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KOREAN ART OF SELF DEFENCE



2008 INSTRUCTORS ANNUAL REVISION COURSE AGM Black Belt DVD Syllabus Filming

A report by Mr. Chris Joannou V

Thursday 15th of May saw the arrival of the long awaited third return trip to Spain, but this time not only for the B.U.T.F.'s Senior Instructors Revision Course but also for the AGM and filming for the forthcoming Black Belt DVD's.. The Instructors look forward to this event, more then any other, as it promises and delivers plenty of R & R (tae kwon do speaks for fun) along with the usual training and revision under the meticulous guidance of Grand Master Choy.

Once all the flights were in and Grand Master Choy had teased Mr Chehal for being a usual suspect on the only delayed flight, we headed off in hire cars driven by Mr Sheehan and the now veteran to Spanish roads Mr Snelders. The lead car driven by Grand Master Choy containing Masters Au, Sangha and Manning led the way. Our venue was restaurant Esmeralda, to host our AGM. After the conclusion of an extremely smooth meeting we enjoyed the delights of a comprehensive menu for a three course meal and dessert. Master Au reassured Mr Puma that this was only a snack as the evening meal was only round the corner.

While the meal was under way the instructors relaxed and caught up with each other in a light hearted manner, as well as discussing recent events and swapping stories from our history. One memorable moment was a discussion related to Mr Liu's early years, when Master Sangha noted that some of the juniors including Mr Liu's own brothers were some what put out that Mr Liu took a grading for green belt during their holidays. When Master Sangha asked Mr Liu why he had taken that grading Mr Liu answered; "Because I was special." Although said tongue in cheek Mr Liu's title for the rest for the trip, was of course, "The Special One".

After the meal we headed to the four star Hotel Melia. Each instructor had the luxury of their own room with wonderful views and a look at Benidorm from a different angle. The facilities included heated indoor and outdoor swimming pools, sauna and gym, as well as high tech water and traditional massage. The hotel restaurant offered high quality Spanish cuisine with lots of variety and choice- a good job we had plenty of training to burn off our excesses.

After the evening meal some of the instructors, headed by the now legendary Mr Whitley, went in to town to enjoy the nightlife. One by one the instructors returned to the hotel to make sure they were fresh for Fridays work schedule. Eventually Mr Whitley decided, that although he could go on all night, we should in fact return back to the hotel with our very own "doorman" Mr Austin, who seemed to be noticed by several people who insisted on introducing themselves and promising to behave!



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Inaugurated 1st March 1988 The Lunar Year Of The Dragon



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Friday morning began bright and early with a morning run in the surroundings of our complex followed by a hearty breakfast. At 10 a.m. we embarked on a full day's schedule of Pattern performances and filming for the DVD syllabus for 1st and 2nd Dan. Mr Liu observed how helpful the format Grand Master Choy had adopted for the pattern performance was. This being, one instructor performing at a time, while Grand Master Choy explained each move in precise detail so that it was totally understood by all. Masters Au VIII, Sangha VII and Manning VII also offered valuable advise and support to the group. This attention for detail maintains the equally high standard across the board of our own students. The days work concluded sometime after 4 p.m. and having skipped lunch most were looking forward to our evening meal. Grand Master Choy congratulated everyone putting emphasis on the word TEAM WORK as this and the fact that we are all pulling in the same direction has been the key to our continued success. Special mention was made to Mr Snelders as he would be responsible for the ongoing work behind the scenes to edit and produce the DVD's back in the UK.

After the much enjoyed evening meal some of the instructors headed to town while some opted to stay and socialise at the hotel. Mr Liu, who had accompanied the partygoers on the first night, decided that "The Special One" would retire for an early night of beauty sleep. Calculations have been made that Mr Liu had enjoyed around 12 hours sleep per night compared to a overall group average of 4-5 hours per night.

Saturday again began with a morning run. Even though Mr Austin had stated that if he was meant to run he would have been born with four legs, he did in fact join the group.

After breakfast Grand Master Choy led the group to the mountain resort known locally as Altea Hills to train in the fresh air and take the opportunity for a photo shoot. Mr Sheehan, as usual, did a great job of directing and timing some nice pictures. Mr Joannou cautiously put as much distance between himself and Mr Bryan (The Terminator) as memories were still fresh from last year's injury. Mr Liu was this year's recipient of The Terminators attention, sustaining a toe injury. After performing an excellent flying high kick Mr. Bryan landed on Mr. Liu's static foot causing a small cut, resulting in some comic yelps of anguish and hopping about; of course in Waebal Sogi!

Once back at the hotel some of the appointed Instructors along with the Masters & Grand Master Choy carried on working, filming the self-defence and foot sparring moves. The rest of the group were given free time. Mr Puma and Mr Joannou decided to take advantage of both of the massage facilities the hotel had to offer. They were not disappointed especially after two days worth of Grand Master Choy's warm ups and callisthenics!

Saturday evening was booked for a dinner and show at the excellent Benidorm Palace. This provided an excellent time to get together for a meal and good conversation, then to see a show spectacular enough to rival any top Vegas venue.



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Most of the instructors left for England on Sunday morning with Mr Sheehan and Mr Snelders doing the airport runs. The rest of the instructors decided to take on another day to enjoy the facilities and relax. Mr Austin booked another week!

All the Instructors would like to thank Grand Master Choy IX and Master Au VIII for organising another superb trip allowing us to **enjoy** hard work and relaxation in equal measure.

Photographs Courtesy of:

Mr. Keith Whitley VI
Mr. Antonio Puma V

Mr. Nicholas Sheehan V (The 'proper' ones)
Mr. Chris Joannou V



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