



# Taekwondo Chung Do Kwan Great Britain Newsletter

**September 2010  
Volume 1**

**Patron**

Grandmaster Vincent Cheong  
(9<sup>th</sup> Dan)

**Officers 2010/11**

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Master Lindsay Lawrence  
(7<sup>th</sup> Dan)

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(7<sup>th</sup> Dan)

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**Tournament Coordinator**

Master Graham Jones  
(6<sup>th</sup> Dan)

**Publicity**

David Honey  
(2<sup>nd</sup> Dan)

**Contact us:**

[sec@chungdokwan.org.uk](mailto:sec@chungdokwan.org.uk)

**TCGB Website:**

[www.chungdokwan.org.uk](http://www.chungdokwan.org.uk)

**It's back!** The Taekwondo Chung Do Kwan GB Newsletter is making its long awaited return. As publicity officer, I wanted to re-open this means of communication between TCGB members and provide you with the chance to inspire others. It is hoped that the newsletter will provide news, views, technical articles and event information on a regular basis to all members. However, to make this possible we need to hear from you! This could include reports on seminars and competitions attended, trips abroad (preferably Taekwondo related) or even a detailed self defence technique you would like to teach others. A selection of your finest Taekwondo photographs to accompany your article are also highly encouraged!

Previous editions of the newsletter were released quarterly. Therefore, in order to release the next volume before Christmas, please email your articles/photos by the end of November ([sec@chungdokwan.org.uk](mailto:sec@chungdokwan.org.uk)).

Happy reading, get writing and enjoy your Taekwondo training!

*David Honey*

*TCGB Publicity Officer*

## **A quick word from the TCGB President**

Firstly, I'd like to thank David for resurrecting the Chung Do Kwan GB newsletter! In the past the newsletter has been an excellent forum for instructors and students to share club news, but also for other Taekwondo ideas to be shared. The committee and I fully support David in this and hope that we can continue to communicate with members in this format.

Following on from the communication theme, the association has organised a seminar-workshop on 30<sup>th</sup> October to give association members the opportunity to meet each other and train together in an environment that is not pressured by a grading or competition. We expect a good turnout, and I would like to highlight to students and instructors alike the benefits of taking up such opportunities. It was very apparent when I trained with the Turkish team in April and on my visit to Korea in June 2010 that we as instructors have to keep learning and improving our skills and techniques as Taekwondo is forever evolving.

Chung Do Kwan GB is a close knit group and we pride ourselves for being open, fair and supportive to our instructors and student members and, therefore, we hope that you can see the benefit in having a newsletter and will contribute to future editions.

Best wishes,

*Master Lindsay Lawrence*

*TCGB President*





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The date and venue for the upcoming TCGB Dan grading has been confirmed. Please ensure all applications are completed and returned in plenty of time. All students wishing to participate must attend the pre-Dan grading seminar.

## **Pre-Dan Grading Seminar**

Sunday 21<sup>st</sup> November  
2010 - West Totton  
Community Centre  
11am - 2pm

## **Dan Grading**

Sunday 5<sup>th</sup> December  
2010 - West Totton  
Community Centre  
10am - 1pm

The TCGB National Championships will once again be held at Bracknell Leisure Centre, Berkshire on **Saturday 19<sup>th</sup> March 2011**. Entry packs will be sent to instructors nearer the time.

## **A date for your diary...**

TCGB are in the process of organising an 'all-in-one' seminar for its members on **Saturday 30<sup>th</sup> October 2010**. All grades and ages welcome! Senior instructors will hold several workshops throughout the day covering poomsae, self defence and sparring.

**Time:** 11am - 4pm (registration from 10.30am)

**Cost:** £10 per participant

**Venue:** Main Sports Hall,  
Swanmore College of Technology,  
Swanmore,  
Southampton, SO32 2RB

There is plenty of parking on-site, but limited opportunities to buy lunch! Best to bring your own refreshments. Further details will be emailed to instructors shortly!

## **Dan Grading Promotions**

Congratulations to the following students that successfully gained promotion at the recent TCGB Dan gradings:

### **June 6<sup>th</sup> 2010 - Kingston**

1<sup>st</sup> Dan - Grace Smith  
1<sup>st</sup> Dan - Aisha Minopoli  
1<sup>st</sup> Dan - Hiba Shibu  
1<sup>st</sup> Dan - Amber Abrahams  
1<sup>st</sup> Dan - Sian Reilly  
1<sup>st</sup> Dan - Jasmine Bailey  
1<sup>st</sup> Dan - Janusha Jegadeesh  
1<sup>st</sup> Dan - Yasmin Ali  
1<sup>st</sup> Dan - Caera D'Arcy  
1<sup>st</sup> Dan - Georgia Cole  
1<sup>st</sup> Dan - Sabrina Jones  
1<sup>st</sup> Dan - Tasneem Tawil  
1<sup>st</sup> Dan - Joseph Pugh  
1<sup>st</sup> Dan - Daniel Shani  
1<sup>st</sup> Dan - Matteo Maneschi  
1<sup>st</sup> Dan - Ben Yallop  
1<sup>st</sup> Dan - Stephen Keating  
2<sup>nd</sup> Dan - Katja Schnaubert  
2<sup>nd</sup> Dan - Anna Morris-Jones  
2<sup>nd</sup> Dan - Sanjiv Sharma

2<sup>nd</sup> Dan - Sachin Sharma  
2<sup>nd</sup> Dan - Joel Bird  
2<sup>nd</sup> Dan - Andrew Morley  
3<sup>rd</sup> Dan - Gary Cole  
3<sup>rd</sup> Dan - Elfred Carr  
5<sup>th</sup> Dan - Stephen Aldis

### **June 13<sup>th</sup> 2010 - Scotland**

1<sup>st</sup> Dan - Nicola Gaimster  
1<sup>st</sup> Dan - Jack Currie  
1<sup>st</sup> Dan - Daniel Gaimster  
1<sup>st</sup> Dan - Brandon Jeffrey  
1<sup>st</sup> Dan - Kenneth Grant  
1<sup>st</sup> Dan - Kieran Campbell  
1<sup>st</sup> Dan - Jordan Tait  
1<sup>st</sup> Dan - Andrew Kidd  
1<sup>st</sup> Dan - Kevin McNab  
2<sup>nd</sup> Dan - Nicole Wright  
2<sup>nd</sup> Dan - Alison Whyte  
2<sup>nd</sup> Dan - Anne Moore  
2<sup>nd</sup> Dan - Colin Munro

The examiners were delighted by the high standard of Taekwondo exhibited during both gradings. We hope you enjoyed the experience and look forward to seeing you at future Dan gradings and TCGB events!



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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.

facebook

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

Contact Ki directly for special deals for TCGB instructors.

[www.kico.co.uk](http://www.kico.co.uk)

Ki

## Powerhouse Summer Training Seminar

On Saturday 17<sup>th</sup> July, Powerhouse TKD club hosted its summer training seminar. This was a special extra training session for all our students along with members of other local clubs. The first two hours were for all grades and ages, followed by an additional hour for blue belts and above.

There were over thirty members of TCGB at the seminar including members from Powerhouse TKD, Southampton University, Portsmouth University and Southampton City clubs; and ranging from 9<sup>th</sup> Kup to 5<sup>th</sup> Dan. It provided the chance to meet and train with members of other clubs and a lot of those attending used it as a useful extra session before their trip to the Hungary training camp. The main Instructor for the seminar was Master Pat Donnelly, and after a vigorous warm up, the seminar included various technical aspects of TKD, sparring drills and patterns.

Three hours went by too quickly, and we are looking forward to our next seminar. Powerhouse usually holds Saturday seminars a few times a year. Sometimes these are all grade seminars, and sometimes they are restricted to higher grades. They provide a fun way to focus on aspects of TKD that may not be regularly covered in lessons, and also an opportunity to train with people from different clubs.

*By Tessa Philpott,  
Powerhouse Taekwondo Club*

## Grandmaster Park Hae Man Seminars

On March 26/27<sup>th</sup> 2010, TCGB hosted two seminars led by Grandmaster Park Hae Man (10<sup>th</sup> Dan) of Chungdokwan Korea. Students were treated to a comprehensive assessment of the WTF poomsae from the creator of numerous Taekwondo patterns. It was a wonderful chance to train and meet one of the principal members of our school of Taekwondo. TCGB would like to thank both St Katherine's Taekwondo Club and Overton and Basingstoke Taekwondo Club (OBT KD) for hosting the two seminars.





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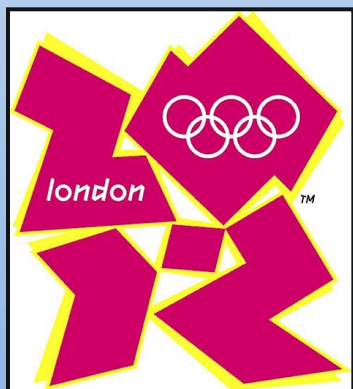
## Volunteer for the London 2012 Olympics Games

Do you fancy helping to make the upcoming London 2012 Olympic Games a success?

Since **Wednesday 15<sup>th</sup> September 2010**, the chance to register your interest to volunteer has been open. It is likely to be very popular so try to register your interest early.

For more information, see the official London 2012 Olympic Games website:

[www.london2012.com](http://www.london2012.com)



## LLTKD Trip to Korea 2010

From my experience, one of the biggest goals for a student of Taekwondo to achieve is to train in Korea. And this is something, along with eating plenty of Bulgogi (marinated and grilled sliced beef), shopping at the Kukkiwon and being challenged to drinking contests by senior masters, that six of us from the Kingston University Taekwondo club did in June this year.

A few of us in the club had been talking about arranging a trip to Korea for some time, so when I received a few definite "yes" replies, I set to booking our flights. Our criteria for the trip was to experience Korea - and to do some training, so in our 10 days we had sessions which included training with the Sang Myeung University team, a private seminar from Grand Master Park, a visit to a club dojang (and being showed up by 6 year olds), being special guests at a poomsae competition, spectators at the Seoul Regional Schools Championships held at the Kukkiwon, as well as being able to visit the tourist areas, a high-end department store, a water park and climb a mountain in Seoul.



We were fortunate to start our trip by visiting GM Park at the Chungdokwan International Headquarters, a stone's throw from the Kukkiwon and being introduced to GM Uhm, President of Chungdokwan International and former President of the Kukkiwon. We all felt pretty special when we saw some of the photos of famous faces on the walls - and meet the man whose signature was on our Kukkiwon certificates.

Through GM Park, we were introduced to the Sang Myeung University Taekwondo team and allowed to train with them. The campus is at the top of a very steep hill and at one stage we weren't sure if our mini-van would manage the steep climb as it started rolling backwards!

The Sang Myeung team have recently won some major competitions in Korea and their summer training programme involves two 2-3 hour sessions a day, six days a week. It was an eye-opening experience. The students' movements were so smooth and accurate, and they have effortless flexibility and impossibly large calves. They were very respectful and made us welcome - even though I'm sure they felt that some of us were getting in the way!



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3<sup>rd</sup> BTCB British A-Class  
International Taekwondo  
Championships

Saturday 25<sup>th</sup> and Sunday  
26<sup>th</sup> September 2010

The Regional Arena,  
Rowsley Street  
Sportcity,  
Manchester, M11 3FF

Daedo electronic body  
protectors will be worn by  
all senior players. Check  
the BTCB website for  
further information.



We also spent 3 hours at a club dojang; something I was interested in seeing in terms of how the youngsters are 'bred'! The dojang was in a school with the Taekwondo classes running every day. Each of the different age groups had about an hour's session, and we were told that each student was expected to master a technique before they would be taught a new one.

As Korean summers are known for being hot and humid, most of the students were not wearing a dobok (the same was true at the University) and so it was made even more clear just how flexible and precise the students were in their movements. It was also funny to see very young students performing poomsae such as Keumgang, but it made me wonder if, by the age of ten, you know all the poomsae, your kicks are good enough to demonstrate a perfect side kick as high as your head, and you can spar, how much more is there to keep you interested and Taekwondo fresh?



All of us on the trip have been training for a reasonably long time and Taekwondo is a big part of all our lives so the visit meant a lot to everyone who went. When you achieve a goal, especially one that you have wanted to do for some time, it means a great deal. The trip gave everyone a chance to see what Seoul is about without being in a dojang all day and to also get a slight glimpse into what Taekwondo life is like in the country where Taekwondo originated. Even Master Lawrence; who had been to Korea three times before said he had not had such a variety of experiences in Korea before.

I would say that our trip was hugely successful and that we have all learnt something new from it. Our appetites were certainly whetted and I'm sure it won't be our last trip to the birthplace of Taekwondo.

By Lindsey Bell,  
LLTKD and Kingston University





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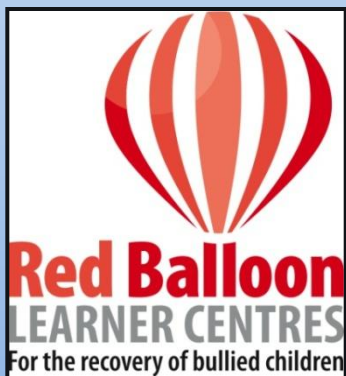


Has your club recently changed contact details or made a new website? Do you now train at different times or at a new venue?

If so, email us and we will update the database  
[sec@chungdokwan.org.uk](mailto:sec@chungdokwan.org.uk)

Over £200 was raised for the Red Balloon Learner Centres charity at the 2010 TCGB National Championships.

Thank you to everyone that contributed through buying raffle tickets and donating prizes!



## The 6<sup>th</sup> Annual Hungary Fight Camp

In early August 2010, university students from the UK, Greece, Austria and Switzerland attended a summer Fight Camp in Hungary for another instalment of Taekwondo in the sun! Having attended each of the five previous camps, this has become something of a routine for me. Fly into Budapest, soak up some rays and relax in the thermal baths before punching, kicking, running and screaming my way through a week of gruelling exercise. A slightly alternative summer holiday I have to agree...



Morning fitness and flexibility training ensured a bright and early start to each day as everyone reported for duty at 7am sharp. The lunchtime and afternoon sessions were a further two hours each of basic techniques, poomsae, pad work and sparring. In all honesty, we may as well have jumped into the nearby lake after every session, that's the measure of how much we sweated. *Hmmm... Lovely!* However, unlike previous years, students had the added pleasure of training with Olympic Gold medallist Master Moon Dae Sung, Korea (pictured below with Master Tamás Lányi, Universum Taekwondo, Hungary). A fantastic athlete and extraordinary ambassador of Taekwondo, students relished the chance to train with such a high-profile figure. Kicking with every ounce of energy left in our bodies, we ended each session completely drained, but with smiles on our faces.

It is not only the training that leads to the success of the camp. There were a multitude of activities to fill the hours around taekwondo, including volleyball, table-tennis or simply lazing about by the lake. The camp concluded with a farewell party, complete with karaoke, to celebrate another successful year on the continent. Needless to say, I will be travelling to Hungary again next year for another episode of hardcore taekwondo training. Bring it on!

*By David Honey,  
University of Southampton Taekwondo Club*





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## **Dorset Taekwondo Championships**

Sunday 24<sup>th</sup> October 2010

Littledown Centre,  
Chaseside,  
Bournemouth,  
BH7 7DX

The closing date for entries is Saturday 16<sup>th</sup> October 2010. Entries can be submitted via the following website:

[www.ma-regonline.com](http://www.ma-regonline.com)

Further information (times, cost, categories) can also be accessed via the above website. Competitors and coaches must have a valid BTCB license with them on the day of the event.

Do you or your students plan to compete in the above event? Yes...?

Let us know how you got on! Email your report to us by the end of November to feature in the next edition of the TCGB Newsletter

## **Fulfilling a late Master's wish... The Korean Festival**

Back in 2005, I travelled up to London with a small group of Southampton University students to support Master Suh Ki Young's demonstration team. The show consisted of 540° aerial kicks, concrete/wood breaking techniques, women's self-defence against male attackers, synchronised patterns, a nunchuck pattern by Master Na and a taekwondo stick fighting pattern by another Master. In addition, Trevor Page (Bucks New University) displayed the Taekwondo inner strength and spirit gained through training and conditioning by having numerous large wooden rods smashed over his forearms, legs, stomach and back. To finish the demonstration, Master Suh performed 'Chongkwon' (Heaven) to traditional Korean music.

The taekwondo demonstration was one of the best I have seen in England and many members of the Korean residents organising committee personally thanked Master Suh for such a great performance. In 2009, Master Suh and I were walking (lost...) through a Hungarian forest on a very hot summer's day. He mentioned to me that he would not be attending the Hungary Summer Camp the following year because he wanted to support the Korean Independence Day celebrations in Kingston as he knew how much this special day means to the Koreans living in London. Unfortunately, as many of you will know, Master Suh passed away earlier this year, shocking everyone who knew him.



To honour his memory, I attended the 13<sup>th</sup> Korean Festival 2010 marking 65 years of Korean independence, because I knew Master Suh would have been there himself. Even though personally I felt a duty to go for Master Suh and that it would be a sad day for me, that all changed when I arrived at the Fairfield Recreation Ground, Kingston, London. As always, there is free entrance/parking on-site, numerous sights to see such as traditional Korean dress and the British/Korean veteran's parade, the largest Korean flag you can imagine proudly displayed behind the main stage, as well as lots of tasty Korean food to try!



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The stage was busy all day with a large variety of entertainment ranging from traditional Korean dancers, traditional Korean musicians playing instruments I cannot even begin to describe ( a cross between a violin and a piano) and, of course, the traditional Korean drums. There were also modern events such as performances from the Korean B-Boy and hip-hop dance crews, which all the kids loved and generated the largest cheers.

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## Suggestions for your newsletter article...?

- Review your favourite martial arts movie
- Have you been to any special Taekwondo events recently?
- Discuss a stretch tailored for a specific kicking technique (photos)
- A recent technical seminar you attended (UK or abroad)
- Are you excited about the Olympics Games coming to London in 2012?
- Describe the application of a self-defence move

For the martial artists, there was sadly no Taekwondo demonstration due to Master Suh's passing. However, there was a Hapkido display by Master Sung's Hapkido School, including breathing techniques, locks and throws, knife/gun defence, women's self-defence and, to finish, Master Sung defending himself against two aggressors.

So with a photograph of Master Suh in my coat pocket and sad thoughts vanishing quickly, the highlight of the festival for me was when two elderly ladies from the crowd got up in the middle of a traditional Korean music performance and started dancing. Instead of being asked to sit down, the Korean comedian who was standing at the back of the stage invited them both up onto the stage. They gladly accepted to the delight of the whole crowd who were all laughing and clapping. This was the Korean spirit I had been waiting to see, and I know if Master Suh was there he would have been laughing his head off too (R.I.P.).

*By Master Vince Collins,  
University of Southampton Taekwondo Club*

## A closing message

I hope you have enjoyed reading this re-discovered pastime and have been motivated by the diverse array of Taekwondo opportunities that are out there. However, this is hopefully just the start! To continue offering this method of communication, we need an assortment of reports from all corners of our association. Whether you are an instructor or student, beginner or mature practitioner, we want to hear from you! The next volume of the TCGB Newsletter is expected before Christmas so please send us your articles by the end of November ([sec@chungdokwan.org.uk](mailto:sec@chungdokwan.org.uk)).

***Thank you for reading and we look forward to hearing from you!***

The World Taekwondo  
Federation (WTF)



[www.wtf.org](http://www.wtf.org)