

TCGB Newsletter

February 2012

Volume 6



Happy Birthday TCGB

30th Anniversary (1982 - 2012)

The year 2012 marks the 30th anniversary since the foundation of Taekwondo Chungdokwan Great Britain. It is a fantastic achievement and we would like to thank our members for all your support over the years. We hope you will join us for a special two-day National Championships (Saturday 31st March and Sunday 1st April) and continue to enjoy your Taekwondo training as proud members of TCGB.

Where on earth did 2011 go? For that matter, what about January 2012 as well? Apologies for not making this newsletter available sooner (*a bit short on content... get writing!*) but I hope you enjoy reading this issue. Read all about the fun-filled TCGB 'All-In-One' Seminar in Swanmore, the BTCB Referee Course held in Manchester and a volunteers perspective from the Olympic Taekwondo Test Event in London. Also, the results from the December Dan Grading are published and news from the recent annual general meeting.

Please help to maintain the newsletter by submitting your articles on all things Taekwondo-related. Competition reports, charity events or just a few words about why you love Taekwondo are very much welcome. This is a great way to communicate with different members of the association and inspire others. Send your articles to publicity@chungdokwan.org.uk by the beginning of April to feature in the next issue (to be published just after the TCGB National Championships).

I look forward to seeing you all at various events this year!

David Honey,
TCGB Publicity Officer

30th Anniversary Mugs!

The association has produced a limited edition mug in celebration of its 30th anniversary. Mugs will be on sale at all TCGB events at a cost of £5 each. However, we only ordered a limited number so buy yours ASAP to avoid disappointment. Once they are gone, that's it!



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 (4th Dan)

Publicity

David Honey (3rd Dan)

Education

Natalie Mestry (1st Dan)

Contact us:

sec@chungdokwan.org.uk

TCGB Website:

www.chungdokwan.org.uk



Dan Grading Results - December 2011

On Sunday 4th December 2011, students from throughout the association undertook the TCGB Dan grading in Totton, Southampton. The panel of examiners were very pleased with the standard of Taekwondo on display and appreciate the immense effort put in by all participants. The following members were successfully promoted:

1st Dan - Sivanusha Sivakumar

1st Dan - Tasha Fullbrook

1st Dan - Amy Flavell

1st Dan - Kerry-Joanne Reilly

1st Dan - Heena Shah

1st Dan - Danial Tong

1st Dan - Yassine Saidoune

1st Dan - Edward Jones

1st Dan - James Rate

1st Dan - Tom Griffiths

1st Dan - Kai Loet Kwong

1st Dan - Michael Nathan-Pepple

1st Dan - Niño Heveron

2nd Dan - Samuel Havard

2nd Dan - Sheng Yuen Yau

3rd Dan - Robert Murphy

3rd Dan - John Sztuka

4th Dan - Stephen Butlin

5th Dan - Mark Anderton

'Like' us on Facebook

Remember to keep checking the new TCGB Facebook Page for regular updates. Search '**TCGB**' and like the page today to receive regular updates in your news feed.

We hope the new page will provide a quick and easy way for us to keep in contact with you. If you have any questions or comments, please feel free to post them on the page wall.

facebook

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

www.kico.co.uk

Ki



TCGB Annual General Meeting 2012

The TCGB AGM 2012 was held at the University of Southampton on Sunday 29th January. Students and Instructors from various association clubs attended to discuss matters surrounding the group, consider general Taekwondo issues and renew friendships. Presidential and treasury reports highlighted that the association is financially stable and continuing to grow in numbers. The calendar for 2012 was discussed and will consist of two Dan gradings and pre-Dan grading seminars (dates agreed), another 'All-In-One' seminar, a celebration event for the 30th anniversary of the group and, of course, the two-day TCGB National Championships.

The election of committee roles saw Grandmaster Mark Biddlecombe, Master Michael King, Lindsey Bell, Stephen Butlin and David Honey remain in their current roles (see page 1 for positions). In addition, Natalie Mestry was elected as Education Officer. The committee would like to thank those that attended and wish you all the best in your Taekwondo training in this special year for TCGB.

Volunteering at the Taekwondo Olympic Test Event

The Taekwondo Test Event for the London 2012 Olympics Games was held at the Excel Centre on Saturday 3rd and Sunday 4th December 2011. International teams including Great Britain, Korea, Iran and many others were invited to compete in this practice exhibition, held at the actual venue of the Olympic Taekwondo event in the summer. The competition provided an opportunity for organisers to address any operational issues and for volunteers to familiarise themselves with their roles. Back in 2010, I signed up to be a volunteer for London 2012 and didn't really think too much more about it. However, after being involved with the Taekwondo Test Event and observing first hand what happens behind the scenes, I'm glad I did.

Volunteers reported for duty the day before the competition started and were given a tour of the venue and met their supervisors. Admittedly, my role was not the most entertaining, but I did get to meet loads of what I consider 'big names' in the world of Taekwondo. Firstly, I had the privilege of working with Master Ky-Tu Dang (pictured below) who was also volunteering. Having been involved with Taekwondo at the last two Olympic Games (VIP, coaching, etc), he simply explained to us that volunteering was the natural thing to do in London. *What a guy!* I also got to meet twice Olympic Gold Medallist Steven Lopez and his family. Yes, that included his brothers Mark (World Champion, Olympic Silver) and Jean (Team Lopez coach) as well as his sister Diane (World Champion, Olympic Bronze) - an exceptional Taekwondo family and extremely humble people.

When not on shift, volunteers were permitted into the arena to watch the fights. In simple, if the Test Event is anything to go by, this summer will be phenomenal. I was lucky enough to watch all of Aaron Cook's matches (Team GB Olympic hopeful) and he's quite the showman! Very quick, very intelligent and he got the whole crowd screaming and on their feet. There

were many other enthralling contests as well as several high-speed, no-holding-back shows by the Korean WTF Demonstration team. Music was played between matches to keep spirits high as well as during the contests when a player received treatment for an injury - in particular, snippets from Sean Kingston's '*Fire Burning (Somebody Call 911)*' and Dr Dre's '*I Need A Doctor*' were met with groans of laughter from the crowd.

Overall, the event was fantastic and I'm looking forward to being part of the Olympic Games later this year (as long as I get invited...). They really are putting on an extraordinary show to make not only Great Britain, but also the worldwide Taekwondo community proud.

*By David Honey
University of Southampton
Taekwondo Club*



TCGB Dan Gradings

At the recent AGM, the dates for the two TCGB Dan Gradings of 2012 were confirmed. As usual, each grading will be preceded by a pre-Dan Grading seminar. It is highly recommended that students wishing to take the Dan Grading attend these seminars.

Application forms will be distributed to instructors in the coming months for the first grading. Specific venue details will be publicised shortly.

Details of the Summer grading in Kingston, London are as follows:

Sunday 27th May - Pre-Dan Grading Seminar

Sunday 10th June - Dan Grading

The Winter Dan grading will take place in Totton, Southampton:

Sunday 18th November - Pre-Dan Grading Seminar

Sunday 2nd December - Dan Grading



TCGB All-In-One Seminar

For the second year running, Swanmore was host to the TCGB 'All-in-one' Seminar on Saturday 29th October 2011. Building on last years' success, the turn out was great and each student was able to pick and choose what areas of Taekwondo they wished to work on. There were three sessions of simultaneous workshops, each in a separate hall, working on poomsae (patterns), kyorugi (sparring) and hosinsul (self-defence). As we were able to tailor the day to our own needs, I can only write about my own personal experience.

TCGB Website

A selection of photos from the 2011 'All-In-One' Seminar have now been uploaded to the TCGB website.

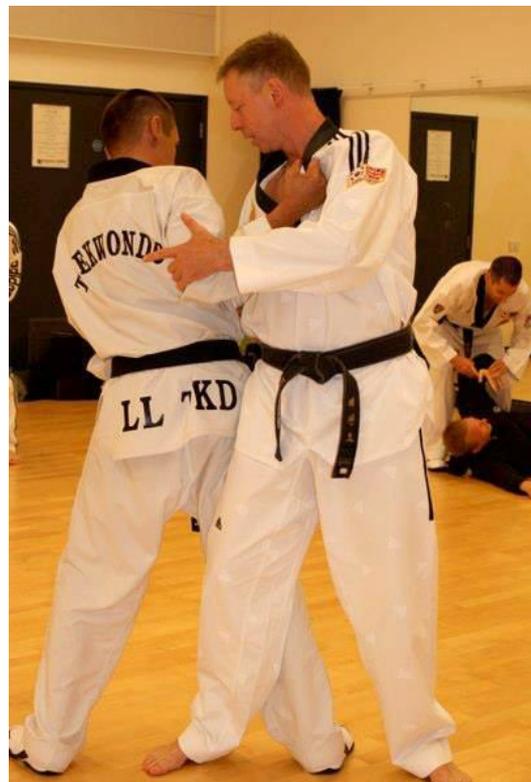
www.chungdokwan.org.uk

In addition, a short video using clips filmed at the seminar has been prepared and can be viewed on YouTube - follow the link from the 'Media' section of the TCGB website. Let us know what you think!

Finally, please ensure that your club information is up-to date on the website (i.e. venue address, contact details, training times, club website, etc)

The TCGB 'All-In-One' Seminar Returns in 2012

Provisionally, the 2012 'All-In-One' Seminar will be held on **Saturday 3rd November** in Swanmore, Southampton. Please note this date in your diaries and we will provide confirmation as soon as possible.



The day started with us all together in the main hall for a light warm up with Master Pat Donnelly. This got our hearts pumping and muscles ready for the day ahead.

I decided to begin with a session of poomsae training. Grandmaster Mark Biddlecombe (TCGB Vice-President) started us off with a few additional stretches before we worked on our basic techniques. Special attention was paid to the target of attack as well as the power of delivery. We then worked on patterns themselves, breaking them up in to sections to be able to focus in manageable chunks. The kup grades performing Taeguk II Jang whilst the dan grades were put through their paces with Koryo.



We adjourned for a brief lunch break where apples and bananas were provided again to make sure our energy reserves were kept up (*thank you Tessa!*). After this Grandmaster Lindsay Lawrence (TCGB President) led a warm up and made sure our vocal chords were working correctly.

Having endured the competition style warm up the previous year I thought this time it was safe to try the sparring workshop in the second slot. *Hmm... I was wrong!* Master Mark Sargeant had us put on body protectors and then subjected us to 'rounds' of exercises. Time slows down and what used to feel like just one minute is now an eternity of doing double/triple kicks. We then moved on to some fantastic pad work before finishing off with two rounds each on the pads. A thoroughly enjoyable session, but one that left me exhausted and dripping with sweat.



For my final session of the day I choose the self-defence class. This is an area that I always enjoy working on and relish learning new techniques. Master Mick King (TCGB Technical Director) oversaw this class but we broke into smaller groups. I thought this was a great idea as it meant more one-on-one time with an instructor to ensure that the techniques were being performed correctly. My group was with Master Steve Aldis, who led us through various locks and holds.

Throughout the day we were also lucky enough to have Natalie Stephenson on site. She is a Chartered Physiotherapist who was providing free 15 minutes physio-MOTs. These were very popular and helpful to both the students and Natalie, as she has been shortlisted for the London 2012 Olympics and was keen to understand the types of injuries Taekwondo practitioners endure. The whole day was brilliant and we were spoilt for choice and I hope that everyone's experience was as good as mine. I look forward to another one next year. Thank you to everyone involved in the organising and running of the seminar.

*By Stephen Butlin,
Powerhouse and University of Portsmouth Taekwondo Club*



Physio Successful in Olympic Games Bid

Congratulations to Natalie Stephenson who has been selected to attend the Olympic Games as an official physiotherapist at the Sailing in Weymouth. As Stephen mentioned in his 'All-In-One' seminar report, Natalie provided free physio sessions to our members and we hope the experience helped.

www.physio-logical.net



The Taekwondo event at London 2012 takes place between Wednesday 8th and Saturday 11th August at the ExCel Centre. In total, 128 athletes (64 male, 64 female) will compete for medals in 4 weight divisions. A knockout systems will be used to determine gold, silver and bronze medals.



BTCB Class 2 Centre Referee Course

Shi-jak (begin).

Over the weekend of January 14th and 15th 2012, more than fifty BTCB members from around the country travelled to Manchester for the two-day Class 2 Centre Referee Course. The course was open to newbie's (*like me...*), experienced refreshers and those wishing to complete their Class 3 Corner Judge qualification (only one-day). The 5 hour train journey was one of apprehension as I wasn't sure what to expect other than aching arms and strained vocal chords. Both were true... and I loved it!

At registration on the Saturday morning, it was relieving to see so many familiar faces amongst the group. The Taekwondo Chungdokwan Great Britain contingent was visibly evident with students from Powerhouse, LLTKD, Southampton University and from as far as Jersey Chungdokwan Taekwondo (*great effort from Andy Prime and his student*) in attendance. The course was run by International Referees Brian Tilley (BTCB Referee Chairman) and Chris Codling (BTCB Chief Referee). There were also a number of other International and Class 1 Referees in attendance to answer any queries.

Brian and Chris started by welcoming us to the course and outlining the structure of the weekend. Then without any delay, we got straight down to business with numerous PowerPoint slides on WTF rules, conduct and the responsibilities of a Centre Referee. There was so much information we had to absorb. What kind of kicks (...and punches) are legal. The number of points awarded for different techniques. Safety equipment (WTF approved) that must be worn by competitors. The different ways a player can win the contest (e.g. points, KO, withdrawal, etc). Procedure for when the scores are level at the end of sudden death (superiority). How the referee and corner judges should walk out onto the ring. What the ring layout should be (i.e. position of coaches/judges, size of the ring, etc). As you can imagine, there was quite a lot to take on board.

If that wasn't hard enough, we also had to understand, differentiate and remember the various punishable offenses. These include **Kyong-go's** (warning, 1/2 point deduction) and **Gam-jeom's** (1 point deduction). In my opinion, this was the most challenging aspect as, for instance, the severity of the offence can influence the caution awarded. And this was just the theory; the practical aspects were still to come! The day ended with a buffet dinner in the hotel followed by a question and answer session. This was a really useful gathering. When a question was asked, it was apparent many others were wondering the exact same scenario. What happens if points are awarded directly after an offence (e.g. kick low, then score to the body)? We even discussed what happens if both players get knocked out at the same time. Bizarre I know, but apparently it happens every so often!

The second day commenced with our theory assessment. This was a written examination (45 minutes) consisting of short-answer questions. Complete silence ensued whilst we all (probably not the refreshers to be fair...) searched through our brains trying to remember all the rules we had been taught the previous day. Frantically reading the questions and jotting down answers, the time went by so quickly. Pens down. **Shi-gan** (Stop the clock).

Hungary Fight Camp

The dates for the 2012 Hungary Fight Camp are Monday 30th July to Sunday 5th August. The camp takes place on the southern shore of Lake Balaton, the largest inland lake in Central Europe. If you are interested in attending, please contact Grandmaster Lawrence.

The camp is organised by Master Tamas Lanyi (lanyitomi@gmail.com). Master Tamas is an International Referee and chief instructor of the Universum Taekwondo Club in Budapest.



The cost of the camp is £150 which includes your accommodation, three meals a day, Taekwondo training and travel to the camp from Budapest. Flights to Hungary and your time in Budapest is not included in the price.

Kye-sok (Continue). Once the exam was over, it was straight onto the practical exercises. Wearing our doboks, we lined up and began working through the assortment of hand signals and match procedures. Brian believed that repetition was the most successful method to learn the movements, and it seemed to work. This is where the aching arms and husky voices began to materialise. In next to no time, we were practicing calling players to their position: **Chung** (Blue), **Hong** (Red); getting them to face each other: **Cha-ryeot** (Attention), **Kyeong-rye** (Bow); and into fighting stance: **Joon-bi** (Ready).

We were split into small groups (5 or 6) to act out contests, while Brian and Chris observed our actions. In general, the mock fights were a lot 'dirtier' than would be expected in a real match to make us work on spotting offences and awarding the appropriate punishment. An array of punches to the head and kicking below the belt (*not actually connecting!*) were the most popular. We also went through the video replay scenario, although this is used at competitions well beyond my present refereeing ability.

The course finished with the eagerly anticipated results ceremony. With a great sense of relief and satisfaction, I had passed as a BTCB Class 2 Centre Referee. We posed for a group photo and the course was complete. Now I need to be assessed at an actual competition, after which I will be able to officiate at more events (starting small of course). I had a fantastic weekend and can't wait to get started. Overall, the course was highly-detailed, interesting, interactive and, most importantly, a lot of fun. It is also great news that we now have a much larger pool of newly-qualified Chungdokwan GB referees to call upon for our annual competition.

Keu-man (Stop).

By David Honey, University of Southampton Taekwondo Club



Officiating at the London Open International (follow-up by DH)

On Sunday 5th February 2012, I attended the London Open International in Brentford to be assessed as a Centre Referee. I was fairly apprehensive as the actions of the referee can influence a match, hopefully in the correct and fair manner. I can tell you for sure, it is a lot harder than it looks. There are so many things you need to think about in an instance. I feel the matches I was involved with went well in general, although I was a little rushed at other times. In particular, confidence in the ring is something I need to work on. I can't wait to sign up to another competition and keep learning from experience. Also, when I'm watching on the sidelines in the future, I certainly won't be giving the referee any grief as I know what its like to be in the middle!



Where is the love for Taekwondo...?

With Valentine's Day just around the corner, it is astonishing that nobody has submitted an article for the 'How much do you love Taekwondo?' section of the Newsletter since the July 2011 issue. If you feel like opening up and expressing your love for the Korean martial art, get writing and let it all out.

In the past we've had numerous reports on Taekwondo tattoo's, but don't feel restricted in what you write. Is it physically impossible for you walk about the house without kicking? Have you accidentally bowed when entering a room other than the dojang? Do you have more taekwondo t-shirts and doboks than normal clothes? If so, we want to know about it!





30th Anniversary TCGB National Championships

The 2012 TCGB National Championships mark a significant date in the history of the association: 30 years since it's foundation in 1982. We are expecting international entrants from the worldwide Chungdokwan family as well as several VIP's.

Dates: Saturday 31st March (Juniors, i.e. <18 years old)
Sunday 1st April (Adults and Veterans)

Venue: Bracknell Leisure Centre, Bagshot Road,
Bracknell, Berkshire, RG12 9SE

Volunteers Needed!

As the 2012 TCGB National Championships will be held over two days, volunteers are required to help ensure the smooth running of events. For example, help with the weigh-in, marshalling spectators and assisting VIPs and International guests.

Please let us know if you or any of your students are willing to help during the event - either or both days would be extremely welcome.

Help to Maintain the TCGB Newsletter

Please continue to contribute towards the TCGB Newsletter by submitting articles on all things related to Taekwondo. Reports, competition results, photos or simply promoting an event... send them in!

The next issue will be published straight after the 2012 TCGB National Championships so please email articles to publicity@chungdokwan.org.uk by the beginning of April.

A paper copy of the entry pack has been posted to instructors and an electronic version can now be downloaded from the TCGB website. Detailed information regarding the competition can be found in the entry pack, but if you have any other queries, please do not hesitate to contact us by email (sec@chungdokwan.org.uk).

Entries for the kyorugi (sparring) contests should be made via the website www.ma-regonline.com or posted to Tessa Philpott (TCGB Secretary General). Poomsae (patterns) entry forms and payment must also be posted to Tessa. All competitors must have a valid BTGB license at the time of the competition. If your license is about to expire, please renew in plenty of time. The deadline for entry is **Saturday 24th March 2012**.

NOTE: The deadline will be strictly enforced so please get your entries in early to avoid disappointment. We look forward to welcoming you to the competition and hope you enjoy celebrating the occasion with us and other members of the association. *An opportunity not to be missed!*

TAEKWONDO CHUNGDOKWAN GREAT BRITAIN NATIONAL CHAMPIONSHIPS

