



## Message from Chairman

As you will all be aware this is our 40<sup>th</sup> Year and what a heritage we have to celebrate, as the old adage says *Life begins at 40*. This year promises to be an exciting and fun filled year with our newly formed dedicated Events team organising something special for each event to mark this very special event. We also celebrate our own Grand Master Rhee's 10<sup>th</sup> Anniversary of becoming the first ever (Soosok) Grand Master. Plans are being formulated to celebrate these events not only nationally but internationally as well. If you have any ideas or would like to contribute in anyway, please do not hesitate to contact us. We hope each and every one of you can take the time to come and celebrate this wonderful time with us as it is not something we can repeat.

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## Forthcoming Events

**Coloured belt Seminar and Grading's** with an assigned Master, and some of you may be lucky enough to have Grand Master Rhee, are taking place in:

Scotland South & North, Northern & Central England, Central England – Anglia, Devon, Wiltshire, Wales and Northern Ireland in February.

Dundee, London, Thames Valley, Oxford, Reading and Costwolds in March

You always find that you learn a lot at these events and they stand you in good stead for the Black Belt ones. If you are lucky enough to have a Master as your regular Instructor then it is nice to attend to enjoy the atmosphere. There is something about a room full of people all punching together, standing next to someone you don't train with on a regular basis – its part of the UKTA heritage and what makes it so special. To take part in these simply put your request to your Instructor in advance – they have to send the details a minimum of a week in advance so help them out by letting them know 2 weeks before hand.

**Black Belt Seminar and Grading** the next one is the 2<sup>nd</sup>-4<sup>th</sup> March, deadline for the forms is 19<sup>th</sup> February and the forms have been on the website and are also attached. Make sure you complete them in plenty of time and get them to Miss Rhee before the deadline.

The seminar and grading will take place at Barlanark Community Centre, 33 Burnmouth Road, Glasgow, G33 4RZ. Registration will take place at 5pm. For any further information or queries please contact the National Grading co-ordinator on 07989354157 or [national\\_gradings@ukta.com](mailto:national_gradings@ukta.com)

Recommended hotels near the venue:

The Black Bear Premier Travel Inn  
601 Hamilton Rd, Glasgow. G71 7SA  
T: 08701 977 109  
£48 per room per night (breakfast  
£5.25/£7.50)

The Orion Way Premier Travel Inn  
Off London Road, Glasgow. G32 8EY  
T: 08701 977 306

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Recommended city centre hotels:

Novotel  
181 Pitt St, Glasgow.  
G2 4DT  
T: 0141 222 2775  
£55 - £59 per room per  
night (breakfast £11)

Premier Travel Inn  
George Square  
187 George Street,  
Glasgow. G1 1YU  
T: 0870 238 3320  
£59 per room per  
night

Holiday Inn Express  
161 West Nile St.-  
Theatreland, Glasgow,  
G1 2RL  
T: 0141 331 6800  
£65 per room per night  
(14 day advanced  
booking rate)

**Scottish Championships** 24<sup>th</sup> March. Keep your eyes on the website as the Events team have something special brewing. Entry forms are available now.

Due to BTC regulations the rules surrounding coaches have changed and a nominated coach is now required. Like wise nominated photographers are only allowed to take photographs and videos. Forms are available for these as well. Make sure you apply in advance – guaranteed if you don't you will perform your best ever technique and there will be no photographic or video evidence to prove it!

Please be aware the deadline for the Scottish Open is the last post on Saturday the 10th March. Late entries will not be taken. Events Team.

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#### Selection for UKTA Team

Master Taylor will be holding a UKTA Team training on Saturday 24th February to select a Team to compete against ITF Slovenia at the UKTA Scottish Championships. The venue is provisionally 'Bisham Abbey, National Sport Centre' care of ITF England. Anyone wishing to make these teams must attend the session. Please contact Ray Mather of ITF England for confirmation of the venue and time (01276 504566, 07719576246)

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#### Newsletter Frequency

I always find a newsletter is at its best when the members have a voice in it but the only way this can happen is if you send me your stories. I am aiming to produce an issue in the even numbered months and issue it on the 14<sup>th</sup>. So send me your stories to [zoe.tate@ukta.com](mailto:zoe.tate@ukta.com)

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#### Voices from the Association

##### Umpire Course

Master Miller conducted the first Umpires Course in Didcot on 27<sup>th</sup> January, they covered all the different aspects of Taekwon-do

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Photograph provided courtesy of Master Miller

**1<sup>st</sup> Black Belt Seminar in our 40<sup>th</sup> Anniversary Year**

We were told to line up and the usual shuffling occurred in the front two rows of Black Stripes, with the 3<sup>rd</sup> Dans and below thrown into chaos as a result! We eventual got a rows sorted with spaces saved for those that perform registration and taxi duties and in came Grand Master Rhee with Master Cutler and Master O’Neil – an awesome trio that are down to earth and love to teach this art we know as Taekwon-do. It was easy to see the expertise and experience oozing from them. My stomach was doing somersaults with excitement and nerves as it does every time I go to train. My head is telling me off for not having trained enough!

The Seminar began with Grand Master Rhee welcoming us to this our 40<sup>th</sup> year and he wished that life began at 70 rather than 40! Master O’Neil took us through our warm-up and was unusual gentle with us, having said that I have some variations on some exercise to take back to Dundee with me. We moved on to some fundamental movements, with commands been given in Korean and as only a Grand Master and a couple of Master can we saw how to confuse a room full of 1<sup>st</sup> Kups and Black belts with low block! – If you want to know more you’ll have to attend the next seminar! All I am going to say is, I learnt a lot from the experience. Master Cutler took over from Master O’Neil taking us through Consecutive kicking – his smile kept me going - encouraging without speaking. We moved on to the low grade patterns and reached Dan Gun Tul – I really do have to ensure my hands come from the correct place in Guarding Block! A much needed liquid break was gratefully received.

We moved on to releases with Grand Master Rhee advising that there are pro’s and con’s to releasing. There is only so much information the human brain can absorb and mine was fighting with its self to retain everything so far! I had my trusty note pad and pen for after though. Grand Master Rhee asked for a ‘small’ volunteer and a young 1<sup>st</sup> Dan gentleman stood up and helped out, sat down and got called back up again and again and again, his face lit up as he was told to line up to one of Master Cutlers sensitive spots with his front kick! – I was impressed with how he conduct himself and I am sure it is a memory he will treasure.

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For me it was absolutely worth the trip from Scotland to train with our Grand Master, I feel exceptionally lucky to be apart of the UKTA and have the opportunity to repeat this experience in my own country another 4 times at least this year.

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Photographs supplied courtesy of Mr Derek Blackburn

*Article by Miss Zoë Tate IV Dan*

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### **Kilimanjaro Expedition**

In March 2007, Jon, secretary of the Swindon UKTA School, and five work colleagues will be undertaking the mammoth task of scaling Mount Kilimanjaro – the largest free-standing mountain in the world. The expedition will raise funds for Macmillan Cancer Support. Kilimanjaro is a dormant stratovolcano that rises 5,895 metres (19,340 feet) and provides breathtaking views of the surrounding plains from the summit. The intrepid explorers will be taking the Machame route up the mountain. The whole trip will take around 8 days to complete (6 days to reach the summit and 2 days to descend). They will be trekking across diverse terrains including rainforest, moor land, barren terrain and frozen plains, with a temperatures expecting to range from on +35°C at the bottom to -20°C at the top.

Macmillan Cancer Support improves the lives of people affected by cancer. They provide practical, medical, emotional and financial support for sufferers and families. They also fund research and push for improved cancer care. Macmillian depend on fundraising and donations for 99% of their income. The expedition is funded solely by donations and fundraising events. The minimum target for each team member is £1500. Jon's employer, RWEnpower, has kindly agreed to match all monies raised pound for pound (£4£). This will total a staggering £18,000 for the group.

A portion of this money will pay for the expedition itself, with the rest going to Macmillan to support their worthy cause.

If you wish to support Jon on his charity walk, you can make a secure online donation at: [www.justgiving.com/JJCharityStroll](http://www.justgiving.com/JJCharityStroll). If you would like more information about the trip, please contact Jon by email [secretary@swindontaekwondo.com](mailto:secretary@swindontaekwondo.com)

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## 40<sup>th</sup> Anniversary Celebratory Book

Look out at the Championships and other UKTA events for the 40<sup>th</sup> Anniversary Celebratory Book, which is planned for release in March. They are only £14.99 each and contain a colourful representation of the last 40 years of the UKTA together with some useful tips for your own Taekwon-do practice to see you through the next 40 years. Feel free to ask Grand Master Rhee and the other Masters to autograph your copy. They will only be too happy to do so. There is to be a limited print run so acquire your copy early to avoid disappointment. The books will also be available to order from Head Office. This project is entirely a UKTA initiative; therefore all proceeds from the sale of the Anniversary Book will benefit the UKTA. Our gratitude to Mr Paul Harwood and Mr Darren Brinham for managing this project.

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### BTC Registered Instructor Certification

Those members who have completed a BTC Registered Instructor Course and have submitted correct forms for a Criminal Records Bureau check should have received:

1. A green 'Enhanced Disclosure' form from the CRB
2. An A4 'BTC Registered Instructor' certificate
3. A 'BTC Registered Instructor' wallet sized plastic card

If you have not received these items, please inform Carrie Procter at Head Office, 0845 129 7158 or [officemanager@ukta.com](mailto:officemanager@ukta.com).

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# 1½ DAY COURSE & DAN EXAM APPLICATION

FROM 2<sup>nd</sup> to 4<sup>th</sup> March 2007.

All information must be clearly printed. We are not responsible for any hand written forms.

## Part One: APPLICANT DETAILS.

Full Name .....  
 Postal Address .....  
 .....E-mail.....  
 Telephone Numbers: - (home) ..... (mobile) .....  
 Licence No ..... Date of expiry ..... /..... /..... ITF Life No .....  
 Current grade .....Kup / Dan. Date of last exam ..... /..... /..... Gender. Male / Female.

## Part Two: QUALIFICATIONS.

I confirm that I am a member of the UKTA and I am attending the UKTA 1½ Day course.

I also confirm my compliance with official UKTA & ITF requirements as follows: -

Current Rank	Minimum Training	Minimum Age	Attendance at official UKTA Seminars since last promotion	Qualifications
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◆ 1 <sup>st</sup> Kup	6 Months	10 Years	One Seminar.	ITF Life member
◆ 1 <sup>st</sup> Dan	18 Months	14½ Years	Three Seminars.	Class C Instructor
◆ 2 <sup>nd</sup> Dan	2 Years	16½ Years	Four Seminars.	Class B Instructor
◆ 3 <sup>rd</sup> Dan	3 Years	19½ Years	Six Seminars.	Class A Instructor
◆ 4 <sup>th</sup> Dan	4 Years	23½ Years	Eight Seminars.	
◆ 5 <sup>th</sup> Dan	5 Years	28½ Years	Ten Seminars.	
◆ 6 <sup>th</sup> Dan	6 Years	32½ Years	Twelve Seminars.	

NB. The minimum ages shown do not include any reductions for attendance at official certificated ITF courses

I do not meet all of these requirements but would like to be considered. A letter of explanation is attached

## Part Three: VERIFICATION.

I now apply to attend the course only and enclose the fee of **£90**

OR. I now apply for the course & promotion and enclose the fee of **£140**

### I NOW ENCLOSE ALL OF THE FOLLOWING: -

- ◆ My UKTA licence booklet which contains a record of my attendance at courses and my qualifications.
- ◆ A UKTA blue grading record card for all 1<sup>st</sup> Kup's & any black belt who has not previous sat a UKTA exam
- ◆ My application for the ITF Certificate with Euros cash, and a Cheque payable to "A RHEE" for the fees

All applications must be received by Monday 19<sup>th</sup> February 2007

I know that injuries can occur and will accept responsibility for any that I may sustain during these events.

Applicants Signature or Parent or Guardian for applicants under 18 years .....

### INFORMATION.

**RETURNS:** Send this form with all the above to **219, SANDYHILLS RD, GLASGOW, G32 9NB**

**ITF CERTIFICATION FEES:** The ITF charges are shown below and these must be paid in Euros cash. This must be sent by registered post with forms, grading cards, licences etc.

1 <sup>st</sup> Dan €150	2 <sup>nd</sup> Dan €200	3 <sup>rd</sup> Dan €300	4 <sup>th</sup> Dan €400
5 <sup>th</sup> Dan €500	6 <sup>th</sup> Dan €600	7 <sup>th</sup> Dan €700	8 <sup>th</sup> Dan €800

ALL SUCCESSFUL members will receive with a personalised embroidered belt.

SUCCESSFUL First Kup's will also receive an Official Black Belt tie.

ALL SUCCESSFUL members will receive a UKTA Black Belt licence if they do not currently have one.



Number:   
ITF use only

# International Taekwon-Do Federation

Druggasse 3, 1210 Vienna, Austria  
Tel: (43) (1) 2925509 / 2928467 - Fax: 2925509 - Telex 112247

## APPLICATION FOR DEGREE CERTIFICATE

This form must be typewritten

Name : \_\_\_\_\_ / \_\_\_\_\_ Mr/Mrs/Miss  
First Name (1 only) Last Name (1 only)

Address: \_\_\_\_\_  
City/Town Code Country

Phone/Fax: \_\_\_\_\_ Date of Birth: 19 / / Age : \_\_\_\_\_  
Year Month Day Years

Nationality: \_\_\_\_\_ Birthplace: \_\_\_\_\_  
As Passport City/Town Country

ITF Plaque Number: \_\_\_\_\_

Occupation: \_\_\_\_\_ Education: \_\_\_\_\_

Height: \_\_\_\_\_ cm Weight: \_\_\_\_\_ kg Colour : \_\_\_\_\_  
Eyes Hair

International Course Date and Certificate Number: \_\_\_\_\_

ITF Certificate Number: \_\_\_\_\_ Date: \_\_\_\_\_

Months practised since last grading: \_\_\_\_\_

Personal History & Thesis sent to ITF: \_\_\_\_\_  
Only required for promotion to IVth degree Date

Degree applied for:

PHOTO  
SEND  
Two (2) passport size  
One (1) 3cm x 2cm

Signature : \_\_\_\_\_

Date of Grading: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Year Month Day

Place of Grading : \_\_\_\_\_

Name: \_\_\_\_\_  
Instructor

Degree: \_\_\_\_\_ Signature : \_\_\_\_\_

Name: \_\_\_\_\_  
Authorised International Examiner

Degree: \_\_\_\_\_ Signature : \_\_\_\_\_

Name: \_\_\_\_\_  
Association President / Authorised Deputy

Degree: \_\_\_\_\_ Signature : \_\_\_\_\_

Signature: \_\_\_\_\_  
Chairperson of the Promotion Committee

Signature: \_\_\_\_\_  
Secretary General of the ITF

Signature: \_\_\_\_\_  
President of the ITF