



TANG SOO DO
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Newsletter



Summer 2018

A Grand Return

Sa Bom Nim Robert McCoy is returning to teaching following a devastating diagnosis in late 2016 of stage 4 colon cancer that had spread to his liver, requiring several surgeries and for him to undergo months of chemotherapy

He feels great about returning to the Dojang and is enjoying it.

After the Diagnosis, Master McCoy was not given much chance of survival, so it is such good news to hear that he is well enough to return to the sport. He credits his wife and medical team for great support.

Although the school was unable to continue in his absence, it is now up and running again



Master McCoy (centre) with members of his class

He is still not able to demonstrate as he would like due to severe nerve damage from the chemotherapy that affects the function of his feet and hands. However, his senior students have come back, they were a great help.

A final word from Master McCoy himself

"if something gives you joy, embrace it."

I have a 75% chance that my cancer will return. If I focused on that, life would be nothing but stress and fear. Instead, I am teaching again and even studying tai chi now"

Great words of wisdom, hope things continue to get better for you!



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Championship Ambition

Miss O'Mahoney, after 2 years of effort, has now reached the stage where she is able to train for the Bench Press National Championships (powerlifting competition).

Miss O'Mahoney will begin training in August, (I hope the weather is not too hot for you!), this will allow her to be in time to compete in the National Championships that are taking place in February next year.

Miss O'Mahoney told me that she finds competing really fun and that she is entering training with the same commitment and dedication as she does any competition. She just intends to enjoy competing and not put too much pressure on herself.



***Congratulations Miss O'Mahoney, this is quite an achievement so far.
Good luck for February.***

Sports tournament competitors



Cameron Jones along with two of his friends, Danny and Triston, took part three sporting competitions in June, one was a Basketball tournament, ran by the Basketball group Hotshots, the other was a cricket match which took place as part of Cameron's school calendar of events. Triston took part in Athletics - the 600M sprint. Danny took part in the Basketball by Hotshots and the Ball-throw at his school. The boys go to Cawston primary School. Cameron came 20th out of 50 for his events.

Well done Cameron, Danny and Triston

Amy Barnes turns Seven



On Saturday 2nd of June, Amy Barnes had a fabulous birthday party held at her house to celebrate her 7th Birthday. This party involved a sleepover with her friends as they arrived on the day of the party and slept-over for the night. During the day, it was an eventful birthday party that involved food and music. The party started at 6:00 end ended at 10:00pm. Although they did watch a film, specifically, The Greatest Showman. This must have been a big hit, as they have already seen this film numerous times before.

Amy, we all hope you had a wonderful birthday.



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German Adventure

On the 6th August, Sa Bom Nim John Dove went on a holiday motorcycle trip to Germany, to spend time with two friends to tour along the Polish border for a week. One of his travel companions was Dr Dave Dickinson, the author of 'The Five Pillars of Life' in the forth-coming Dan manual. Dr Dickinson offered some papers on self-motivation for the Dan-Manual whilst they were together. Master Dove said "That is good news and will certainly be a welcome addition for Instructors who cannot train every week". The second companion was a friend of nearly 40 years, who is a high achieving HR director of a world renowned American tool company. Master Dove said that he and his friends intended to "eat well, take in the glorious scenery and dive out of a hired boat into a big lake. It always happens that we old boys share a Lubzer (beer), a cigar and 'put the world to rights', in our heads at least". He says his friends are "kind enough to help me stay grounded and support 'suppression of the ego' an often overlooked element in our training."



Country house in the Mutritz Country-park village of Speck. It is being sympathetically restored



The café next door. Speck means bacon, but they only had sausages!

Practical Challenges

This German challenge started when Master Dove bought a 'blown-up' 2003 Royal Enfield 500cc Bullet to use for the trip. Having made the annual ride to East Germany for ten years on modern designed bikes he chose to chase his passion for older engineering and to rebuild a modern made 50's designed motorbike.



The Bike when purchased



The Bike when rebuilt:



At Rabenstein, Germany

The trip was a total of 2000 miles and took nine days, including an overnight ferry crossing to Holland. Master Dove said he did feel fatigue, but "it is a lot easier than KoDanJa"! He speaks enough German to get by in most situations, using a pile of language CDs in his car as daily brain-training.

Master Dove has some good advice for anyone travelling:

"They say that 'travel broadens the mind'. The safe option is to investigate your chosen destination online before travelling. Knowing the climate and landscape both literally and politically can pay dividends for safety and confidence."

Very exciting! Glad you enjoyed your trip!



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Clay Camping



William was excited to tell me of his plans to go camping with his friend George (who goes to the Tiger's class).

This had been arranged to take place for the night at a clay pigeon shooting ground (Hopefully with permission!). William was really was looking forward to it, and he had already been practicing in his garden where he made his den out of wood. He has been camping before in Devon, where he stayed 4 nights.

Clearly you enjoy camping, we hope you had a great time William.

Weekend Fete



Nikilan was happy to inform me about this school fete which he would attend on Saturday 30th June. This was something which he was looking forward to.

Although he knew it would take place in the afternoon, he didn't know the specific times, so he and his family went when they could. It was £1 per person for entry, 4 people in total went with him, meaning the total ticket cost was £5. Whilst he didn't know what games would be available to play, he was sure that he would have fun doing so, he may even win one of the prizes.

We hope you had a wonderful time

Tang Soo Do Grand opening in Hinckley

Miss Chovansova is excited to announce her new class is open at the Fields Fitness Centre, Hinckley. It's open every Sunday from 4pm until 5pm. She said that she found it a challenge to find the right time and date for her class, and decided on Sundays, as that is the best fit for her work commitments and also a good day for her students.

Another challenge was finding the location and place for training. She said "if it's a sports centre I had to fit into their available slot. So as you imagine it's a lot to think about and a lot of research to do before even starting".

She also said "Next step after setting location and place is advertising. I use flyers to advertise the class, putting them into letterboxes and recently I did an advertisement in local newspaper, fingers crossed it should be out next week. Hopefully will see some results soon".

Miss Chovansova's advice for all who would like to set up a class:

"Don't give up and keep trying :)."

NCS Challenge

Now some News from me, your editor. In the summer, I completed a three week residential course called the National Citizen Service (NCS). Character building, team working and ultimately making a difference in the community whilst having fun along the way.

Week One: This week was about team building at an outdoor activity centre where we were encouraged to complete activities such as High Ropes, Zip Wire and Rock Climbing. I am proud of myself for overcoming some daunting challenges.

Week Two: This week was also residential and was for preparing for public speaking in order to pitch our social action ideas to three businessmen to raise money for our social action projects and a charity.

Week Three: In the final week, we were given the "99 challenge" to complete 99 fun and practical tasks in the town centre. We were also tasked with raising sponsorships for our chosen charity. We bought supplies for our social action project, which for my team was Age UK's Claremont Centre. The next day was when we held events at the Claremont Centre. We held a fun music quiz and the residents enjoyed a tea party with us. Our final day was campaign day. We raised awareness of our charity and Dementia sufferers.



Tang Soo Do Region 1 Newsletter by Louis Webster. Age 16, 1st Gup.