



# CENTRAL TKD NEWSLETTER SUMMER 2009

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Welcome to the fourth issue of the Central TKD newsletter.

## August Dates

2nd & 16th August  
2009

Central Area Black Belt  
Training  
10.00am to 12.30pm  
Stratford Leisure  
Centre

22nd & 23rd August  
2009

ITF Hong Kong  
Taekwon-Do Open &  
Invitation Tournament  
2009

## Future Diary Dates

6th September 2009

GTUK AGM  
at  
The Sports Connexion  
Ryton  
10.00am start

20th September 2009

Central TKD Black  
Grading at Stratford  
Leisure Centre

10.00am - 12pm  
children

12.30pm—2.30pm adults

## MASTER OLDHAM BLACK BELT SEMINAR

Central TKD recently hosted the Black Belt Seminar at Stratford Leisure Centre which was attended by over 50 Black Belts and was conducted by Master Oldham VIII who was assisted by both Mr Ridley and Mr Archer.

The seminar started at 12.30pm and after a brief welcome, the black belts



were given an intense warm up by Mr Ridley.



With the Black Belts now nicely warmed up, Master Oldham took over to take the whole group through the Patterns Kwang Gae and Po Eun, step by step, explaining both the technique and the meaning of each individual movement.

Following this, the Black Belts were then divided with the 1st and 2nd Degrees being instructed by Mr Archer in all of the patterns up to



The participating Black Belts show their respect for the Instructors

### 3rd Degree

After the pattern work, the 1st and 2nd Degrees then worked on sparring moves and pad work under the instruction of both Mr Archer and Mr Ridley.



Black Belts being taken step by step through Kwang Gae

Master Oldham continued with the instructions of the 3rd, 4th and 5th Degrees in the patterns right up to So San.

At the end of the successful day, all the participants were presented with a certificate from Master Oldham.

The Central TKD group would like to thank all of the participants for attending and helping to make the day a success with their enthusiasm and warm welcome for the seminar instructors.

But special thanks must be extended to Master Oldham, Mr Ridley and Mr Archer for giving up their time to instruct this seminar to enable all Black Belts to learn from their years of experience in the art of Taekwon-do thereby further their own knowledge and advancement.

Central TKD hopes that the Black Belts found this to be a valuable experience and will attend further future seminars.



### CONGRATULATIONS!

Congratulations to both Mr Archer and Mr Ridley who were both successful in being promoted to sixth degree following their grading under Master Oldham on the 12th July 2009.

This was a well deserved achievement by both of the GTUK senior black belts who have many years of training and instructing under their belts.

Mr Archer first started with martial arts in 1976 when he attended a Karate school for 3 years until its closure. He took a break until 1983 when he first started Taekwon-do training until an injury to his hamstring

forced him to stop in 1986. There then followed another break until his successful return in 1989 which was followed by becoming an assistant instructor at black tag and then opening the Stratford club on attaining his Black Belt which he transformed from just one student into one of the most successful schools ever.

Mr Archer's path to achieving his sixth degree should be an inspiration to all his students by demonstrating that although obstacles may be put in your way, with perseverance and Indomitable spirit, you can succeed!



The successful candidates!

### JUNE GRADING SUCCESS.

The second Block Grading of the year took place on Saturday 20th June 2009 at Stratford Leisure Centre with Master Oldham VIII as the guest examiner who was very pleased with the standard displayed by all the candidates in all of the disciplines being tested.



Mr Alan Smith III put the children through their paces with Mr Andy Briggs IV taking charge of the adults.

Congratulations to all successful candidates on achieving their belt promotions and also to all instructors for teaching their students to the required standards to enable them to pass and progress further with TKD.



Children & adults during the grading



### Other News

- The ITF Hong Kong Teakwon-Do Open & Invitation Tournament 2009 will be held on 22nd-23rd August 2009 at The Arcade, Cyberport, Hong Kong. Entries for the event need to be registered no later than Friday 12th June 2009.
- For full details see the GTUK website [www.gt-uk.net](http://www.gt-uk.net)
- We hope all students & instructors enjoy their holidays!!



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To keep updated visit the club's website  
[www.centraltkd.net](http://www.centraltkd.net)

We welcome input from all of our schools, please send news to [stratfordtkd@hotmail.co.uk](mailto:stratfordtkd@hotmail.co.uk)