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CAMBORNE TAE KWON-DO

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NEWSLETTER

SUMMER 2005

Spring was great for Camborne Tae Kwon-Do with phenomenal competition successes and our awesome training day to celebrate 50 years of Tae Kwon-Do. For those that couldn't make it, there were more than 50 of us training on top of Carn Brae in the morning and around 25 on Porth Beach Newquay in the afternoon on 9th April. We've also attended the Cornish Open, GTI English and Midlands Open competitions over the last few months and I would like to congratulate all of those that took part and also thank those people that came to support our competitors. To top it all, we had a highly successful grading and well done to everyone for another 100% pass rate. We also have a new 2nd Degree Black Belt, Mr Martin Dolling and congratulations to him too. Now let's have a fun Summer!

Danny Broderick, 4th Dan

2005

CALENDAR OF EVENTS

- | | |
|----------------------|--|
| 3 rd July | Beach training 10am Porth Beach, Newquay |
| 9 th July | Pool School Demo |
| 7 th Aug | Beach training 10am Porth Beach, Newquay |
| 4 th Sept | Beach training 10am Porth Beach, Newquay |
| 2 nd Oct | GTI National Points, Venue TBC |
| 23 rd Oct | Black Belt Grading, Venue TBC |
| 24 th Nov | GTI British Championships, Venue TBC |



GTI News

Following the AGM, the GTI has a new Chairman, Mr Paresh Bhadeshia, 5th Dan and Vice Chairman, Mr Tony Sewell, 6th Dan. The Treasurer's post is currently vacant due to the departure of Mr Mike Beard. Mr Clive Harrison, 6th Dan stepped down as Chairman late last year and is focussing on his role as Midlands Area Co-ordinator and Grading Examiner. He will continue to conduct Camborne's gradings.

Accelerated Gradings

At blue belt, red belt and red belt, black stripe a student is required to wait 6 months until they take their next grading. The GTI has introduced *accelerated gradings*, where a student can grade after 3 months rather than 6 at these levels. To be eligible, the student must have near 100% attendance and display exemplary technical ability. They must also demonstrate that they've learnt all the theory required for the next grade but most importantly, they must show outstanding behaviour and etiquette. If you want to try to accelerate your gradings you will need to work very hard and be a role-model to lower grades. But remember - the coloured belt stages are very informative and fun times in Tae Kwon-Do and should not be rushed.

Camborne Tae Kwon-Do Training Manual

The release of Camborne Tae Kwon-Do Training Manual One: Fundamental Tae Kwon-Do has been a great success. This manual covers all the information required from white belt to black belt and it is the first time it has all been compiled in one, dedicated coloured belt edition. It has been widely praised by other Instructors in the GTI and a slightly different version of it, under the name Tae Kwon-Do Foundation is selling as far a field as Worcester. But only Camborne students are entitled to the full version of the book which is a snip at £15 a copy. To order a copy please ask Mr Liam Broderick. The Black Belt Advanced Manual will be available in 2006.

Pool School Demo

This year's demo will be held on Saturday 9th July and we will be continuing with our high impact demo format from last year. We are looking for new content such as:

- Sparring demonstrations eg, juniors, slow motion techniques, 2 verses 1
- Patterns routines eg, patterns to music, synchronised patterns in different directions
- More advanced breaks eg, flying side-kick over people, multiple breaks, blind-folded breaking
- Any other routines, such as self defence, weapons, even comedy routines (spoof martial arts scenes from the matrix and so on).



Remember that this is *your* demo and your chance to promote and support your school and community. There will be students from other Tae Kwon-Do schools there to support our demo so please do your utmost to make it. What you do on the day is up to you. It's fine to just do a pattern or some sparring if that's all you feel like but being there (and bringing your friends and family) is what counts. We will be putting some time aside to practice for the demo over the next month.

Summer Beach Training

It's Summer so bring your towels and a change of clothes if you want to go in the sea as on selected Wednesday nights we will be going down to Portreath Beach! So, if the weather is very fine, be prepared. Will parents please note that they will need to accompany their children to the beach and wait there while we train.

We will also be having three Sunday morning beach training sessions at Porth Beach, Newquay on the first Sunday in each Summer month (3rd July, 7th August, 4th September). These sessions will run from 10am until 11.30am. Please park in the Mermaid Car Park (for a map see Mr Liam Broderick).

Competition Results

NAME	GTI Southern 13th Feb	GTI Cornish 10th April	GTI English 24th April	GTI Midlands 22nd May	Pirate Karate 5th June	Total
Kyle Silgram	3	6	3	4	3	19
Alanna Sedgeman-Schilling	3	3	4	5	2	17
Alan Beattie		4	6	6		16
Mel Beattie	1	2	5	4		12
Beth Pollack		2	5	4		11
Ally Pollack		3	1	3		7
James Pollack			4	3		7
James Silgram		4			2	6
Mark Neder			4	1		5
Liam Broderick	3		1			4
Heather Stanton	1		1	1		3
Martin Dolling	1	1				2
Jessica Hollis		1		1		2
Jake Gladwell				2		2
Natalie Starmer				2		2
Esi-Ella Riley-Brooks				1		1
Lee Kenny				1		1

This is the current competition leader board, looking somewhat different from past years, with two junior students maintaining a lead throughout the year so far. Points awarded are 1 for each bronze, 2 for each silver and 3 for each gold. Well done Kyle and Alanna and everyone who has supported their school on the competition circuit so far this year...



Did you know that?

The *colours of the belts* in Tae Kwon-Do symbolise traditional Korean dyes which were made from natural materials such as flowers, bark, stone and earth. The most common Korean fabric has always been white, which required no dye and represented purity, integrity and chastity (and the element, metal). The upper classes such as royalty, courtiers and high ranking officials wore dyed clothes to illustrate their status. From the cheapest to the most expensive these were yellow (representing the element earth), green (representing wood), blue (representing water), red (representing fire) and black (a mix of all the elements). Some dyes were made by mixing more than one colour (green is a mix of blue and yellow, black is a mix of yellow, blue and red). So when you're wearing your belts remember that you are carrying a symbol of Korean culture that dates back thousands of years...