



TANG SOO DO
武

Newsletter



Autumn 2019

Big, Booming Belt Test

On December 14th 2019, Region 1 held its annual belts. The first one being the Tiger's test (1pm – 2:30pm) after that the family test (2:30pm – 4pm). Thank you to my fellow class black belts for providing me with feedback on the success of this event which I was unfortunately not able to attend. I received reports that the Tigers were as enthusiastic as always, and the Dragons really upped their game this grading. Read Miss Chovansova's and Miss O'Mahoney's thoughts in their own words:

Miss O'Mahoney:

"The Tigers were really enthusiastic, as always, and definitely a highlight to the day. From the dragons and adults, I thought there was some impressive board breaking and a few stand out candidates."



Tiger's class grading

Miss Chovansova:

"December's grading was very successful. We had a high number of students grading, which is always great to see. Tigers showed great energy levels and set the bar very high. We have a lot of young talent in the class, so well done and keep up the great work."

The second part of grading was much improved from the last time. We could feel much more energy around the room. Despite that I would like to point out a "moo do" aspect of our art. I think it was much better than usual, but still could have been more present from the higher grades. This is that everyone should bear in mind good manners and respond respectfully to commands, but don't be afraid to show your presence. Do this all the time, every time!"

Well done on the improvements everyone. Keep it up.



TANG SOO DO
武

Newsletter



Dan Day Success

On November 9th 2019, a Dan-day was held at the Rugby High School Sports Hall. Whilst not everybody was testing, the day saw those that were tested walk away with the next grade, so well done to those that did and thank you to everyone who participated.

One of the few that were testing was Miss Tuffin. She left successful, attaining the rank of Cho-Dan (1st Dan) Black Belt. Whilst the journey was worth the destination, it certainly wasn't smooth sailing the whole way though. It's a journey which you can now learn about from her own words:

"I've been training with the federation since July 2014 so around five and a half years. What made me join in the first place was that my dad and brother both did it and it was just something I wanted to join in with because I thought it seemed interesting.

I've been training for black belt since March this year. I stuck with it because it was just something that I've enjoyed doing, of course there were times where I found it challenging but I'm glad I stuck with it because I now have an achievement that I'm really proud of.

Some of the biggest challenges was when I got a referral on one of my tests and then got into a habit of minimal effort that I found really difficult to get out of and also just the pressure of the tests has always been a really big challenge for me. Achieving this milestone is something that I can be proud of and it proves to me that even when you find things hard it's always possible to overcome them.



Miss Tuffin

*My advice to anyone coming up towards 1st Dan testing would be to **put everything into it and work really hard at it because it's all fully worth it when you achieve it.**"*

Well done Miss Tuffin.

This is a really great achievement that you have every right to be proud of.

Continued on next page



TANG SOO DO
武

Newsletter



Dan Day Success

Continued...

Congratulations also to Mr Whitmore who received his 3rd Dan on this day which is a fantastic achievement.



Mr Whitmore receiving his 3rd Dan pass certificate from Master Dove

Mr Whitmore has been training with the Federation for about 13 years and admitted that self-confidence has always been a hurdle for him, something which he feels practicing Tang Soo Do has helped him overcome. He told me that he has been committed to this martial art for so long because he really enjoys it and has befriended everyone in the class, and if he could go back and do this again, he wouldn't change a thing.



Region 1 class Dan day participants with Master Dove (centre)

For anyone aiming for the same achievement, Mr Whitmore's advice is to work hard, listen to Master Dove, and always believe in yourself.

Sound advice from both Miss Tuffin and Mr Whitmore. I think we can all learn a thing or two from them about the rewards of perseverance!



TANG SOO DO
武

Newsletter



Ahoy, Sailor!

On October 2nd, Mr Hewings went on a week-long trip to **Cape-Verde**, just off the west coast of Africa.

Specifically, he went to the island of boa-vista, which translates to "**beautiful view**". As you can see from the miles of golden sand and turquoise water in the photograph below (taken by Mr Hewings), it is an accurate description.



The Island of Boa Vista, Cape Verde



Mr Hewings told me that he chose this destination because he enjoys visiting new places and, even in October, all these islands in particular are warm with lots of sunshine. The holiday was for a break, with a change of scenery and to **relax**. With miles of beaches and no time pressures, that must have been easily achieved!

Mr Hewings booked three organised trips to take whilst he was out there. A **sailing trip**, **snorkelling trip** and a trip out to **see the stars**. These particular trips were chosen because Mr Hewings said he **enjoys the water**, hence the sailing and snorkelling. As for the star gazing, he has always wanted to **see the Milky Way** with his own eyes. The islands remote location should have removed light pollution, unfortunately the full moon occurred during this particular week, which overpowered most of the starlight.

Continued on next page...



TANG SOO DO
武

Newsletter



Ahoy, Sailor!

continued...



Whilst Mr Hewings really enjoyed all three activities, the sailing trip was his favourite (see picture left).

He said he was originally interested in a **quad bike** tour of the island, however, seeing other guests return **caked in dust** put him off that idea!

All of this culminated in an experience that Mr Hewings said was **consistently enjoyable**, with no disappointments. Mr Hewings said he is not thinking of returning any time soon as he is already looking forward to exploring new places in the world. However, if anyone is interested in a **relaxing holiday** in a beautiful destination then this is somewhere he said he would absolutely **recommend**.

What a fantastic experience.

I look forward to hearing about your next trip!

In Other News

Stardom achieved!



Nikilan Kuruparan reported to me that on 20th September he achieved the school award of star of the week which he received in front of the whole school in morning assembly.

He won this award for giving 100% effort, all of the time. This is an award he has won consistently each year, which is certainly a good indication of determination. Nikilan told me he is very proud to have won this award again. I wouldn't be surprised if there are more of these to come!

Well done Nikilan. Well earned!



TANG SOO DO
武



Newsletter

Welcome to the world!



On the 29th November 2019 Dexter Jones informed me that he now has a new baby cousin (named Max), who was born on the 17th November.

They first heard about it two to three months before-hand, and have been looking forward to his arrival ever since. They are really happy now that he is here.

As of this time, Dexter has not been to see him yet. Although they were planning to go see Max sometime soon and were really looking forward to it.

Congratulations from all of us at Tang Soo Do!

Speaking for those in need



On the 8th November, Gavin Denton (1st Gup) informed me that he will be presenting as a speaker at the state-of-the-art critical care conference in Birmingham during December. This is the biggest conference for intensive care held in the UK (Intensive care's speciality is supporting the sickest patients in our hospitals who have immediately life-threatening illnesses).

Gavin will present the work of his "Advanced critical care practitioner team that provides a service for transferring critically ill patients on life support machines between hospitals". The unique part of this service is that it is usually carried out by doctors, however the team's nurses have now been highly trained to carry out this work.

The team is the first in the country to do this work and the conference will be an opportunity to share the results which have been successful but which may still be controversial as it is a new initiative.

We have every confidence in you Gavin, just don't stumble over your lines!

Written and edited by Mr Webster.

If anyone has any news, please do not hesitate to email me on websterl4202@gmail.com