

TCGB Newsletter

July 2011

Volume 4



The Great British Summer Is Here!

After months of false dawns, the sun is finally starting to shine and it feels a bit like summer (I stress... *a bit!*). Once again, TCGB members have been extremely active, with many taking the recent Dan Grading in Kingston and others competing at the 2011 BTCB National Championships in Manchester. Read about both these events as well as another Taekwondo-related tattoo, TCGB links to the Commonwealth Games and a remarkable insight to the history of the association.

A new-look TCGB website was launched recently and to date the feedback has been good. Send any comments, articles and TCGB event photos to publicity@chungdokwan.org.uk if you think they would be suitable for the website. I didn't manage to uphold my aim of publishing this issue in June, but I will strive to have the next issue ready for your consumption in September - please send in your news, we'd love to hear from you.

Have a great summer and see you all soon (*seminar details below!*).

David Honey,
TCGB Publicity Officer

TCGB All-grades, All-ages Seminar

Due to the phenomenal success of the event last year, TCGB are delighted to announce another 'all-in-one' seminar for its members. Students will have the chance to tailor the seminar towards their own personal interests and training requirements. Several senior instructors, including Grandmaster Lindsay Lawrence (7th Dan), Grandmaster Mark Biddlecombe (7th Dan) and Master Michael King (6th Dan), will be providing simultaneous poomsae, self-defence and sparring sessions. Please bring protective sparring equipment and one kick pad per person if you wish to participate in the sparring sessions. If last year is anything to go by, this is certainly an event not to be missed - we hope to see you there!

Date: Saturday 29th October 2011

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

Venue: Swanmore College of Technology,
New Road, Swanmore, Southampton,
Hampshire, SO32 2RB

Cost: £10 per person, £30 for families of 3+



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 (3rd Dan)

Contact us:

sec@chungdokwan.org.uk

TCGB Website:

www.chungdokwan.org.uk



Summer Dan Grading Results

More than 50 TCGB students took the recent Dan Grading on Sunday 5th June at the Tiffin Boys School, Kingston, London. The high number of applications for this grading meant the day finished slightly later than expected. However, despite the wide range of participants, differing in age and initial grade, the standard on display was generally very high for which the examiners commended the students and their instructors.

Congratulations to those students that were successfully promoted (full listing below). For those that were not successful or missed out on this grading, remember that TCGB conduct two Dan Gradings each year. See left column for dates of the next TCGB Dan Grading.

Next TCGB Dan Grading

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.

Instructors Course for TCGB members

The TCGB Committee are aware that numerous association instructors are nearing expiry of their instructor training (valid for two years). Arrangements are being made for this necessary course and the details will be distributed shortly. Information will be emailed to club instructors and made available via the TCGB website once arrangements are confirmed.

Please contact the TCGB Secretary if you have any questions.

• Promoted to 1st Dan:

Ksenia Galogre	Amar Mehta	Craig Pringle
Grahame Knight	Endris Tafilaku	Jessie Jiang
Shriya Mehta	Fabien Adams	Johan Jegadeesh
Branusha Sivakumar	Ritik Parmar	Harish Jeyaseelan
Samantha Walters	Liam Ryan	Christopher Leventis
Sarah Dodd	Dillan Parmar	Anthony Ofori
Lubka Gangarova	Kyal Pindolia	Edward Drinkwater
Katja Wallington	Syafiq Tong	David Hatton
Emma Brenner	Joe Ayley	Sangeethan Thevananthan

• Promoted to 2nd Dan:

Serine Lahmouddi	Amisha Patel	Michaela Smith
Eleanor Hatton	Roisin Lynch	Dominic Shane
Sagida Lahmouddi	Ushma Shah	Luke Hennah
Fatima Lahmouddi	Sarah Preece	Duncan Smith

• Promoted to 3rd Dan:

Judy Marton	Lorraine Leventis	Booker Ogutu
Vanessa Anderson	David Honey	William Williams



How much do you love Taekwondo?

The unrelenting adoration of Taekwondo by TCGB members continues to be demonstrated as newly promoted 3rd Dan Vanessa Anderson reveals the meaning behind her Taekwondo-related tattoo. Do you have another way in which you can highlight your love of all things Taekwondo? Does your fondness for the Korean martial art cause you to randomly punch, kick and block all around the house? I am pretty confident I am not alone in this, although I need a few of you to prove me right - send in your stories!

"I started doing Taekwondo when I was five years old. I saw an add in a window and knew straight away I wanted to do it. As I started getting older tattoos were starting to become "on trend" and I started noticing at seminars the odd Taekwondo tattoo dotted around. I had always been keen on tattoos from a young age. I enjoyed the art behind them... and so from then on I promised myself that on my 18th birthday I would have Taekwondo in Korean tattooed on my back. I took the copy from one of my Kup grade certificates. Everybody always comments on it, and some people say "oh think about when your older, its for life". As far as I see, Taekwondo is my life and I look forward to sharing my stories with all those who ask me."

By Vanessa Anderson, Powerhouse Taekwondo Club



London 2012

Tickets for the London 2012 Olympic Games are now largely sold out, leaving many empty handed and disappointed. Taekwondo was one of the sports with a limited number of outstanding tickets still available in a second round 'first-come, first-served' basis, although these were snapped up quickly too.

There is a slight glimmer of hope for those without tickets, as some may become available this winter as successful applicants can return unwanted tickets at this stage - however, who wouldn't want to go watch Taekwondo at the Olympic Games and return theirs?

The Taekwondo Test Event in preparation for the Games will take place on the 3rd and 4th **December 2011**. If interested, check the official London 2012 and BTCB websites for more information.

www.london2012.com

TCGB to be represented at the Commonwealth Games?

In October 2010, the General Assembly of the Commonwealth Games Federation announced that Taekwondo would be added to the list of sports that are eligible for inclusion in future Commonwealth Games programmes. As a result, students of Jersey (Chungdokwan) Taekwondo now have the potential to represent Jersey in the Commonwealth Games.

In essence, the Jersey (Chungdokwan) Taekwondo club, through its affiliation with the WTF, BTCB and TCGB, and with special thanks to

Grandmaster Lindsay Lawrence and Master Bill Darlington, has constituted BTCB Jersey. The club is now accepted by the Commonwealth Games Association of Jersey as the official and representative body of the sport of WTF Taekwondo across the island of Jersey.

*By Andy Prime,
Jersey (Chungdokwan) Taekwondo*





History of Taekwondo Chungdokwan Great Britain

Having appealed for information about the history of TCGB in the last issue of the newsletter, I am extremely pleased to provide a report from Master Graham Jones - chief instructor of the University of Southampton Taekwondo Club and former TCGB committee member. Master Jones has requested that it is mentioned some dates might be slightly misreported, but these are what he considers the "highlights" of his career in TCGB as one of the founding members of the association. All photographs are courtesy of Master Jones and Andy Prime.

1981 - The group was originally founded 30 years ago by Master Vincent Cheong, an International Instructor and Referee, as well as a former poomsae champion (pictured below breaking 11 tiles with his forehead). Master Cheong acted was the first President of the group, assisted by Steven Lee as Vice-President, Ansar Mahmood as Secretary General and Michael Ling as Treasurer. In addition, Dr Masden Pirie was Publicity Officer who later became an advisor to former Prime Minister of the UK, Margaret Thatcher. Another significant founding member of the association was Shailesh Vara, now an official Member of Parliament for the Conservative Party.



In the early years, TCGB was instead known as the London Division. The group included the current TCGB President Grandmaster Lindsay Lawrence, a former International kyorugi champion and only UK fighter recorded in the Kukkiwon Hall of Fame. In November 1981, the first association seminar was conducted by Master Cheong at the University of Southampton with over 120 attendees.

TCGB on Facebook

TCGB can be found on the social networking site Facebook. Search for '**Chung Do Kwan GB**' and join the group to find more information about upcoming events. You can also view photos from recent TCGB events.

Due to changes on Facebook, the group may experience a few alterations in the coming months.

facebook

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

www.kico.co.uk

Ki

1982 - The first TCGB National Championships were hosted in October 1982 by Master Mahmood of the Bucks Taekwondo Association in Aylesbury, where the tournament was hosted for the next four years.

1983 - In October 1983, the first seminar led by Grandmaster Park Hae Man of Chungdokwan, Korea took place in Stoke Mandeville, Aylesbury.

1987 - TCGB launched the first British Universities Open Taekwondo Championships at Southampton University with Master Cheong as Chief Referee and Tournament Director. In fact, the University Nationals celebrated its 25th anniversary in March 2011 at the Stoke Mandeville Olympic Stadium.



4th BTGB British International Taekwondo Championships

Experienced fighters from around the globe will be descending upon Manchester for this A-class tournament on the **1st and 2nd October 2011**. Electronic body protectors and video replay will be in action to help prepare contestants for future world events.

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

See the BTGB website for further information.



Großmeister Song, Chan-Ho und Sportimex präsentiert

TAEKWON-DO

Vollkontakt

England - Deutschl.

(CHUNGDOKWAN) (Song's T.K.D.)

und Taekwon-Do FESTIVAL

Sonntag, 29.11.'87 ab 16 Uhr

4400 Münster, Halle Münsterland 3



Information und Kartenvorverkauf
Song's T.K.D. Schule
4400 Münster
Friedrich-Ebert-Straße 43-45
Tel. 02 51 / 79 58 55 u. 0 25 01 / 1 67 71
Öffnungszeiten: Mo.-Fr. 15.00-20.00 Uhr

4440 Rheine
Öffnungszeiten: 19-21
Tel.: 0 59 71 / 1 21 17
Öffnungszeiten:
Mo. Mi. Fr. 18.00-21.30 Uhr

4407 Emsdetten
Zentrum Schloss - Str. 19
Tel.: 0 25 72 / 8 92 17
Öffnungszeiten:
Mo. Mi. Do. 18.00-21.30 Uhr

und in den bekannten Vorverkaufsstellen
der Halle Münsterland
Telefon: 02 51 / 6 04 66

Song's Budo-shop
Verkaufsstelle für Sportimex
Fachgeschäft für sämtliche Kampfsportartikel
4400 Münster, Friedrich-Ebert-Straße 43-45
Tel.: 02 51 / 79 58 55
Öffnungszeiten:
Mo.-Fr. 15.00-19.00 Uhr, Mittwoch ab 18.00 Uhr
Eintrittspreis: DM 15,-

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Master Cheong and TCGB Demonstration Team Leader Fred Gaston (pictured receiving a competition trophy from former TCGB Technical Chairman Tony Quigley in 1988) trained up the group's kyorugi tournament squad. The squad were invited to compete in an inter-club tournament and training weekend in Munster (event flyer pictured left), Germany by Master Song Chan Ho. The team were subsequently invited to a tournament in Paris, France hosted by former martial arts film star Master Lee Kwan Young. The TCGB kyorugi squad included current TCGB Vice-President Grandmaster Mark Biddlecombe.

1988 - Led by Master Cheong, instructors from TCGB attended the Seoul Olympic Games in Korea where Taekwondo featured for the first time as an Olympic demonstration event. Members attended the opening ceremony and trained in Korea, Taiwan, Hong Kong and Singapore as they toured the region.

1990 - Billed as the 10 Cities Tournament, the first TCGB International competition was attended by Grandmaster Park and organised by Ebe Ghansah, an Olympic Team member. The competition was a great success, with particularly impressive fights by Spain, Germany, Ireland, France and hosts Milton Keynes, UK. London were the overall winners and the tournament even received publicity in the Sunday Observer.



TCGB Supporting Red Balloon Learner Centres

Master Graham Jones has received a letter of appreciation from the Red Balloon Learner Centres charity for the donation made by TCGB. The charity were extremely appreciative of the generous donation to help their cause in the recovery of bullied children.

"The changes we have seen in Jack have been overwhelming. For the first time in almost 3 years, Jack has started to smile and laugh again which we never thought we would see. He enjoys all his lessons and is very fond of the staff... He feels very supported and his future looks much brighter" -

Quote from Jack's mother

www.redballoonlearner.co.uk



1992 - TCGB played a leading role in the foundation of the British Students Taekwondo Federation, a non-partisan alliance for University Taekwondo students of WTF, ITF and independent clubs. The BSTF has maintained a National Championships for its members and conducts fight camps and overseas training, with the late Master Suh Ki Young leading groups to Korea.

1993 - Robert Kampta and Graham Jones took a group of 10 students to Singapore for the first Global Chungdokwan International Championships. The competition was hosted by Master Stephen Koh, President of the Singapore Taekwondo Gymnasium. Eleven nations participated in total, with the Great Britain team including Mark Biddlecombe and Vince Collins. With Master Cheong working in the region and pulling the strings, this was seen as an opportunity to set a challenge for all members and to unite and strengthen the group. It also helped to propel the team forward as Great Britain was chosen to host the event the following year.

1994 - TCGB hosted the 2nd Chungdokwan International in London with 10 teams taking part, including two from Korea. Southampton-based Colin Graves fought ferociously to make the finals, finishing runner-up to his American rival. Argentina won the competition overall with a string of strong performances.

Over the proceeding decade, TCGB continued to send teams to the Chungdokwan Internationals all around the world. The tournaments were held in a wide variety of locations, including Argentina, Italy, Australia, Spain, USA and, once again, in Singapore (2004).



1997 - The above photograph is of Great Grandmaster Lee Won Kook, commonly recognised as the founder of Taekwondo. He was the instructor of General Choi Hong Hi, the former head of the ITF who was said to have originated the name "Tae Kwon Do". The photograph shows Grandmaster Lee demonstrating a back-stance knife hand block (with Grandmaster Park in attendance). When the photograph was taken at the 1997 Chungdokwan International in Washington, USA, Grandmaster Lee was 93 years old!

2001 - 2004 - TCGB were invited by the Korean Taekwondo Association of America to compete in Detroit, USA. The team won a total of 10 medals at the competition. This included notable results in poomsae for Stephen Butlin (gold) and individual awards for Lynne Firth and Gerry Reilly (silver).

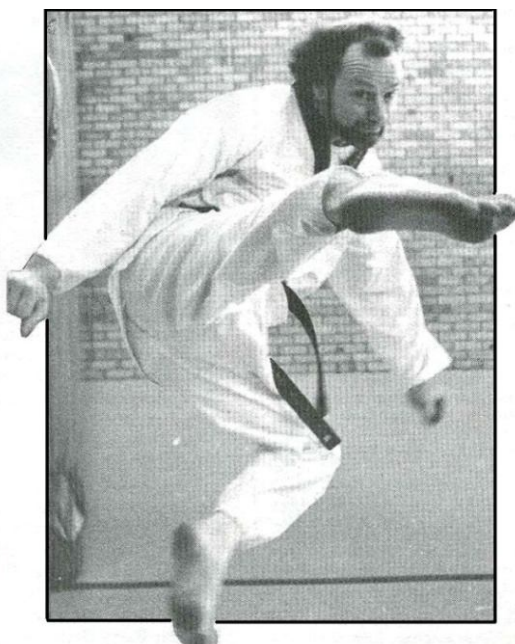


Having been part of the first Chungdokwan Internationals, TCGB members were enthusiastic participants in the event every year, attracting new younger members to come forward to play a key role in the continuation and growth of Taekwondo. This was reaffirmed in 2004 when Singapore once again hosted the competition, allowing the team to meet Grandmaster Park. The TCGB team was one of the biggest at the event with nearly 20 participants competing in both kyorugi and, for the first time, poomsae.

2005 - TCGB was first invited to the International Training Camp in Hungary by former TCGB member Andrew Dorrian in 2005. Many students have attended every year since and benefited from instruction of Grandmaster Lindsay Lawrence, Master Pat Donnelly and Master Vince Collins. In 2011, with over 100 students present, Olympic gold medallist Master Moon Dae Sung of Korea was also in attendance.

Top: Master Jones and Grandmaster Park watch on as Grandmaster Lee signs certificates. Right: Master Jones performing a jumping side kick.

*By Master Graham Jones,
University of Southampton Taekwondo Club*



TCGB Club Details

Please check your club details on the new-look TCGB website to help us keep our records up-to-date. In particular, specific addresses (including post code) for all club venues will help map exact training locations. We have sporadic enquiries about where students can train and it helps to be able to direct them towards clubs near to them.

Grandmaster Park Hae Man Seminar Series

On Wednesday 13th and Thursday 14th April 2011, TCGB hosted two training seminars with the world-renowned Grandmaster Park Hae Man (10th Dan) in Basingstoke and Kingston, respectively.

Both seminars were well attended by students and instructors, with everyone benefiting from the tuition of one of Taekwondo's most senior figures today. TCGB would like to thank OBTKD and LLTKD for hosting the events.



Congratulations St Katherine's Taekwondo Club

Many TCGB students participated at the BTCB National Championships in Manchester on the 18th/19th June 2011. Dan grades competed on the Saturday whilst Kup grades competed on the Sunday at the famous Manchester Velodrome. Special mention goes to St Katherine's Taekwondo Club who finished 3rd in the Sunday competition and 4th overall (*out of 65 teams!*). Led by Master Mark Sargeant, the team gained three golds, six silvers and nine bronze medals to achieve this fantastic feat - congratulations!

We hope to have a full report from St Katherine's Taekwondo Club highlighting this incredible achievement in the next issue of the TCGB Newsletter. Nevertheless, we have an interesting article on the competition from Declan Kiernan, a green-tag (7th Kup) student from the University of Southampton (pictured below, right with instructor Sheena Au Yeung, left), who fought in Manchester.

BTCB National Championships 2011

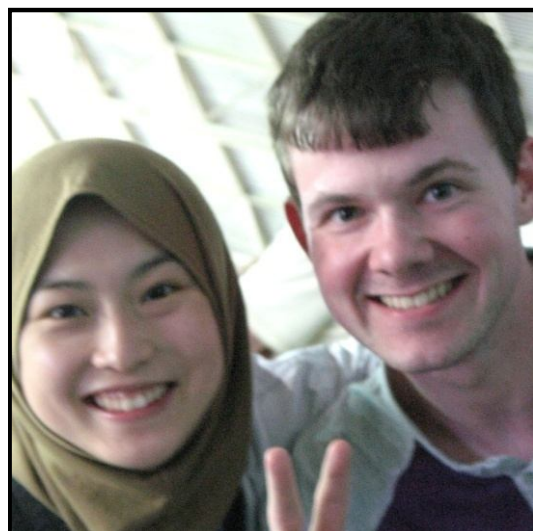
To prepare for the BTCB National Championships in Manchester, I trained six times a week to make sure I was at my peak. I was slightly worried whether I would make my weight at under 68kg or not. I didn't eat or drink on the 4½ hour journey from Southampton which, in hindsight, was silly as I weighed in at 66.4kg and it would have been fine!

The advanced category (red belt and above) was competing on the Saturday, while the novice category competed on Sunday. This meant Saturday was spent meeting people from other Taekwondo clubs and watching my friends and other people fight. It was absolutely amazing to observe the skills on display and it sets the bar for beginners like myself (*it was a good sparring technique stealing session too...!*).

I woke up on Sunday morning to a mixture of fear and excitement. The hours prior to the fight is the most stressful for me because I can't stop thinking about it! My opponent was a red tag and I could tell we were both up for a good scrap - we had a chat before the match and exchanged the usual trash talk and then let the kicks fly. I received a smack in the face from a roundhouse and got a nosebleed, but my coach patched me up and after three rounds the match ended 12-6 to my opponent. It was a good fight and he was a solid fighter so I wasn't too disappointed with the result.

What is probably less advertised in these big events is the opportunity to meet a lot of fantastic people, it's a positive atmosphere and very easy-going. All-in-all, I am extremely thankful I had the opportunity to attend this wonderful event as it has inspired me to improve myself further and I will definitely be attending next year.

*By Declan Kiernan,
University of Southampton
Taekwondo Club*



More of the same please!

A big **thank you** to everyone that contributed to this issue of the TCGB Newsletter. Particular praise goes to Master Graham Jones as I know he spent considerable time trawling through past material to write his timeline of TCGB history.

The next issue of the TCGB Newsletter should be ready at the end of September so please continue to send in your reports. Let us know what Taekwondo activities you are up to during the summer.

A few ideas for your newsletter article...

- Discuss a specific stretching technique
- Express why you enjoy training in Taekwondo
- Review your favourite martial arts movie
- Describe the application of a self-defence move
- Write about a summer training camp/seminar