United Kingdom Tae Kwon Do Federation

Affiliated to the International TaeKwon Do Federation (ITF) and The All Europe TaeKwon Do Federation (AETF)

UKTF Established 1987

NEWSLETTER No 196 January 24th 2005

2004

Last year saw many improvements within UKTF and our membership increasing for yet another year. This is due to hard work on behalf of the instructors and their staff who now take a more professional view when running their schools. Competitions this year are also getting a revamp, so watch this space!

UKTF INSTRUCTORS COURSE 2005

Due to our usual instructors courses conflicting with many ITF events we have moved our annual instructors course to February. This years course shall take place on Saturday & Sunday the 26th and 27th of February beginning at 10am both days.

Due to refurbishment of Craigshill Centre the course will take place in our temporary venue at UNIT 4 Hutton Square, Brucefield Industrial Estate, Polbeth. West Calder. Instructors are reminded that this course is compulsory for all instructors. 2nd Kups and above who are 18 years and over are also very welcome to take part.
Please ask your instructor for further details and cost or e-mail UKTFed@aol.com

INSTRUCTORS GRADING 2005

Our annual instructors grading shall follow on after the instructor's course on Sunday the 27th of February. Those wishing to apply should submit their thesis only to the UKTF examination board no later than Saturday, February the 5th.

INSTRUCTORS INSURANCE 2005

As from January 10th 2005 Towery Law have increased the rates for Instructors Indemnity Insurance will amend to: Cover Limit £2,000,000 - £60 per annum
Cover Limit £5,000,000 - £80 per annum

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Newsletter No.197 **April 27, 2005**

SENIOR PROMOTION

Congratulations to Mr Michael Thompson, Inverness who was promoted to 7th Degree (Sahyun) by ITF, Vienna and presented with his certificate at our Black Belt grading March 2005

BLACKBELT PROMOTIONS

Congratulations to all those who were successful in our February and March black belt promotions. (List below) Our next black belt grading will be Sunday, September the 24th at the Black Belt Academy , Craigwillow , Craigshill, Livingston, West Lothian.

INSTRUCTORS COURSE

This year our national Instructor course took place on February 26th & 27th and proved to be very popular. The course covered every practical aspect of Tae Kwon-Do and for the first time included a highly comprehensive marketing seminar.
Congratulations to all those who took part and were able to complete the course. (Please see and testimonial list below).

SCOTTISH CHAMPIONSHIP

The 2005 Scottish Championships was held in Montrose, Angus. We wish to thank the host Mr David McNairn 5th degree and to all those behind the scenes who contributed to the success of this event. Congratulations to Aberdeen Black Belt Academy who won first place with 18 gold medal. (Results attached)

AETF EUROPEAN CHAMPIONSHIPS 2005

Congratulations to the following members who were successful in this years European Championships in Italy April 2005.

Julia Cross	GOLD	Female	3rd Degree Tul
Mark McGeachie	SILVER	Male	1st Degree Tul
Gillian Alexander	BRONZE	Female	Power Test
Faye Farthing	SILVER	Female	Team Tul

United Kingdom Tae Kwon-Do Federation

A special mention must go to Julia Cross, who due to her current success has achieved the title of European Champion no less than 10 times! Congratulations from us all.

BLACK BELT PROMOTIONS MARCH 2005

Promoted to 7th Degree & Master

Michael	Thompson	INVERNESS

Promoted to 4th Degree

Alan	Currie	BATHGATE

Promoted to 3rd Degree

Mark	Boydell	ROSEMOUNT

Promoted to 2nd Degree

Greg	MacBean	INVERNESS
Samantha	Merritt	BATHGATE
Ryan	Bird	INVERNESS
Jonathan	Burns	ABERDEEN
Edward	Moore	INVERNESS

Promoted to 1st Degree

Francesca	Bain	CULLODEN
Stuart	Laing	CULLODEN
Ross	Adams	ABERDEEN
Grelg	Sim	FORRES
Christian	Keating	ABERDEEN
Alan	White	ABERDEEN
Samantha	McPhee	CULLODEN
Neil	Kiltie	ABERDEEN
Callum	Ross	NAIRN
Eilidh	Bain	CULLODEN
Maclean	Amy	CULLODEN
Steven	Moffat	CULLODEN
Michelle	Heron	NORTH SHEILDS
Andrew	Heron	NORTH SHEILDS
Claire	Ross	NAIRN
Stephanie	Valentin	ABERDEEN
Colin	Forbes	CULLODEN
Steven	Ingram	LINLITHGOW
Martin	Scott	NAIRN
Douglas	Kidd	LINLITHGOW
Stuart	Cadger	ABERDEEN
Stewart	Lindsay	BATHGATE

Master Sheena Sutherland
Secretary General

United Kingdom Tae Kwon-Do Federation

February 26th and 27th 2005
Polbeth , West Calder , West Lothian

Lecturers: Marketing & Technical Module		Mr Gordon Wallace	6th degree
Sports Science & Technical Module		Mr Michael Thompson	6th Degree
Instructors Course		Mr Anthony McKenna	4th degree
Close Quarters Combat Module		Mr Mark Davies	4th degree

Mr David McNairn	5th degree	Montrose	A
Mr Eric James	5th degree	Nairn	A
Mr Derek Gilmour	4th degree	Linlithgow	A
Mr Heath Denholm	4th degree	Bathgate	B
Mr Douglas Scott	4th degree	Nairn	A
Mr Alan Currie	3rd degree	Bathgate	B
Mr Brett Stronach	3rd degree	North Sheilds	B
Mr Ian Rigg	3rd degree	Penrith	B
Ms Julia Cross	3rd degree	South Queensferry	B
Mr Robert Malcolm	3rd degree	Fauldhouse	B
Mr Francis Degnan	3rd degree	Shettleston	B
Ms Jaqui Wallace	2nd degree	Aberdeen	B
Mr Robin Coltman	2nd degree	Leith	B
Mr Des McDonagh	2nd degree	Fauldhouse	B
Mr Diane Parrott	2nd degree	Fauldhouse	B
Mr Nick Fraser	2nd degree	Rosemount	B
Mr Martin McDonald	2nd degree	Inverness	B
Ms Janet MacDonald	2nd degree	Inverness	B
Mr Mark Boydell	2nd degree	Rosemount	B
Mr Paul Sutherland	2nd degree	Bathgate	C
Mr Lindsey Buchanan	1st degree	Montrose	C
Mr Craig McAdam	1st degree	The Gyle	C
Mr Jonathan Burns	1st degree	Aberdeen	B
Mr Paul Lois	1st degree	North Shields	B
Mr Paul Stuart	1st degree	North Shields	C
Ms Joanne Wallace	1st degree	Rosemount	C
Mr Gary Ingram	1st degree	Montrose	C
Mr Alan Thomson	1st degree	Forres	C
Mr Alexander McLeod	1st degree	Inverness	C
Mr Greg MacBean	1st degree	Inverness	B
Mr Edward Moore	1st degree	Inverness	C
Mr Gary Curran	1st degree	The Gyle	C
Mr David Davies	1st degree	The Gyle	C
Mr Gary Curran	1st degree	The Gyle	C

United Kingdom Tae Kwon Do Federation

Mr Andrew Harthill	1st kup	Aberdeen	C
Mr Alan Young	1st kup	Shettleston	C
Mr Stuart Lindsay	1st kup	Bathgate	C
Ms Julie McGurk	1st kup	South Queensferry	C
Ms Ngaire Boydell	2nd kup	Rosemount	C
Ms Alison Ogley	2nd kup	Aberdeen	C
Mr Stuart Jackson	3rd kup	Penrith	C

REVISED BLACK BELT GRADING CRITERIA

From April 1st 2005 the revised criteria issued in newsletter No.195 October 2004 will now be in force. Instructors are advised to study the revised criteria again to avoid any disappointment for applicants.

Master Sheena Sutherland
SECRETARY GENERAL

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United Kingdom Tae Kwon Do Federation

United Kingdom Tae Kwon-Do Federation

NEWSLETTER 198
August 2005

BLACK BELT GRADING & SEMINAR

Black Belt Academy,
Craigwillow Centre,
Craigshill, Livingston
West Lothian EH54 5DT

Saturday the 24th of September Technical Seminar 2nd Kups and above.
Every seminar are a must for students in preparation towards their black belt promotion. This also offers Red belts the chance to train under the examining board. Course starts at 10am sharp and will run till 4pm. Cost £35.00.

Black Belt Grading Exam
All those who wish to participate in the September exam should submit their thesis and application forms no later than the 26th of August via e-mail. Please note that all parts of the application form must be complete regarding courses grading dates etc., Candidates who are successful in their applications will be notified by e-mail via their instructor no later than Friday the 2nd Of September.

COMPETITIONS

UKTF British Championships
GATESHEAD LEISURE CENTRE
ALEXANDER ROAD,
GATESHEAD

Saturday the 1st of October 2005 Host Mr Paul Cook 4th degree.
Events available for all ages and grades, pattern sparring special technique and power. Please ask your instructor for details. The competition starts at 10am sharp with junior pattern and senior power test. Entry fee £12.00 per competitor. Closing date for entries Saturday the 24th of September. Instructors should go to www.UKTF.com and login to instructors area where a download is available of division for this competition. Entry forms will be available within the next few days and instructors will be notified by e-mail.

World Championships 2005

Dortmund , Germany was host to the 2005 ITF World Championships in July this year. This was highly successful with over 48 countries taking part with 405 competitors and ran over 4 days. A big congratulations must go to Julia Cross from South Queensferry after winning Gold in both Female 3rd degree pattern and Female under 63kg sparring and achieving the Best individual Female Award for the second time in two World Championships. Please check the ITF web site for a full report on the event. www.tkd-itf.org

Well done Julia!

ITF

Teaching Certificates

Each year all ITF instructors are required to renew their membership to ITF via the teaching certificate. Unfortunately there are several instructors who have not yet submitted their annual affiliation for 2005 which excludes their students from black belt gradings. An ITF representative will be in Scotland till the 24th of August and this will be the last chance to register prior to the black belt grading September 25th.

United Kingdom Tae Kwon-Do Federation

Master Sheena Sutherland 7th Degree
UKTF Secretary General

"Everybody has some form of ability. Enlightenment leads to chose to use it".

INSTRUCTOR STATUS

From time to time we are asked when an assistant becomes an instructor?
The UKTF instructors' certificate follows the titles laid down by General Choi.
1st to 3rd degree BOOSABUM
Assistant Instructor who holds a National Association Certificate Only.
4th to 6th degree SABUM
Instructor must hold an ITF International Instructors Course certificate at 4th degree and above. This certificate should not be confused with an ITF participation certificate.
7th to 8th degree SAHYUN Master Instructor

INTERNATIONAL SEMINAR IRELAND

Master Tran will be taking and International Seminar in Dublin, Ireland from Friday the 29th of April till Sunday May the 1st. A great opportunity to train with the President ! This course is also open to 2nd kups and above. For further details and cost contact your instructor or e-mail UKTFed@aol.com

NEW SCHOOL

Congratulations to Mr McKenna 5th degree for opening his third school in GOSFORTH , TYNE & WEAR.

MARCH 2005 BLACKBELT GRADING

Our March national black belt grading will take place on Sunday the 27th . All applicants should submit their thesis only no later than Saturday 5th of March. Those applicants who pass part 1 (the thesis) will be notified no later than the 12th of March whereby part 2 (application forms and fees) should be submitted no later than Friday the 18th of March.

Master Sheena Sutherland
Secretary General

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United Kingdom Tae Kwon Do Federation

Newsletter No.199
October 26th 2005

BLACK BELT GRADING RESULTS

Master Sutherland, Master Thompson and Mr Wallace would like to congratulate all those who were successful in our September 2005 Black Belt exam.

Promoted to 1st Degree

John Ross	Charlton	Burnmoor
Daniel	Luxon	Forres
Jaqueline	Davidson	Linlithgow
Paul	McLaughlin	Inverness
Lynne	MacKay	Aberdeen
Duncan	Runcie	Aberdeen
Gail	MacLeod	Inverness
John	Wisnicki	Buckie
Raymond	Kacsmarek	Bathgate
Wendy	Middleton	Bathgate
Andrew	Harthill	Aberdeen
Alan	Young	Shettleston
Lorraine	Rodgers	Forres

Promoted to 2nd Degree

Derek	Graham	Bathgate

Promoted to 3rd Degree

David	Chartlon	Newcastle

BLACK BELT EXAM CRITERIA

The UKTF have reviewed current criteria requiring each member to attend 3 consecutive seminars prior to testing by removing the requirement for consecutive to just 3 seminars between tests. However it is in the interests of all black belts to remain up to date and in touch by attending every seminar where possible.

The Journey is the Reward

COMPETITION RESULTS

The UKTF would like to thank Mr Paul Cook 4th degree and his many helpers for a very enjoyable and successful British Championships. The complete results can be found in detail on the UKTF.com website.
Congratulations must also go to overall winners :

Under 13 years	*Liam Bain*	*ROSEMOUNT*
Over 30 years	*Jon Churchwood*	*NEWCASTLE*

There was no overall award for both the 13-17 and 18-30 categories due to a tie situation.
Well done to Master Sutherland's Black Belt Academy LIVINGSTON who won the over all best school with 14 golds.
A special congratulations to those who took part,

"those who do are the envy of those who only watch".

AETF EUROPE CUP 2005

The UKTF did really well in the European Cup in London on the 22nd of October.
Congratulations to the following competitors:
JULIA CROSS - South Queensferry : GOLD - 63kg female sparring
GOLD female 3RD Degree Pattern , SILVER female team sparring

GILLIAN ALEXANDER – Bathgate: GOLD + 71kg female sparring
BRONZE female 2nd degree pattern, SILVER female team sparring

MICHELLE REDMOND – South Queensferry: GOLD - 52 kg female sparring , SILVER female Team Sparring

MARK McGEACHIE – Bathgate : GOLD male 1ST pattern

Well done to all!

LAUNCHING OF NEW SCHOOLS

Our best wishes go to Mr Mark Boydell 3rd degree who has opened two new schools! One in INVERBERVIE and one STONEHAVEN.

The Summer is the Warmest

N/L 199/05

UKTF CALENDAR 2006

February 18th & 19th — *Venue LIVINGSTON*

Instructors Course & Senior Grading

This year this course will be covering all aspects of the black belt syllabus. The Instructors grading will take place on the Sunday the 19th and instructors are asked to submit their initial application by e-mail now. Please remember that the instructors are required to test on the instructors exam and not the standard Black Belt exams in March and September.

March 25th & 26th — Venue *LIVINGSTON*

Black Belt Exam and Technical Seminar

We are delighted that our technical seminars are proving very popular but unfortunately due to safety reasons we have to now limit the numbers. All those who are participating on the black belt exam the following day will automatically have the first place. We ask now that all instructors pre book places on our technical courses by e-mail, followed by payment within one week of e-mail. Places will be allocated on a first come basis.

April — Venue *T.B.C.*

Scottish Championships

Bellshill host Mr McIlvaney 4th degree, date and venue to be confirmed

August 5th — Venue *LIVINGSTON*

Ho Sin Sul Seminar

This self defence seminar will be based on Long and Short weapons in line with the UKTF black belt exam syllabus. The course will be conducted by Mr Mark Davies 4th degree . Sticks will be supplied.

September 25th & 26th — Venue LIVINGSTON

Black Belt Exam and Technical Seminar

Requirements and details as per March

October 7th — *Venue T.B.C.*

British Championships

Mr Wallace 6th degree will be hosting this years British Championships in Aberdeen. Although Mr Wallace has offered the Saturday 7th we will confirm date and venue as soon as possible.

Master Sheena Sutherland
Secretary General

"Good new days are better than the good old days"

The Journey is the Reward