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KOREAN ART OF SELF DEFENCE



Newsletter 2-10

12<sup>th</sup> September 2010

**ALL NEWSLETTERS SHOULD BE DISPLAYED FOR MEMBERS TO READ!!!**

Now that all schools have returned to normal training after the summer break members should be mindful of the dates of remaining events for the year:

**2<sup>nd</sup> Annual Black Belt Grading and Pre Course**

Correctly completed applications should be submitted by Friday the 15<sup>th</sup> October from those intending to sit for the Pre Course and Exam. Times of commencement will be relayed to candidates via their Instructors.

**BUTF Open Championship**

This prestigious event will be held, for the 23<sup>rd</sup> year running at the Latchmere Leisure Center, Battersea, London, SW11. Doors will be open from 9.00 am for competitors and spectators while all Black Belts should make themselves available punctually at 8.30 am to assist in setting up the auditorium. Forms (correctly filled in) and fees should be in by Friday the 12<sup>th</sup> November.

**For easy reference Pattern choices and destruction techniques for Black Belt Divisions for this year's Open are tabled below:**

| STANDARD TECHNIQUES            |      |   |
|--------------------------------|------|---|
| <b>MENS DIVISION:</b>          | FOOT | <u>Standing Twisting Kick (1 target)</u>                      |
|                                | HAND | <u>Reverse Knife Hand or Back Fist</u>                        |
| <b>LADIES DIVISION:</b>        | FOOT | <u>Standing Twisting Kick (1 target)</u>                      |
|                                | HAND | <u>Any Hand Technique except Front Elbow Strike</u>           |
| <b>JUNIOR HIGH DIVISION:</b>   |      | <u>Power 360 Degrees Spinning Back Kick</u>                   |
| <b>JUNIOR MIDDLE DIVISION:</b> |      | <u>Flying High Kick</u>                                       |
| <b>JUNIOR LOW DIVISION:</b>    |      | <u>Flying Side Kick</u> Over 2 Hurdles 15" high, with run up. |
| <b>JUNIOR PEEWEE DIVISION:</b> |      | <u>Flying Side Kick</u> Over 2 Hurdles 12" high, with run up. |

| SPECIAL TECHNIQUE                   |  |
|-------------------------------------|--|
| <b>SENIOR MEN &amp; LADIES ONLY</b> | <u>Flying Long Kick (over hurdles)</u> Run up permitted<br>Distances between hurdles increases per round |



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**BUTF Open Championship Contd.**

|            | <b>1<sup>st</sup> Round</b> | <b>2<sup>nd</sup> Round</b> |
|------------|-----------------------------|-----------------------------|
| <b>DAN</b> | <b>Compulsory</b>           | <b>OPTIONAL</b>             |
| I (IL)     | <b>PO-EUN</b>               | GE-BAEK or KWANG-GAE        |
| II (EE)    | <b>EUI-AM</b>               | JUCHE or CHOONG-JANG        |
| III (SAM)  | <b>CHOI-YONG</b>            | YOO-SIN or SAM-iL           |
| IV (SA)    | <b>YONG-GAE</b>             | MOON-MOO or UL-Ji           |
| V (OH)     | <b>YONG-GAE</b>             | SO-SAN                      |
| VI (YOOK)  | <b>YONG-GAE</b>             | TONG-iL                     |

**Note**

The compulsory pattern for each grade must be performed in the first round. The second round pattern MUST be one selected from the remaining patterns for each grade, unless the competitor has been promoted to current grade within the last SIX months.

Yet again members should be reminded that as at all our Open events, our behavior, being in the company of students from outside organizations, has to be beyond reproach and criticism at all times. Needless to say petulant displays of temper, justified or not, will not be tolerated and will be dealt with uncompromisingly by our officials.

Students, please remember to avail yourselves of discounted spectator vouchers for your friends and relatives by asking your Instructor for them.

**Senior Black Belt Grading**

The grading exam of 5<sup>th</sup> Dans and above will take place on Sunday the 28<sup>th</sup> November.

Applications from those invited to grade should be in by the 3<sup>rd</sup> November.

Venue and time of commencement will be communicated to candidates.

**TILL THE NEXT NEWSLETTER, ENJOY YOUR TRAINING**

Visit our website on

[www.butf.com](http://www.butf.com)

Inaugurated 1<sup>st</sup> March 1988 The Lunar Year Of The Dragon

