

# gordon wallace school of tae kwon-do



september newsletter 05

september 24/09/01

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:*

**Alan Gorman**  
**Christin Rendalen**  
**Aury Van Beers**  
**Stuart Cadger**  
**Laurence**  
**Jayawardane**  
**Lisa Audretsch**  
**Charlotte Carne**  
**Emilie Espagne**  
**Ben Smith-Dodd**

*Jnr class:*

**Nadine Cruickshank**  
**Siobhan Jenkins**  
**Lewis Eden**  
**Hannah Cheyne**



## uktf news

**Colour belt Grading Criteria:** After careful consideration, the reverse turning kick for female power test in the grading syllabus for two boards shall now be replaced by a kick of their own choice

As there is no change in the latest UKTF calendar of events I have included some of the key events taking place around the world:

### ITF Calendar of Events 2001.

(Seminars hosted by Grand Master Gen Choi Hong Hi 9th Deg)

September 21-23

**Argentina**

Contact: Master Pablo Trajtenberg  
pablotr@centroargentino.com.ar

September 26-28

**Paraguay**

Contact Master Javier Dacak jaidacak@highway.com.py

November 15-17

**Jamaica**

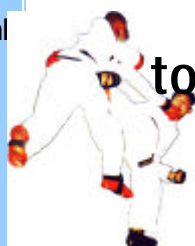
Contact Mr Peter Lue: jatkd@hotmail.com

(Seminars hosted by Master Choi Jung Hwa 8th Deg)

October 5-7

**Cologne, Germany**

Contact Master Paul Weiler: p-weiler@itf-d.de



## tournament news - ITF 2001

**September 29** - USTF Region 1 Championships Longview WA USA

**November 18** - RITA National Championships, Ireland

**December 1-2** - Open Tournament, Puerto Rico

**December 8-9** - Xth Peter the Great Cup, St Petersburg, Russia

## tournament news

### UKTF UK Championships Saturday, 6th October

Westgate Centre for Sport, Newcastle. Require all competitor forms in ASAP as well as spectator numbers. Hotels and travel arrangements to be made!!!

### 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:**

04 (Snrs) & 6th (Jnrs) December. There will

be an interim grading to be held at the end of October for people who missed the last date.

**Congratulations!!!!!!**

Everybody did exceptionally well. Here is the list of promotions from the grading in Sept :

<b>Juniors:</b>	<b>Grade</b>	
Lyndsey Rhind	2nd Kup	
4th Kup		
Cristopher Tennant	2nd Kup	
4th Kup		
Stephen Arroyo	4th Kup	
Greg Miller	4th Kup	
Neil Kiltie	5th Kup	
Duncan Runcie	5th Kup	
Ross Adams	5th Kup	
Christian Keating	5th Kup	Neil
Mackland	8th Kup	
Alan Whyte	5th Kup	
Justin Barclay		8th
Kup		
Steven Christine	6th Kup	
Luca Di Somma	6th Kup	
Paul McNab	6th Kup	
Daniel Tait	7th Kup	

<b>Seniors:</b>	<b>Grade</b>
Stuart Arroyo	
Chris. Arroyo	
Scott Milne	5th Kup
Bulan Drummond	5th Kup
Stephanie Valentin	6th Kup
Lynne MacKay	7th Kup
Aaron Poage	8th Kup

**When they were young.....**



Any guesses????

**Healthy Bacon Rolls?????.....**sorry no such thing but try my healthy alternatives.

**Onion Bagel with turkey rashers, cream cheese and tomato.**

- 1 x 2.5oz Onion Bagel
- 3 x rashers of smoked turkey rashers
- 1 oz of Asda 10% fat onion & chive cream cheese
- 1 tomato

**Directions:** i. Toast bagel; ii. grill turkey rashers and tomato; iii. spread one side of bagel with cream cheese; iv. assemble carefully and consume voraciously!!!!!!

**Bagel with ham, egg and cheese.**

- 3 large egg whites
- 1 tbsp Dijon or honey mustard (optional)
- 1 x 2.5oz bagel, plain, wholemeal or onion
- 3 slices of lean ham
- 1 oz reduced fat cheddar cheese

**Directions:**

i. Microwave egg whites on high for 1 or 2 mins until cooked; ii. Spread mustard on 1 bagel half; iii. Top with ham and cheese and second bagel half; iv. grill ham and cheese bagel half until cheese melts; v. assemble and consume enthusiastically

**Macho Equipment**

- 3 x Headguards = £15 each
- 1pr x Foot protectors = £10

**Nokia Equipment**

- 1pr x Hand protectors = £5

**Various Equipment**

- 3 x Groin Guards = £3

**Sparring Equipment Sale**

**TaeKwon-Do and Mental Effect.**

Taekwon-Do is an art that implies a way of thinking and life, and particularly in instilling moral civilization and generating the power for justice. Taekwon-Do is also known as one of the best means of developing and enhancing the emotional, perceptual and psychological characteristics that enable the younger generation, regardless of age, social status or sex, to effectively learn and participate in the social and play demands of his peers.

Every movement of Taekwon-Do is scientifically designed with specific purpose and a skillfull instructor may, therefore, develop in the student a belief that success is possible for anyone.

Constant repetition teaches patience and the resolve to overcome any difficulty. The tremendous power generated from one's body develops the self-confidence to meet any opponent, at any place, and in any situation. Sparring teaches humility, courage, alertness and accuracy, adaptability as well as self-control.

Pattern teaches flexibility, grace, balance and coordination while the fundamental exercises develop precision and teaches the method, principle, imagination and purpose. Eventually, this training permeates every conscious and subconscious action of the student.

Perhaps in some way, Taekwon-Do and the guiding hand of a qualified instructor may serve as an aid to the misguided, insecure, and physically weak because the student who comes to love the art quickly realizes that to excel, the body must be kept at its optimum peak of conditioning and he will, consequently, hesitate to jeopardize his training in any way.

Thus, Taekwon-Do offers a strict self-imposed discipline done with the spirit of cooperation and mutual respect.

Together with discipline there are many who need and search for acceptance and leadership and are anxious to associate with a group or strong leader. If the student trains conscientiously, his peers and superiors will easily accept him.

If the instructor and ranking belts are articulate, well-groomed, polite, confident, intelligent and understanding, this leadership will provide, perhaps, the best of all possible influences on the student. Prejudice is taught at an early age but there is little time for petty prejudices while sharing the camaraderie and Spartan training atmosphere of Taekwon-Do.

Through severe training classes, one learns to communicate with the obvious result that racial barriers are stripped away. The harmonious exchange of Taekwon-Do between races certainly helps to eradicate the unfortunate lack of understanding that often exists between people.

Obviously, the training one receives in Taekwon-Do has numerous other advantages. Taekwon-Do can be quite beneficial for preparing youth not only for taking his place in society, but also for his academic life. The art teaches, among other things, tenacity and concentration; and it is also conducive for relieving the tensions and pressures effectuated by the rigors of long tedious hours of study. A session of training can refresh the student and help calm and clear the mind, permitting the student to once again focus his energies completely on his studies.

Students tend to become lethargic and distracted after long hours in the confines of a classroom. Through breaking the student learns to clear his mind and remove obstacles that might normally detract from focused power.

Using this same principle against a specific target a diligent student can learn to concentrate his resources with a minimum loss of energy. Taekwon-Do also tends to accelerate a student's process of maturation, since the seriousness of the art, its potentiality and the profound respect he eventually gains from the training stimulates the student's sensitivity and perception.

Here is perhaps the instructor's most important phase of instruction; the ability to teach a student methods of using the body as a weapon without abusing that knowledge.

Though the process may be a frustrating one, the task of educating the public and responsible leaders in the community and introducing the stimuli of Taekwon-Do is a challenge all dedicated students should undertake.

It is hoped that the foregoing pages have sufficiently expressed the reasons why Taekwon-Do has been spreading like wildfire throughout the world.