



TANG SOO DO 武 Newsletter



2020

We are all now having to adjust to a 'new normal' as we ease our way out of lockdown measures designed to try control the pandemic. Whilst this is a slow process we will reach full normality however long that takes. This Newsletter serves as a reminder of what normality is and what we are striving towards, covering as it does the full year.

Mastering the art!



(Left to right) Master O'Mahoney, Master dove, Master Chovancova

Our tumultuous year has been rounded out with some inspirational news. The Federation takes great pride and pleasure in being able to inform you that on Saturday 12th December, it certified two new Sa Bom (4th Dan Masters).

The red stripe on the Dan belt (pictured left) is presented only to those who train for and qualify as Sa Bom. The Founder of our art noted that a Sa Bom should be a; Teacher, Preacher, Practitioner, and Leader.

The term Master is bestowed upon those students who qualify for the rank of 4th Dan and above. This rank does not gain them the red stripe. Therefore a practitioner can be a 4th Dan Master without a red stripe indicating that they have not qualified as a 'teacher of teachers'.

The KoDanJa (4th Dan and above) presentation came as the result of our October Dan testing.

On Saturday 10th October 2020, The Queens Diamond Jubilee Centre was the site of a successful Dan and Gup grading. This event saw many applicants leaving with the next grade, it was also the first grading which saw a 1st, 2nd, 3rd and 4th Dan testing concurrently.

Something that is worth noting, is that this grading was run by Master Chovansova and Master O'Mahoney, as a part of their project to achieve Sa Bom status (4th Dan). They pulled it off magnificently. The day went by smoothly and efficiently. Instruction was clear, we were never in the dark. The event was well organised, well attended and well performed.





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Top Testing!

On Saturday 14th March 2020, the Queen's Diamond Jubilee Centre in Rugby was the site of a very successful Tiger's and Gup grading which saw those who participated leave with the next grade. Well done to everyone who participated, you all deserve your awarded rank.



Thank you to everyone who helped out, including Harvey Callahan, a black band Tiger from the Rugby class who helped with the Tiger's assessments. Thank you, Harvey, very much appreciated.

Harriet Morrison (7 years old, Black Band) was the oldest testing Red Band that day. She passed with flying colours, leaving a tale lasting 3 and a half years behind her. Given that Harriet is one of the longest serving Tigers, I felt it would be interesting to interview her about her time in the Federation. Thank you for talking to me Harriet....

How long have you been attending Tang Soo Do?

I have been a tiger for 3 and a half years.

Why did you originally want to join the federation?

I wanted to join because I saw my brother doing it and it looked fun.

What do you enjoy about Tang Soo Do?

I enjoy learning how to protect myself.

How did you feel leading up to your Black Band grading?

I was nervous I wouldn't get it.

How did you feel when you received your black band?

I felt like I was the best there.

How would you describe Tang Soo Do to friends wanting to join?

It's fun and entertaining.



Harriet with her certificate

Well done to everyone who achieved their next grade, you deserve it!



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Front-line Fighter

Gavin Denton (1st Gup Red Belt) works as a nurse practitioner, specialising in adult intensive care. He worked during the COVID-19 pandemic, and has some fascinating insights to share:

“A little background. I’m an advanced nurse practitioner that specialises in adult intensive care, I have worked in intensive care for over twenty years now and working through the second pandemic of my career.”

COVID-bomb:

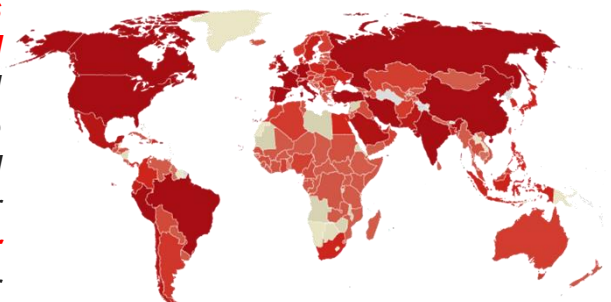
*“Firstly a few people have asked, following our return to training, if COVID-19 has been overblown or exaggerated. No. COVID-19s impact has been sporadic and many of our students live in areas that have not seen large surges in their community, Warwickshire is wealthy county with a low population density. I work in east Birmingham, and the **impact there was devastating**. I have never seen anything like this in my 20 years of intensive care experience and I’ve worked through two decades of annual winter NHS crises. I’ve seen two colleagues die and have cared for many other health care professionals on ventilators who became critically ill, I had worked with several of them as well. The two hospitals that I work in put **more patients** with COVID-19 on ventilators than the whole of **New-Zealand and Australia** put together, over a three-month period. This is just on the eastern half of Birmingham.*



*The work was pretty exhausting. We **ran out of most things at some point**, including drugs that kept people asleep on ventilators, syringes and dialysis machines. My unit worked at three times its normal capacity, exclusively caring for COVID-19 patients on ventilators. The PPE is unpleasant to work in, three hours at a time was about as much as you could cope with at a time before you had to come out of the COVID-19 area to drink, at which point your uniform was soaked with sweat from wearing plastic PPE (Personal Protective Equipment).”*

Came as predicted...

*“I and many of my colleagues could **see what was coming** based on the reports from Italy and **isolated from our families** two weeks before the lockdown, I left training two weeks before the lockdown for the protection of my fellow students. That was a hard choice. Training is an escape from my work, and for any health care professional, COVID-19 is a **24-hour obsession**. I couldn’t speak to any family, friend or neighbour without talking about what was happening.*



COVID cases (dark red, most affected)

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*I was constantly reading the latest research and reports to try and give an “edge” to the chance of the people I was caring for surviving. Podcasts, YouTube journal articles were constantly consuming my time off. The only time I was not thinking of COVID-19 was going for my **5k run three times a week** and practicing forms in my local park. Walking our new rescue dog was also a great solace once the weather improved.”*

Big Knocks

*Initially I just increased my running distance, but that doesn't usually switch off my **inner monologue**. I then started doing forms in the park (my face is probably well known in Kenilworth now) for thirty minutes. I found 2x of each form + 6 of my latest form (Bassai) actually switched my inner monologue off and allowed me to **not think about this awful disease**.*

*Birmingham calmed down in mid may, we always have some COVID-19 patients but it's manageable for now. The threat of a second wave is always around the corner and is likely inevitable. The impact on my colleagues has been huge, some are still off sick from being infected months ago and **mental health issues** are rife amongst us at present.*



*“The biggest impact of the lockdown for me was on exercise, I'm somewhat of an introvert and have few friends, but exercise is really **important for my sanity** with the kind of work I do, 40% of the people I look after die. Losing swimming and Tang Soo Do was a big hit on the coping strategies I use to deal with my work.*

Final word

*“I've learnt that exercise is **vitaly important** for my mental well-being and physical health, it's an investment that we often don't want to do when competing demands and fatigue conspire to make us take an easier option. On a wider note, this country needs to look in the mirror and seriously reconsider what is important and what is superfluous and wasteful. To our younger students, the country owes you a great debt, you may not appreciate it now, but your education is vital and you have made a huge sacrifice for us all.”*

Thank you for your personal insight and dedication Gavin. We owe you and all the NHS staff a great debt of gratitude. Now that we have a vaccine, we might be able to rid ourselves of this awful disease!



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Master O'Mahoney (4th Dan, instructor) talking about teaching her students through virtual means.

Master O'Mahoney explained how she has dealt with the challenges of not being able to train the usual way:

Myself and my students have been doing virtual classes so that's been keeping me busy. Filming tutorials for movements and having them send back their training for me to review.

What feedback have you received from your students about using this method of teaching?

I think it served as a good method to have people's technique and remembering forms ticking over, from what they have told me. However, they missed the community element of usual classes.

What are the biggest and most challenging differences between virtual classes and face to face classes?

For me as an instructor, it was not being able to correct technique in real time. But for students, it was motivation and the lack of community aspect.

Are there any advantages to doing classes online?

It was helpful for students to be able to do the pre-recorded classes in their own time within their busy schedules.

When the pandemic is over, is there anything you might carry on doing or incorporate into normal classes?

I'm considering continuing to do some outdoor classes in the summer like we are currently doing whilst waiting for the Village Hall to open back up

Is there anything you have learned from this which you feel might impact the future?

That routine is very important for momentum with learning any skill. And that keeping your students engaged is an important endeavour as an instructor.

Kelly Milburn on lockdown challenges

"I have had no success with press ups and squat thrusts, it has been a success to get through lockdown and get away with no hamstring injuries or back injuries from too much time working online!

RSI-like injury has made press ups a bit tricky. Walking the dog has been a regular feature of my day.

And some practise of my forms has helped relax when too much online time has challenged my eyesight."

Online 'Iron-Shirt' Training Opportunity with DoJuNim Khalid.

In case you are unaware; DoJuNim (meaning Respected Head of Organisation) Khalid is Master Dove's Mentor and is based in Phoenix, Arizona.

DoJuNim Khalid is offering online Iron-Shirt Chi-Gong classes starting in January 2021. They will be held on Tues, Thurs and Friday at 10am (PST).

The cost will be \$65 per month and payable through Paypal.me/Tangsu. Zoom details will be sent as soon as payment is confirmed.