



Jan/Feb 2011

GTI NEWS



www.gti-taekwondo.com

GTI English Open Championships Sunday 27th February – Cheltenham

The 17th GTI English Open has all three competition categories i.e. Sparring, Patterns and Destruction (Board breaking) available.

17TH GTI ENGLISH OPEN
SUNDAY 27TH FEBRUARY 2011

Patterns, Point Stop
Continuous Sparring &
Breaking Categories
GTI Competitors £15
Non GTI Competitors £20
Spectators £5 (under 5's free)

Doors open at 9:30am
Excellent facilities,
cafeteria, swimming pool

Venue: Leisure@Cheltenham
Tommy Taylor Lane, Cheltenham, GL50 4RN

A fun family event

Contact: Mr. Seamus McGinley on 071963 065 229
or email: tournaments@gti-taekwondo.com

As normal Point-Stop sparring rules will apply to Yellow and Green belt divisions, with both Continuous and Point-Stop sparring available to Blue, Red and Black divisions. The Destruction competition is available to adult blue, red and black belt divisions. Minimum grade to enter the Yellow belt divisions is 9th kup/yellow stripe for both adults and juniors.

Apart from the different grade categories there are five height divisions for junior grades (under 18) and three weight divisions for adults.

This is also the last event for the Black Belt Competitor of the Year hopefuls to gain points for the 2010/11 awards. The current points ranking table can be found on the GTI website, or if you're reading this on your PC then click [here](#).

The Cheltenham venue has excellent facilities including a cafeteria, swimming pool, and free parking available.

Photographers from D.E. Photos will be covering the event with prints and CD orders available on the day.

If you wish to enter then please see your instructor for an entry form.

NB.

- *GTI competitors must wear their official white GTI Dobok for this event.*
- *A full set of semi-contact type safety equipment is required for the sparring divisions. Gloves may be open or enclosed types. Bag gloves or weighted/boxing gloves are not allowed*
- *Male sparring competitors should wear groin protectors under the dobok trousers, not on the outside.*

**CLOSING DATE FOR ENTRIES:
Thursday 24th February**

Event Contact: Mr. Seamus McGinley
Tel: 07963 065 229

Email: tournaments@gti-taekwondo.com
Venue: Leisure@Cheltenham, Tommy Taylor's Lane, Cheltenham GL50 4RN

Doors open: 9.30a.m. & height checks for juniors commence.

Competition Starts: 10a.m.

Schedule of Events:

The competition will commence with Patterns, followed by Point-Stop Sparring then Continuous Sparring. Destruction for the Adult Red, Blue, and Black belt divisions will take place once all the sparring for each belt group has been completed.

The running order for each of the above disciplines will be as follows:

Junior Coloured Belts
Adult Coloured Belts
Junior Black Belts
Adult Black Belts

Entry Costs: -

GTI Competitors: £15

Non-GTI: £20

Spectators: £5 (under 5's free)

Last GTI Tournament Attracts Good Turnout

The GTI British Championships last November attracted a larger number of entrants than has been seen for a number of years.



Several Schools alone, both GTI & non-GTI, were fielding 20 to 30 plus students each. A special mention for Mr. Sean Onipede, Instructor for the GTI North London School who had the highest number of entries at 36!

The additional entries in the adult Black Belt divisions noticeably swelled the ranks, and with more than one or two World and European title holders taking part the competition was keen.

A big thank you to all the Competitors and Instructors from the various Associations who took part and helped to make it a success. Also many thanks to all the Officials who worked, virtually non-stop, all day in order to keep things running as smoothly as possible, and finish on time.

Full competition results can be found on the GTI website at www.gti-taekwondo.com

Instructor Qualification Course Saturday 19th & Sunday 20th March – Tottenham

This course is broken down into two parts. The first part is about learning the theory of teaching and how to maximise the learning of the student.

The second part of the course is about putting the theories into practice with Mr Bhadeshia providing different techniques and ways to deliver the lessons to achieve better results.

The following are some of the aspects which are covered during the two days.

- The Do's & Don'ts of teaching.
- How to teach difficult techniques in a simple way.
- Health & Safety.
- Risk Assessments.
- Mastering Tae Kwon-Do.
- Teaching Children.
- Making each class an enjoyable experience.
- Plus much, much, more.

Quotes from qualified and practicing instructors:

"I have learned so much about teaching on this course"

"There are no other instructor courses that give the student this much knowledge, skill or the benefit of so much experience in just two days."

The training is open to Red & Black belts with a minimum age of 16 years. The minimum age and grade, once qualified, to run your own classes is 18 years and 1st degree black belt. If you wish to attend the course then please see your Instructor for an application form.

Course Fees:

GTI Members £120
Non-GTI £170

If you are already qualified as a GTI Instructor but wish to take the course as a refresher then the cost is £65.

If you have any queries then please contact the course tutor.

Course Tutor: Mr. Paresh Bhadeshia 5th dan
chaiman@gti-taekwondo.com

Venue: Gladesmore Sports Centre
Crowland Rd, Tottenham,
London N15 6EB

Starts: 9.00am Sat. 19th March.

'Help for Heroes' Fund Raising Update

Excalibur's Cotswold Way Hike:
Help for Heroes Event ID:
20100605-8381-3830



From 29th July to 1st August 2010, Mr. Seamus McGinley (Chief Instructor of the GTI's Bridgnorth School "Excalibur Martial Arts") and Mr. Martin Punchard (Willing Volunteer and Father of one of Excalibur's Black Belts) completed the Cotswold Way Challenge, walking 103 miles from Chipping Campden in the north to the Roman city of Bath in the south.



Walking for 'Help the Heroes', Martin Punchard (left) & Seamus McGinley

This trail follows a well defined and established route over hilly rather than mountainous terrain with the highest point being 1000 feet above sea level. There were high points and there were low

points (or was that just the terrain!) and there were BLISTERS the size of golf balls! All in all it was a tremendous success, the weather held and the scenery was breathtaking. We couldn't have done it, though, without the invaluable help of our Support Team who provided refreshments at prearranged drop off and pick up points along the route and arranged for overnight accommodation.

In all, we raised an amazing £1,040.89.

GTI Charity Event: Help for Heroes Event ID: 20100725-2214-7509

On Saturday 11th September 2010 at St Peter's RC High School and Sixth-Form Centre in Gloucester, Global Tae Kwon Do International saw a side of their students that they might not wish to repeat!!! No, we're not talking about tacky martial arts here, we're talking about guys in just their Speedos and goggles, Scooby Doo, Spiderman, Clone Troopers, Crazy Ballerinas and the like, taking up the challenge of 100 Rounds of Sparring and/or Patterns! Juniors had the option to take it up to 25 or 50 rounds, with most making it up to 50! In the background were supporters, family and friends enjoying the Bouncy Castle and BBQ, encouraging the participants, gathering in sponsor



monies, mopping up nosebleeds and taking lots of embarrassing photos!

It was hoped that we might be able to add to the success of...

...Mr McGinley and Mr Punchedard's £1,040.89 raised by their Cotswold Way trek and make the total sum up to a round £2000, but due to the overwhelming generosity of the participants and their sponsors, we raised an amazing £2,459.88 on the day.



Many thanks to all our sponsors! We really appreciate the donation of the venue for the day from St Peter's School, and the Excalibur Martial Arts School who provided the Bouncy Castle and refreshments for the day, which meant all the monies raised could go to the Charity!

Thanks must also go to both Mr. & Mrs. McGinley for all the work involved in organising this event.

Umpire & Referee Courses

These courses are currently being arranged. Once venues and dates are confirmed details will be available on the GTI Website www.gti-taekwondo.com Alternatively check with your Instructor who will be informed by email of the details.

2011 Black Belt Gradings

This year's dan gradings will be held in Derby on the following dates:

- Sunday 8th May
- Sunday 9th October

NB. Closing Dates:

Applications must be with the GTI Secretary by Saturday 9th April and Saturday 10th September respectively.



Heavy Weight Black Belt Boys Continuous Sparring

Middle Weight Men's Black Belt Continuous Sparring



Boys Green Belt Point-Stop Sparring



Men & Ladies Black Belt Patterns



Men's Red Belt Breaking



Mrs. Allie Lucas 2nd dan, being presented with an award from Mr. Slater 6th dan, on behalf of the GTI Essex Schools for her commitment to GTI events

- GTI Confirmed 2011 Events**
- Sun. 27th February
GTI English Open Championships - Cheltenham
 - Sat. 19th & Sun. 20th March
Instructor Course - Tottenham
 - Sun. 8th May
Black Belt Grading - Derby
 - Sun. 12th June
Instructor Day - Venue: TBC
 - Sun. 3rd July
GTI National Open Tournament - Colchester
 - Sun. 9th October
Black Belt Grading - Derby
 - Sun. 13th November
GTI British Open Championships - Cheltenham