

# TCGB Newsletter

October 2011

Volume 5



## Less than a year until the Olympics!

This time next year, the London 2012 Olympic Games will be over and new Taekwondo champions will be born. There is an extremely high interest from within the Taekwondo community for our own event and many will either be glued to the television screen or, for those who were lucky enough to get tickets, spending memorable days at the venue itself. I certainly can't wait and believe we will witness a fantastic occasion, showcasing what British Taekwondo is all about.

In this issue, read all about an international Taekwondo exchange program, the 7<sup>th</sup> Annual Hungary Fight Camp and the recent Foreigners Instructor Course in Korea - written in a slightly different style (*you will like it, trust me!*). Plus, find out why 2012 is an extremely significant year for our association... and this time I'm not talking about the London 2012 Olympics! Unfortunately, we don't have a 'How much do you love Taekwondo?' feature in this issue as none were submitted (not even a Taekwondo-related tattoo). Let's make sure we have plenty of tales of Taekwondo love next time - send your articles to [publicity@chungdokwan.org.uk](mailto:publicity@chungdokwan.org.uk) by the beginning of December to feature in last instalment of the year.

I look forward to seeing many of you later this month.

David Honey,  
TCGB Publicity Officer

## TCGB All-grades, All-ages Seminar - Two weeks away!

A quick reminder about the upcoming TCGB 'all-in-one seminar (**Saturday 29<sup>th</sup> October 2011, 11am - 4pm**) where students can tailor their training towards their own personal interests. Grandmaster Lindsay Lawrence and Master Mark Sargeant will be taking the sparring, Grandmaster Mark Biddlecombe will take poomsae and basics and Master Michael King will demonstrate self-defence applications. Remember to bring protective sparring equipment and a kick pad if you wish to participate in the sparring sessions.

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

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



### Patron

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

### Officers 2011/12

#### President

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

#### Vice-President

Grandmaster Mark Biddlecombe (7<sup>th</sup> Dan)

#### Technical Director

Master Michael King (6<sup>th</sup> Dan)

#### Secretary General

Tessa Philpott (2<sup>nd</sup> Dan)

#### Treasurer/Registrar

Lindsey Bell (3<sup>rd</sup> Dan)

#### Tournament Coordinator

Stephen Butlin (3<sup>rd</sup> Dan)

#### Publicity

David Honey (3<sup>rd</sup> Dan)

### Contact us:

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

### TCGB Website:

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



## Foreigners Instructor Course, Kukkiwon, Korea

In July 2011, Grandmaster Lindsay Lawrence (TCGB President), Master Rastra Rai (STTKD) and Lindsey Bell (TCGB Treasurer/Registrar) travelled to the home of Taekwondo for the Foreigners Instructor Course. In a change from the typical newsletter report, the latter has written a fantastic poem to describe their trip... *enjoy!*

**K**ukkiwon Course, we're on our way,  
From many countries we're here to stay,  
For one week of intensive training,  
We all know it will be draining.

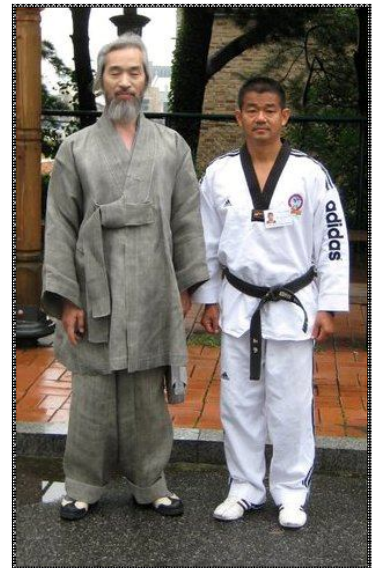
People from countries far away,  
Nepal, Colombia, the USA,  
All here for one thing; a martial art,  
Something so close to our heart.

We want to learn and improve our techniques,  
So our poomsae is not 'unique',  
We come to Korea to learn the Kukkiwon way,  
And make sure bad habits are kept at bay!

Outside, all week, the rain is relentless,  
Sitting in a classroom, we couldn't care-less,  
We're reciting terms like "momtong makki",  
But really we want to practice "dollyo chagi"!

Lunch was served in plastic trays,  
Bulgogi, rice, a banana today,  
We dash from the class to the food block,  
Then back again just after one o'clock.

Eventually we get on to the floor,  
Desperately hoping the classroom's no more!  
My legs feel heavy like a log,  
Is it because of last night's fried dog...?



### 'Like' us on Facebook

Due to enforced changes on Facebook, TCGB have created a new 'page' for the association. Search 'TCGB' and like the page today to receive regular updates.

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

Ki



## Instructors CRB validation sessions

In order to renew an instructors license and insurance, members must submit a CRB check.

CRB validation sessions will be held regularly across the UK by the BTCB. Prior application to attend these sessions is required.

There will be CRB validation sessions at the upcoming TCGB seminar and at the OBTKD dojang (Saturday 12<sup>th</sup> November)

We start from the beginning; strange for some,  
Il jang, ee jang, sam jang and so on...  
With variations in stance and block,  
Looks like we'll be here around the clock!

And for some the days are long,  
After 18:30, the practice goes on,  
Perseverance, self-control, indomitable spirit,  
By the end of the week, we will get it!

We're in our doboks from dawn 'til dusk,  
This is something you couldn't make up,  
"Practice makes perfect" as we say,  
So we keep on going the Kukkiwon way.

But it looks like the efforts do pay,  
Five by five we were tested that day,  
With happy faces and camera clicks,  
We receive our certificates.

The test is over; practical and theory,  
Time for lunch and maybe some beer-y,  
Goodbye instructor course number 23,  
We had a good time, now that's all from me!



## Want to become a new TCGB instructor?

The BTCB has made some alternations to the process of new students obtaining their instructors license. However, as previous, you still need to complete an instructors course and CRB check.

To receive more information , please contact Lindsey Bell - [treasurer@chungdokwan.org.uk](mailto:treasurer@chungdokwan.org.uk)



## OBTKD welcome German Taekwondo team

Over the weekend of the 1st-4th July 2011, Overton and Basingstoke Taekwondo club hosted the 11<sup>th</sup> exchange between the club and KampfKunstSchule Tangun Euskirchen as part of the annual Festival of Sport between Basingstoke and Euskirchen.

Fifteen guests from Germany, led by the chief instructor Klaus Hambach, arrived on the Friday evening to be met by their hosts for a quiet evening – except one, Nathalie Rexroth who despite a 14 hour coach journey from Euskirchen, decided to immediately come down to the club training session - good on you Nathalie.

Saturday morning started with an informal couple of hours of training matches for both poomsae and sparring. The poomsae was played using a flag system to simulate match play. The sparring was conducted under controlled rules with a few OBTKD players loaned to our friends to ensure everyone who wanted a match could have a go. The club was honoured to have a visit from the Mayoral party, led by Basingstoke and Deane Mayor, Cllr David Leeks, during the morning training. It was great to have the Mayor visit the club's dojang and see Taekwondo played in such great spirit.



## TCGB Dan Grading

The next TCGB Dan grading will take place in Totton, Southampton on **Sunday 4<sup>th</sup> December 2011** (12 - 4pm)\*.

A pre-Dan Grading Seminar will also take place on **Sunday 20<sup>th</sup> November 2011** (12 - 3pm, two weeks prior, same location).

West Totton Community Centre,  
Hazel Farm Road,  
Totton,  
Southampton,  
SO40 8WU

It is highly recommended that all students wishing to take the grading attend the seminar.

Application forms have now been sent to club instructors - please contact Tessa Philpott ([sec@chungdokwan.org.uk](mailto:sec@chungdokwan.org.uk)) if you have any questions.

\*Please note that only instructors will be permitted into the examining hall during the grading.



## Olympic Test Event

Many highly experienced fighters from around the world are expected to attend the Taekwondo Test Event for the London 2012 Olympic Games.

Competitors will get the chance to compete at the venue of the upcoming Games - the ExCeL Centre, London. Electronic body protectors will be used by the athletes.

Officials and volunteers will use the occasion to practice their roles ahead of the Olympics Games next year. We would like to hear from anyone who attends this event.

**Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> December 2011**

According to the official London 2012 website, there are still opportunities for 16-18 year olds to apply for Young Games Maker roles during the Olympic Taekwondo event at the ExCeL. Their responsibilities could include liaising with the athletes!

After a short lunch break, we had a second guest of the day, Grandmaster Lindsay Lawrence (7<sup>th</sup> Dan), President of Taekwondo Chungdokwan Great Britain. Grandmaster Lawrence led a fabulous afternoon seminar with the emphasis on improving speed, flexibility and agility. The session was thoroughly enjoyed by all.

Saturday finished with an informal social event and BBQ. A time for relaxing and good conversation - and the drinking of a certain amount of Taekwondo-branded beer.

On Sunday morning, the guests and hosts headed off for a visit to Longleat Safari Park. We were fortunate to be blessed with excellent weather, dry and sunny nearly all day so fun was had by all. Sunday evening finished with the traditional end of event party at Milestones Museum bringing together all the clubs involved with the Festival of Sport.

Monday 7am was time for good-byes as our guests headed back to Euskirchen. It was another really enjoyable exchange visit and next year it will be OBT KD's turn to travel!

*By Master Gerry Reilly,  
Overton and Basingstoke Taekwondo Club*





## The 7<sup>th</sup> Annual Universum Fight Camp, Hungary

The Hungary Fight Camp... the highlight of each year. Whether it would be the case this year was the question on everyone's faces when we arrived to a relatively empty camp. The previous year there had been well over one hundred people and the majority came from English university teams. Now, we were no more than sixty and only thirteen who had ventured from the UK.

We soon realized that quantity is not what makes this camp an annual highlight that people come back to. Rather, it is the special, kind and fun people that you only really get the chance to meet on occasions like this. The camp provides a bubble for everyone to spend time together and get to know each other. We train hard, five hours a day. We play in the water, lay on the beach, hang out in the local pizzeria and do a bit of partying. Perhaps this year's smaller number made it possible to get to know everyone a little better.



Another important question upon arriving at the camp was - who will be training us? The Taekwon Do training is obviously a vital part of the camp and contributes to the camp's highlight status. Previous years the standard has been amazing and we learned that this year was no different. Although the training could have been better coordinated, there is no doubt that it was held by top professionals. Among them was Master Ali Abdoli, who attended despite an injury (pictured in above photos with Laura). The training was excellent and he showed such kindness outside of the sessions.

## TCGB Annual General Meeting - 2012

As with previous years, the 2012 TCGB AGM will take place early in the year - most likely in January. The meeting is used to discuss all issues surrounding the group.

An AGM is most beneficial when more members are present, so please make an effort to be there if possible. This leads to a broader range of opinions and suggestions to help improve group activity. Details of date and venue to be made available soon.

## Dorset Taekwondo Championships

This well-recognised event provides a fantastic opportunity for students of all ages and abilities to obtain more competition experience.

**Sunday 30<sup>th</sup> October**  
(*deadline for entries on Saturday 22<sup>nd</sup> October!*)

Littledown Leisure Centre,  
Chaseside, Bournemouth,  
BH7 7DX



Taekwondo is an important reason for why people at the camp get to know each other so well. It is not only because we see each other a lot and share a common interest. In fact, it is also because we may discover different sides to people, for instance, how helpful, enduring and dedicated they are. Likewise, we may learn these things about ourselves.

After a strenuous week, we have made new friends and learned a lot of Taekwondo. We go home with a pair of iron-legs, great memories and new Facebook friends (*who we actually want to see again!*). Furthermore, we can be satisfied of having made it through the week. These are the reasons why the Annual Hungary Fight Camp has been and still remains the highlight of each year.

*By Laura Gottlieb,  
University of Southampton Taekwondo Club*



### TCGB Website

The new-look TCGB website has been online for a while and we hope you approve of the changes we made. Please keep checking the website for event details and the latest news. Also, please ensure your details are up-to-date in the clubs section.

We would like to continue to enhance the media section with more photographs and videos. If you have any content from past TCGB events, please let us know.

### 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 training seminar you enjoyed



## A big year fast approaching - not just the Olympics!

Rome wasn't built in a day - *and neither was TCGB!* Our association has continued to built on many years of hard work, persistence and experience. I'm sure many of you were just as fascinated as I was whilst reading Master Graham Jones' account of the history of TCGB (April 2011 issue). Of particular importance, it mentioned how the group was founded by Master Vincent Cheong in 1982. Therefore, the year 2012 will mark the 30<sup>th</sup> anniversary of Taekwondo Chungdokwan Great Britain.

The first major highlight of next year will be the TCGB National Championships, traditionally held over a single day. However, to help mark this significant date, the TCGB committee are delighted to announce that the 2012 event will instead take place over two days. This will enable *more* kyorugi matches, *more* poomsae contests and, hopefully, a few special guest appearances.

Throughout Master Jones' report, it was mentioned how TCGB members regularly competed against other international athletes. Therefore, numerous international teams are to be invited to attend, which we hope will provide a unique and memorable opportunity to many of our members. Further details will be made available shortly, with the entry packs to be distributed in the near future.

## “..the 30<sup>th</sup> anniversary of Taekwondo Chungdokwan Great Britain”

One key feature that makes our association so strong is the friendship and respect between our many clubs. We would like to put together a small book looking back over the last 30 years, including all your TCGB highlights. Over the coming months, we will be sending our requests for information and stories about your club. We are not expecting a huge amount of input, but it would be great to hear about how your club was formed, notable competitions your team have attended, individual successes, raising money for charity, Taekwondo trips, etc.

The final document you send to us can be written in any format you wish. It can either be written by one person (instructor/student) or a combination of many smaller entries by different club members. The association has been active for 30 years... there is so much to write about! To help portray your club story, a selection of your finest photographs would be most welcome too. So, like I said... this is going to be a **BIG** year for TCGB!



## We need your help!

To present a successful 2012 TCGB National Championships (two day event), assistance from volunteers will be required. This will include helping during the competition to enable the event to run smoothly. This is particularly important given we hope to have numerous international and VIP guests in attendance. Please let us know if you are willing to help during the event.

## Get your pen and paper out today...!

Thank you to all those who contributed to this issue. As always, it is with your commitment that this newsletter can function. Keep those articles coming in so we can all continue to hear about your Taekwondo activities.

The next issue of the TCGB Newsletter will be published in December so please send your reports - [publicity@chungdokwan.org.uk](mailto:publicity@chungdokwan.org.uk). Don't think about it, just get writing!