

EXETER SCHOOL OF TAEKWON-DO

REAL TAEKWON-DO

www.exetertkd.co.uk

Spring News 2017

Apologies for the late issue of the Spring news, our Taekwon-do calendar is already proving to be extremely busy!

2017 CALENDAR OF EVENTS

UKTA National Championships

Welsh Open 28 May.

London Open 09 July.

Scottish Open 14 October.

UK Open 11/12 November.

4 Nation Home International 12 November

N/B - this event will be held at the UK Open

Devon Area Seminar & Grading

24 June, Acorn Centre, Barton, Torquay

ITF Junior Senior & Veteran European Championships

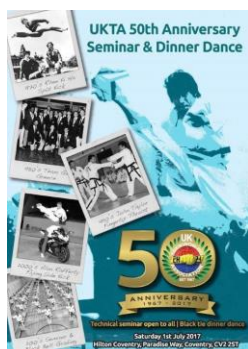
24 April - 1st May Liverpool

ITF Senior World Championships

14 to 21 September Pyongyang, Korea

UKTA 50th Anniversary Family Fun Day, Dinner and Dance

01 July Hilton Hotel Coventry



2017 EUROPEAN CHAMPIONSHIPS

The 2017 EITF European Taekwon-Do Championships will be hosted by ITF England and held in Liverpool, from 24 to 30 April. This event coincides perfectly with the 50th Anniversary of the formation of the UK Taekwon-Do Association in 1967.



DEVON AREA SEMINAR & GRADING

I would like to thank Senior Master Gary Miller VIII Dan for delivering excellent and informative seminars alongside offering a challenging grading 25 February 2017.

Congratulations to the following successful students on their promotions:

FORENAME	SURNAME	GRADE
Kai	Craddock	1st Kup
Jakub	Lembas	1st Kup
Oscar	Flint	4th Kup
Grace	Axe	6th Kup
Ethan	Woodhall	6th Kup
Alison	Boyer	7th Kup
Paul	Davies	8th Kup
Abby	Bastyan	8th Kup
Somerset	Young	8th Kup
Ellis	Hall-Hewitt	9th Kup
Theo	Gunn	9th Kup

20 YEARS IN TAEKWON-DO!

We often feel deflated in any sport and sometimes we choose to stop training, try something else or simply have a break. Taekwon-Do is a Martial Art that requires dedication, commitment and perseverance at all levels.

When a milestone is achieved we shouldn't look lightly on the time and effort involved in these achievements of which are often overlooked. Two decades and with some high level achievements along the way, a formidable competitor at National & International levels, an England Captain and a respected Coach. A mentor for many and a true ambassador for females alongside being a mother and wife.

I would like to congratulate Mrs. Jennifer Taverner V Dan on achieving her own milestone as March 2017 concludes 20 years of training.



From left: Jennifer Taverner, Philip Taverner & Paul Hutchings at the 2002 European Championships in Czech Republic.

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EDUCATION SECTION

In this section we have already covered various elements of Taekwon-Do technique, in this quarter we will discover the finer details around the L-stance.

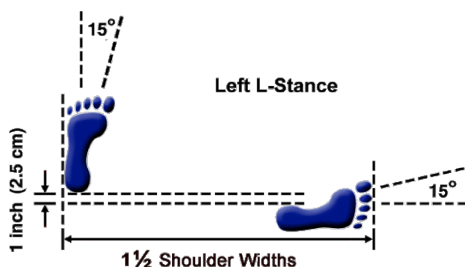
L STANCE - NUNJA SOGI

The L Stance is one of the more popular stances used extensively in Taekwon-Do, similar to the fixed stance but offering a very different weight ratio. This stance may only be used as half facing, students often set too much weight on the rear leg in order to achieve the 70/30 ratio from the front leg to the rear.

As with other stances we have covered there are several factors that must be considered.

- I. Both knees should be bent with the feet forming a natural L shape, the front foot points forward and inwards on a slight angle, the rear foot forms a right angle with the toes at a slight angle inwards of the heel.
- II. The stance forms a 70/30 weight distribution, the rear leg has 70% of the weight and remaining 30% sits on the front leg.
- III. The rear foot must be in line to the shoulder, the knee and hip are included in the imaginary line. As the stance is used the hip is dropped backwards slightly which aids the weight distribution (students should not lean back in the stance in an attempt to gain or correct the 70/30 weight ratio).
- IV. The stance is used for 45 degree offensive and defensive movements, students should note guarding blocks result in the front shoulder being slightly lower than the rear.
- V. When jumping, leaping or shifting into an L stance the knees flex naturally and the landing is softened by the use of the front soles.
- VI. The feet have approx. one 'side fist' distance between the inside of the front foot and the back of the rear heel.
- VII. The stance is one and a half shoulder widths long from the front of the toes to the outside of the rear foot.

Students can check they have the correct weight ratio, by lifting the front foot without effort and with a reduced amount of upper body movement.



THE FAMOUS LOOKALIKE!

You may well have seen the social media attention regarding this little girl and the fact Isla Walton is the spitting image of Ed Sheeran!



If the photo doesn't surprise you perhaps this will? Isla is the granddaughter of our very own Exeter School 1st Dan Robert Walton, Rob is pictured below with Isla and a copy of the article that was published in a National newspaper.



UKTA WELSH OPEN CHAMPIONSHIPS

The Welsh Open Championships will be held in the National Sports Centre, Sofia Gardens, Cardiff, Wales. on Sunday 28 May 2017.



We have a 17 seater and a 9 seater minibus hired for this event of which will be subsidised in full by the Exeter School. If you are planning to support the event as an official or competitor please ensure you register online at www.tkdcompetitions.co.uk further information is also available on the link.