

Headlines

The release of General Choi's autobiography.

The UKTF are in possession of General Choi's autobiography. This is a three book set with one book on Moral Culture. Fascinating reading, must for all serious students. These books will be advertised on the UKTF website. Cost will be \$75usd (currency). Order through



uktf news

March Blackbelt Grading.

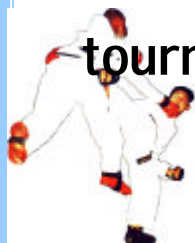
Due to overbooking, the Scottish Blackbelt grading will now be as follows: Saturday 31st 10:00 -12:00 and 13:00 to 16:00 training with the examiners, theory test and all pre-tests. The grading will be on the following day 1st April at 10:00. All grading applicants **MUST** attend both days. The examination board feel that being with the students during a training session offers a chance to get a clearer picture of the actual ability of each applicant in a more relaxed atmosphere, whilst offering technical guidance to each individual on the areas of concern.

The Saturday training will open to any Red or Blackbelt students at a cost of £10 payable on the day.

ID cards will now be issued to all those applying for the test. Applications and fees to be in Head Office no later than **Saturday 16th March 2001. Absolutely NO applications will be accepted after this date.**

September Blackbelt Grading.

The instructors and business seminar will be included. This is to minimise the amount



tournament news

UKTF Scottish Championships 07 April 01

Will take place on April 7th. The venue is still to be confirmed. There will be new forms issued for the tournament and included will be a checklist of the minimum amount of mandatory (sparring only) safety equipment. Applications will not be accepted if these items are not ticked. If you do not have the required equipment please contact myself for details.

Seniors & (+13): Head Guard; Foot & Hand Protection; Groin Guard
Juniors: (-13): Head Guard, Body Armour, Hand Protection; Groin

UKTA Scottish Championships, Elgin 26 May 01

Details will be included later.

River Valley, Open Championships, Dublin 03 March 01

Details will be given to anybody wishing to enter. The closing date for these championships will be 27th February.

school

Grading Dates for 2001:

08 March; 07 June; 06 September; 04

December. Depending on demand, there may well be interim gradings added to those dates above.

Extra Training:

For those of you who cannot wait to get to the next class, Kincorth Sports Centre, Corthan Crescent, has an excellent martial arts room with bags and mirrors that is freely available at most times. The cost £2:30 for as long as you like. Call them on 879759 for

License Renewal

Please can you check that your license is in date. You will not be able to enter competitions without a valid license, neither will you be able to participate in gradings.

Social Outings

As team building is essential in developing good team efforts and camaraderie between fellow workers, I feel that, as a school, we should get together more often to develop and install a good team spirit within the school. Historically the extent of our team building has been associated with good spirits, albeit on Union Street establishments on Saturday nights. The team building was limited due to the high drop off rate throughout the evening!!

I would like to propose that we organise a social committee or member, any grade, who would like the task of organising nights out, bowling, paintball etc for the school. Miss Cameron has suggested Alton Towers for weekend as one possible outing. Anyone who has experience in organising race nights etc would allow us to combine social and fund raising. Anyway, have a think and anybody who is interested in this position please let me know.

Technical Philosophy:

The Training Secrets of Tae Kwon-Do from General Choi Hong Hi

"Students should keep in mind the following training philosophies:

- To study the theory of power thoroughly.
- To understand the purpose and meaning of each movement clearly.
- To bring the movement of eyes, hands, feet and breath into a single coordinated action.
- To choose the appropriate attacking tool for each vital spot.
- To become familiar with the correct angle and distance for attack and defence.
- Keep both arms and legs slightly bent while movement is in motion.
- All movements must begin with a backward motion with very few exceptions.

Moral Culture: "Propriety"

Unlike animals fighting over food, a courteous man would offer another man a piece of bread even though both were starving, out of respect and good manners. Confucious said "propriety must be practised for both the proper development of personality, and whoever lacks sincerity in his words, cannot be considered a gentleman." He also said "Frankness without courtesy can be rather ruthless." "Respectfulness without courtesy can make

Welcome to Tae Kwon-Do!!

New students

On behalf of our school I would like to welcome our new students of Tae Kwon-Do who have most recently joined us:

Snr Class

**Lyn Edmonstone
Fiona Stevenson
Diane Bruce
Brian Strachan
Neil Mackland**

Jnr Class

Next Newsletter.

Please let me know if you have any topics or items you would like to see included in the news letter

**tenets
of tae kwon-
do**

**courtesy
integrity
perseverance
self control**



General Choi Hong Hi

choi hong hi