

Master Harrison's Midlands Open Tournament Sunday 21st September - Worcester

Run under normal GTI rules this competition has Sparring and Patterns competition available. (NB. There will be no Destruction/Board Breaking). Point-stop sparring rules will apply to Yellow and Green belt divisions, with both Continuous and Point-stop sparring available to Blue, Red and Black belt divisions.

NB.

- **Uniforms:** GTI competitors may wear coloured/club uniforms at this event
- **Safety Equipment:** Semi-contact gloves must be of the type that enclose the fingers and thumbs.
- **Minimum Grade:**
Juniors 8th kup/Yellow belt.
Adults 9th kup/Yellow stripe.
- **CLOSING DATE:** All Competitor entry forms & fees to reach Master Harrison no later than Tuesday 16th Sept.

Event Contact: Master C.

Harrison

Tel: 01905 820862

Email: clive01@talktalk.net

Venue: Perdiswell Sports Centre
Worcester

Doors Open: 9.00a.m.

Competition Starts: 10a.m.

**Weigh-in/height checks
commence:**

9-30am Junior Coloured Belts

10-00am Adult Black Belts

11-30am Adult Coloured Belts

1-00pm Junior Black Belts

Entry Costs: -

Competitors: £15

Spectators: £5 (under 5's free)

May Black Belt Grading

Congratulations to the following that were successful in achieving

promotion at the last black belt grading which took place in Derby on 18th May.



**Black Belt Applicants for 2nd
Dan & above with the Grading
Panel Members**

Adult Dan Grades

Promoted to 1st Dan:

Melanie Beattie (Truro)
Jessica Warden (Chelmsford)
Charlotte Bromley (Ludlow)
Gavin Bennett (Newquay)
Robby West (Basildon)
Richard Atkinson (Basildon)
Andrew Murray (Dublin)
Stephen Whittle (Wells)
Reuben Thorley (Ludlow)
Amandeep Puri (Bramcote)
Marie Newbury (Swindon)
Sarah Cunningham (Andover)
Kathryn Edwards (Shrewsbury)
Ann Frost (Worcester)
Kevin Ebbs (Chelmsford)
Joe Russell (Basildon)
Darragh Cashe (Dublin)
Christopher Hunt (Much Wenlock)

Promoted to 2nd Dan:

Mark Searle (Gloucester)
Matthew Batty (Shrewsbury)
Biodun Onipede (N.London)

Promoted to 3rd Dan:

Mark Edwards (Truro)
Stevie Gosling (Droitwich)
Jeremy Baldwin (Basildon)
Lynn Slater (Basildon)

Promoted to 4th Dan:

Wayne Lewis (Droitwich)

Promoted to 5th Dan:

Marc Dummett (Newquay)

Promoted to 6th Dan:

Francis Plunkett (Dublin)

Junior Dan Grades

Promoted to 1st Dan:

Sarah Williams (Bridgnorth)
Kiri-Lee Pope (Much Wenlock)
Joel Baker (Shrewsbury)
Joshua Pennington (Basildon)
Aaran Wong (Basildon)
James Rowson (Shrewsbury)
Elizabeth Massey (Gloucester)
Naeem Hossain (Bramcote)
Usman Akhtar (Derby)
Amy Thomas (Shrewsbury)
Chloe Butler (Basildon)
Kyal Dalby (Gloucester)
Liam Reeves (Andover)
Nathan Wong (Shrewsbury)
Thomas Yearn (Shrewsbury)
Edward Elcock (Shrewsbury)
Lewis Tilley (Bridgnorth)
Athanasios Paponides (Bramcote)

Promoted to 2nd Dan:

Ben Bebbington (Shrewsbury)
Oliver Cox (Shrewsbury)
Cyle Langley (Gloucester)
Gabriel Bannerman (Shrewsbury)

Promoted to 3rd Dan:

Jai Sandhu (Derby)
Lauren Roberts (Newquay)

Seminar with Tony "the Iceman" Sewell Sunday 10th August

This is an opportunity for you to train with the legendary Mr. Tony Sewell, 6th dan and it's free to GTI members!

This seminar will cover the amazing training methods that have made Mr Sewell the greatest Tae Kwon Do competitor to date. In a competitive career spanning almost 20 years he has won three Individual World titles and three World team titles and has beaten the best in the World both in TKD competition and on the open free-style circuit, including the ITF and WTF World Heavyweight Champion Henk Meyer, World Middleweight points Champion Kevin "the Jedi" Brewerton and the legendary American and

World Heavyweight Champion Steve "Nasty" Anderson.

There will also be the opportunity for photographs as well as a question and answer session. Each participant will receive a free poster, and as all proceeds are going towards supporting the GTI Squad Mr. Sewell will autograph your poster for a £2 donation.

Event Contact: Master C. Harrison

Tel: 01905 820862

Email: clive01@talktalk.net

Venue: Nunnery Wood Sports Complex, Worcester

Time: 12pm – 3pm

Cost: GTI Members FREE
Non-GTI £20

Umpire & Referee Qualifying Course Sunday 7th Sept.

This one day course is designed to teach the necessary skills required to gain the Umpire or Referee qualification and is open to any student (16yrs+) with a minimum grade of 1st kup.

The main subjects covered will be:-

- **Tournament Rules for the judging and scoring of Patterns, Sparring, & Destruction.**
- **Duties of Time-Keepers, Recorders, Umpires, & Referees.**
- **Referee's management of the Officials, Competitors, & Spectators at the Competition Area.**

As well as the theory there will be plenty of "hands on practice" to enable applicants to develop the skills required.

The cost is £38 and includes the purchase of a GTI Officials polo-shirt* & handbook. You will need to bring a packed lunch. You will also require a tracksuit or similar, safety equipment, and pen and paper. Please see your Instructor for an application form.

Venue: Wheatpieces Community Centre, Columbine Rd.
Walton Cardiff
Tewkesbury

GL20 7SP

Time: 10a.m. to 5p.m.

Contact: Master Clive Harrison

Tel: 01905 820862

Email: clive01@talktalk.net

GTI Competitors' Great Success at ITF European *(with thanks to Mr. F. England 3rd dan)*

Master Harrison and myself accompanied the GTI members who had been selected as part of the UK-ITF team to compete in the European Championships in Sardinia from 3rd to 6th July. Most of the squad met at Luton airport on Tuesday 1st July. The flight on Easy Jet to Cagliari in Sardinia took about 2½ hours. The weather was great and afforded fantastic views as we passed over the Alps.

A short taxi ride to the Hotel Panorama and we were soon in the pool making the most of the 30 degree heat. It wasn't very long before we were joined by competitors from the other ITF organisation in the UK along with contingents from Scotland, the IUTF, Master Daltons group, and competitors from the Irish East Coast Taekwondo. Many of these we had met at the annual Cork Open Championships and from last years World Championships.

As a major ITF tournament the weigh in was a day before the competition started, a few in the squad had been on starvation diets to ensure they made their fighting weight, fortunately all were well inside the weight so we were all able to enjoy the fabulous Sardinian food. Next was a meeting for the Coaches, followed by an Officials (referees and umpires) meeting, this was to ensure we understood the rules

and what exactly would be expected during the course of the Championships.

As usual the tournament started with patterns. For those in the the GTI that haven't been to an ITF club or competition before you would find it a little different from the way we do things. Two competitors come up at a time, they both have to complete a pattern chosen at random by the jury panel, this can be any pattern from Chon-Ji up to your grade pattern. Then you perform a pattern of your choice. During the



GTI Members at the ITF European in Sardinia

Back row L-R Master Harrison, Matt Sansom, Ben England, Forbes England, Jack England, Ruebyn Richards and Master Ted Wolf (Wolf TKD) **Front Row L-R** Nick Munson, Gina Baldwin, Richard Cade and Lea Fendt

course of the two patterns the judges are marking you for technical content, power, balance, breath control and rhythm. The winner goes through to the next round whilst the loser is eliminated. So if you draw a world champion in the first round that's the luck of the draw. The other fundamental difference is that the ITF use a method called Sine Wave. If you come along to Master Harrison's Open in Worcester on 21st September, you will see Sine Wave being performed by members from the European Squad. Sine Wave is the raising of the body in a relaxed state before tensing the body as you drop, it is claimed that this generates more power. Come to the tournament and judge for yourself!

The sparring is thankfully a lot more familiar to us, but with a slightly different points system. You only get one point for a body shot regardless of whether its hands or legs that score. Two points are awarded for head shots with the legs and two points for a jumping hand technique to the head, with three points being awarded for a jumping kick to the head.



GTI National Black Belt Training

Taekwondo, he does however make the effort to attend UKITF squad training sessions. His improvement in sparring has been remarkable, he fought the best we

National Black Belt Training Event

The first national training session for dan grades took place on the 19th April in Worcester at St. John's Sports Centre with 53 black belts participating including all of the Associations' senior Instructors. 7th dan Master Harrison, took those present through a brisk warm-up, followed by some pattern application techniques from Won-Hyo and Joong-Gun; this was then followed with kicking and sparring drills, and then free-sparring practice to finish the 90 minute training session. It's hoped that this will become an annual event.



The UKITF Team – ITF European Champions 2008

I can't give much detail on the individual sparring as both Master Harrison and I spent most of our time umpiring or refereeing. I can tell you that all of our competitors performed with great heart and commitment, all of them did the GTI proud. If you get the chance go and ask them how they did, and what it was like, they would love to share their experience with you. I do have a few people I would like to mention. Lea Fendt came very very close to improving on the silver in the World Championships but just run out of energy. Ben England took the experienced Michael Belle (Wolf TKD) to extra time in the final. Ruebyn Richards' fight, in the team event against an Italian giant was inspiring. Matt Sansom just dominated his division with real flair and skill. Jack England has grown in stature, he came out of the starting blocks like a man possessed and showed his true potential. Gina Baldwin showed real grit not only in sparring but by sorting much of the squad training and travel arrangements. Nick Munson showed you don't have to be a Black Belt to cover yourself in glory. Finally Richard Cade; Richard is fairly new to

had ever seen and was desperately unlucky not to come away with a medal. A total of 12 Golds and 9 Silvers was won by GTI competitors!

The GTI is a member of UKITF, if you would like more information about squad training then please contact Mr Ian Fendt (01452 610446) or Mr Forbes England (07747 694497) for further information check out the calendar for squad training sessions on the GTI website at www.gti-taekwondo.com. We hold regular squad training sessions and are beginning to compete on an international basis. In November we will be competing in the World Cup which will be held in Punte Del Este in Uruguay. This is open to any belt and grade any age. This is what the GTI and UKITF are doing for those who wish to compete, the opportunities are there if you want to take them.

(Please see table on last page for medals won by the GTI competitors.)

2007 GTI Competitor of the Year Awards

The awards for the most successful GTI black belt competitors of 2007 took place at the National Black Belt Training event. The awards are made to those GTI black belts who appear at the top of their division for sparring or patterns at the end of the year.

There are eight awards in total covering both the adult and junior black belt divisions.

The 2007 Competitors of the Year were:

Sparring:

Men – Joint Winners

M. Bradfield (Tewkesbury) & B. England (Tewkesbury)

Ladies - F. Lane (Cheltenham)

Boys – C. Langley (Gloucester)

Girls – H. Hunt (Swindon)

Patterns:

Men – M. Bradfield (Tewkesbury)

Ladies – H. Box (Worcester)

Boys - M. Sansom (Cheltenham)

Girls – D. Hall (Swindon)



The seminar will be limited to 50 participants on a 'first come first served basis', please contact Mrs. Zoey Fendt to book your place. Cost will be £20, with times to be announced. If you would like more information on Master Lim then you can view his biography at the following website link www.classicaldimension.com/biolim.htm

Event Contact: Mrs. Z. Fendt

Tel: 01452 610446

Email:

zoey@turtletaekwondo.com

GTI News via Email

If you would like to receive future newsletters directly by email, then please ask your Instructor to forward your email address to the GTI Secretary. Newsletters can also be viewed in the news area of the GTI web site at www.gti-taekwondo.com

2007 Competitors of the Year

(Back Row L-R) M. Bradfield, F. Lane, B. England, M. Sansom (Front Row L-R) C. Langley, H. Hunt, H. Box – (Not shown D. Hall)

Master Willie Lim Seminar

Sunday 28th Sept. - Swindon

Master Willie Lim will be conducting a three hour seminar for GTI members at the Haydon Centre, in Swindon. Master Lim is an 8th dan in Taekwon-do, 7th dan in the Japanese style of Ryukyu Kempo and has many years experience in Tai-Chi. Master Lim teaches how to use the flow of your TKD movements to great effect in striking vital points.

2008 CALENDAR

10th August

Seminar: Training with Tony Sewell

Worcester

7th September

GTI Umpire & Referee Course

Worcester

21st September

Master Harrison's Midlands Open

Worcester

28th September

Seminar: Pattern Applications with Master Willie Lim

Swindon

12th October

Black Belt Grading

Derby

9th November

GTI British Championships

Worcester

2008 ITF European Championships & European Cup – GTI Medal Winners

Name	Grade	GTI School	Individual Patterns	Individual Sparring	Team Sparring	Team Special Techniques	Team Destruction
Ben England	3 rd dan	Tewkesbury		Silver	Gold	Gold	Silver
Ruebyn Richards	3 rd dan	Derby		Gold	Gold	Silver	
Lea Fendt	3 rd dan	Swindon		Silver	Gold	Gold	Gold
Matt Sansom	3 rd dan	Cheltenham	Silver	Gold	Gold	Silver	
Jack England	2 nd dan	Tewkesbury		Silver	Gold	Silver	
Gina Baldwin	1 st dan	Basildon		Silver		Gold	Silver
Nick Munson	3 rd kup	Cheltenham		Gold			