



www.uktf.com



2009 CALENDAR OF EVENTS

Dear Instructors,
We look forward to seeing you and your students at that following events.
Please note for courses etc, we do need conformation as soon as possible
the number of persons on each course.

FEBRUARY

Saturday and Sunday 7th and 8th

INSTRUCTORS COURSE

To be held in MSBA, Livingston Unit 1 Firth Road, Houston Industrial Estate,
West Lothian. 10 am and finishing at 4 pm Cost £99.

This year covering kids games ,programs , motivation and retention, child
protection.

MARCH

Saturday March 28th

TECHNICAL SEMINAR

From 10am till 4pm 2nd kup to 3rd degree Cost £35
Broxburn Sports Centre, Church Road. Broxburn.

Sunday March 29th

NATIONAL BLACK BELT PROMOTIONS SPRING

*Area gradings are now available for those going from 2nd degree to 3rd
degree*

LOTHIAN: Sunday March 29th Master Sutherlands Black Belt Academy,
Livingston

HIGHLAND: Sunday March 29th Dunbar's Black Belt Academy, Forres.

TAYSIDE GRAMPIAN: To be confirmed

APRIL

IV SABUM FORUM

& SENIOR BLACK BELT EXAM

To be held in Master Dunbar's Black Belt Academy, Inverness,

MAY **UMPIRE TRAINING**

Master Dunbar will be hosting this course either in Inverness or Forres on
Saturday and Sunday 16th and 17th.

The umpires training will be open to all black belts 18 years and over.

JUNE **BRITISH CHAMPIONSHIPS**

Due to the great facility available in Perth, the UKTF have decided to use the
The Bell's Sports Centre, Hay Street, Perth for our British Championships once
again.

The competition will take place on Saturday the 13th of June .

SEPTEMBER **TECHNICAL SEMINAR**

Saturday the 26th of September 10am till 4pm for 2nd kup to 3rd degree Cost
£35.

Broxburn Sports Centre, Church Road. Broxburn.

ITF TEACHING PLAQUES 2009

If your ITF teaching plaque has the 2008 sticker on your certificate your
teaching plaque is now due. Please submit the relevant fee. 60 Euro's for one
year 100 Euro's for two.

ITF SCOTLAND DISCLOSURE

All main Instructors in Scotland are reminded that they should have submitted
the required advanced disclosure, first aid cert and insurance to ITF Scotland.

GYM TRANSFERS

Whitburn	New Instructor	Mr Heath Denholm 5 th
Degree		
Wickham	New Instructor	Mr David Charlton 4 th
Degree		

RESIGNATION

Master Wallace has resigned from UKTF to follow his own path.
We would like to thank him for his contribution over the years and
wish him well for the future



NEWSLETTER No.206
May 2009-05-03

European Championships 2009

This years European Championships held in Benidorm, Spain was a huge success. Beautiful stadium, represented by 26 countries . The ITF Scotland team is made up of several groups within Scotland and UKTF had several competitors that were selected to represent Scotland with success.

Congratulations to the following UKTF members :

Silver Medal Senior Male 2nd degree Patterns
Bronze Medal Senior Female 2nd degree Pattern

Mark McGeachie Bathgate
Samantha Merritt Bathgate

Bronze Medal Senior Traditional Sparring

Mark McGheachie Bathgate
Sean Wheelan S. Queensferry

Bronze Medal Senior Female -58kg sparring
Bronze Medal Senior Female -52kg sparring

Julia Cross S. Queensferry
Michelle Redmond Broxburn

Bronze Medal Senior Female Spec Technique

Lana Thompson Linlithgow

Although no gold medals this year the whole team performed very well and look forward to the next Europeans in Sweden 2010.

Full results can be found on the AETF web site

www.uktf.com

Blackbelt Exam Results Spring 2009

Congratulations to the following:

Promoted to 1st Degree

Boosabum

Name		Gym	D.O.B.
Elizabeth	Gray	Inverness	08.05.1978
Derek	McKay	Inverness	11.10.1968
Murray	McKay	Nairn	15.04.1995
Ching	Yik See	Nairn	16.01.1992
Shannon	Sutherland	Nairn	27.03.1997
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Lorraine	Diggens	S. Queensferry	26.02.1967
Collette	Brisco	Montrose	22.05.1966
Liam	Bain	Rosemount	20.06.1996
Greg	Spark	Rosemount	01.11.1995

Promoted to 3rd Degree

Boosabum

Name		Gym	D.O.B.
Desmond	McDonagh	Leith	23.01.1962
Paul	Stuart	Leith	06.07.1977
Ronnie	Dewhurst	Dedridge	30.11.1967
Michelle	Redmond	Broxburn	19.07.1980

Well done to all who took part

UKTF Technical Seminar 2009

SEPTEMBER

The Autumn Technical Seminars is to be held in Excite Sports Centre , Broxburn, West Lothian EH52 5EL on Saturday, September 26th from 10am till 4pm.

Cost : £35.00 and £45.00 for those who are also pre testing the same weekend.

Instructors are asked to book places on the booking form that will be appearing in the instructor's area of our web site closer to the time. The booking form will have a closing date which will prevent any further names to be added after closing date! So please book your place as soon as possible.

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Will once again be held in The Bell's Sports Centre, Hay Street, Perth Saturday the 14th of June. Details can be found on the UKTF competition section of our web site, www.uktf.co.uk This year will be particularly exciting as we have a big Irish contingent and hopefully some of the English national team.

Entry fee for competitors £20, spectators £4 adults £2 child.

UMPIRES

As a blackbelt one duty is to support all events. This is to ensure that the students get the most up to date information and to offer well run events. From May 2009 any black belts wishing to test must officiate at our National Championships once a year.

All Umpires must be in attendance no later than 9am, bring with them their licence booklet which will be stamped only if they work and remain till the end of the competition.

This we owe to the competitors !

UKTF Web Site Editor

Mr Mark Boydell 4th Degree, now holds the post of UKTF Web Editor. Mr Boydell's task is to contact all the Instructors monthly, collecting as much information as possible that will be of interest to the public, to place on the UKTF web site. Anything from gradings to fund raising, award nights to new premises will be of interest. Mr Boydell can work with any information you give and present it to the public in a professional way. Don't hold back! This is a good way of advertising for your gym.

THESIS TOPICS FOR DEGREE APPLICANTS

1 st Kup to 1 st Degree	My Path to Black Belt (covering the following) Why I continue to train How TKD benefits me personally My favourite part My least favourite part My aspirations
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2 nd Degree to 3 rd degree	My Favourite Tenant
3 rd degree to 4 th degree	Contribution (Covering the following) Teaching TKD Development Promoting TKD Supporting UKTF

UKTF BRANDING

The UKTF name has been in existence for over 20 years now and we feel the time is right for a re vamp of the name.

We will continue to use UKTF and UKTF .com and the federation will not change, but we are in need of re branding for promotional purposes.

We are looking for idea's! The UKTF would like to run a competition asking for their ideas on a new name. Please send ideas to UKTF at uktfed@aol.com by 31/05/2009

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2009 UMPIRE COURSE

Please find below details of our upcoming Umpires Course which is to be conducted by Master Dunbar 7th degree. The course is over two days and covers all disciplines. Shirt , tie and dobok required.

Venue:

Master Dunbars Black Belt Academy, Inverness Ice Centre, Bught Park, Inverness IV3 5SR
Telephone : 01463 243007

Duration:

Saturday 16th of May 10am till 4 pm. Sunday 17th of May 10am till 4pm

Cost : The course is two days and cost £99 for one person , £88 for 2 persons, three or more from one school £77 per person.

Applicants must be 18 years and over. 1st kup and above with current UKTF licence . 16 to 18 years old can also take part on the course , cost £50 but no certificate can be issued.

NB: Anyone wishing to apply to grade from 1st degree and above must now have officiated at at least one UKTF competition a year. All Umpires must present their UKTF licence booklet at the beginning of the competition. Only those who umpire for the duration of the whole event will receive the relevant signature and stamp, now required to apply for black belt testing.

Our students train hard for competition, we as Umpires should also be prepared!

Closing date for applications

FRIDAY THE 8th OF MAY

We look forward to seeing you all.



*Master Sutherland
Secretary General*

"There are times to let things happen & times to make things happen."

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Bronze Medal Bathgate	Senior Traditional Sparring	Mark McGheachie
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Bronze Medal Linlithgow	Senior Female Special Technique	Lana Thompson

Although no gold medals this year the whole team performed very well and look forward to the next Europeans in Sweden 2010.

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*Master Sutherland
Secretary General*

You can take any road you like, but if you don't know where you're going, that is where you will end up.



NEWSLETTER 207

4TH August 2009

UKTF WEB SITE EDITOR

Every group has its resignations and the UKTF is no exception. In July we received Mr Mark Boydell's resignation letter from UKTF. We of course are sorry to see Mr Boydell go but wish both him and his students well and thank him for his contribution. Due to his resignation the position which he held as "UKTF Web Editor" became vacant; this has now been filled by Mr Robin Coltman 3rd degree.

Articles

Our web site is only as good as the articles you submit. Since the position of Web Editor was created we have had more interest but need more. We would like to include articles on gradings, fund raising, award nights and stories of that inspire. Don't hold back! This is a good way of getting your message across and to promote individuals who go that little bit further. Why don't you try it and see!

TECHNICAL SEMINAR

Our September Technical Seminars is to be held in St Margaret's High School, Howden South, Livingston, West Lothian EH54 6AT on **Saturday, September the 19th** from 10am till 4pm. The course is open to 2nd kups and above cost for the full day £35.00. All those who wish to attend should notify their instructor now! We ask that all names and grades of those taking part be submitted no later than Saturday the 13th of September.

BLACK BELT GRADING SEPTEMBER 2009

Our September black belt grading will be held in the Master Sutherland Black Belt Academy (MSBA) Unit 1&2 Firth Road, Houston Industrial Estate, Livingston EH43 5DJ starting at 10am. . All those participating should arrive in official dress.

Examiners will be Master Sutherland 8th degree, Master Thompson 7th degree and Master Dunbar 7th degree.

Please note that pre tests are no longer taken on the black belt grading exam.

"A white belt is like learning the alphabet , black belt is like beginning to read!"

by General Choi Hong Hi

UKTF 2009 AGM & ELECTION

The 2009 UKTF Annual General Meeting and Elections will follow right after the technical seminar on Saturday the 19th of September. The venue will be Master Sutherland' s Black Belt Academy (MSBA) beginning at 5.30 pm. Nominees and any item you may wish discussed on the Agenda or included in Any Other Business must be received in writing by September 12th 2009.

We look forward to your support.

A handwritten signature in black ink, appearing to read 'S. Sutherland', with a large, stylized circular flourish at the end.

Master Sheena Sutherland
UKTF Secretary General

Newsletter 208

20th December 2009-12-21

UKTF 2009

World Championships 2009

The X Junior and XVI Senior World Championships were held in Mar del Plata (Buenos Aires) Argentina on the 26th to the 29th of November. Several competitors were chosen to represent ITF Scotland at this event Julia Cross 4th degree, Michelle Redmond 3rd degree, Maree McDonough 1st degree, Lana Thomson 1st degree, Sam Merritt 2nd degree, Mark McGeachie 2nd degree, Sean Wheelan 1st degree and Greig Sim 1st degree.

A big congratulations to

Julia Cross 4th degree

S. Queensferry

Silver Medal Senior Female -52kg sparring

Bronze Medal Senior Female 4th degree Pattern

Michelle Redmond 3rd degree

Broxburn

Silver Medal Senior Female Special Technique

Also our **female team** Samantha Merritt, Maree McDonough, headed by team captain Julia Cross gave an outstanding performance to achieve Bronze in team power.



Well done and many thanks to Coach Mr Denholm 5th degree and Manager Julia Cross 4th degree for their hard work in preparing those who were willing to go that extra mile.

Squad training will resume shortly in preparation for the European Championships to be held Sweden next year. Ms Cross will issue dates and venue shortly so keep a look out on our web site.

Not all of our competitors achieved medal status, but remember Robert the Bruce and the Spider! General Choi was inspired enough by this piece of History to include it in the TKD encyclopaedia.

Well done to all of you who carried the flag.

Full report on the UKTF Web Site www.uktf.com

BLACK BELT GRADINGS 2009

The UKTF were happy to announce the following students and black belts who were promoted to their requested degree. Well done to all who we hope to see actively involved in all our events and courses next year.

PROMOTED TO 1ST DEGREE BOOSABUM

<i>NAME</i>		<i>SCHOOL</i>	<i>D.O.B.</i>
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Lewis	Sutherland	Nairn	18.03.1993
Michael	Holosi	Broxburn	12.04.1995
Darren	Gray	Bathgate	23.08.1975
Christina	Foubister	Inverurie	09.02.1989
Julia	Robertson	Nairn	09.06.1993
Ryan	Frost	South Queensferry	15.06.1995
Christopher	Hunter	Leith	13.08.1975
Kenneth	Wilson	Inverurie	03.04.1991
Cameron	Thomson	Inverness	20.03.1997

Stewart	Mellon	Muireston	09.04.1998
Saffron	Hanvidge	Inverness	17.08.1995
Iain	O'Hare	Alness	08.12.1996
Sidharth	Sharma	Glasgow	21.04.1992
Lee	Walker	Kirkland	10.04.1993

PROMOTED TO 2nd DEGREE BOOSABUM

Christopher	Milne	Inverness	05.12.1983
Stuart	Lindsay	Bathgate	28.08.1982

PROMOTED TO 3RD DEGREE BOOSABUM

Desmond	McDonagh	LEITH	23.01.1962
Paul	Stuart	LEITH	06.07.1977
Ronnie	Dewhurst	DEDRIDGE	30.11.1967
Michelle	Redmond	BROXBURN	19.07.1980
Raymond	Kaczmarek	Livingston	07.02.1979
Lyn	Cameron	Inverurie	11.02.1967

2009

Saw many changes during the year. With the ITF now requiring each country to affiliate directly, our English friends in Tyne and Wear had some very difficult decisions to make, in the end chose to affiliate directly with ITF England. Both Master Wallace and Mr Boydel in Aberdeenshire also chose to follow their own path , where we wish them all well , there are always others who wish to take up the post , this is the nature of the beast.

In my experience of 36 years in TKD, I cannot think of any group who has kept and increased their membership, this includes ITF of which there are now three! But what is important is to never lose sight of the goal, that being to provide the best technical information, courses and competitions whilst encouraging those who wish to, to become instructors offering a strong support system. There are many events and courses planned for 2010 which we will announce in January once we receive conformation of venue's etc.,

Our mission for 2010 "Putting the Fun Back in to Fundamentals!"

Keep your eye on the web site and please keep sending articles that may be of interest to other so we may include them.

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Until next year !

Seasons Greeting



We would like to wish all of you the very best over the Festive season.
May 2010 be everything you hope it to be, for you and your family.

Best Wishes from

Master Sutherland

Master Thompson

Master Dunbar

Master Sutherland VIII degree
Secretary General on behalf of the UKTF