



# HED TKD



TAE KWON-DO SCHOOLS

NEWS LETTER – ISSUE **0** Dec 2009

HED TKD congratulates you on your continued advancement in the art of Tae Kwon-Do

## Dates for your diary 2010

**SQUAD Training: Blue belt & Above. E-mail us for info**

<b>Jan</b>		
9th	Refs 1&2	Willenhall Com Centre
16th	Umpires 1	Willenhall Com Centre
17th	Umpires 2	Willenhall Com Centre
<b>Feb</b>		
20/21 <sup>st</sup>	Festival of martial arts	Disneyland Paris
<b>Mar</b>		
7th	CK Choi Seminar	Dorking
10-14th	Norway comp	Norway
21st	Umpires 1&2	Newbury
28th	English champs	Telford
<b>Apr</b>		
23 <sup>th</sup> - 25 <sup>th</sup>	Black Belt Grading	Bristol Academy
<b>May</b>		
15 <sup>th</sup>	Umpires 1	Willenhall Com Centre
16th	Umpires 2	Willenhall Com Centre
23 <sup>rd</sup>	Welsh Champs	UWIC Cardiff
30 <sup>th</sup>	All Ireland Champs	Dublin
<b>June</b>		
12th- 13 <sup>th</sup>	Instructors course 1	Bristol
<b>July</b>		
3rd	Referees Pt 1 & 2	Willenhall Com Centre
<b>Sept</b>		
4th	Umpires 1	Willenhall Com Centre
5 <sup>th</sup>	Umpires 2	Willenhall Com Centre
11th-12 <sup>th</sup>	World Champs	Telford
<b>Oct</b>		
15 <sup>th</sup> - 17 <sup>th</sup>	Black belt grading	Bristol
<b>Nov</b>		
13th-14 <sup>th</sup>	Instructors course 2	Bristol Academy
28th	British Champs	Telford

## **SOUTH EAST AREA- Red Belt & Black Belt PRE-GRADINGS**

(Dorking Leisure centre, Reigate Road, Dorking. All are on Saturdays; 2:30 pm for Red belts & 3:30 pm for Black belts).

Mar 20 <sup>th</sup>	Mar 27 <sup>th</sup>	Apr 10 <sup>th</sup>
Sept 18 <sup>th</sup>	Sept 25 <sup>th</sup>	Oct 2 <sup>nd</sup>

Red belts & above are to come & enjoy these Sessions

## **Gradings and licence renewals**

**Please be reminded that there are deadlines set on all licence renewals, grading form applications and competition applications. Failure to hand forms in on time will result in a fine.**

## **Xmas break**

**we will be breaking for xmas on the 18<sup>th</sup> Dec and returning on the Tue 5<sup>th</sup> of jan 2010. Have a great xmas and we look forwards to continuing with your training in the new year**

## **ENTER TAGB & HED TKD COMPETITIONS**

It's great fun to enter all competitions. To do this, you simply pick the event, ask your instructor and also go to our website at [www.hedtkd.com](http://www.hedtkd.com) & get the information from the members area. Fill it in, following all of the instructions on the form & submit to us before the due date (at least 1 month or more before the event itself).

If it is not yet available in the members' area or you have any questions at all then just send us a request (via the "contact" page) for the entry form and information. Make sure that you clearly identify yourself by sending all relevant details including;

- Which competition you wish to enter; (day & date)
- Your name, e-mail address, Instructor, club & Tel No.

## **General CK Choi**

**As you are all aware General CK Choi is holding a seminar next year. Here are a few facts about the general**

**1956**

Began training in Tae Kwon Do under Instructor [Army Captain] Hong Sung In and Instructor Kim.

**1958**

Trained under Master [Major] Woo Jong Lim, Director of Tae Kwon Do for the Korean 1st Army.

**1961**

Taught Tae Kwon Do at the largest Korean Army Training Center under Master [Lt. Colonel] Woo Jong Lim and General Choi Hong Hi and assisted Gen. Choi to create Gae-Baek Pattern.

**1962**

Won the First Korean Tae Kwon Do Championships in Sparring and Pattern in Won Ju City, Korea.

**1963**

Won the First Korean Tae Soo Do [Tae Kwon Do, Tang Soo Do, Kong Soo Do] Full Contact Heavyweight Championship in 3rd, 4th, 5th Degree Black Belt Won the Korean Tae Soo Do Representative Full Contact Heavyweight Championship.

**1964**

Was invited by Malaysia to teach Tae Kwon Do and became the First Professional Tae Kwon Do Instructor recognized by Korean Government.

**1966**

International Tae Kwon Do Federation [I.T.F.] was formed and received a Recognition Plaque.

**1981**

Promoted to 8th Degree Black Belt by Gen. Choi.

**1980's**

Created Sparring Patterns.

**2002**

Became 9th Degree Black Belt.

## **A-Z TAE KWON-DO**

**O stands for orun**

**This is the term for right in Korean**

**O also stands for Omgyo Didmyo Dolgi which is the Korean term for Step Turn.**