

Past Events

On 12 August we had a number of competitors in the State Selections that were held at Stanhope Gardens Leisure Centre. Although we had no one win a place in the team to represent NSW in the National Titles, all of our players performed well and enjoyed themselves. There was a lot learnt. I would like to congratulate the medal winners and those who took part.

Enno Kruger and Master Hong attended the International Hanmadang in Korea at the end of July. Congratulations to Enno in bringing home the bronze medal for his competition in breaking.

Training

Please see <http://www.hongstkd.com.au/sessions.html> for details of our session times and locations if you require them.

Remember training continues over the school holidays with the exception that we will be finishing training for 2018 on Thursday 13 Dec 2018 and will recommence training on Tuesday 15 Jan 2019.

Upcoming Events

Our next grading will be held at the Blacktown Leisure Centre, Stanhope Gardens on **18 November 2018** commencing at 2:00 PM. This is a change to the date we advised earlier and has come about because of a number of factors. Details will be handed out during training in the weeks leading to the grading. If you think that your patterns are not up to standard now is the time to start attending the Poomsae class on Wednesday nights at Glenwood (starts at 6:00 PM).

The next grading will be the last for 2018 and the same as previous years will be special. Our grading will include breaking. It is not difficult but involves technique, focus and belief in yourself. We can teach you all the techniques but you must provide the focus and self belief.

The Sydney Championships will be held at the Sutherland Basketball Stadium on 20-21 October 2018. Entries close on 14 Oct 18. Please see www.rapidsignup.com.au for details. Remember if you enter this competition you need authorization from your head coach and if sparing you will need to have a coach for the fight. Please see your coach ASAP if you are interested.

For your calendar, Australian Taekwondo NSW has earlier advised that a State competition will be held on **18 November 2018** at Netball Central, Sydney Olympic Park. The competition has yet to be confirmed. We know that this is the same day as grading however we do encourage people wanting to compete to go to the competition.

Changes in Rules

There have been a number of changes to the international rules. Most of these will effect competitors in Australia. Some of the more important are:

1. Pushing is permitted however only if your opponent is not executing a movement (e.g. kick or punch) and only to clear space for you so that you can perform some action.

2. Scoring has changed. To score the punch or kick must be hard enough Valid points are:
 - a. One point for a punch
 - b. Two points for a kick to the trunk
 - c. Three points for a kick to the head
 - d. Four points for a spinning kick to the trunk
 - e. Five points for a spinning kick to the head
 - f. One point for every gam-jeom. Note that warnings are now no longer given.
3. The boundary line is now called the alert line. Crossing the alert line even with only one foot will result in a gam-jeom.
4. "Monkey/fish" kicks are prohibited. This is when in a clinch you or your opponent attempt to kick the other player with the sole/side/heal of your foot and your knee is pointed outwards.
5. There is no longer a golden point. If the score is tied at the end on the bout then a Golden Round will be held and the result determined after the first two points scored. This means that it is a better strategy to try and score from kicks than punches or gam-jeom.
6. Avoiding the match rules have changed. If the referee gives a 5 second warning for not engaging, then after a further 5 seconds a gam-jeom will be awarded to one or both the players.
7. Rules now exist in respect to feigning injuries.
8. A clinch may last only 3 seconds.

Thinking About Competitions?

If you are thinking that you would like to have a try in a competition then you will need the endorsement of your coach. Coaches are unlikely to provide this if they think that you do not have the stamina or skills – they don't want to see you completely disillusioned. You are therefore strongly advised to attend one of the two advanced/tournament sessions to improve your skills and stamina. These are Wednesday evening 7:00PM to 8:00 PM at Glenwood Community Hub and Saturday 3:00 PM to 4:00 PM at Stanhope Leisure Centre.

Grading

We conduct grading four times a year. Details for these events will be provided during training sessions. Instructors will assess your readiness for grading to the next level during training sessions. Those who need to improve or learn patterns, Poomsae training is held on Wednesday evenings from 6:00 PM to 7:00 PM at the Glenwood Community Hub. If you can't attend these sessions then you should speak to your instructor.

Uniforms and Equipment

People wishing to purchase uniforms should speak to your coach. Master Hong provides quality uniforms and is very conscious of how fast children grow. Uniforms are required for training, competitions and grading.

Taekwondo shoes are a preferred option, however children grow quickly and this could make them an expensive option. If you choose not to purchase Taekwondo shoes then you should ensure that shoes used for training are not rigid, are light, and have a soft, non-slip sole. Note that competition is performed barefoot and if training is conducted on mats then shoes are not worn.

For most people protective gear is optional, however for advanced training arm guards and shin guards are advisable. Unless you intend to enter competitions chest guards, groin guards, gloves, foot socks and head guards will not normally be required.

Your coach will be able to assist and advise in the purchase of protective gear and shoes. Alternatively you can purchase these items at one of the martial arts shops in Sydney. If you do so make sure that the equipment is designed for Taekwondo and preferably WTF approved.