

# gordon wallace school of tae kwon-do



august newsletter 04  
august 14/08/01

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:*

**Kristofer Jones**  
**Nicola Thomson**  
**Sarah Allen**  
**Richard Forde**

*Jnr class:*

**Karan Mann**  
**Abhijit Mann**  
**Natalie Bruce**



## uktf news

### Senior Blackbelt Grading

A senior blackbelt examination took place on Saturday 11 August at Inverness. **Mr G Wallace V Degree** and **Mr S Dunbar V Degree** were promoted to VI Degree. The grading was conducted by Master Tom McCallum VIII Degree from Vienna.

### New UKTF Schools.

Hackney East

Mr J Hogan V Degree

London

### Calendar of Events.

Scotland

Blackbelt Training every Sunday, Glasgow

Contact Mr McLaughlin Tel: 0141-429-8571

Red/Blackbelt training every Tuesday 2015-2130,

Craigshill

Contact Master Sutherland 01506-652099

Umpire Training, Craigshill, Sat 15th, 10:00-12:00

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Contact Mr Dunbar 01463-243007

September

### September Blackbelt Grading

Technical seminar Saturday 29th at 10:00am. The UKTF examination board; Master Sutherland, Mr Thompson 6th Degree and Mr Wallace 6th Degree shall be present. This offers any candidates for the blackbelt exam the chance to seek advice and allows the examiners to assess the students in a more relaxed atmosphere. The seminar is open to all 2nd kups and above who are not grading at a cost of £10.



## tournament news

### UKTF British Championships Saturday 06 October 01

Westgate Centre for Sport, Newcastle hosted by Mr A McKenna.

### Impact Tae Kwon-Do Senior International Saturday/Sunday 10/11 November

Dolphin Leisure Centre, Haywards Heath West Sussex. This competition is

### <13 yrs Junior Tournaments, November

17th Craigshill, Livingston. Details to follow  
Highland Region, Details to follow.

## School

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

### Congratulations!!!!!!

Everybody did exceptionally well. Here are a list of promotions from the grading in June :

### A - Level promotions.

Name:	Grade achieved	
Daniel Tait	8th Kup	A level pass
This was Daniels second A pass in a row!!! Very well done		
Juniors:	Grade	Seniors:
David Flett	4th Kup	Nick Duckworth
Stephen Arroyo	5th Kup	Stuart Arroyo
Andrew McLeod	7th Kup	C. Arroyo
Steven Christine	7th Kup	Scott Milne
Luca Di Somma	7th Kup	David Adams
Marissa Di Somma	7th Kup	L. Edmonstone
Paul McNab	7th Kup	Diane Bruce
Luke Dargie	8th Kup	Neil Mackland
		Barry Cornfield
		Justin Barclay
		Jenny Boyle
		David Michie
		Grade
		5th Kup
		5th Kup
		5th Kup
		6th Kup
		7th Kup
		8th Kup
		8th Kup
		9th Kup
		9th Kup
		9th Kup
		9th Kup

### New Grading Requirements - Senior Power Test

The last news letter mentioned that there would be new criteria for power test. Details are as follows (Under 13's will not perform criteria to boards).  
B - Blackboards; W - White Boards

Grade		
6th Kup Male	1 board - B	one kick both legs, choice
Female	1 board - W	one kick both legs, choice
5th Kup Male	1 board - B	two kick both legs, choice
Female	1 board - W	two kicks both legs, choice

4th kups and above must begin the grading exam with power test. Only when the student has broken the boards designated within the criteria (one side only), can the student proceed with the remainder of the exam.

4th Kup Male	2 boards - B	one kick both legs, choice
Female	2 boards - W	one kick both legs, choice
Male	1 board - B	knifehand both hands
Female	1 board - W	side fist both hands
3rd Kup Male	2 boards - B	two kicks both legs, choice
Female	2 boards - W	two kicks both legs, choice
Male	2 boards - B	hand tech, choice
Female	2 boards - W	hand tech, choice
2nd Kup Male	2 boards - B	rev. turning kick, both legs
Female	2 boards - W	rev. turning kick, both legs
Male	2 boards - B	punch both hands
Female	2 boards - W	elbow both sides
Male/Female	2 boards - B-W	flying side kick from parallel stance.

Please take full advantage of the time available during the junior class for practising. If you would like to spend an entire evening practising power, please inform me before the class starts.

### Moral Culture: "Know True Happiness"

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:

"Lao-Tzu pointed out that nature was based upon harmony in contrasts. For example, the universe was made up of two forces, Yin (female) and Yang (male). Other contrasts were hard and soft, long and short, night and day, solid and empty, cold and warm, big and small, beautiful and ugly.

All things in this world are relative to one another. Misery can only come from having been happy once and sorrow from joy. The wealthy and the powerful are not necessarily happy. For every rich person, there are countless poor and for every tyrant, a nation of oppressed. Menicius defined life's three happinesses:

1. Healthy parents and harmony within the family
2. To live with pride and honor through correct behavior.
3. To educate the young to become upright and useful members of society.

### tenets of tae kwon-do

courtesy  
integrity  
perseverance  
self control



General Choi Hong Hi

*choi hong hi*