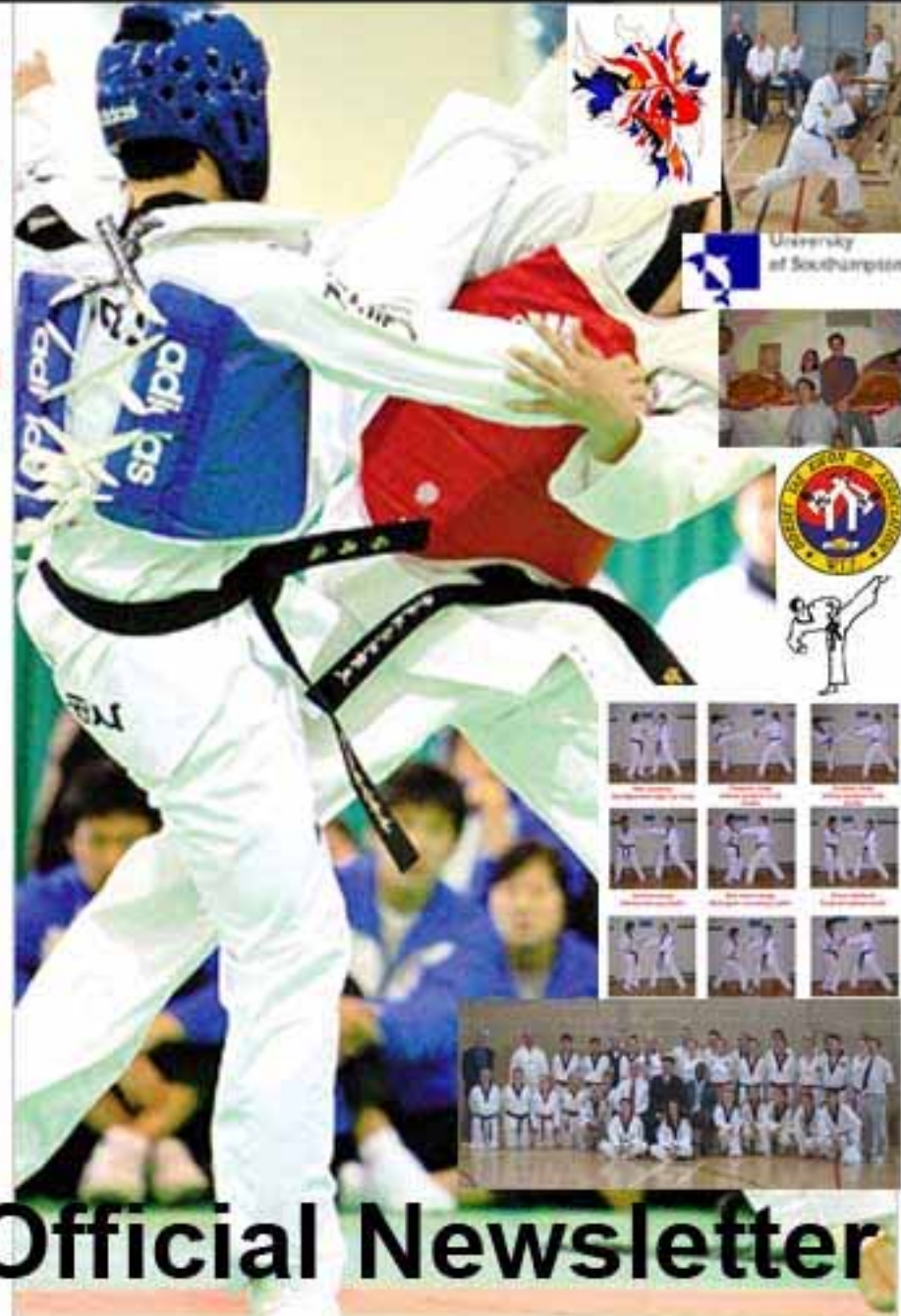




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University of Southampton



Official Newsletter

Welcome to the September edition of the Taekwondo Chungdokwan GB newsletter. It seems like a long time since the last edition back in April, but our members have been no less busy. Our university clubs, with Southampton in particular, have been especially industrious with write ups from the University Championships held back in March, and a training camp in Hungary which sounds like it was very (what's the best way to say this..?) *exerting*.

In addition to that, Master Gerry Reilly and co. have had yet another successful training camp, and Master Val Winteridge has hosted a high quality technical championship near the well-placed (next to a designer outlet village) Meadowside leisure centre.

Inside you will find:

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You'll also notice that there is another Perspectives feature with some interesting opinions for consideration. In the *Get ready for...* section you'll see that this next quarter of 2005 will be particularly eventful with yet more training camps and team and individual competitions including the TCDK National Championships. We also have a fantastic contribution from Conrad Howard, who has become our one-step-wonder man/

The **next newsletter** will be ready in time for those National Championships in November so make sure that your comments, queries and submissions are ready for me by **1st November**. If you'd like to submit an article but can't make the date, let me know and we can arrange something.

Lindsey

1ST TAEKWONDO CHUNGDOKWAN GB OPEN TECHNICAL CHAMPIONSHIPS

By Master Gerry Reilly

On Saturday 3rd September the association held its 1st Open Technical Championships hosted by Master Val Winteridge in Whiteley, near Southampton. Master Lindsay Lawrence, President of Taekwondo Chungdokwan GB was present for this inaugural event as was Grandmaster Beom Jhoo Lee as Guest of Honour. The event was organised at short notice and despite being at the end of the summer holidays succeeded in attracting a small but very high quality entry.



The day opened with solo poomsae. With several divisions attracting international class competitors, the standard was high and competition fierce. There were many outstanding performances with some of the

best coming in the +42 Male Black Belt division, eventually won by Derek Sumner.

The pairs event attracted 4 teams. All teams showed excellent synchronisation with good technical performances. This was particularly demanding as the teams were asked to perform three different poomsae.

Only one team had entered the three person synchronised category. However, another group from Commonwealth was spotted practising in the car park and with little notice were 'encouraged' to enter. In spite of little practice, they gave a spirited performance, losing to an outstanding team from Livingwell.

The competition closed with the Power Breaking. A very close



fought event was eventually won by probably the lightest of the competitors, Mike Ostle. Following the competition, the medals were presented by Grandmaster Lee and Master Lawrence, with the team trophy going to Livingwell. In his closing speech, Master Lawrence thanked all participants and looked forward to many future technical championships which will allow Taekwondo students of

all ages and grades to participate in competition.

It is hoped that the Technical Championships will become an annual event, and dates for the 2nd Open Technical Championships will be available soon. **Thanks go to all the competitors and officials that made it a very friendly and successful event.**



Perspectives

Once again, I'd like to thank those instructors who took the time to send me back their *Perspectives* answers. The last set of replies raised some interesting discussions in my club – and I hope in yours too!

In this edition of *Perspectives* our featured instructors are:

- Master Gerry Reilly (**GR**), Head instructor of Basingstoke & Overton TKD and former Secretary General of TCDK.
- Master Jo Draper (**JD**), National Kyorugi Coach and Head instructor of the Welsh WTF-style Taekwondo.
- James Lewsley (**JL**), the new Scottish regional coach.

Questions:

1. Why did you start Taekwondo?

JL – I started Taekwondo when I was 12 years old, partly because I was being bullied but also because a few of my friends were starting at the same time. One of the new starters at that time was a certain James Kennedy; now Master Kennedy and my instructor at Chung Yong Schools of Taekwondo & Hapkido.

GR – I had been involved in a variety of sports since I was very young, but in my early 20s sport took a back seat to other interests. I then found myself in San Diego for several months and put on a lot of weight (and I mean a lot). On returning I decided I needed to do something about it. My partner, Lynne Firth, had recently started training with Southampton City Club under Mark Biddlecombe. So I decided to also give it a go...and here I am.

JD – I started as I was being bullied at my junior school, my clothes didn't fit - my whole look didn't work for the school that I was at (there was no school uniform!). I was about 9 years old at the time and I regularly swam for a local swimming club. One day I was walking though to the changing rooms there was martial arts

demonstration happening in the gym at the side. There I saw this small built Korean man break a brick with his head - I was gripped. He turned out to be Master Shin and the next week I joined the new class that was opening at the centre - I never looked back ...I also was never bullied again at school.

2. Do you have a favourite technique(s) and why?

JL – My favourite techniques are any of the jumping kicks that epitomise Taekwondo, but if I had to pick a favourite it would be jumping turning kick. Demonstrating a jumping turning kick is a good way of showing younger students what they can achieve. The kick also stands out from other kicks in its impact on new students and also those watching, with a view to starting Taekwondo.

JD – No – it's all good

GR – My favourite kicking technique is axe kick. Well executed with speed, it is a devastating technique. However, my technique of choice overall is ridge hand strike, either directly or with a 360 degree spin.

3. How do you think Taekwondo helps in other areas of your life?

GR – Taekwondo gives me a release from the pressures of a very high stress job. Getting out either in front of a class or training as a student (as well as instructing, I make a point of continuing to train at least once a week - something I would recommend to all instructors) puts the day behind me. The focus and effort required prevents me thinking about anything else.

JL – It certainly prepares you for the many challenges we face in life but most of all gives you inner confidence. It has instilled in me good values and respect for others, so you could say that the tenants of Taekwondo are the basis of a life coaching manual. It would certainly be a better world if everyone practiced these values.

JD – Taekwondo has helped me in many areas of my life. It lifts you physically and mentally – it helps you to set targets and has helped to give me the self belief that I can achieve them. I have also had many amazing experiences through TKD and made many friends.

- Do you think everyone should take part in a competition (poomse or kyorugi)**

as part of their martial arts training?

JD – No – some people start martial arts to keep fit and build confidence – they don't want to compete – it's up to the person if they want to compete or not.

GR – I consider competition to be an important part of Taekwondo. However, it can also become far too central. First and foremost my club is a martial arts club. Students must study all aspects of the art. In my view, sport has become too central in Kukkiwon/WTF style Taekwondo and we are in danger of losing aspects of the art.

JL – Yes I do, everyone should compete to see how they have developed and how they compare to other practitioners. Kyorugi however, is not for everyone, but I think that all students should try it at least once - to see if they like it. Poomse sometimes tends to be neglected in favour of Kyorugi, but we should not forget that it is an integral part of our martial art and devote the appropriate amount of time to its practice.

If anyone is interested in participating in the next *Perspectives* feature, and/or wants to pose a question, please contact me on: Publicity@chungdokwan.org.uk

ONE-STEP – Part 1

Hanbeon Kyorugi

This series is going to be dedicated to one-step sparring (Hanbeon Kyorugi) . We have decided to use the techniques found within the first eight patterns - il jang through to pal jang. Starting with wen apseogi momtong makki and ending with the more complex Oreun beom-seogi Battangson momtong nullo-makki. From each of the initial defensive moves as illustrated in the photographs there are numerous applications that can be applied. In the newsletters that follow there will be a series of one-step sparring techniques that can be derived from each one of the photographs. For example the next newsletter will contain applications that follow on from wen apseogi momtong makki.



Wen ap-seogi Momtong makki



Wen ap-seogi Olgul makki



Oreun ap-seogi Momtong makki



Wen ap-seogi Olgul makki



Oreun dwitkubi hanssonal momtong yop-makki



Oreun dwitkubi sonnall momtong-makki



Wen yeop chagi



Oreun dwitkubi Momtong bakkat-makki



Wen dwitkubi sonnall momtong an-makki



Oreun dwitkubi
Momtong makki



Wen apkubi
Momtong makki



Oreun apkubi
Momtong makki



Wen Seogi
Mejumeok naeryo-chigi



Wen Ap chagi



Wen Ap chagi
(deungjumeok ap-chigi)



Wen Apkubi
Batangson momtong-makki



Oreun apkubi
Hanssonal bitureo-makki



Oreun Apkubi
Batangson momtong-makki



Wen dollyo chagi



Oreun beom-seogi
Batangson momtong-makki



Wen apseogi
Batangson kodureo
momtong an-makki



Wen Apseogi
deungjumeok olgul ap-chigi



Pyojeok chagi
palkup pyojeok-chigi
(outer)



Pyojeok chagi
palkup pyojeok-chigi
(inner)



Juchum-seogi
Hanssonal yop-makki



Wen beom-seogi
Batangson momtong-makki



Oreun dwitkubi
Kodureo bakkat-makki



Wen beom-seogi
Battangson momtong nullo-makki



Oreun apkubi
momtong-makki



Oreun beom-seogi
Battangson momtong nullo-makki

What a perfect opportunity to brush up on your Korean! Please let me have any queries, comments or suggestions in time for the next edition.

UNIVERSITY OPEN CHAMPIONSHIPS 2005



This year saw one of Taekwondo Chungdokwan GB's best results in the British Students Taekwondo Federation (BSTF) National Tournament. An event which is one of the largest in both the TKD and University calendar. Open to all TKD groups, and over 2 days it includes WTF and ITF competition sparring, patterns and breaking with nearly 30 University clubs, entering around 400 competitors. Kingston won 2 golds (from 4 competitors), Portsmouth 1 gold, 2 silvers and 3 bronze and Southampton winning a healthy 5 golds, 5 silvers and 2 bronze to take 3rd place in the team ranking. **Cliff "Two Gold Gongs" Lee of Southampton University writes:**

The Student Nationals in Leeds was a huge Taekwondo competition with many universities all around the country making the effort to compete for both personal medals and team awards. Our team, having trained for a substantial amount of time, were ready and primed to fight well in the competition. There were 3 different categories available, sparring, patterns and a newly introduced breaking competition. The sparring competition as usual was divided into weight classes and grades, and the patterns and breaking were divided into belt categories. 18 of us were competing in a variety of these categories and woke early on Saturday morning to pile into the coach to drive to our doom...

After a gruelling coach trip to Leeds, we were faced with the long-feared weigh in. Scales are scary at the best of times, but when they determine how much bigger the people who are going to kick you are, the scales become even more terrifying! However, after a successful weigh-in, the team celebrated by breaking out ridiculous quantities of chocolate and going for a Chinese buffet in the evening. We were eating as if we had been starving for weeks, a simile which was too close to the truth for some!

Feeling refreshed after waking up in pleasant larger-than-halls of residence hotel beds, we began preparation for the day ahead by

stretching, team building and eating a full English breakfast which is traditionally an integral part of any preparation regime. The competition venue was overwhelming, with hundreds of people roaming around. A sea of white pyjamas, stretching, training, and people looking far more prepared than we were. Naturally we were nonplussed, not letting these people psych us out and we warmed up in a relaxed, laid back manner.

The day itself was a blur of



sweat, hard work, tears and drama as one by one we fought our bouts, becoming more and more bruised as the day went on. By the end, our team had accumulated a gashed face, a

broken foot and more bruises than we could count or could ever wish to remember. Despite all the odds, including nerves, breaking boards against people twice the size, facing opponents who were unbelievably huge (that would be Josh from Kingston), and blindness due to the liberal usage of deep heat, the team pulled through and achieved an outstanding result.

The competition was a huge success for the Southampton Taekwondo team, its members winning 4 gold, 5 silver and 2 bronze for sparring, and 1 gold for breaking. Due to our fantastic performance, the team came third overall, which belays its significance as our club was one of the smaller ones to attend the competition. Huge congratulations to Marcie, Emma, Neil and Cliff for their gold medals, Clare, Finola, Mark, Hannah and Matt for their silver medals, Shaun and Rob for their bronze medals. The Taekwondo team will only get stronger and with dedication hope to do even better next year!!

As the university clubs within Taekwondo Chungdokwan GB did so well, and to mark the 20th anniversary of the founding of the University Championships by TCDK in Southampton, the 2006 BSTF tournament will be hosted by Southampton University on 12th March next year. We look forward to you and your students supporting it.

OVERTON AND BASINGSTOKE'S 8TH ANNUAL CHILDREN'S SUMMER SCHOOL

By Master Gerry Reilly

Between the 15th and 19th August, OBTKD held its annual children's summer school. For the first time ever, we reached our limit of 25 children, which included 7 total beginners.



Two of the beginners, Abbie and Emilié, try their hands at getting out of a bear hug

For two hours each day, the children were taken through their paces by Master Gerry Reilly and 5 other instructors from the club. During the week, time was spent all aspects of Taekwondo including both the technical disciplines and sport training.

It was amazing how much improvement was made by some of the children after 5 days of intense training. Excellent preparation for the grading several faced the day after the summer school!

The week finished with a demonstration to friends and

family. This pulled in a large crowd, and all the children rose to the occasion and showed great enthusiasm.



- 13 - Ellie Hatton and Sian Reilly practice their 1-step pre-arranged.

Once again, the summer school was a great success. Great fun was had by all – even the instructors. Several of the new

beginners have already signed up to continue their training. Roll on, August 2006 and our 9th Summer School.



The kids still smiling even after 5 days of hard work! Well done.

TAE KWON DO TRAINING CAMP - LAKE BALÁTON, HUNGARY

By James Devereux

The idea of being offered a weeks' holiday (and martial arts training) by a beautifully picturesque lake in rural Hungary for the mere price of 60 English pounds (including food) may sound too good to be true to most holidaymakers. But to five University of Southampton students and their Tae Kwon Do instructor it sounded like a safe bet. So on Sunday 24th July we met up at Luton airport to get on a plane bound for Budapest, from where we would travel to Lake Baláton; the destination of our

five-day training camp and fantastic holiday.

Arriving in Budapest we were immediately greeted by a warm welcome; first from the heat of the weather, and then from our contact Andrew, his girlfriend Szilvia and Tomas, who was one of the Hungarian instructors. Arriving at the Hotel we were quick to check in and even quicker to order some pizzas. In disbelief at the proposed size of a large Hungarian pizza we ordered two, only to find out they

really were of epic proportions, and so our love of all things Hungarian began.



(Pizza anyone?)

The next day we got up early to get to the train station where we met Judit (our Hungarian contact) and a few others, who helped us buy our tickets and get the train to Lake Baláton. Stepping outside of the station after arriving, we were greeted first by the beautifully serene countryside and then by Zsolt (another of our instructors) who insisted on taking all eleven of us in his car at once! So, crammed into the car (myself positioned horizontally across Charlie, Matt and Dave in the back) we arrived triumphantly at our destination. No time was spared for rest, and so shortly after unpacking into our shared room, doboks were donned before we were led to our first training session in a giant sports hall.

On commencing training we quickly discovered that firstly, we were the only English people there, and secondly, nearly all the instructions were given in Hungarian. The latter became

much less of a problem thanks to Szilvia and Andy who would translate, communicating instructions via a series of quick words and head-nods to anyone uncertain. The difference of language only served as a problem at first, and after a few days of integrating the language barrier was brought down (thanks to their good English, not our good Hungarian!) and as the week progressed we became good friends.

Midday training was the sparring training session and mostly consisted of lots of pad-work and other highly energetic activities which would put us right in the mood for some lunch from the canteen followed by a long afternoon of relaxing and enjoying ourselves by the lake. The lake itself was perfection in my eyes; beautifully green surroundings with a small sandy shore and warm, shallow, freshwater. Here we would play all manner of ball games in the water, as well as make good use of the beach volleyball court, which saw the team with the most English people on it usually lose!

Revitalised and revived we were then set up for the more relaxing evening training session of basic techniques and Poomse. This took place outside, usually on the grass and once on the beach, where we created quite a spectacle to passers-by with our

flying kicks and synchronised Poomse in-between quick rest breaks to paddle in the water and cool-off (as it was 39°C!). After a hard day of physical activity the evenings would arrive as the time to unwind, have a cold beer (often courtesy of Andy and his fridge), socialise and play cards, before getting to bed relatively early for our 6:30 morning fitness session the next day.



The early morning fitness session was always a surprise as to its length and difficulty, which made it all the more challenging to pace oneself. It would usually consist of a warm-up jog followed by some kind of fitness exercise (a Rocky-style step-climb for example!). After the morning sessions we had breakfast, followed by a rest to prepare ourselves for the afternoon sparring session once again. And with that, a framework was set in place for our daily training routine which continued in the week with a few exceptions. On Wednesday, Vince (our instructor) took the sparring session, which was enjoyable (and easier as we could understand everything!). On

Friday we had a midnight training session, which turned out to be much easier than it had previously sounded (a quick stretch in reality).

Following this final training session, everybody congregated by the benches beneath our rooms to drink, socialise and in one case, perform pattern number one in a rather unorthodox fashion. The night was kept alive when a large group of us decided to go to the lake in the early hours of the morning for an adventurous trip and late-night swim (definitely a highlight of the week), which eventually landed us in bed at about 4 am! On Saturday we awoke to the recollection that Matt, Dave and myself were all entering the grading, for green belt, which was organised by the Hungarian instructors and to be held in a few hours time.

The Hungarian syllabus was slightly more testing than our syllabus back home, and as a result we had to learn two hand technique patterns, some self-defence moves, one-step sparring counter-techniques, as well as Taegeuk Sam Jang. However this paid off, as after sweating a more than healthy amount (and Matt nearly passing out!) we all made the grade and collected our certificates. That evening we celebrated with a big quiz organised by the Hungarian

instructors, involving all manner of questions, the downing of food and drink, as well as some Tae Kwon Do-based games. After this everyone hit the Pizzeria, before most the group headed to Graff-E.T, the local nightclub for one last outing together.

When it was time to leave on Sunday morning, we exchanged goodbyes and swapped contact details with our new Hungarian friends before presenting a University of Southampton Tie to Tomas, Zsolt and Andy as a sign of our thanks. For us however the holiday wasn't over yet, as we made our way by train back to Budapest where we would spend a couple of days in the city.

In our final days we made the most of Budapest, visiting the zoo, the public baths (with their naturally warm water) and generally eating lots of freshly made ice cream! We also met up with some of the Hungarian girls again who very kindly took us firstly to the beautiful Four Seasons Hotel, and then in the evening to a castle with a fantastic view across the river Danube and the skyline of Pest. Szofie, one of the girls, was even

Special thanks go out to everyone who made the trip possible; all the Hungarian instructors for organising it in the first place (especially Tomas and Zsolt), Andrew and Szilvia for their kindness and hospitality, and Charlie for getting us there in the first place. Roll on Hungary 2006!

kind enough to invite us all back to her apartment where we stayed the night, playing games into the early hours.



After a quick rest back at our hotel we got up early to check out of our hotel and think about going back to dear old Blighty.

We spent our last few hours sightseeing and shopping as any self-respecting tourist would, before making our way to the airport and flying home. All in all the trip had turned out to be a great success; everybody had a great holiday, gained valuable training experience, some new friends and in the case of Dave, Matt and myself a green belt as well. With such a glowing report of the experience, I can only see more of us getting involved the next time around.

ANNOUNCEMENTS



Success for Portsmouth Uni TKD

Congratulations go to the University of Portsmouth Taekwondo Club who were awarded the Non-BUSA Team of the year for 2005 by the University of Portsmouth Athletics Union.

Scottish squad training

Taekwondo Chungdokwan GB are pleased to announce the appointment of Mr James Lewsley to the position of Scottish Regional Coach for kyorugi. All squad dates are displayed on the website: www.chungdokwan.org.uk

GET READY FOR ...

Sunday 18th September – Andy Brown seminar

Master Andy Brown 5th Dan, of the Scottish Taekwondo Union, is conducting a seminar at Fitness First, Queens Drive, in Kilmarnock, starting at 10am. The seminar will contain sparring techniques, knife defence, stretching secrets, pressure points, locks, and much, much more... The cost is a mere £6 for adults and £3 for children. If you have any queries, please phone Ahsan Mustafa on: 07779 247942.

Sunday 9th October – The Chung Yong Team Championships 2005, held at Cannons leisure centre, Maderia road, Mitcham.

Interested? Then send your entries to Cathy Gibbs, Chung Yong TKD, 4 South Drive, Banstead, Surrey, SM7 3BH

This is a team event with a capacity of **16 male and 4 female teams**.

For more information, contact Cathy Gibbs on 020 8642 5136 or email Gibbs@bluedragon.fsworld.co.uk

Sunday 30th October – the next *sparring only* Dorset TKD Championships which will be on at the Littledown centre, Bournemouth. Visit www.bmthtkd.co.uk or www.chchtkd.co.uk or contact Master Darren Naraine for details.



Weekend of 19th and 20th November -
Taekwondo Chungdokwan GB
National Championships.



You and your club are invited to National Kyorugi and Poomse Championships. For the first time we are pleased to offer synchronised poomse. For further details, please contact Master Brian Hussey or Lynne Firth, or check out the website: www.chungdokwan.org.uk/index2.htm

TAEKWONDO CHUNG DOK KWAN GB KYORUGI SQUAD TRAINING

Target competitions will be:

9th October	Chung Yong Team Competition
5th/6th November	Irish Open, Dublin
20th November	Taekwondo Chungdokwan GB Nationals, Aylesbury
January 2006	Swedish Open
March 2006	Dutch Open
April 2006	9th World Chungdokwan Championships, China
July 2006	Chung Chung University Championships, Korea

National Squad

Coach: Master Jo Draper

25th September	Brunel University Campus, London, 11am - 1pm
4th December	Tweacher Community Centre, Tweacher, Scotland, 9 - 11am
15th January 2006	Beaufort Centre, Newport, Wales, 11am - 1pm
5th March 2006	Dave Thompson's Academy, Liverpool, 3 - 5pm

South West Regional Squad

Acting coach: Master Jo Draper

18th September	South Dartmoor Community Centre, Ivybridge, Plymouth 10am - 12pm
18th December	The Yak, Weymouth, 12 - 2pm
12th February 2006	Littledown Leisure Centre, Bournemouth 12 - 2pm

North of England Regional Squad

Coach: Master Dave Thompson

15th October	Dave Thompson's Taekwondo Academy, Liverpool, 12 - 3pm
10th December	Dave Thompson's Taekwondo Academy, Liverpool, 12 - 3pm
11th February 2006	Dave Thompson's Taekwondo Academy, Liverpool, 12 - 3pm

London and South East Regional Squad

Coach: Master Mark Sargeant

16th October	Brunel University Campus, London, 11 - 2
11th December	Brunel University Campus, London, 11 - 2
12th February 2006	Brunel University Campus, London, 11 - 2

Scottish Squad

Coach: James Lewsley

18th September	Tweacher Community Centre, 9 - 11
23rd October	Tweacher Community Centre, 9 - 11
18th December	Tweacher Community Centre, 9 - 11

Welsh Squad

Coach: Master Jamie Keyse

16th October	Beaufort Centre, Newport, 11 - 2
11th December	Beaufort Centre, Newport, 11 - 2
18th February 2006	Beaufort Centre, Newport, 11 - 2



For The First Time:
Two Day Open Weekend WTF-style Sport Camps
In Wales!

Dates:

Saturday 17th September 2005
Sunday 18th September 2005

Saturday 22nd October 2005
Sunday 23rd October 2005

Saturday 10th December 2005
Sunday 11th December 2005

Tel: 07861297551 Only 10 pre-booked places available.

NOTICES



The Leisure Agency finds new students for you!

The Leisure Agency, a leading company in the supply of quality staff and facilities to the Leisure industry have contacted me in anticipation of the recently announced election of London as the Olympic venue for 2012 and the fact that Tae Kwon Do will be one of only 2 of the martial art competitions featured. It is expected that there will be a tremendous increase in the number of people wishing to take up Taekwondo over the coming years.

In anticipation of this predicted growth, The Leisure Agency are currently in discussions with most of the leading Leisure centre groups in the country, including The David Lloyd Centre and Holmes Place to make the necessary facilities available to meet the estimated demand.

They are close to agreeing a newly implemented schedule to

If anyone is interested, please contact me with your Name and Club Name, Postal and Email Address, and Telephone Number at: Publicity@chungdokwan.org.uk and I will put you in touch with the Leisure agency.

accommodate the new intakes but firstly need to ensure that there are sufficient instructors available to provide the tuition. They would supply the instructors' services under an agency agreement with them whereby they would expect to be able to offer anything up to 12 hours of instruction a week per instructor in a location no further than 10 miles from an instructor's home. They will be paying the instructors at a rate of £20 per hour.

This initiative will help elevate the awareness and interest for the sport in this country through working with household names in the Sports and leisure industry as well as providing significant additional income for the instructors. Ultimately it will also improve the chances of producing a British Olympic champion in 2012.

Deadline for the next newsletter – 1st November