

# newsletter

august / september 2002



## uktfnews



### Welcome to Tae Kwon-Do

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

#### **Snr Class:**

Analisa Magnani  
Kathleen Clark  
Gregory Duguid  
Charlotte Ashley  
Euan Cadger  
Donald Cameron  
Phil Lynden  
Kristofer Jone  
Carolyn Holts

#### **Jnr Class:**

Christopher Scott  
Jared Boggin  
Clare Fordyce  
Lisa Tretmanis  
Gaia Tretmanis  
Emma Steely  
Kai Horne  
Odd-Martin Theimann

### **General Choi Hong Hi 9th Degree 1918 - 2002**

For those who did not hear the news, the Founder of Tae Kwon-Do died on June 15th, aged 84 years. The loss of the founder was tragic news for us, but many of us had the privilege of training under this great man.

I have to add, that the death of General Choi, however sad a loss, bears absolutely nowhere in comparison to the loss that the parents of the two young girls found dead after being abducted. General Choi had a full life and left a legacy that he will be remembered for. These poor girls hadn't even begun their lives. Our thoughts must be with their parents.

**Please kids, take extra care if somebody asks you to go away with them and you don't know them SHOUT: NO, GO AWAY, I DON'T KNOW YOU!!!! And run.....**

### **Black belt Grading**

The blackbelt seminar and grading will be held in Craigshill on Saturday and Sunday 28th and 29th September. Jacqui will sitting her 1st degree exam, so we should wish her all the best.

## tournamentnews



### **UKTF British Championships**

To be hosted by Mr McIlvanie, 4th Degree in Wishaw Sports Centre, Saturday 12 October 2002.

Forms are now available for people wishing to enter. You did exceptionally well getting 2nd overall in Inverness at the UKTF Scottish Club Championship and it would be great if we could go one better and win it. For those of you not familiar the competition, it is open for white belts and above, children (<13's) Junior 13- 17yrs, Adults +18yrs.

The events contested are: Patterns, Sparring, Special Technique and Power Test. Anyone in the school can compete if he or she wishes. All grades compete within their own level. Under 13's are segregated by height. All others by weight. You can choose which events you wish to participate in. If sparring is favoured, there are requirements for protective equipment. Full details will be posted later.

Competitions are completely optional, but they are great for self esteem and fantastic team building for the school. Do not underestimate yourself. I believe in your capabilities, so should you!

# Centrenews

## Special Thanks

A special thank you goes out to Mr Ronnie Roy for his professionalism in running the school for the three weeks we were away. It was a great effort. Well done! In addition Ronnie attended the UKTF instructors course and is now a fully qualified C class instructor - Boo sabum.

Ronnie also organised a bowling event in order to raise funds for equipment for the school. The whole event raised around £500. With this money we managed to buy three new kick bags and more mats for the floor. So a special thank you to all of you who supported the event.

## Fund Raising - Sponsored Cycle Marathon

The next fund raise, is our cycle run from our centre in Aberdeen to Dunbars TKD Academy in Inverness. His idea first started as a personal goal that I wanted to attempt. Since taking onboard the hall full time, I thought I could use the event to raise money towards matting the floor of the centre. The other riders confirmed, are Stuart Arroyo 4th Kup, Doug Farquhar 8th Kup, Alan Gorman 9th Kup and Christen Rendalen 6th Kup. Coinciding commitments have prevented Andrew Harthill and Ronnie from taking part, but I believe they have agreed a sponsored swim across the Dee instead!!! If you wish to sponsor an individual or just the event, you can do so by adding your name to the poster at the back of the hall, along with any donation you can spare. We plan to have the event on Saturday 14th September.

## Centre Update - Plan

As you have seen, the hall is slowly taking shape into our martial arts studio. It is time consuming, so I hope you will bear with us until things get finished. It will be worth the wait and you will have somewhere special to practice. We hope to have finished our modifications to the kitchen and reception area soon and the opening of our "Pro-Shop". We will have a stacked fridge of cold soft, drinks, isotonic and other health and performance drinks, along with some snacks and of course my mums chocolate biscuits from time to time. A stock of suits and sparring equipment is currently being built up and we are looking at getting a supplier for school holdalls and jackets. If there is any thing that you would like to see stocked, please let us know.

## Reminder - Moving House?

If you are moving house or changing telephone numbers, can you please complete a new Emergency Contact form for us. This will ensure that we can contact you if required and you will not miss out on any mailings from us. Forms are available from Jacqui.

## Centre NIGHT OUT !

We are planning to have a Night Out on Saturday 5th October. This will be used to celebrate myself and Jacqui's engagement, Jacqui's 30th Birthday and hopefully her successful black belt grading. Not that we need any excuses! Details will be shown on the notice board closer to the date. All over 18's welcome, including parents of course.

" Optimism is the faith that leads to achievement.  
Nothing can be done without hope and confidence. "

Helen Keller, American Author and Human Rights Activist