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Official Newsletter

Hello again, I can't believe it's May already! It's been an extremely busy year for me so far what with Grandmaster Park's visit, the University Championships in Southampton and then usual club business. However, this pales into relative insignificance when the activities of the Kyorgi Squad are taken into account.

A core of keen fighters have been representing and making the association's presence known in a variety of competitions including the Swedish, Dutch and German opens – and this is just the Chungdokwan National side!

Whilst all this has been going on, the National Poomsae Coaching position has been formalised, and Taekwondo-ists keen to represent the association in Poomsae have been busy preparing for an International in Portugal at the end of June (sounds great)!

The beginning of May usually signals the ever popular Bournemouth competition, and this year Master Draper's fund-raising competition in Wales – *and that's all I know about.*

As usual, I would like to thank those who have contributed to this newsletter. I am very encouraged to have some news filter its way down from Scotland, and a thought-provoking article from one of our Scottish Instructors.

Other members of our association have also been achieving, whether it be in gradings, holding competitions, or as Junior Official of the year for Basingstoke & Deane. Keep up the good work – and make sure you share your news! I can be contacted by email at Publicity@chungdokwan.org.uk

Lindsey.

P.S – don't forget to look at the great offer on the back page!

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Grandmaster Park's Visit 2006

At the beginning March, as part of his European and American tour, Grandmaster Park stopped off in England to visit the students and Instructors of Taekwondo Chungdokwan GB.

Following his visit in November 2004, GM Park requested a seminar to specifically cover blackbelt patterns as dan grades can quite often be neglected in favour of kup grades. Baring in mind the time constraints, a seminar was arranged for the Thursday evening following his arrival. Although difficult for many as it is a popular club night, there was still a good turnout, particularly from the senior members of the association.



Although scheduled for two hours so that participants coming straight from work could eat afterwards, GM Park was keen to ensure that those who had made the effort to come received the instruction and correction they deserved, and the seminar eventually ended at 10 pm.

After the seminar, attendees were invited to dine at a local Italian restaurant – who had been persuaded to stay open after their usual closing time!

The evening was a great opportunity for members of the association to see

friends they are not normally able to see, whilst giving them the chance to reflect on techniques requiring more attention. Considering GM Park's seniority in the world of Taekwondo it was a tremendous honour for so many students to have a chance to speak to the Grandmaster in such a convivial setting.



Following the seminar, Master Lawrence said *"I am aware that many people had to make a large effort to make it to the seminar, but it was great to see so many in attendance. It shows that our instructors realise the importance of continually improving their own techniques, and who better to provide this instruction than a man instrumental in the development of WTF style poomsae"*.

Master Lawrence would also like to extend his thanks to members of the committee and other instructors for helping out during GM Park's week long visit. *"It is important to note, that with busy lives and clubs, it is not always easy to take time out. Those who helped during this visit understand the importance of Grandmaster Park's visit, and I thank them for their help and support"*.

Grandmaster Park visits Basingstoke

Master Gerry Reilly
Overton & Basingstoke Taekwondo

Friday 4th March was the night of the annual Basingstoke and Deane Sports Awards. This is a prestigious evening for all the sports clubs in the Basingstoke area to get together to celebrate the successes of the previous year, and to receive awards and grants from the Borough Council. However this year was special,



as we had taken the opportunity of Grandmaster Park Hae Man's visit to the UK to get invitations for Grandmaster Park and Master Lindsay Lawrence to be guests of honour.

The evening was a great success with Master Lawrence giving a speech drawing on the tenets of

Taekwondo to illustrate the importance of good attitude to success in sports. Grandmaster Park then presented the awards and grants to the winners in the Junior Sportswoman of the Year category.

OBTKD was especially proud to have Coleen Reilly win the Junior Official of the Year award.

After the relaxation of the Friday night, Saturday was back down to training.



2pm saw the start of the second of Grandmaster Park's seminars on this visit. With a mixed group ranging from 7 years old upward, and from junior grades to 6th Dan, Grandmaster Park took the seminar's attendees through their paces on Poomsae.



Regardless of grade or age, he provided everyone with individual attention on changes needed to improve their performance and understanding. For four hours, he enthusiastically taught eventually taking the senior grades up through to Jitae, carefully explaining the details and common mistakes as he went.



The seminar finished at 6.15pm with the awarding of certificates.



The visit to Basingstoke concluded with a relaxing dinner in the evening at Hee's Restaurant. Sunday morning saw an early drive to Heathrow, and Grandmaster Park was off to his next visit on his ever-demanding desire to promote Taekwondo.

Chungdokwan GB Special – The Real Benefits of Taekwondo – PART 1

Ahsan Mustafa
Scottish Taekwondo Union

Since Roman times and before, mankind has always had a lust for mortal combat, maybe the reason why 'No Holds Barred' fighting competitions such as UFC haven't captured the public imagination the way boxing has is that it appears to be commercialised. Boasting about having 'no rules' is clearly transparent, of course there are rules!

Taekwondo is different. It is closer to boxing, it is for real. Very real. Although many arts such as Karate may have similar looking techniques as Taekwondo, they are nothing compared to the effectiveness of Taekwondo, where the techniques are scientifically proven and are under constant research in the universities of South Korea. The precise speed at each moment, body balance, positioning, angles of the body are all regulated and rigorously practiced until they become automated. Unless

witnessed, it is difficult to appreciate the beauty and art of the movements. As one observer so aptly put it 'watching Taekwondo performed by someone who knows what he's doing shatters your sense of reality'.

Evolved from the ancient Korean art of Taekyon, modern Taekwondo is arguably Korea's greatest gift to the world. It is well known for being a lethal form of self-defence, applicable in all situations. It is said that a Taekwondo practitioner can meet an opponent any time and any place, and he/she uses his whole body as a weapon.



The whole body is used to fend off attackers. Once the basic Taekwondo formula has been learned, the

practitioner can utilise it for use in street situations, by harnessing the power of his/her body. In today's dangerous world, a knowledge of self-defence is vital, just to survive, and protect your loved ones. The beauty of Taekwondo is that a seven stone woman can easily beat off a sixteen stone man with total confidence.



She is given the choice whether to restrain, disable or even kill the aggressor. Size has absolutely nothing to do with it. Taekwondo evens the odds, and gives, otherwise vulnerable people, the total confidence and power to deal with any sort of attacker.

As training in Taekwondo progresses, the student begins to realise how everything fits in. The mist clears, and secrets which were otherwise hidden, reveal themselves. The student understands what it takes to defeat any

opponent. It is not unknown for Taekwondo practitioners to be able to end a fight within seconds. When facing a Taekwondo practitioner, the opponent will not even know they've been hit (Taekwondo theory of speed and power) until they are lying on the ground, like a discarded piece of garbage. This may seem harsh, but the reality is that rapists and murderers are rife, and sometimes in order to protect your life, such action is vital. The student will learn how to double their power using the tools at their disposal, their own body. The mental conditioning learned serves well in all other aspects of life. Dealing with bereavement, losses and the trials of life become easier.

Taekwondo's code forbids unfair assaults or unnecessary use of force. The practice of Taekwondo gives an individual an empowered mental attitude and modesty. It is true to say that the virtues of modesty and generosity are fundamentally based on self-confidence, and self-confidence also makes people generous in their

attitudes towards weaker people.

To be continued... Next time: How Taekwondo training can improve fitness and confidence.

CLUB NEWS

University Championship – A Big Thank You

Master Graham Jones
Southampton University Taekwondo

After 9 months' gestation the University Championships finally came to fruition. Although at one stage the competition was very nearly spoiled by the crass intervention of one or two people, at the end a very many participants, coaches and officials said they were impressed by how well the tournament had gone and because it progressed so smoothly after the first fighters were up.

The Mayor and Vice-Chancellor were genuinely impressed by the quality of the fighting, the scale of the event and the enthusiasm of those all concerned and they were pleased to have had the opportunity to meet our VIPs such as Master Lindsay Lawrence and Master Na.

My one regret was that with 90% of the organisational and operational work being done by Taekwondo Chungdokwan GB, we were not allowed to appear on the billing. However I would like to convey my thanks to those who did so much to make it happen. Among those were: Cathy Gibbs, Brian Hussey, Lynne Firth, Gerry Reilly, Val Winteridge, Niall Grange, Mark Sargeant, Suzanne Roberts, Lindsey Bell and of course Master Lindsay Lawrence. Many other individual members, Black Belts and Kup Grades played an invaluable part and I hope to thank them all when I next see them.

So once again, on behalf of the nearly 300 participants and 23 Universities a very big Thank You.

Kilmarnock Taekwondo Kids Grading Results, April 2006

Fourteen Kilmarnock kids passed their grading, which was conducted by Master Andy Brown 5th Dan, in early April.

Lee Watson, 9, Gemma Kennedy, 8, and Robert Austin, 8, were promoted to yellow tags. Conor MacKellar, 12, Stephen Dixon, 9, Daniel Dixon, 8, Scott Murray, 8, and Daniel Jenkins, 9, were promoted to yellow belt. Logan Kennedy, 14 and Shaun Hunter, 12 were both double-promoted to yellow belt. Harris Baird, 8, Jennifer Baird, 10, Marc Austin, 11, and Rachael Ho, 8, were promoted to green tags.

Club Instructor, Ahsan Mustafa 2nd Dan said "I am really proud of all the kids, they all did very well, and coped with the pressure. I feel that they have really matured in terms of technique, speed and power. I can see many potential black belts, but this is a crucial stage in their development, and they can't

Ahsan Mustafa
Scottish Taekwondo Union
rest on their laurels. Now that the grading is out of the way, it will be back to hard training! The focus will be on the Warriors Open, at the end of this month. I believe we can go there and leave our mark, certainly come away with a couple of gold medals. This will be a defining moment for them, as it is their first tournament. I know what they are capable of, and if they can replicate what they do in class, in competition conditions, they will progress to the latter stages of the tournament at least. The kids will do Kilmarnock very proud."

A number of kids will be representing Kilmarnock at the Warriors Open, in Scotstoun at the end of this month, so wish them luck!

Welsh Players Strike Medals in Spanish Open!!!!

Sanchez Cup Spain 2006

Under the supervision, training and watchful eye of Team Cymru Coach Master Porl Stone, a number players from Chungdokwan clubs competed in the Spanish Championship held in Madrid on the weekend of 18th March 2006.

The Sanchez Cup is one of Europe's highly rated championships held in Spain's famous city of Madrid, it is seen by most as the



Master Porl Stone & Candice Rawlings

highest grass-root domestic circuit that Europe has, and this year was no exception with all divisions holding a selection of Spain's National team members as well as including a depth of kup grade talent. This year was going to show that it would be a record year for foreign teams participating which only expanded the number of bouts which our players would need just to reach any cherished medal positions.

With the rebuilding and redevelopment of the new Taekwondo Cymru talent

now beginning to come through the ranks, and all expectations were running high, this was going to be a hard fought day for everybody including the Coaches!

After many remarkable bouts throughout the day with, some would say, decisions both good and bad, the dust was settling and the

games had come to an end for the British players. With three bronzes and one silver in the bag the team packed themselves up, loaded their kit bags, medals, certificates of participating and of course the famous championship T- Shirts and all headed down to the closing ceremony to finally relax and slowly unwind.



Taekwondo Cymru & Spitfire Taekwondo

The team then enjoyed a well deserved two days of relaxation and team bonding many exchanging stories of the two day championship with stories of heroes and villains and some just immersing themselves into Spain's full and diverse life style. It was nice to see the Cymru players showing that the future for Taekwondo Cymru is once again firmly back in Master Stones hands with this development programme now in place, players can only gain and grow from strength to strength.

Chungdokwan Players Go Looking for Dutch Gold!!!!!!!

Windmills Championships,
ROTTERDAM - 27th May
2006.

students' game play through participating within foreign domestic Taekwondo circuits.

A combined team from Britain including a number of players from Chungdokwan clubs plus 15 supporters will be attending the famous Windmill Championships being held in Rotterdam on the weekend of 27th May 2006.

Master Stone's comments:
It is now the time to look at a new beginning in club level sport Taekwondo, we must look closer at the European scene and encourage our grass root instructors to support greater interaction between clubs.

Under the ever watchful eyes of team Cymru development coach Master Porl Stone and Alex Barter the 20 players were selected from the series of sport training camps held throughout Wales by Master Stone. Students from Cardiff, Pontypool, Winchester and Bournemouth clubs will be setting off for three days and two nights of Dutch hospitality, this is yet another highly rated European Championships which is used by most of the highest team coaches to expand, develop and encourage



First and last fight of the tournament, but Kingston Taekwondo Tigers bring home two gold and seven silvers!



On an icy Sunday morning when we'd normally be tucked up in bed, nine of Kingston's finest Taekwondo-ists met up at 7am to make our way to the Taekwondo Chungdokwan GB National Championships at the Stoke Mandeville stadium.

Weigh-in, at 8:30 usually a combination of nerves and dieting to make the cut was a breeze. But hardly before the warming up was complete, Ashley Luscombe was on; the first fight of the tournament, and his first fight ever. Not knowing what to expect, he dug deep to send his opponent to spend the rest of the day on the sidelines. But the team still could not resume the usual training activities as David Camacho was up, skilfully relegating his senior grade adversary to spectator in an 8-point lead to victory.

Oswin McEwan, having competed at 2004 Nationals comfortably won his round to progress to the finals, to face fellow team mate; Ashley. Even though both Ashley and Oswin's feet had already started to swell from their previous matches, and they were unsure about facing each other in the finals, they were not to be deterred as a gold medal was at stake!

By half time, Os was ahead, with Ashley considering settling for silver, but he answered the question "*do you want that gold?*" and finished the round the victor. We hardly had time to congratulate the guys when David was back on, in his final. He battled hard in his first competition for the Kingston Tigers and came away with a well-earned silver against *another* senior grade.

Next was Joshua Avdu, who was to face a player, who had just been decisively beaten. Josh wasn't scared

by this, but on the day he couldn't get enough clean shots in and took silver.

Conrad Howard and Lee Taylor-Lawrence both took silver from their finals, against some very experienced elite player; who had the added incentive; "*win or walk home!*".

The Kingston Tigers had yet another face-off in the under 62kg category with Val Kostas and Homekin Thewassakaw aka Op. Their final was a closely fought affair, with points exchanged and some unexpected headshots, by the end of the final round, the score was even, which meant the sudden death round. On this occasion, Op was the one scoring first and thus the winner.

Having waited nearly ten hours, and helping to sell merchandise amongst other things, James Bell's turn finally came. After spending

the majority of his first bout several points behind he battled hard to win the quarter final in the sudden death round. By the time of James's second fight, he had perfected the "kick and hold" technique, losing one-and-a-half points from warnings, but gaining three from good tactics. James should have had two bouts rest time before the last fight of the competition, but the penultimate match was stopped due to player superiority; James had one minute to get enough air into his lungs before the final. Everyone was anxious to finish up and get home and James eventually took silver, against a less exhausted and senior grade player.

Congratulation should go to all who took part, it was a very long, tiring day, but the guys maintained their concentration, team spirit and came back with two golds and seven silvers!

Well done!

DATES FOR YOUR DIARY



Dan Grading

The next Dan grading will be on **Sunday 4th June 2006** at TESIS, Coldharbour Lane, Thorpe, Surrey, TW20 8TE from 11 am. Please contact Cathy Gibbs for further details.

NOTICES

Appointment of National Poomsae Coach

Congratulations go to Master Val Winteridge on his appointment as National Poomsae Coach earlier in the year. Master Winteridge began running poomsae training sessions open to association members in 2005 and interest and participation has been consistent and strong.

If you're interested, technical squad training will take place on a monthly basis at Meadowside Leisure Centre, Whiteley near Southampton. All sessions run from 11.00am - 1.00pm. The scheduled dates are:

Sun 21st May
Sun 18th June
Sun 9th July
Sun 20th August
Sun 24th September
Sun 22nd October
Sun 12th November

The sessions will focus on competition performance of Poomsae and are open to all association members. Attendees however must have sufficient understanding of the workings of Poomsae to benefit from this detailed focus on competition performance.

If you would like a poomsae training session in your area, please contact Poomsae@chungdokwan.org.uk

Southern League

3rd June, & 4th November.

Target competitions will be:

| | |
|--|--|
| 24 th & 25 th June 2006 | International Sparring & Tech Champs. Portugal |
|--|--|

Instructor Insurance

There have been a number of incidents recently which have yet again highlighted the issue of Instructor Insurance. **Instructors please do not allow this vitally important requirement to be lapse.**

BTC Instructors Courses – a success

Lynne Firth

The BTC launched its Instructors Course in July. The aim was to provide a consistent level of understanding across all the Registered Instructors in the BTC, irrespective of style or grade, of the key issues of Ethics and Code of Conduct; Health & safety; Child Protection and Insurance. A further key component was to ensure that all Instructors

held CRB enhanced clearance to work with children.

Taekwondo Chungdokwan GB has run 14 courses across the country. The association was keen that this would be run as a development programme not just for Instructors but also for those who work with the Instructor in the club. This is

something that the majority of the clubs have taken on board, with in excess of 200 attendees at the courses.

For me it has been a pleasure and a fascinating experience getting to meet all the Instructors and seeing the breadth of knowledge and experience that is within the association.

The course at the end of March was exceptional in that it brought together newly promoted Dan grades with those more senior in rank, including a 6th Dan. All willing to work together and learn from each other's experiences and views. It also showed the geographical penetration of the association with attendees from the south where it was held, as well as London, North of England, Wales, Scotland and the Isle of Man.

The next course will be held on 24th June 2006 and details

can be obtained from Lindsey Bell at InstructorsCourse@chungdokwan.org.uk

At present, there is a requirement for Instructors to renew their course and CRB clearance every 3 years. The first renewal course will be held in November. It is important to ensure that you attend a course prior to the expiry of your existing registration. Once again the maintenance of your Instructor Indemnity Insurance will be dependant on this.

Whilst the course will follow the BTC requirements, I am keen to include any other issues that would be of value to the Instructors within Taekwondo Chungdokwan GB. I would welcome any feedback via lynne@chungdokwan.demon.co.uk on this as well as comments on the previous courses. I look forward to hearing from you.

MASTER STONE'S
WELSH SPORT CAMP

TAEKWONDO CYMRU

TAEKWONDO CYMRU

Taekwondo Cymru

SUNDAY - JUNE 4TH

07766178384 01495763901

www.taekwondocymru.co.uk

The two sessions will take place at **CWMBRAN** sports stadium. Cwmbran S. Wales

The weekend camps will start Saturday and finish Sunday approx 3.00pm. The weekend is designed to help and cover all levels and ability of players' instructors and coaches.

Cost: £25.00 per day / £30 per weekend

All players must remember to check with their instructors or **Master Stone mobile: 07766178384** that the venues have not been

changed or times altered prior to travelling. Can all instructors and students who wish master stone to arrange accommodation in Wales please remember to inform him two weeks prior to the date and those wishing to stay free at the gym don't forget to bring sleeping bags and airbeds.

Don't forget to bring the following equipment:

- **Two kicking paddles.**
- **Wet/Dry Running Equipment.**
- **Water bottle and towel.**
- **Full protective Equipment including armour.**
- **Personal First Aid packs including P.R spray and foot tape.**
- **Two hand mitts**
- **Skipping rope**
- **Elastic foot socks**



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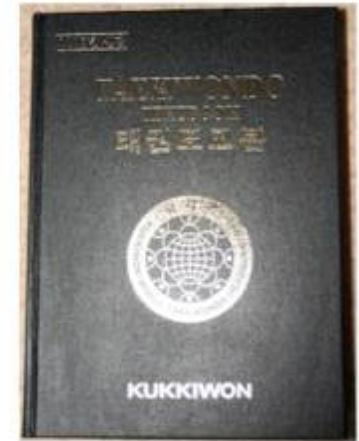
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Deadline extended to 22nd May