

# TAE KWON DO



## CAMBORNE TAE KWON-DO

Instructor Danny Broderick 4<sup>th</sup> Dan

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Assistant Instructor: Mr James Murphy 3<sup>rd</sup> Dan

[www.camborne-taekwondo.com](http://www.camborne-taekwondo.com)

[www.cornwall-taekwondo.com](http://www.cornwall-taekwondo.com)

*Building a more peaceful world... together*



## TRURO TAE KWON-DO ACADEMY

Instructor Liam Broderick 3<sup>rd</sup> Dan

Tel: 01637 852044 or 07855734984

Assistant Instructors: Mr Mark Edwards, 2<sup>nd</sup> Dan,  
Mrs Patricia Finney, 2<sup>nd</sup> Dan, Mr Nigel Fouracre, 2<sup>nd</sup> Dan

[www.truro-taekwondo.com](http://www.truro-taekwondo.com)

[www.myspace.com/truro\\_taekwondo](http://www.myspace.com/truro_taekwondo)

Welcome back to training!  
2008 is a packed year for our Tae Kwon-Do schools. Work hard towards achieving your goals and always try to have fun and enjoy your Tae Kwon-Do training.

*Liam & Danny Broderick*

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## Dates for your diary up to June 2008...

22 <sup>nd</sup> Feb	Investigation at the secret location, Camborne, 8pm-1am	
25 <sup>th</sup> Feb	Coloured Belt Grading, Camborne, 6.30pm	
9 <sup>th</sup> Mar	Black Belt Training, Truro Leisure Centre, 7-8pm	
6 <sup>th</sup> Apr	GTI UK Open Competition, Swindon	
13 <sup>th</sup> Apr	Black Belt Training/Pre-Grading, Truro Leisure Centre, 7-8pm	
19 <sup>th</sup> Apr	GTI National Black Belt Training, <i>Venue TBC</i>	
28 <sup>th</sup> Apr	Black Belt Pre-Grading, Pool School, Camborne, 7-8pm	
4 <sup>th</sup> May	Black Belt Training/Pre-Grading, Truro Leisure Centre, 7-8pm	
18 <sup>th</sup> May	Black Belt Grading, Derby	
1 <sup>st</sup> Jun	GTI National Fundraising Event, <i>Venue TBC</i>	
7 <sup>th</sup> Jun	World Environment Day Beach Clean, Perranporth, 11am	
Jun/Jul	Cornish Tae Kwon-Do Championships, <i>details soon...</i>	



## Tae Kwon-Do News: English Championships, Worcester, 3<sup>rd</sup> Feb

A number of Truro and Camborne students attended the GTI English Championships in Worcester recently, with great results. Andrew Robinson of Truro GTI has retained his English Champion title winning both the sparring and patterns categories, Pete Yates (Truro) and Alanna Schilling (Cam) took gold in sparring and both Kyle Silgram and John Newman (both Cam)

achieved gold in patterns. There were also silvers for John Newman and Kelly Broderick (Truro) and bronzes for John Newman, Ashley King (Cam), David Scoundrette (Cam) and Kyle Silgram. Well done to all who entered!



## Beach Training, 27<sup>th</sup> Dec 2008

This was one of the best-attended Xmas beach training sessions in recent times, with 34 students from Tae Kwon-Do and Tang Soo-Do joining us on Newquay's Towan Beach. The session started with the traditional run around Towan Island, which was quite a feat with the tide still in! And after an hour of Tae Kwon-Do patterns, linework and self-defence, the session ended with a dip in the sea, to truly blow out those Xmas cobwebs! Well done to those who made the effort to support this great annual event!

There are 228 images of this session online at:

<http://picasaweb.google.co.uk/truro.taekwondo/BeachTraining2007>



# NEWSLETTER

# Winter 2007

## Secret Location, Paranormal Investigation, 22<sup>nd</sup> February 2008

Following our hugely successful and enjoyable evening at Pengersick Castle, last April, we are joining *Haunted Cornwall* for another investigation, this time at a secret mining location, Camborne. The cost is £17.50 for the 5-hour investigation, which includes a tour of the premises and local Mine and an opportunity for trying dowsing and holding vigils with paranormal experts. Spaces are limited so book as soon as possible with Mr Liam Broderick. Call or text on 07855 734984 or email [instructor@truro-taekwondo.com](mailto:instructor@truro-taekwondo.com)



## Cornwall Tae Kwon-Do, Established 1974

Camborne, Pool School, Pool, Mondays & Wednesdays 7-8pm

Truro, Truro Leisure Centre Sundays 6-7.30pm, Tregolls School Thurs 6.30-8pm

St Austell, Penrice School, Tuesdays & Fridays 7-8pm

Newquay, Newquay Sports Centre, Wednesdays 7-8pm, Fridays 6-7pm

Members of the International Taekwondo Federation and Global Taekwondo International  
[www.itf-administration.com](http://www.itf-administration.com) and [www.gti-taekwondo.com](http://www.gti-taekwondo.com)



### Black Belt Training

Black Belts are reminded that black belt training is compulsory for those that wish to grade in the future. Training dates are listed on the first page of this newsletter and the cost per session is £5 and open to all black belts and 1<sup>st</sup> kups. From Sunday 2<sup>nd</sup> March, Truro GTI will be running weekly training for those grading in Derby this May. These sessions are 7 to 7.30, after the normal Sunday class and are free of charge.

### Did you know that?

The hand position in the closed ready stances of patterns Won-Hyo, Joong-Gun and Toi-Gye is highly symbolic in the orient, with a number of interpretations:

- When warriors met on a path they would acknowledge each other with a respectful bow and cover the knuckles of their training hand (usually the right hand), to hide their martial arts ability, in the hope of gaining an advantage should a conflict ensue.
- The enclosed fist represents the physical body being restrained by the spiritual being.
- It is thought that this hand position is indicative of the Ming dynasty of China. Ming is translated as 'sun and moon' and the hand position is meant to show the moon covering the sun. Shaolin Monks used this hand position to show their support for the Ming dynasty after one of their monasteries was burnt down by Ming opponents.
- The hard, *yang* fist represents the power of Tae Kwon-Do that we should work toward controlling. The soft, *yin* open hand represents the aspects of Tae Kwon-Do that temper our use of the power, such as humility, courtesy, integrity, self-control and compassion.



Taken from [www.tkdutor.com](http://www.tkdutor.com)

### Coloured Belt Grading

The next coloured belt grading will be held at Pool School, Camborne on Monday 25<sup>th</sup> February at 7pm. Students must:

1. Submit their licences and grading fees (£22) by Monday 18<sup>th</sup> Feb (new students will also need to supply 2 passport photos)
2. Arrive at the grading by no later than 6.30pm
3. Ensure that they address Master Harrison as 'Sir' at all times
4. Ensure that they know their theory (theory sheets are online at: [www.truro-taekwondo.com/grading.aspx](http://www.truro-taekwondo.com/grading.aspx))
5. Ensure that they wear a clean, white GTI dobok (no jewellery!)
6. Bring a headguard/sparring gear if green belt or above (compulsory)

### Discussion Forums

[www.trurotkd.freeforums.org](http://www.trurotkd.freeforums.org)

Please register and use this online resource to discuss Tae Kwon-Do and local issues with other Cornwall Tae Kwon-Do students and Instructors.

You can also use the forums to post invites for any event that you think may interest your fellow students.

If you are unsure about anything to do with your grading please speak to your Instructor. For those that cannot make the Camborne grading there is another grading in Newquay on Tuesday 26<sup>th</sup>. Please note that the parents/guardians of all under-18s will need to sign the grading cards. Good luck to all students grading and remember to be loud and respectful!

### The Fundamental Training Manual: the essential training guide for green belts and above

Camborne and Truro Tae Kwon-Do have their own special editions of the *Tae Kwon-Do Foundation* ® *Training Manual 1: Fundamental Tae Kwon-Do*. This contains all of the grading theory from white belt to black belt plus much, much more. For those students serious about performing well in their gradings, it is well worth purchasing a copy. The manual is available from Mr Liam Broderick for £15. To order you can call or text on 07855734984 or email [instructor@truro-taekwondo.com](mailto:instructor@truro-taekwondo.com) (please state whether you require a Camborne or Truro edition). Alternatively, tear of the slip below and present it to your Instructor with a cheque for £15 made out to 'L. Broderick'. (*please note: the cost rises in April!*)

Please reserve me a copy of *Tae Kwon-Do Foundation* ® *Training Manual 1: Fundamental Tae Kwon-Do*

Name ..... Phone/Mob.No. .... School (Camborne/Truro) .....