FAMILY MARTIAL ARTS CENTRES

NEWSLETTER

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Issue 3

Winter/Spring

Ko Dan Ja Shim Sa Event held for 3rd Dans



Inside this Issue

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- Changes to the Instructor Training Programmes

In November ten of Family Martial Arts Centres senior 3rd Dan Blackbelts from all over the North West, came together for a two day seminar and assessment and to take part in the Ko Dan Ja Shim Sa (a test for the Masters Rank of 4th Dan Blackbelt) at Shaw Hill Golf & Spa Hotel in Lancashire.

Taking part were Mr Dylan Pritchard & Mr Paul Kavanagh (Swinton), Mr Brett Nelson (Prestwich), Mr Harris Nelson (Oldham), Miss Lora Shorthouse (St Helens), Mr Daniel Hartley (Bolton) and Mr Stephen Bradley, Miss Sarah Holden, Mr Shaun Cannon & Mr Liam Connelly (Leyland), who between them have over 150 years of Martial Arts experience, and had to call on all their knowledge and experience leaned to get them through what turned out to be a very rewarding and positive experience for all.





During the two enjoyable if not challenging days of seminars, and practical assessments, being watched over by Master Salter, Master Parkinson, Master David Smythe and Master Victoria Smythe, and in which the candidates demonstrated all of their Hyungs (patterns), Hol Sin Sool (self defence) and weapon work, the 3rd Dans, were put to the test on everything they have learnt over the past 12+ years. And while they may seem a little daunting to some of us, the candidates had been working and training hard for this, from the moment they first stepped into a Do Jang.

However with 25 Hyungs, and over 70 self defence, and weapons defence techniques to demonstrate to a high standard, the pressure on them at times could be intense.

When asked about what it was like to take part in the Ko Dan Ja Shim Sa event, Mr Brett Nelson responded,

"I wasn't sure exactly what to expect from the masters assessment. I thought it might be along the lines of what we've seen for second and third Dan assessments in the past. When we turned up on that first morning it was just with a great sense of expectation but a little bit of anticipation about what was to come."

"The days were hard. Physically you were on the go for pretty much all of the day, but the hardest part for me was staying on top of things mentally."

"There was one particular moment during the second day when I just had a tiny moment where I zoned out – I think my brain was tired – and I hadn't heard exactly what we had been asked to do, meaning I was suddenly behind in the game on that particular demonstration, and knew I had to really concentrate harder for the rest of the event to get back on par."

Clearly the goal of Master is an achievable one for every single student reading this, as is proved by all ten participants being successful in their Assessment, which you'll agree is an amazing achievement. They will shortly be recognised as 4th Dan Masters at

CONTINUED ON PAGE 4

A message from Master John Parkinson

FMAC Executive Secretary

Greeting to all the Moo Do Kwan Members and parents, I hope you and your families are well.

This year is our organisations coming of age, as 21 years ago in 2004, Master Salter and I started our journey to improve the quality of martial arts lessons and the determination to improve the student experience began.

It's also 80 years since the Founder of our Martial art, Grand Master Hwang Kee (decd) Taught the first official Tang Soo Do class on the 9th November 1945.

Since our inception 21 years ago we have much to look back on and to be proud of. We have opened 23 locations across the North West and inspired, helped and trained other Tang Soo Do instructors to open centres in other parts of the UK.

We have helped many thousands of students with confidence and focus and this year may well be the year that we promote our 1000th student to blackbelt, which is a fantastic achievement for any martial arts organisation.

In addition to that we are looking forward to promoting 10 new Masters at a special seminar and demonstration on Saturday 8th March this year - you can read about it in this issue of our 소식지 Sosikji, newsletter.

There are lots of extra training opportunities this year and we hope to see you take another leap forward with your goals in 2025. Please consider this greeting my personal invitation for you to attend the training with the Masters seminar and 21st birthday celebration of the Moo Do Kwan®

We have much to be proud about. I look forward to seeing you all there in March 2025 and become part of Moo Do Kwan history!

John Parkinson

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Editors Note

Welcome to our first newsletter of 2025. Hopefully everyone had a great festive break and has started the new year with a bang. A new year brings new opportunities and ideas for every single one of us, and at Family Martial Arts we have got a lot of changes coming up over the next 12 months.

In this, our first edition of 2025, we have stories covering some of those changes from the newly promoted 4th Dans, through to new and exciting events, and changes to our Instructor Training programmes. Keep you eyes open for future issues, where we will bring you

more articles, on some of the goings on around our centres, and some of the exciting events and activities we have got planned over the course of the next twelve months.

Of course this newsletter is for Tang Soo Do students, and we really want to hear from you about any activities within our centres that may be of interest. So, if you have any stories that you think your fellow students would like to read, then please contact me on:

Tel: 07704688071

or

E-mail: fmacmiddleton@icloud.com

You can also keep up to date on all the goings on in our centres and even find some useful training resources at our website and on our social media channels which are linked below.

Nick Ogden - Editor



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FamilyMartialArtsCentre

@FMACTV

www.familymartialartscentres.com www.moodokwan.co.uk

SAVE THE DATE

2025 sees an action packed calendar for the Family Martial Arts Centres, with Seminars, Competitions and events happened right through the year.

Building on a very successful 2024, which saw us holding our first Ko Dan Ja Shim Sa (article on page 1) in 7 years, as well as the 'Annual Awards Night', 'Glow in the Dark Nunchucks' seminars, and 'Dan

Preparation' Seminars, we hope the events and activities we have got in store for 2025 will be even better, hope each and every one of you to join us throughout the year, at some great events.

Coming up in 2025, we have our Masters Super Seminar on March 8th, where you will get to watch demonstrations by the 10 newly promoted Masters, get the

 13^{th}

All Day Graduations

All Day Graduations

20th 1:15pm Future Instructor Training (In Person)

opportunity to train with them as well, and be there when they receive the coveted Masters Belt.

We also have both a Tigers Championship Event in May, where all the Tigers can join in with some super activities and try to win some awards, and we have our Gup and Dan Competition Event in September. More info at: www.moodokwan.co.uk

JANUARY					
12 th	2:00pm	Future Instructor Training (In Person)	Bury Centre		
12 th	4:30pm	Master & Instructor Training	Bury Centre		
23 rd	8:00pm	9	Live on Zoom		
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13 th	8:00pm	Future Instructor Training (Virtual)	Live on Zoom		
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15 th	All Day	Graduations	Leyland Centre		
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2^{nd}	4:30pm	Master & Instructor Training	Bury Centre		
8^{th}	2:00pm	Masters Super Seminar	Bury Grammar School		
13^{th}	8:00pm	Future Instructor Training (Virtual)	Live on Zoom		
29^{th}	1:15pm	Future Instructor Training (In Person)	Leyland Centre		
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14 th	8:00pm	Future Instructor Training (Virtual)	Live on Zoom
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30 th	1:15pm	Future Instructor Training (In Person)	Leyland Centre
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7 th	2:00pm	Future Instructor Training (In Person)	Bury Centre
7 th	4:30pm	Master & Instructor Training	Bury Centre
18 th	8:00pm	Future Instructor Training (Virtual)	Live on Zoom
27 th	1:15pm	Future Instructor Training (In Person)	Leyland Centre
27 th	T.B.C.	Gup & Dan Competition	T.B.C.
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5 th	2:00pm	Future Instructor Training (In Person)	Bury Centre
5 th	4:30pm	Master & Instructor Training	Bury Centre
16 th	8:00pm	Future Instructor Training (Virtual)	Live on Zoom
18^{th}	All Day	Graduations	Leyland Centre
19^{th}	All Day	Graduations	Bury Grammar School
25 th	1:15pm	Future Instructor Training (In Person)	Leyland Centre
26 th	9:00am	Dan Assessment Days	Swinton Centre
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2 nd	2:00pm	Future Instructor Training (In Person)	Bury Centre
2 nd	4:30pm	Master & Instructor Training	Bury Centre
13 th	8:00pm	Future Instructor Training (Virtual)	Live on Zoom
15^{th}	2:00pm	Glow in the Dark Nun-chuck Seminar	Bury Grammar School
29 th	1:15pm	Future Instructor Training (In Person)	Leyland Centre
29 th	6:00pm	FMAC Annual Awards Evening	Daveyhulme Golf Clu
DE	CEMBER		
6 th		Dan Promotion Day (inc. Dan Mid Terms)	Bury Grammar School
7 th		Future Instructor Training (In Person)	Bury Centre
7 th	4:30pm	Master & Instructor Training	Bury Centre
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11 th	8:00pm	Future Instructor Training (Virtual)	Live on Zoom

Leyland Centre

Leyland Centre

Bury Grammar School

Family Martial Arts earns 'Safeguarding Mark' for 2024/25

Family Martial Arts Centres, has always prided itself on being a sector leader when it comes to the safequarding of its students and families, and as such, has built a fantastic Safeguarding team headed up by Master Victoria Smythe. This October saw the organisation once again receive the 'Safeguarding Code in Martial Arts' award for 2024/25. This award, and more importantly the mark, shows the dedication and commitment that the organisation has to protecting its students from both mental and physical harm.

The safeguarding code includes the development of different policies that allow all our Instructors to follow a structured process in the managing and reporting of any concerns about the safety of both adults and children students. As such, FMAC have created several policies and code of conducts to help and support Instructors, students and their families in the correct process for reporting concerns about anyone within the organisation.

The organisation would like to extend a big thank you to Master Victoria Smythe and her team (Ms Armitage, Mr Ogden & Mrs Kelly) for their continued work and dedication to keeping each and every one of us safe when we come down to train.

If you would like to read more about the Organisations safeguarding Policies and procedures, as well as key contact information for the safeguarding team and relevant external support agencies, please visit:



www.moodokwan.co.uk/safe-guarding

CONTINUED FROM PAGE 1



a special Seminar taking place at Bury Grammar School.

The event is open to all students and is a great opportunity to come down and support the new Masters as they individually demonstrate elements that they have learned over their time as practitioners of Tang Soo Do, and there will also be an opportunity for all attendees to take part in some training sessions with the new Masters, where you will learn from those that have been promoted, and try out some elements of our Martial Arts, you may not have done before.

The event is on Saturday 8th March at Bury Grammar School (where we currently hold our Graduations), from 2:00pm until 5:00pm. Tickets for the event are priced at £30.00 per student, and can be bought direct from your instructor, or the website at:

www.moodokwan.co.uk/events

When asked what he thought he could bring to the Organisation as a Master, Mr Dylan Pritchard said:

"As a younger Master I hope I can bring a touch of youth towards the organisation as I can relate to our younger students, and hope I can be a good role model for our younger members, that if you work hard, and dedicate your time and effort to your training, anything is possible. I've also got a lot experience through my almost 20 years of training and hope to be able to bring some ideas forward as the organisation continues to develop and grow over the coming years."





This is the first Senior Rank Advancement that the organisation has held in several years, and with our aims of expanding our fantastic organisation even more in the coming years, we plan to make this an annual event as we aim to bring more experience and fresh ideas from our amazing senior ranks into the makeup and ideology of our great institution. Could you go all the way and become a Master, just remember every single one of those ten new Masters started out as a white belt. They are no different to any other student, we are all on the same journey, they are just further along the track.

When asked what he would say to exisiting students thinking about becoming a Master in the future, Mr Nelson finished by saying:

"I would tell people to set a goal to become a Master but to tick off each step one at a time, as each time you do that you are one step closer to becoming a Master and it feels like a manageable process rather than 'I have five more years to go; how the heck am I gonna do it?"



Changes to the Instructor Training Programmes

Starting in 2025, we will be changing the Instructor Training (IT) programmes to give more of our students the opportunity to take their training to the next level and give back something to their centres and their fellow students.



There will now be even more chances to participate in the Certified Instructor (CIT), Assistant Instructor (AIT), and Junior Instructor (JIT) training programmes, with two in person training sessions a month, as well as an online session, for those who are unable to attend the other sessions in person or want to join the programmes and are not local.

As well as the sessions held with Master John Parkinson and Master Victoria Smythe at the Bury Centre, there will also be a session held with Master Robert Salter at the Leyland Centre on a separate date, as well as an online session held over Zoom once a month on a Thursday evening from 8:00pm until 9:00pm. A full schedule of all the sessions can be found on the 'Save The Date' section of this newsletter.

Another change is that we are also expanding the training team, with Mr Nick Ogden (from the Prestwich & Middleton Centre) joining Master Parkinson and Master Smythe in helping to deliver the training sessions at the Bury Centre. Mr Ogden who has himself been through both the AIT and CIT programmes in the past, will bring another perspective and allow us to given even more advice and guidance during the sessions, and cast his eye over our future instructors.

Finally, we will shortly be launching a new online training platform to help deliver training elements and modules to our course members, that will give them access to information that will help in their completion of the course, and also taking their development forward when they help out in classes at the own centres.

If you have ever thought about taking your training to the next level and would like to give something back to your fellow students, why not think about enrolling on one of our Instructor courses. The courses are spread out over twelve months and

look at all aspects of becoming an instructor from the mental and psychological aspects through to the practical application of teach techniques, and there is always plenty of opportunity practice with role playing your teaching techniques during the sessions.



If you would like to come down and see what the Instructor session are like, and have a trial session to determine if this is something you would like to pursue, then get in touch with Master Parkinson, or speak with your instructor, who will be able to guide and advise you. There is also plenty of information regarding the Junior, Assistant, and Certified Instructor Training programmes at:

www.moodokwan.co.uk/fit

2024 FMAC Awards Evening



Saturday the 30th of November so the Family Martial Arts Centres hold their Annual Awards Evening at Daveyhulme Golf Club.

Over 140 students, instructors and their families and friends gathered for an evening of fun, food and dancing, topped off with presentations of the awards by Master Parkinson.



The 2024 FMAC Organisation Awards

Centre of the Year Stockport Centre

20 Years Service to the Organisation Paul McCann (Hindley Centre) lan Longden Award for Outstanding Mr Brett Nelson (Prestwich Centre) Courage and Commitment

Instructor of the Year Mr Gary Foster (Bury Centre) **Assistant Instructor of the Year** Mrs Carol Plummer (Prestwich Centre) **Contribution to FMAC** Mrs Marta Kelly (Denton Centre) **Contribution to FMAC** Mr Nick Oqden (Middleton Centre)

As well as each Centre presenting awards to their students in the categories of 'Most Improved Student', 'Blackbelt Attitude' and Contribution to the Club'. there were also organisational awards which were presented to the Centres and Instructors who have stood out and gone from strength to strength over the past

Congratulations to all the winners, and to all those at each centre who won awards for their work, dedication and contribution, over the last year.

The evening also played host to a luxury hamper raffle raising money for our chosen charity this year which is 'Cash For Kids'. The evening was a big success raising over £1700 for charity. We would just like to take this opportunity to thank everyone who was involved in helping to organise the event, including Mr Dylan Pritchard, Mrs Louise Armitage, and Mrs

Sarah Greenlees, and for all those that help donate raffle prizes and to all those who turned up on the night.

We look forward to next years Awards night and have already started planning for the event, which will be held on Saturday 29th November 2025.



How to use your 'CHUNG SHIN when you train TONG L'

When we train in class and at home, we do so around the 8 key concepts that are embedded in the Tang Soo Do philosophy set down by Grand Master Hwang Kee, and run through every aspect of our Martial Art.

Today we are going to focus on one of those eight key concepts and look at 'Chung Shin Tong II' which is concentration.

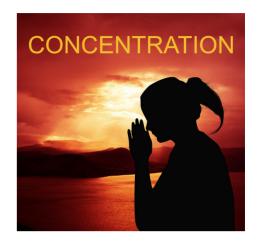
Concentration in its simplest form, is the ability to shut out all distractions and to focus on what is most important at that moment in time.

In our fast-paced world, concentration is often overlooked, yet it plays a critical role in all aspects of our daily lives, and especially important in activities like Martial Arts. Whether navigating complex tasks, solving problems in school or work, or training hard in the Do Jang, concentration enables us to perform at our best, helps to avoid mistakes, and ultimately achieve our goals which in Tang Soo Do, is our Blackbelt and beyond.

Concentration In Martial Arts

In martial arts, concentration becomes even more critical. Our training requires the coordination of both our mind and body, and without concentration, it's nearly impossible to perform our techniques correctly or to improve them over time. Concentration helps a martial artists maintain awareness of their surroundings, keeping themselves and others safe, it allows us to deliver precise moves with the correct power and accuracy, and in our sparring it helps us to anticipate our opponent's movements, and attacks.

When training, all students need to show a good understanding of concentration and show a good mental discipline. A student, no matter their rank, must maintain composure, control their emotions, and stay present in the moment, whether learning new moves, sparring or practicing forms we already know. Training often pushes practitioners to the edge of their physical and mental limits, and concentration is what enables them



to keep going, and helps us to stay calm under pressure, and execute techniques despite possible tiredness or stress.

The next time you are training in the Do Jang, just think, have you given the full class you full attention and have you concentrated on everything you have been told, or have you allowed you mind to wonder, and just think, can you do better.

FCUS ON.... The Urmston Centre

- Urmston Family Martial Arts opened in September 2022 and now has a community of over sixty students. The centre is based right in the heart of Flixton and Urmston, and classes are held three days a week at the Dance Studio of Flixton Girls School. This is a fabulous, central, location with easy access and is a very popular location with our students.
- A welcome change in career path led Mr
 Darren Morton to open the Urmston
 Centre. Having already completed the AIT
 (Assistant Instructor) and CIT (Certified
 Instructor) training programmes and
 having gained plenty of practical

experience assisting Master Parkinson in classes at the Bury Super Centre, Mr Morton was offered the opportunity to take over the running of the Wythenshawe Centre in early 2022. This all added up to give Mr Morton the solid foundations and confidence to push forward and face a new challenge, with opening his own centre this time in the Urmston area.

Classes at Urmston are a true family affair run by Mr Morton aided by his fabulous assistants Young Mr Morton (Noah) and Mr Morton the even Younger (Tom) with Mrs Morton involved in the background keeping the the rest of the team in line...... Even with our current student numbers, there is still plenty of room for more to join us, if you know of anyone who might wish to give the classes a try and start out on their Martial Arts Journey with the Urmston team. Classes are run three days a week, on Mondays, Thursdays and Saturdays, and a warm welcome is offered to everyone!



If anyone in the Urmston and Flixton area is interested in taking up Martial Arts or indeed returning to Martial Arts having tried it in the past, please feel free to contact us on the following details.

Urmston Family Martial Arts Centre Flixton Girls School Flixton Road, Urmston, M41 5DR

Tel: 07801 498677
Email: UrmstonFMAC@outlook.com
www.familymartialartscentres.com/urmston

Top-knots, Shoguns and Samurai: A Brief History of Okinawa

By Mr David Tickle (Oldham Centre)

Over the next couple of issues, we will have a look at the history of our Pyung Ahn Hyungs, and the Man who developed them Master Anko Itosu.

Where it all began???

The phrase Pyung-ahn is a direct translation of the kanji (Japanese characters) used to spell the word "Pinan" and in English, this translates to "Peaceful Mind". The forms (known as "kata" in Japanese and Hyung in Korean) are practised not just in Tang Soo Do but in many other karate styles around the world. But where did these Forms come from? To begin, we must first understand the history of martial arts in Okinawa, the birthplace of modern karate.

Okinawa is the most southernly island of Japan, some 960 miles from Japan's capital Tokyo. It's hard to believe today that Okinawa was not always part of the land of the Rising Sun, but back in 1429, the island of Okinawa was the home of the Ryukyu Kingdom which at that time had closer links to China, than mainland Japan. The city of Shuri, was the political capital of the Ryukyu Kingdom and home to it's King and palace, and lies just a few miles from the islands major port of Naha. It was here, that many

Chinese sailors came to serve the Ryukyu government and trade goods. At the request of the Ryukyu King, The Ming Dynasty sent 36 families from China to live in Naha to manage trade between the two kingdoms. As a result, the Chinese influenced an aristocratic system, where people of classical Chinese studies were given many government positions, including the role of bodyguards to the King. Some of these students sought out Chinese martial art instructors to teach them a weapon based martial art called Wu-tang.

During his reign King Sho Shin decided to confiscate all weapons except for those working in the military, in the hope to reduce any possibility of a rebellion. This weapons ban meant that any traditional martial arts being taught suddenly became focused on hand to hand combat.

In 1600, leyasu Tokugawa, the Daiymo (feudal lord) of the Satsuma Clan on mainland Japan, instructed Shimazu Tadatsune to lead his army of samurai on an invasion of the Ryukyu islands. After some fierce battles, the Satsuma clan were victorious, with the King of Ryukyu surrendering in 1609. Though the Kingdom retained its independence they were heavily



restricted by the Satsuma clan. The invasion was also kept secret from China to ensure continuation of trade since China refused to conduct formal relations with Japan at the time.

Over the centuries, a fighting style developed that focused solely on using hands, due to the restricted use of weapons first by the Ryukyu King and then by the conquering the Satsuma Clan, and became influenced by both Japanese Samurai and Chinese Kung Fu (thought to have originally come from the Buddhist temple of Shaolin).

The art was practised in secret, with moves passed down from master to student, and nothing recorded in writing. The practice was known as Te (Japanese for hand) or Tote (Japanese for Chinese Hand – Something we will see later in the name Tang Soo Do)

TIGER CORNER

Can you spot the 9 differences on these two pictures of Tang the Tiger?



Answers: Paw Colour; Earring: Missing Whisker; Missing Eyebrow; Extra Dots on Cheek; No Stripe on Chest; Belt Colour; Missing Finger; Missing Swoosh Line

TANG'S SUPER TIGER QUIZ

- 1. What is a Dwi Cha Gi?
- 2. What should we do when we enter the Do Jang?
- 3. Why do we not show our friends at school our Tiger moves?
- 4. What country is our Martial Arts from?
- 5. What is the top belt to get in Martial Arts?
- 6. Who's hand should we always hold on to when we go outside?

Answers: 1: Back Kick; 2: Bow; 3: They might get hurt; 4: South Korea; 5: Black Belt; 6: A Responsible Adults