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KOREAN ART OF SELF DEFENCE



Newsletter 4-11

15th September 2011

ALL NEWSLETTERS SHOULD BE DISPLAYED FOR MEMBERS TO READ

2nd Annual Black Belt Grading and Pre Course

Please be reminded that correctly completed applications should be submitted by Friday the 7th October from those intending to sit for the Pre Course and Exam. Times of commencement will as usual, be relayed to candidates via their Instructors once numbers are finalized.

Senior Colour Belt Course and Grading

As per the Calendar of Events this will be held on Sunday the 30th October with the names of all attendees along with those grading immediately following the course being submitted by Friday the 21st October to H.O.

British Championships

For the 24th consecutive year this event will be held once more at the Latchmere Leisure Center in Battersea, London on Saturday the 12th November.

Forms with corresponding fees should be submitted to H.O. by Friday the 4th November. Instructors should ensure that all licenses are current.

The destruction requirements for Black Belts are listed below for your convenience:

2011	BRITISH
BASIC BREAK	360 DEGREE SPINNING BACK
SPECIAL BREAK	JUMPING TWIN FRONT



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Tooting Taekwon-Do School



Training turned into an international affair for the students at Tooting on Thursday 18th August. Alongside the regulars were two instructors from Spain & Grenada both who were visiting the country at the same time. Mr. Kellon Langdon 3rd Dan holds the prestigious position of being one of the final students to train at Putney Taekwon-Do School, under Grandmaster Choy 9th Dan. He also took his instructor grading at the same time as Mr. Snelders 5th Dan and Mr. Kelly Ephraim 4th Dan in 1995. Mr. Calagero Tona 2nd Dan is another BUTF bred black belt, having trained under Master Sangha 8th Dan back in the late 80's. It was his introduction to Taekwon-Do that started Mr. Joannou 5th Dan off in 1992. Both enjoyed a session where they worked with many of the younger students and senior red belts showing how their roots in the BUTF had never left them. Included in the class that lasted for over 2 1/2 hours were stamina, stretching, kicking drills, self defense techniques and finally all the patterns up to 3rd degree. It's always a joy to see the old faces eager to re-acquaint themselves with the BUTF and the evening ended with open invitations to visit and train when in Spain or Grenada, an invitation that was readily accepted by all.

Till the next Newsletter, enjoy your training

