



“The Journey is the reward “

Year ending 2014

The UKTF sets the pace . So far this year, every month has been packed with events and gradings, too many to include them all. Here are just a few .

### UMPIRE COURSE May 2014

Saturday the 17th of May saw black belts from all over Scotland descend on Livingston and Master Sutherlands Black belt Academy to take part in the 2014 Umpires course . The full days course covered all theory and practical training covering all aspects of competition requirements. Hard work but a fun day for all who are now raring to get involved at the next competition.



## DUTCH OPEN , Holland January 18<sup>th</sup> 2014

On Saturday the 18th Jan 6 competitors from UKTF/TKDSL travelled to Holland to take part in the Dutch Open 2014.

Holly Bagshaw, Michael McRoberts and Gilles Brown who represent Scotland, and Prentice McLean, Rhys Muirhead and Scott Kenyon, competed in the event which hosted over 750 competitors from 15 countries.

Holly Bagshaw (23) won a Bronze medal in the -75kg women's category after a narrow defeat by a Slovenian opponent, she went on to win her bronze medal defeating an opponent from Holland and only just missed out on a medal in female 2nd degree patterns .

Gilles Brown (21) won a silver medal in the -78kg men's sparring division. Gilles defeated several opponents including Dutch, German and Italian fighters, The Gold medal was in his sights and his final was against an experienced Irish competitor Hong Lui, who has previously won at European and World level. After fighting extra rounds and then going to "Golden Point", Gilles and Hong provided the crowd with a spectacular match, which ended with Hong winning the vital point.

Michael McRoberts (16) was the most successful competitor winning Gold medals in both 1st degree patterns, (defeating the current European champion with a unanimous decision,) and -56kg youth sparring. He defeated opponents from Germany in the first round, followed by Italy 2nd round, and England 3rd round, before going on to win against Belgium in the final. All Michaels' opponents in both patterns and sparring divisions were of a high international level, many of whom have won both world and European medals.

A special congratulations to Michael McRoberts also achieved joint Best Junior Competitor winning 2 Gold along with Timothy Bos from Italy.



Gillies Brown, Michael McRoberts and Holly Bagshaw



Overall Joint Junior Champion  
Michael McRoberts

**Well done all.**

## Black Belt Promotions 2014

The UKTF Masters meet twice a year to teach individuals who attend the national black belt promotions. Congratulations to all those who were successful and promoted within the black belt ranks. With the promotion to black belt comes the responsibility of leading by example. It is the duty of every black belt to support firstly your gym and instructor and attend all events to enhance your knowledge and attend every technical seminar for self improvement. A black belt is not something you wear, it is something you become .



Livingston, March 2014



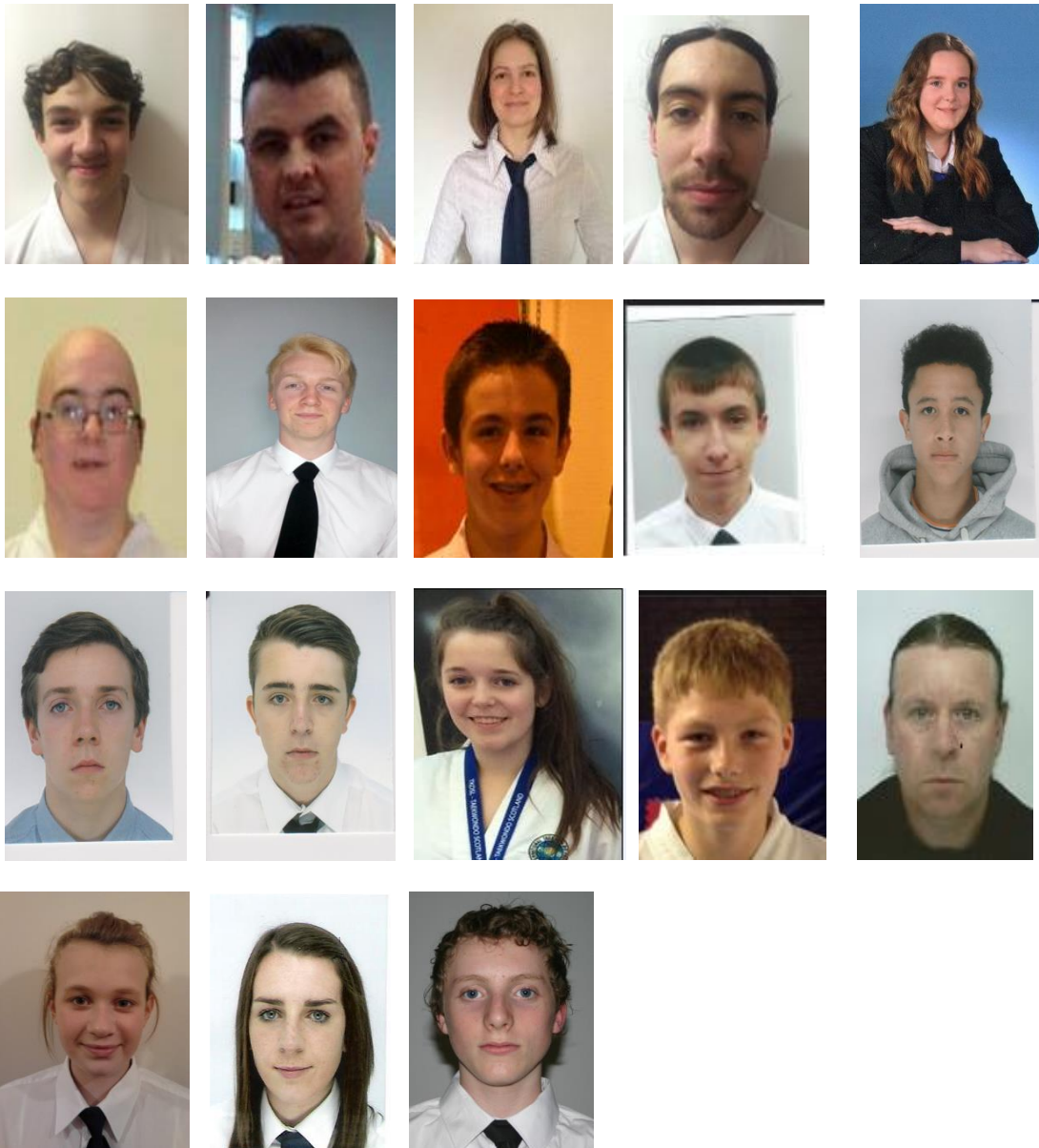
Inverness, September 2014

### *Boo Sabum 1<sup>st</sup> Degree*

CAMERON	LOCHRIE
EMMA	GRAY
ABBIE	CRUDEN
FERGUS	GUNN
BRIAN	VIETCH
JULIA	VAZONYI
CRAIG	ROBERTSTON
LAUREN	WAUGH
CRAIG	ROBERTSON
JONATHAN	BROWN
MALCOLM	MCLENNAN
CALLUM	NEILSON
AIDEN	GRANT
IAN	PHILMISTER
LEVI	KINCHANT
CONNOR	BURNS
KIERAN	BRUCE
HEATHER	PURDIE
JAMIE	BOWERN

LIVINGSTON
INVERNESS
NAIRN
NAIRN
LIVINGSTON
LEITH
INVERNESS
BROXBURN
LIVINGSTON
BATHGATE
INVERNESS
INVERNESS
INVERNESS
INVERNESS
SOUTH QUEENSFERRY
SOUTH QUEENSFERRY
SOUTH QUEENSFERRY
SOUTH QUEENSFERRY
INVERNESS





*"Coloured belt is like learning the alphabet, black belt is learning to read"*  
*General Choi Hong Hi*

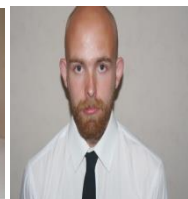
### ***Black Belt***

"Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do" (Gen. Choi Hong Hi, 1999, pp. 373). The new beginning. The student has undertaken their grading and have proven their worth. They have demonstrated maturity and an understanding of the five tenets of Taekwon-Do. You don't feel different but you know that you have changed. While reviewing your own journey you see that the Black Belt itself is not as important as the lessons learned along the way.

*Congratulations from the Masters Board of Examiners*

*Cont/ Promotions  
Boo Sabum*

STEVEN	WALSH
SCOTT	GRANT
CRAIG	HENDERSON
KELVIN	FOWLER
PHILIP	DICKSON
ALAN	THOMSON
MARTIN	SCOTT



*2<sup>nd</sup> Degree*

LIVINGSTON  
BATHGATE  
LEITH  
BATHGATE  
INVERNESS  
FORRESS  
NAIRN

Tae kwon do is a journey and for each of us a different one. " The practitioner is ready when they are ready in mind , spirit and technique. It is good and healthy to have a goal, but if it is based on minimum time you will never reach your true potential. Anything worth achieving takes time and worth working for, and some practitioners take longer than others, but if the approach is a true desire to learn , understand and improve through time we can stand side by side in our grades as equals no matter how long the journey .

*Congratulations from the Masters Board of Examiners*

*Boo Sabum 3<sup>RD</sup> Degree*

ALAN	THOMSON	INVERNESS
ELIZABETH	GRAY	INVERNESS



3rd Degree Boo Sabum, assistant instructor and the last grade before becoming and International Instructor in their own right, someone who has a firm goal to promote , demonstrate develop and improve TKD .

*Congratulations from the Masters Board of Examiners*

## **Black Belt Technical Seminars 2014**

Every year the Masters Board are always delighted to see so many future black belts on our technical seminar. Our first seminar of the year took place in Armadale, West Lothian with the second in Inverness both being very well attended proving that the pre black belt promotion seminars are as popular as ever. Great to see our Sabums turning up to support the event whilst catching some extra Sabum

The seminars are spilt into sections covering fundamental movement, patterns, kicking, pre set sparring and self defense under the guidance of Master Sutherland VIII, Master Thompson VII and Master Dunbar VII.

We are all looking forward to the black belt promotions in 2015 the first being in Inverness in March followed by West Lothian in September.

*Closing date for applications 14<sup>th</sup> of March 2015.*



Armadale March 2014



Inverness, September 2014





### *Sabum Forum 2014\_October*

The UKTF held their annual Sabum Forum in Livingston on Saturday October the 25<sup>th</sup>. This forum gives the International Instructors 4<sup>th</sup> degree and above the chance to train together, something we all look forward too. The UKTF makes this forum open to everyone regardless of affiliation teaching.

### **SABUM PROMOTION**

At the Sabum Forum we provide the opportunity for those eligible to grade to and within the Sabum ranks. We the Masters and board of examiners would like to congratulate Mr Raymond Kaczmarek 4th Degree from Livingston who was successfully promoted 4<sup>th</sup> degree.



*Sabum:* Reaching the senior ranks of Instructor is more than performing .A huge responsibility and the beginning of another journey not to be taken lightly. General Choi put faith in his Sabum's stating the wearer "must have proven they have the skills to teach and lead others".

*Congratulations from the Masters Board of Examiners*

## *HOLLAND CUP June 2014*

Back again to Holland this time June at the Holland Cup. Success again with Gold going to Michael McRoberts in patterns and sparring, sister Catriona McRoberts did a great job winning bronze in pattern, Gillies Brown won silver in sparring and silver in team sparring, and Prentis McLean won Bronze also in sparring. Everyone did a great job and show great promise for 2015. Well done everyone to everyone that took part.....



## **SPORTS SCOTLAND GOVERNING BODY**

Good news, after many years of trying to get Scottish Sports Council recognition (around 20 years) it was in the end our association with Jim Tully and the then TKDSL WTF that help us achieve our goal. We could not have done it without the UKTF instructors who trusted our judgement when forming an agreement with TKDSL. Sport Scotland as we expected could not ignore such a joint group who worked together ie: competitions and membership as we suggested. The final feather in the cap was the WTF getting Scottish recognition from the WTF for independent teams and Sport Scotland having no option but to recognise this.

We are now well on our way, quote: "Sports Scotland are delighted with the progress made and agree with our list of actions going forward."

Early days with a lot of work ahead, but I truly feel this group will put grass roots TKD first and foremost helping develop Tae Kwon-do in Scotland for the first time and proud to be part of it.

Well done everyone! Another example of why it is better to pull together in the same direction.



Another busy year has come to an end. We would like to thank everyone for their continued support. ITF style is worth preserving and without your hard work it would not be possible.

"Whole life devoted to TKD" Many of you have chosen these words to identify your commitment to TKD. Every true practitioner should feel the desire to put back into TKD what you have taken from it, the more you succeed, the higher the rank the more you should give back. With this in mind if you are 21 years old and see a long term future in TKD the obvious step after 1<sup>st</sup> Degree is working towards opening your own school and in turn offering the same opportunity to others. Many black belts do not realize that becoming instructor of your own school is the next valuable lesson and key to your continued development. Proficiency cannot be fully reached as a student. As in life there comes a time when you must qualify and go out into the big world and walk the walk. Yes it is a big commitment! Something your instructor gave you, pay it forward and if you're lucky, you will create a student just like you and so the cycle goes.

Looking forward to working with you all again in 2015.

Wishing you and your families a very Merry Christmas and a Happy New Year

Best wishes for 2014 from the Masters Board.

A handwritten signature in black ink, appearing to read "S. Dunbar" followed by a large, stylized circular flourish.

Master Sutherland VIII, Masters Thompson VII & Master Dunbar VII



*Ho! Ho! Ho!*

*Merry Christmas*