



TANG SOO DO 武 Newsletter



2020/2021

January Black Belt Clinic

by Josie Milburn, Kenilworth Parochial Hall class



In January 2020, Kenilworth Parochial Hall was the location of a successful black belt class, held from 1 – 4pm. This class helped red belts and Dan grades cover the vast curriculum in preparation for the upcoming black belt test, improving technique and etiquette.

Master Dove held his first independent class here on the 5th October 1992 and this venue has been host to some rather significant figures in Tang Soo Do, such as Master Yap in the mid-90s.

The class covered a wide range of skills at different levels. We studied Dan-grade forms, one step sparring, two minutes continuous sparring as well as refreshing on basic moves. It was a highly informative class that was of help to all, it gave red belts the chance to learn new material and gave Dan-grades the chance to refresh on previous material.



Max Blackwood (3rd Gup) attended his first black belt clinic here. He enjoyed being able to learn higher curriculum content, begin his new form and especially being able to try out some of the dan grades' forms and said he "felt inspired by the higher ranks".

It was a great class that proved beneficial to many, hope we can have more like it!



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Winter Wonderland!

At the end of January 2020, through to the beginning of February, Mr Hewings travelled to the French Alps for a week's skiing holiday with two friends.

Their destination and location of their hotel was in the village of Val Claret. At 2300m above sea level, it is the location of the highest village in the Tignes Ski Resort. The trio were in the Espace Killy skiing area with over 300km of ski runs.



Frosty Reception!

Mr Hewings reported that the weather on the first two days was good, and that he, and his friends, were able to cover most of the ski runs on the resort.

Helped by some previous experience and practice at the same resort, it didn't take too long for them to get the hang of skiing again. On days three and four Mr Hewings said that most of the stairlifts were shut as a

result of heavy snow and strong winds. This meant that the friends could only attempt a couple of runs before retreating early into the sauna, not a bad back up plan at all! Luckily, weather conditions improved and the sun came back out for the last couple of days, so they could continue their skiing.

If you fancy having a go at skiing yourself, Mr Hewings recommends trying indoor skiing first so you can get your bearings, it's also cheaper and quicker than learning to ski on real snow slopes. It also allows you to spend more time skiing as opposed to falling over! Try Snowdome in Milton Keynes.

Sounds like a great trip, glad you didn't get frostbite!



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Journey to Black Belt

During the last belt test Mr Cameron Jones (12 years old) was one of the red belts who was testing for 1st Dan black belt.

You can now read about this experience first-hand, not only about the grading itself, but also in the lead up to it. It may help to gain a better understanding of what goes through student's mind as they approach Black Belt 1st Dan.



Gavin Denton (left) and Mr Jones (right)

I asked Cameron Jones about his journey and test for First Dan Black Belt....

How long have you been training with the federation?

I have been training for 6 nearly 7 years including tigers.

Why did you want to join Tang Soo Do, how has that changed overtime?

I joined Tang Soo Do as my father used to do it and he knew Master Dove; I now train as I really like and enjoy Tang Soo Do.

How long have you been training for black belt?

I wanted to become black belt as soon as I joined, so 6 to 7 years.

What were the biggest challenges along the way, how did you overcome them?

The biggest challenges were habits that I had to overcome, this I had to think about it every time I did a move

How did you feel before the grading?

I had been thinking about it and preparing for months. I felt confident.

How did you feel after?

After though I felt amazing as this had been one of my goals for 6 to 7 years.

What advice would you give to those in a similar position?

The advice I would give is keep trying and persevere until you get what you want.

**Well done Mr Jones. This was a big moment of personal progress;
you should feel proud!**



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Path to 4th Dan

In the last Belt Test, Master O'Mahoney was awarded 4th Dan black belt. It has taken a lot of time and effort to get to this stage, so well done! You can now read about this journey in her own words:

How long have you been training in Tang Soo Do?

- Around 16 years I believe!

Why did you originally join Tang Soo Do?

- I was about 9 years old and was the sort of kid that wanted to try anything and everything physical. So I started in a class local to me in Daventry and enjoyed it from the first class.

What have been the biggest challenges up to this point, how have you overcome them?

- My first Dan grading was one of the hardest things I've ever done. I always found the gradings more nerve wracking and physically challenging as I progress through the Gup Grades, but, as simple as it sounds, the better prepared you are the better they go (who'd have thought!), so just making sure I know everything I need to know before the grading itself. Recently, managing teaching and training whilst working a lot of hours for my business has been tough, but just being organised and planning ahead is key to keeping on top of that.

What benefits has Tang Soo Do added to your life, why have you stayed?

- When I was younger it pushed me outside of my comfort zone in terms of accountability and responsibility and helped me mature. Now, it's more that I love teaching and coaching and it provides me an opportunity to do more of that.

How did you feel in the lead up to the grading, was there anything you were particularly worried about?

- I always worry more about the knowledge and memory element of the grading rather than the physical side. But the two elements are similar in that they both require practise and repetition, so preparing and practising was how I ensured I was prepared.

How did you feel once the event was over? How did you feel upon receiving 4th Dan? What have you taken away from the experience as a whole?

- Proud, and appreciative of a positive to be drawn in such a challenging year. That the things in life you end up being most proud of are rarely short-term pursuits.

What advice would you give to up-and-coming students?

- The identifying your weaknesses as a Tang Soo Do practitioner and making a proactive and conscious effort to work on them, will be the best thing you can do to improve.

“Everyone wants to do more of what they are good at already and avoid the things they aren't, and the exact opposite approach is what will benefit you as a martial artist.”



Master O'Mahoney (4th Dan)

If anybody has news, email me at websterl4202@gmail.com. Happy new year!

SAENGHWAL HOHUP KWAN TANG SOO DO FEDERATION