

# gordon wallace school of tae kwon-do



april/may newsletter 03

may 21/05/01

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:*

**Bulan Drummond**  
**Donna Duncan**  
**Stevie Gourdie**

*Jnr class:*

**Rebekah Jones**  
**Morgan Jones**  
**Zachary Jones**



## uktf news

### Blackbelt Training Seminar

The first blackbelt training seminar took place on the Saturday prior to the March blackbelt grading. This was the first of the new format gradings and with 54 blackbelts and 1st kups in attendance, it proved that this is the way forward and will be repeated for the September grading. The seminar, conducted by Mr G Wallace started at 10:00 and lasted for 5 hours

### New UKTF Schools.

Aviemore  
Elgin  
Tollcross  
Falkirk

Mr A Dunbar V Degree  
Mr A Dunbar V Degree  
Mr F Degnan III Degree  
Mr D Gilmour IV Degree

Highland  
Grampian  
Glasgow  
Lothian



## tournament news

### UKTF British Championships Saturday 06 October 01

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

### European Championships, Spain, April 2001

Congratulations to the following UKTF blackbelts who were successful:

England	Nick Symonds	3 deg	Snr Male Pattern	Gold
England	Tom Nicholson	3 deg	Snr Male Pattern	Bronze
Scotland	Julia Cross	3 deg	Snr female Pattern	Gold
Scotland	Lisa Peach	1 deg	Jnr Female Pattern	Bronze
Scotland	Julia Cross	-58kg	Snr Female Sparring	Silver
Scotland	Lisa Peach	-63kg	Jnr Female Sparring	Bronze
England	Nick Symonds		Team Pattern	Bronze

### Headguards

During sparring we now require that all under 18's wear head guards and strongly recommend that seniors wear also.

### Power Test

White and Yellow belts can no longer participate in Power Test

## school

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

### Congratulations!!!!!!!

A very well done to all those who sat the who competed in the UKTF & UKTA Championships. Everyone did exceptionally well. Here are a list of the results:

#### UKTF Scottish, Blackburn West Lothian 07 April 2001

Juniors:	Grade	Event	Result
Christopher Gillespie	1st Kup	Red Pattern	Bronze
		Red/Blk Spar	Silver
Scott Milne	8th Kup	Yellow Pattern	Bronze
		Lt Yellow Spar	GOLD
David Flett	5th Kup	Unlucky this time!	
Christian Keating	8th Kup	Unlucky this time!	
Lindsey Rhind	3rd Kup	Hgh Sparring	Silver
Stephen Arroyo	6th Kup	Green Pattern	Bronze
Christopher Tennant	3rd Kup	High Sparring	Silver

#### Seniors

Nick Duckworth	6th Kup	Green Hvy Spar	Bronze
Anna Kindness	7th Kup	Mid Yellow Spar	Silver
Aaron Poage	9th Kup	Mid White Spar	Bronze
Stuart Arroyo	6th Kup	Unlucky this time...guess where his hands were????	

#### UKTA Scottish, Elgin, Moray, 26 May 2001

Juniors:	Grade	Event	Result
Christopher Gillespie	1st Kup	Red Pattern	Bronze
		<63 spar	Thug!!
Christopher Tennant	3rd Kup	>148cms Spar	Bronze
Paul McNab	8th Kup	Got through 3 rounds!!	
Lindsey Rhind	3rd Kup	Lost the use of her hands!	
Ross Adams	6th Kup	<135cms	Bronze
Stephen Arroyo	6th Kup	Green Pattern	GOLD
		<146cms Spar	Bronze
Christian Keating	6th Kup	Good Scrapper!!!	
<b>Seniors</b>			
Stuart Arroyo	6th Kup	Mmm! Now what did Mr Wallace say those hand things were for???	

#### Senior Seniors (+35yrs)

David Adams	8th Kup	Good effort David!!!
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Well done to everybody. Lets take these achievements and build on them for the UK Champs in Newcastle.

#### New Grading Requirements - Power Test

At the last UKTF committee meeting, it was agreed that more attention was required to be focussed on power test as it had become clear at blackbelt gradings that students were not developing adequate power and accuracy. As a result, a power test criteria was developed. In addition, to ensure that the profile and importance of the development of technique power and accuracy, it was further agreed that 4th kups and above must begin the grading exam with the power test. Only when the boards are successfully broken (minimum one side both hand and foot) can the student proceed with the grading. Full details will be disclosed in June's newsletter.

### Moral Culture: "Righteousness"

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 "Righteousness" can be defined as the ability to feel ashamed of unjust acts and to do one's duty to others.

Mencius says "for the ordinary person life and death are the most important in the life. However, for the virtuous person to live and die with righteousness is far more important than life and death themselves"

Righteousness is well defined in the act of a certain army general depicted in the book of "War Manual" written about 2,400 years ago. It reads.....

A General was taking a break from the gruelling war with his soldiers by a river bank when an aide brought him a small carafe of wine for his refreshment. He took the carafe and slowly emptied it into the flowing river in full view of the puzzled soldiers and invited

### When They Were Young ho ho ho!

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



*tenets  
of tae kwon-  
do*

*courtesy  
integrity  
perseverance  
self control  
indomitable spirit*



General Choi Hong Hi

*choi hong hi*