

Taekwondo Chung Do Kwan Great Britain Newsletter



**April 2011
Volume 3**

Welcome to 2011... *how is it April already?*

Another three months has gone by and, yet again, the association has been extremely busy. Since the December issue, members have attended the group's Annual General Meeting, participated in a Class 3 Corner Judge Course and competed at the 2011 TCGB National Championships. Read all about those events in this issue, plus Taekwondo training in the middle of the Atlantic, *two* more Taekwondo-related tattoos and a phenomenal achievement by the Overton and Basingstoke Taekwondo Club (OBTKD). Thank you to all the instructors and students that have submitted articles, keep sending in your news and reviews!

Having been out of the country for most of February and March, I was forced to postpone this issue for an extra month. However, I will strive to catch up by preparing the next quarter's edition by the end of June. I've finally setup my own TCGB email address, so send your suggestions and newsletter articles to publicity@chungdokwan.org.uk.

I look forward to hearing about your Taekwondo activities over the next three months and hope you enjoy your training.

*David Honey,
TCGB Publicity Officer*

Grandmaster Park Hae Man Seminar Series

TCGB are delighted to announce two training seminars led by the world-renowned **Grandmaster Park Hae Man** (10th Dan) of Chung Do Kwan, Korea. Having created several of the WTF poomsae, the chance to train with Grandmaster Park is certainly an opportunity not to be missed.

Cost (per seminar):

- Kup grades - £10
- Dan grades - £15
- Family group (3+) - £25
- Non-TCGB members - £25

Date: Wednesday 13th April 2011

Where: Unit 3A, Vickers Business Centre,
Priestly Road, Basingstoke, RG24 9NP
Time: 1830-2100

Date: Thursday 14th April 2011

Where: Tiffin Boys School, Queen Elizabeth
Road, Kingston, Surrey, KT2 6RL
Time: 1800 - 2030



Please arrive early to allow time to register and get changed. For more information, email the TCGB Secretary General, Tessa Philpott (sec@chungdokwan.org.uk). We look forward to seeing you there!

Patron

Grandmaster Vincent
Cheong (9th Dan)

Officers 2011/12

President

Grandmaster Lindsay
Lawrence (7th Dan)

Vice-President

Grandmaster Mark
Biddlecombe (7th Dan)

Technical Director

Master Michael King
(6th Dan)

Secretary General

Tessa Philpott (2nd Dan)

Treasurer/Registrar

Lindsey Bell (3rd Dan)

Tournament Coordinator

Stephen Butlin (3rd Dan)

Publicity

David Honey (2nd Dan)

Contact us:

sec@chungdokwan.org.uk

TCGB Website:

www.chungdokwan.org.uk



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TCGB has joined the Facebook social network.

Search '**Chung Do Kwan GB**' and join the group for more information on upcoming events.

You can also view photos from recent TCGB events!

facebook

TCGB are working in partnership with **Ki Martial Arts** who are the association's preferred equipment supplier.

www.kico.co.uk



TCGB Annual General Meeting 2011

The TCGB AGM took place on Sunday 30th January 2011, providing Instructors and students with the opportunity to raise any issues regarding Taekwondo within the association. Many issues were discussed and several committee positions were up for election. After many years of generous support and dedication, Master Graham Jones stepped down from the position of Tournament Coordinator and nominated Stephen Butlin of Powerhouse Taekwondo for the role. The committee would like to express their sincerest gratitude to Master Jones for all he has done for TCGB and hope he will continue to be involved with the group. After being elected as the new Tournament Coordinator, Stephen got straight to work on arrangements for the 2011 TCGB Nationals Championships (see report pages 6-7). Here's to a successful next 12 months...!

TCGB Dan Grading Details

The summer Dan Grading will take place on **Sunday 5th June 2011** (12 - 4pm), preceded by the pre-Dan Grading seminar on **Sunday 22nd May 2011** (12 - 3pm). Both events will take place at the following venue:

Tiffin Boys School,
Queen Elizabeth Road,
Kingston-upon-Thames,
Surrey,
KT2 6RL

If you plan to take the Dan Grading, it is recommended that you attend the pre-Dan Grading Seminar. The seminar is also open to 2nd kup (red-belt) students and above, even if they are not taking the grading. The Dan Grading application forms will be distributed to Instructors shortly and will also be made available via the TCGB website. The Dan Grading is a closed event and only instructors of students taking the grading will be permitted to observe.



BTGB Class 3 Corner Judge Course - Kingston

TCGB hosted a BTGB Class 3 Corner Judge Course on Saturday 26th February 2011. The course covered the new WTF rules, and whilst there was a great deal of information to take on board for those new to officiating (*I took 20 pages of notes...!*), demonstrations and examples made the session enjoyable, interactive and easy to follow. The course ended with a written exam on the content covered that day, requiring 70% to pass and gain the corner judge qualification.

Newly certified officials were able to utilise their skills at the TCGB National Championships 2011. It was fantastic to have so many individuals from within the organisation willing to support the competition. It was a long day, but offered a front row seat to many spectacular fights.

*By Natalie Mestry,
University of Southampton Taekwondo Club*

How much do you love Taekwondo?

Well, in response to the above question... *quite a lot it seems!* Having rather pessimistically called for TCGB members to portray their adoration for Taekwondo in the last issue, I was unsure how it would be received. However, in this issue we have two members who can demonstrate their love for the Korean martial art, both with Taekwondo-related tattoos. If you think you can demonstrate your love of Taekwondo, send in your photos and stories to feature in the next issue (it doesn't have to be a tattoo!).

Chief Instructor Andy Prime of Jersey Chungdokwan Taekwondo sent in this picture (right) of a shoulder tattoo belonging to one of his students.

"Giuseppe (Gus) Addante is a Taekwondo student training at Jersey Chungdokwan Taekwondo, although he is currently on sabbatical and training in Madrid, Spain. He got the tattoo due to his fascination in Taekwondo and the martial art meaning so much to him - even as a white-belt when he got it done! It's a good job he has continued enjoying Taekwondo to this day"

By Andy Prime
Jersey Chungdokwan Taekwondo



"I was sitting in my parents living room over the summer talking to my mother about Taekwondo when she said to me "I've never seen you so passionate about anything for so long". She was right. Taekwondo has become one of the single most important things to me since I started three years ago. By the end of that summer, I had decided that I wanted some sort of physical representation of just how much Taekwondo has meant to me. It had to be something I would be glad to have on my skin for the rest of my life. I chose the word "Keumgang" on my right calf (pictured left); a Korean word which loosely translates as "too strong to be broken". It's meant to reflect the bond I feel with what has become my new family, an ironic nod to my numerous injuries and so much more..."

By Oluwaseun (Seun) Dawodu
University of Southampton
Taekwondo Club



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Official news from Chung Do Kwan, Korea

Grandmaster Park Hae Man has confirmed that the President of Chung Do Kwan Worldwide remains to be Grandmaster Uhm Woon Kyu. This response has been made due to a rumour circulating that Grandmaster Uhm had stepped down from his position - this is not the case.

London 2012

Visit the official London 2012 website for up-to-date information about the approaching Olympic Games. The deadline for ticket applications is **April 26th 2011** so sign up now if you want to attend - this includes tickets for the Taekwondo event at the Excel venue.

www.london2012.com



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Sport England Clubmark

For more information about how your club could apply for Sport England Clubmark accreditation, visit the official website.

www.clubmark.org.uk



Kukkiwon certificates

TCGB President Grandmaster Lindsay Lawrence has confirmed that all Kukkiwon certificates from the last Dan grading (December 5th 2010) are being processed and will be available shortly. He will be in contact soon about their distribution to Instructors and students.

OBTKD - Sport England Clubmark Accreditation

Sport England recognises and values the commitment made by sports clubs to develop high quality, welcoming environments for young participants. It looks for the development of clubs that encourage young people to take-up sport, improve their talents, possibly play a leadership role and give them the option to initiate and maintain life-long participation in sport as an essential part of supporting the sporting infrastructure in England.

As part of this commitment, Sport England introduced Clubmark in 2002 and this is awarded in recognition of a quality sports club with junior members. It is a standard that is applied across all Sports. Clubs with accreditation are allowed to use the Clubmark symbol. This is like a kite mark and gives parents the knowledge and confidence that their children are attending a safe, quality club and ensuring that young people reach their full playing potential.

The club has been working over the last few months on an application to achieve Clubmark accreditation. We had to demonstrate that we achieved pre-determined minimum operating standards in the areas of the playing programme, duty of care and protecting children and young people; knowing your club and its community; and club management. As part of the application we have reviewed all the policies and procedures of the club, as well as introducing some new ones and we have made all these available on the Club Website.

We were delighted to hear on 10th December that the application by the club had been successful and that we now have Clubmark accreditation. This achievement will expand opportunities for the club to extend training in the schools, improve access to some grants and funding and will show potential new students and their parents that the club has a rigorously reviewed set of policies for running the club and its classes.

There are over 10,000 sports clubs in England that are accredited. We believe that OBTKD is the first WTF Taekwondo Club in the country to achieve this standard and is the first Taekwondo Club of any style to achieve this in Hampshire - a fantastic achievement for the club.

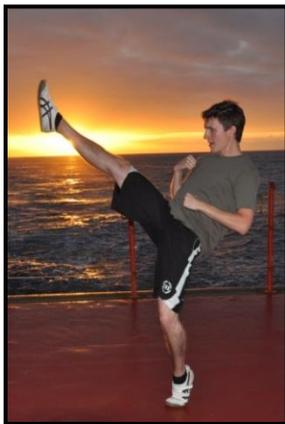
*By Lynne Firth,
Overton and Basingstoke Taekwondo Club*



Taekwondo at Sea!

When the 'Taekwondo bug' gets into your blood stream, it is often very difficult to hold yourself back from some kind of training, no matter where you are! As part of my PhD in marine biology, I've been fortunate enough to participate in two separate six week long research cruises in the tropical Atlantic Ocean. This might sound like a fairly cosy existence to some of you. However, the reality was I couldn't leave the boat for the whole duration (*surrounded by water...*), I was stuck with the same bunch of people and we were working extremely long hours each day. So, how did I survive these expeditions I hear you asking. You guessed it, Taekwondo!

In simple, I would spent most of the day collecting seawater samples ready to be analysed back in Southampton. The rest of the time would be divided between some much needed sleep, eating and exercise. There was a small gym onboard, but when the sea state was rough I'd be struggling to stay on the equipment! Therefore, I generally trained in an open space on the 'aft-deck' (rear of the ship, pictured below demonstrating some poor front and side kicks... *I blame the ship rocking*).



I am certainly *not* a fitness and flexibility expert. However, we were being fed three times a day (the portions were enormous...) and I couldn't run around very much so something had to be done to remain in any kind of good shape! Practicing the basic kicks and all of the poomsae helped to convince myself that I hadn't forgotten my entire Taekwondo knowledge, even if the crew did stare at me like I was crazy. Also, a complete stretching routine helped to maintain the (limited) flexibility I already had. In fact, it was quite surprising the amount of training I could achieve without actually kicking anything in earnest.



The time away from home made me start to appreciate why some people consider Taekwondo to be a way of life, rather than a martial art. I don't preach to think "*Taekwondo, Taekwondo, Taekwondo...*" all day long, but other aspects of my life have been noticeably influenced for the better. Having returned from my second stint at sea just after the TCGB National Championships 2011, I feel refreshed and ready to get back into the regular routine of training with renewed vigour.

By David Honey, University of Southampton Taekwondo Club



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2011 BTCB National Championships

Open to all BTCB members from around Great Britain, the BTCB National Championships return to Manchester this summer.

**Saturday 18th and
Sunday 19th June 2011.**

National Cycling Centre,
Manchester Velodrome,
Stuart Street,
Manchester,
M11 4DQ





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TCGB Supporting Red Balloon Learner Centres

TCGB once again supported the Red Balloon Learner Centres charity at the annual TCGB National Championships 2011.

This year, the association donated proceeds raised from spectator fees.

The charity works to help children who have suffered from bullying to get back into education. To find out more, visit the Red Balloon Learner Centres website.

www.redballoonlearner.co.uk



TCGB National Championships 2011

Saturday 19th March saw the annual Taekwondo Chungdokwan Great Britain National Championships being held at Bracknell Leisure Centre. This was being attended by association members from all over the country as well as some invited teams. As we were drawing closer to the event, the number of registrations online were growing steadily until the last two days where it sky-rocketed to 295 for kyorugi alone. This was approximately 100 more entries than the previous year. With a further 120 poomsae entries as well, it was always going to be a busy day!

A decision was made that in order to accommodate all these matches we were going to have to, for the first time, have four rings. So the night before whilst setting up, the first obstacle to overcome was what configuration would be best to house the additional ring. We managed to come up with an 'L' shape which fitted our needs well. The mats arrived and with some great help from Master Brian Hussey and members of LLTKD we were able set out the rings and get the hall ready for the morning.

The morning of the event arrived and initially it seemed that we were going to be up against it, as the main junction to Bracknell had been closed for the day. Traffic on the diversion was quickly building up and one of the team's buses had gone AWOL. However, a plan was co-ordinated to allow the poomsae competition to start and minimise the impact to the teams in transit and those weighing in. After a slow start, the competition gained pace and the growing spectators started enjoying a great display of technical taekwondo.



Congratulations to all the competitors who performed their poomsae and well done to all the medal winners. The overall team award went to the Southampton University Taekwondo Club (SUTKD, pictured above) for the third year running. What a fantastic achievement!

With the weigh in completed and the draw calculated, Chief referee Chris Codling of the BTCB first held a meeting with officials, followed by one with the team coaches outlining how he wanted the day to be run. We then started the first kyorugi matches of the day. There were over 50 matches per ring throughout the day, these included the full spectrum,



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from people competing for the very first time through to the seasoned players who dazzled us with displays of sport taekwondo at its best. Amazingly after a full day of competition we managed to finish the finals by 18:30, where Grandmaster Lawrence announced the winners of the kyorugi team trophy. Congratulations to all the team winners and also to all competitors of the kyorugi contest: 1st Place - Sagarmatha Taekwondo Dojang (pictured above and below, photos courtesy of Master Rai); 2nd Place - St Katherine's Taekwondo; 3rd Place - LLTKD.

I would also like to take this opportunity to thank all involved with helping in the preparation and the running of the event. Without all your help this tournament would not have been able to have run so smoothly. We managed to keep 4 rings running all day without long delays due to the dedication of the corner judges and referees.

There was also a number of people who completed their corner judging certification by using this tournament as their practical part of the test. Also a thank you to St John's who provided the first aid support throughout the day. After a successful day we look forward to next years event where we hope it can be bigger and better. See you all there!

By Stephen Butlin, TCGB Tournament Co-ordinator



A few dates for your diaries...

The winter TCGB Dan grading will take place in Totton, Southampton on **Sunday 4th December 2011**. A pre-Dan Grading Seminar will also take place on **Sunday 20th November 2011** (two weeks prior, same location). Further details and the application forms will be made available later this year.

After the success of the event last year, TCGB are planning to host another **All-ages, All-grades Seminar** in October or November this year. As mentioned in the event title, the seminar aims to bring together all members of the association regardless of age or belt level. The date, times, location and cost will be made available soon.



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Keep those articles coming in!

As always, **thank you** for the contributions made to the TCGB Newsletter this quarter - it couldn't happen without your fantastic contribution!

For the next issue, I'm planning to include a feature about the history of TCGB and past successes of the association. Please send in any old photos and interesting stories of events you attended.

A few ideas for your newsletter article...

- Discuss a specific stretching technique
- Review your favourite martial art movie
- Describe the application of a self-defence move

Feedback from TCGB National Championships 2011

Firstly, thank you to everyone that attended the 2011 TCGB National Championships - competitors, coaches, officials, medical support and spectators. In order to improve future championships, we would like to hear about your experience of the overall event (good and bad). This is *your* competition and your feedback is important to us. Please email any comments and suggestions to Tessa Philpott (sec@chungdokwan.org.uk).

University of Southampton Taekwondo Flashmob!

On Monday 13th December 2010, more than 20 students from the Southampton University Taekwondo Club (SUTKD) descended upon a training session of their Southampton City counterparts for an impromptu visit. Despite taking chief instructor Grandmaster Mark Biddlecombe (TCGB Vice-President) initially by surprise, the class were treated to a fun and active lesson. University Instructor Master Vince Collins, wanted to introduce his students to one of TCGB's most senior members, whilst also thanking him for all his support in preparation for his recent 5th Dan grading.

In addition, SUTKD students were invited to travel to Swanmore to train with the Powerhouse team on Wednesday 22nd December 2010. Instructor Darren Bailey put the students through their paces in an pre-emptive strategy to work off all the Christmas food that was soon to be eaten. Beware... SUTKD are on the look-out for more TCGB clubs to swarm en masse!



New-look TCGB Website

By the middle of April 2011, it is hoped that a new-look TCGB website will be uploaded to help improve communications between its members. Once active, please send in your comments and suggestions to help improve the service in the future. It would be greatly appreciated if Instructors could check that the current club details (training times, venue, contact information) are accurate. In particular, training venue addresses (including the postcode to help locate on Google maps) will be useful to keep our database up-to-date, but also in promoting your club to potential new members. Also, if you have any photos or videos of previous TCGB events, please email then to publicity@chungdokwan.org.uk to feature in a new media section.

Thank you for reading and best wishes in your training!