### The Money

The total raised was £532.50; not bad for 3½ hours of doing what we love to do; constructive play and martial dance. The money raised was divided up with £266.25 for the main tsunami fund and £266.25 given to Master Derek Sumner of Livingwell TKD to take to Sri Lanka, where he went in March with a team of Taekwondo students.

### Thanks

My sincere and heart-felt thanks go to everybody concerned for helping a very worthwhile cause and in particular the instructors who gave their time for free.

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## FEATURE

### Perspectives

We all have different perspective on things, particularly on our views of Taekwondo. In this feature *Perspectives* gives us the opportunity to see what some of the Master grades within the association have to say.

In this issue our featured Masters are:

- Master Lindsay Lawrence (LL), President Taekwondo Chungdokwan GB
- Master Mark Biddlecombe (MB), Vice President / Technical Director
- Master Mark Sargeant (MS), London Region Coach
- Master Niall Grange (NG), Steyning Taekwondo

### 1. What do you think the best way is to improve a student's motivation?

**LL** – Make the student feel valued. Set attainable goals, take time to talk to them, provide one-to-one sessions where you can show and explain techniques. The student must know their instructor has their best interests at heart.

**MB** – It is important to be motivated yourself as an Instructor. Students will respond in the same manner. Always encourage students to train hard and let them know when they do things well.

**MS** – Allow the student to fully pad up and do competition one-on-one with someone their own size, with a no head shots rule. Allow him/her to win one with all the cheering and celebrations, and lose one with the other person getting the cheers. This is where the instructor has to work; what the instructor does and says with the losing student is very important.

**NG** – Encouragement, encouragement, and some more encouragement. Embracing the student's strengths whilst discreetly working on their weaknesses!

## 2. What is the best piece of advice would you give to someone wanting to compete at a high level?

**MB** – Train hard and consistently. Set yourself goals, be determined and enjoy it.

**MS** – Ask them a question. The answer you are looking for as a coach is, that they are looking for the experience even if they lose. They must be positive either way.

**NG** – Start at a lower level! To become a master at anything you need to serve an apprenticeship. Anything that comes too easy simply means you have reached your destination without admiring the scenery and smelling the roses on the journey!

**LL** – they must have the desire to win. They should train with someone who has proven themselves who has competed at the highest level. Stick to a rigid training programme. Enjoy the journey.

## 3. How do you think training with different instructors benefits a student?

**MS** – This allows the student to see a different point of view. All instructors have good and bad points. It's for the student to pick the best of each Instructor and build his own character.

**MB** – Training with different Instructors can offer new ideas. Some Instructors specialise in certain aspects of Tae Kwon Do, competitions, self-defence, so it is good to train and learn together.

**NG** – The benefits can be immeasurable, provided the instructor has a particular speciality e.g. a kyorugi, poomse or hu-sinsul specialist. I personally recommend my senior students to train with other teachers such as Aikido, Jiujitsu etc...I do, so why not them!

**LL** – It gives students a different point of view because some instructors are better at teaching certain facets of the martial art. However I think students should reach a high level before they start training with different instructors especially instructors who have not been recommended. This is because students can get confused and frustrated as they cannot meet either instructor's expectations.

## 4. How do you keep motivated?

**MS** – I personally need no motivation, TKD is a main part of my life and I still do it as a hobby and not a full time job. I motivate my students by changing the training, having fun days, asking them what they want to do on a day and doing it. Each session I would spend 15 minutes one-to-one with a different student. Each month bring in a different instructor i.e. an in-house junior instructor of Kung fu/Boxing.

**NG** – Easy question! I still admire the scenery and adore smell of the rose!

**LL** – By constantly analysing my own techniques, by keeping up with the new techniques and training methods because Taekwondo never stands still, it is constantly evolving.

**MB** – I have always been motivated in Tae Kwon Do, but then the people around me are highly motivated and this helps to keep me going!

Thanks go to everyone who participated in this feature. If you have a question you would like to see in the next newsletter or would like readers to see things from your perspective, please contact me at [publicity@chungdokwan.org.uk](mailto:publicity@chungdokwan.org.uk)

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## How to get tickets for Madrid 2005 – the Spanish conspiracy

On the surface all seemed fine; the WTF website showed the timetable of events and neatly pointed to the MadridTKD2005 website. In turn, this website displayed information on the schedule, championships, location, services and sponsors, enabled downloads – all in 5 languages. But when it came to booking the tickets, the seating plan was there: €7 or €12 for the day, €25 or €35 for the week, but even in mid-March we were being

pointed to a site which didn't obviously exist.



After numerous searches there did appear to be a ticketing site called Servicaxia, where tickets were ready and waiting to be snapped up. But I still could not find these elusive World Championship Tickets. Having already paid for flights and accommodation, I grew more concerned (*I've already paid for the flights and accommodation. What if it's like the Olympics – no tickets!?*). With my mind beginning to wonder whether it was all one big Spanish conspiracy, I picked up the phone to see if I had been the only one to miss the finer points of ticket purchasing. All sources lead to the same conclusion – no idea.

Several days later and feeling lucky, I found myself searching for 'Taekwondo' on Servicaxia's site. There – right in front of my eyes – I saw the words I'd been waiting for: *Taekwondo Madrid and Palace de Deportes*. But now what? Well, I

had to become a member of course. So, with the aid of my mobile phone and a Spanish speaker on the other end, I became a member. All seemed well until I tried to purchase the tickets and my credit and debit cards were both denied. My Spanish speaking friend had to go and was away for the following week and I would never have been able to telephone Servicaxia myself. After spending the long weekend pondering over what I could do, Tuesday was the first day back after Easter. My colleague told me I'd probably had problems because Servicaxia is a Spanish bank which has a facility where you just so happen to be able to buy tickets for events. With renewed enthusiasm that it was because a Spanish bank didn't like my credit card I couldn't believe my luck when it turned out that there was a secret Spanish speaker in my East London office. In a nutshell, I had, in five minutes achieved more than I had in the previous two months!

As it happened, I needn't have worried about tickets, as it was not a real issue at the championships. But besides that, Madrid was a fantastic setting for the competition and the whole tournament was wonderfully eventful – full of crowd participation and interesting not-so-surprising decisions.

The next WTF World Championship will be held in China 2007 – so get saving!



## NOTICES

### BTC Instructor Course

The deadline has officially passed and if you have not yet attended an Instructor Course, as soon as your present insurance expires you will be unable to practice Taekwondo as an Instructor within the association.

Lynne Firth has been travelling the length and breadth of the country leading a series of courses to ensure that all Chungdokwan GB instructors are fully aware of the issues that face instructors every time they lead a class.

If you have not yet attended a course or will need to attend a course in the near future please contact [publicity@chungdokwan.org.uk](mailto:publicity@chungdokwan.org.uk) for more details.

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### National Championships 2004

Well Done to all those who competed in last year's Chungdokwan GB National Championships. The event was a great success with a very friendly atmosphere and with some extremely high standards of competition.

The tournament was held over two days in the very well-equipped Stoke Mandeville stadium with the Saturday taken up with the Poomse and Sunday filled up with Kyorugi.

We were lucky enough to have Grand Master Park in attendance who made both days even more special.

Special thanks go to all the organisers who worked very hard to ensure everything ran smoothly.



**This year the Chungdokwan GB National Championships will be held on Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> November once again in Stoke Mandeville so see you there!**

## National Kyorugi Coaching Team

Congratulations go to Master Jo Draper on her appointment as National Coach.

The committee were delighted to have such interest in the position and would like to thank all the applicants for taking the time to speak to the committee members.

Master Draper was successful on account of her enthusiasm, experience and vision. We would all like to wish her the very best and we offer her our full support.

Master Draper and the regional coaches will be holding squad training events very soon so keep your eyes open for dates.

The National Coaching team consist of: National Coach – Master Jo Draper, London region – Master Mark Sargeant, Wales region – Master Jamie Keyse and North England region – Master David Thompson.

## Dan Grading

The next Dan Grading will be held in June at Kingston University. Look out for the exact date on the Chungdokwan GB website and in information sent in the post.

This newsletter was compiled and edited by Lindsey Bell. If you would like to contribute to the next newsletter please send your item to me at: [publicity@chungdokwan.org.uk](mailto:publicity@chungdokwan.org.uk)

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