

Head Office :
 'EASTNEY'
 58 WILTSHIRE LANE
 EASTCOTE · PINNER
 MIDDX. HA5 2LU
 Tel: 020 8429 0878
 Fax: 020 8866 4151
 Email: headoffice@butf.com



KOREAN ART OF SELF DEFENCE



Newsletter 3-09

5th September 2009

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

2nd Annual Black Belt Examination and Grading Pre Course

Time of arrival for the pre course (in Formal Dress for Black Belts and smart attire for 1st Kups) will be 12.30 pm for a punctual 1 pm start. The venue will be the Hillingdon School of Taekwon-do, Hillingdon Heath, Middx. Be reminded that you are there for the duration, no matter how long it takes. In this case parents of our younger members should be at the venue to pick them up approximately at 6.30pm.

The deadline for forms and fees is as usual the Friday before the pre course which in this case is Friday the 2nd of October.

Be further reminded that you should NOT apply for the exam if you were NOT able (assuming that you successfully pass the exam) to attend the presentation of Certificates Ceremony at the forthcoming British Championships.

The following checklist is of items to be submitted with entry forms.

i/ 3 Correctly completed and signed forms in the applicant's handwriting. No typed forms will be accepted.

ii/ 4 passport size photos trimmed correctly to size with 3 attached firmly to each form

iii/ Appropriate fees

iv/ Current licenses

v/ Blue grading cards for 1st Kup applicants only

Those leaving things to the last minute and hoping that a first class stamp ensures a next day arrival, do so at the risk of your applications being returned because of late arrival!!

So, the advice is to mail well before the deadline.

Grading date changes

Unfortunately yet again, owing to the venue being unavailable on the dates required as listed on our 2009 Grading Calendar your attention is drawn to the following changes which **must** be noted.

Please amend your Calendar immediately as no excuses will be accepted for non acknowledgement of this communiqué.

	EVENT	ORIGINAL DATE	CHANGED TO
1	Senior Colour Belt Grading	Saturday 3 rd October	Saturday 24 th October
2	Senior Colour Belt Grading	Saturday 28 th November	Saturday 5 th December



Visit our website on

www.butf.com

Inaugurated 1st March 1988 The Lunar Year Of The Dragon



Head Office :
'EASTNEY'
58 WILTSHIRE LANE
EASTCOTE · PINNER
MIDDX. HA5 2LU
Tel: 020 8429 0878
Fax: 020 8866 4151
Email: headoffice@butf.com



KOREAN ART OF SELF DEFENCE



New Instructors Qualifying Assessment

The exam will commence punctually at 3.30 pm (arrival in Formal Dress at 3.00 pm) on Saturday the 31st October at the Hillingdon TKD School Denham Hall venue. Completed assessment record cards should be submitted to Head Office by Friday the 23rd October with failure to do so resulting in automatic disqualification from the assessment. Instructors are requested to thoroughly prepare their candidates as failure *is* an option.

BRITISH CHAMPIONSHIPS

The Pattern divisions for this Championship will be contested as follows:

1st & 2nd Dans with Ge-Baek being compulsory for both grades.

The second round Patterns will be Kwang-Gae for 1st Dans and Ju-che for 2nd Dans

3rd & 4th Dans with Yoo-Sin being compulsory for both grades.

The second round Patterns will Choi-Yong for 3rd Dans and Moon-Moo for 4th Dans

5th & 6th Dans with Moon-Moo as compulsory for both grades.

The second round Patterns will be So-San for 5th Dans and Tong-il for 6th Dans

It is expected that all able bodied 4th 5th and 6th Dans will participate, and with no exceptions.

CLAPHAM TKD SCHOOL DEMO

Clapham Taekwon-Do School performed a demonstration of Taekwon-Do on 5 September at Lambeth's annual Activate Festival of Sport in Kennington Park, London. The demonstration was well attended by club members, with twelve of us taking part.

The intent of the Activate Festival was to promote exercise and to kick off Lambeth Council's countdown to the 2012 Olympic Games. It showcased activities such as martial arts, handball, indoor rowing, fencing, table tennis, hip-hop dance, and BMX bike riding. The Martial Arts Marquee hosted several types of martial arts, including Karate, Judo and Capoeira.



Visit our website on

www.butf.com

Inaugurated 1st March 1988 The Lunar Year Of The Dragon



Head Office :
'EASTNEY'
58 WILTSHIRE LANE
EASTCOTE · PINNER
MIDDX. HA5 2LU
Tel: 020 8429 0878
Fax: 020 8866 4151
Email: headoffice@butf.com



KOREAN ART OF SELF DEFENCE



Clapham Taekwon-Do School was the only representative of Taekwon-Do at the event, performing in two separate twenty-minute slots.

Both sessions of our demonstration drew a sizable and enthusiastic crowd despite loud demonstrations from the hip-hop dancers and BMX bikers in nearby areas. Throughout the presentation our Instructor Mr. Snelders IV Dan, engaged the audience by explaining what we were doing and about Taekwon-Do generally.

During the first section of the demonstration, Mr. Snelders led us through a general warm-up and some basic moves, similar to what we would do in a regular training session.

Andrea Jarai, Dilishi Dhanapala and myself next performed Dan Gun as a team pattern. We were a little nervous about performing the pattern in unison; however, we made it through and our performance seemed to be well received by the audience.

Miss Greenstein II Dan and Miss Yokoya I Dan performed Kwang Gae in perfect synchronisation. We did some kicks with pads and performed Saju Jirugi as a team. As a close to the first session, Mr. Hewson I Dan and Dave Carter impressively performed the pattern Toi Gye.

During the second session of our demonstration, Mr Snelders IV Dan and Mr Cheng IV Dan demonstrated self-defence moves. Mr Cheng IV Dan and Mr Borge III Dan excellently performed the 3rd Dan pattern Sam-il. Everyone then paired up for some free sparring.

The pinnacle of the demonstration was the demonstration of breaking. Mr Harrison I Dan started us off by demonstrating a flying side kick. Mr. Borge next did a 360° back kick. As the last part of the demonstration, Mr Cheng demonstrated a jumping reverse turning kick at a height of 2 metres. The board was held so high in the air that Mr. Hewson had to climb on Dave Carter's shoulders to hold it up. It was a grand finale and the audience was thrilled! We were very lucky to have these black belts with us to demonstrate such amazing kicks.



At the end of the second session, Mr. Snelders gave some wise advice to the audience by suggesting that, if they felt drawn to the martial arts, they should try a number of styles and schools before committing to one. He also said that they should remember that it is the people that make a school what it is.



Visit our website on

www.butf.com

Inaugurated 1st March 1988 The Lunar Year Of The Dragon



Head Office :
'EASTNEY'
58 WILTSHIRE LANE
EASTCOTE · PINNER
MIDDX. HA5 2LU
Tel: 020 8429 0878
Fax: 020 8866 4151
Email: headoffice@butf.com



KOREAN ART OF SELF DEFENCE



Everyone who participated in the demonstration enjoyed taking part, and it was great for club spirit. The event was also good publicity for Taekwon-Do generally. We met at a pub in Clapham afterwards to celebrate and several of us stayed later to have dinner together. In my experience over the past two and a half years as a member of Clapham Taekwon-Do School, I would say that I do believe that it is the members who make the School. I really enjoyed taking part in the team demonstration, and I felt proud to be part of Clapham Taekwon-Do School

Article by
Kristin Kirwan-Taylor, 5th Kup Green Belt

TILL THE NEXT NEWSLETTER, WORK HARD AT YOUR TRAINING



Visit our website on

www.butf.com

Inaugurated 1st March 1988 The Lunar Year Of The Dragon

