

# gordon wallace school of tae kwon-do



march newsletter 02

march 08/03/01

Welcome to

## **New Students**

On behalf of our school I would like to welcome the following students who have most recently joined us:

*Snr class:*

**Aaron Poage  
Justin Barclay  
Barry Cornfield  
David Michie**

*Jnr class:*

**Kyle Vanbeck**



## uktf news

### **Blackbelt Gradings.**

1st kups are now required to undergo a pre-test prior to being accepted for their blackbelt grading exam. The pre-test must be taken by an independent international instructor and not by their own instructor (no matter what degree). Pre-tests for 1st kups are organised by the instructor. Alternatively, the 1st kups can attend the pre-tests scheduled at each blackbelt grading. This would allow the 1st kups to be eligible for the next available grading.

### **New UKTF Schools.**

Mr D McNairn	V Degree	Carnoustie	Tayside
Mr D Anderson	IV Degree	Luton	



## tournament news

### **UKTF Scottish Championships Saturday 07 April 01**

This years championships will be hosted by R Blair 4th deg in Blackburn Community Centre, Elm Grove, Blachburn, West Lothian. (2 hours minimum drive time from Aberdeen)

Under 13's will start at 10:00 for all events. 13-17 yrs and 18+ yrs will start at 10:00 for power breaking and special technique ONLY. Please ensure that all forms are returned to myself by 22nd March. Forms will be available on the notice board. ***Please ensure that all licenses are in date for the championship.***

### **UKTA Scottish Championships, Elgin 26 May 01**

Details will be included later.

### **ITF Scotland Team Selection Tournament, Livingston 24 March 01**

Selection for European Championships, Spain, April 26th-29th 2001 will take place at the above tournament, which will be held at the Inveralmond Community High School, Willowbank, Ladywell, Livingston, starting at 10:00. The competition will be open for 6th kups and above but only for 13-17 yrs and +18 competitors. Entry will be £10. Anybody interested should put their name down on the form on the notice board.

## School

**Grading Dates for 2001:**  
07 June; 06 September; 04 December.

### Congratulations!!!!!!

A very well done to all those who sat the grading last week. Everybody did exceptionally well. Here are a list of promotions:

### A Level promotions.

<b>Name:</b>	<b>Grade achieved</b>	
Lyn Edmonstone	9th Kup	A level pass
Daniel Tait	9th Kup	A level pass

<b>Juniors:</b>	<b>Grade</b>	<b>Seniors:</b>	<b>Grade</b>
Calum Clark	9th Kup	Diane Bruce	9th Kup
Luke Dargie	9th Kup	Aaron Poage	9th Kup
Steven Christine	8th Kup	Lynne Mackay	8th Kup
Luca Di Somma	8th Kup	Scott Milne	7th Kup
Marissa Di Somma	8th Kup	S. Valentine	7th Kup
Andrew McLeod	8th Kup	C. Arroyo	6th Kup
Paul McNab	8th Kup	Stuart Arroyo	6th Kup
Christian Keating	6th Kup	Gary Durward	5th Kup
Neil Kiltie	6th Kup		
Ross Adams	6th Kup		
Stephen Arroyo	6th Kup		

### Social Outings

The last newsletter suggested possible team building scenarios. A possible suggestion for the adults is to use the competition in Elgin along with an overnight stay on the Saturday. Elgin has two of the finest Indian restaurants in world....I'm not kidding and of course some quaint little pubs and night clubs!!!!!! B&B's are cheap so let me know.

### Technical Philosophy:

Now that we have moved premises for the Tuesday night, I would like to suggest that all students who have power breaking as part of their grading syllabus, should use the time available when the juniors are training, to practice their respective power breaking techniques. Power breaking, like all the other disciplines, require practice through repetition. We all know it is sore doing this!!!. However practice should be done in stages as follows:

1. Wear protection on feet (Kwon shoes) during technique and focus practice. If using trainers only use one. **DO NOT SPIN ON TRAINING SHOES.**
2. Use only one board until technique is accurate
3. As the number of boards are increased, so will the speed required to break. An initial loss of accuracy will result....wear shoes until speed is controlled.
4. Conditioning of the attacking tools hand or feet can be done by breaking single boards or in some case, knuckle, sonkal press ups.

### When They Were Young ho ho ho!

This month it is..... well I'll let you decide



### Moral Culture: "Humanity"

Everyone of us, as a social being, desires to live in a free and peaceful society. At the same time, it is our obligation to build such society for the people.

General Choi has quoted various words of wisdom of ancient saints and philosophers for creating an ideal society in the hope that students of Tae Kwon-Do use them as a guide to cultivating their moral culture.

General Choi states that "Humanity" can be defined as the ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally.

The Chinese philosopher Confucious defined Humanity in the following ways:

- a) To love people, especially ones parents.
- b) Not asking others to do what you would rather not do.
- c) To behave with the nature of propriety by controlling on oneself.
- d) To have unbending desire to accomplish what is right regardless of how insignificant the result may initially seem when compared to the amount of effort put forth.
- e) To value others' honour before your own.
- f) To put others' freedom before your own.

To implement humanity he said one should:

- i) Practice utmost prudence, modesty and discretion in everyday life.
- ii) devote oneself to assigned work be it large or small.
- iii) Demonstrate sincerity with whole heartedness to

### 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*