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Student Interview

Each news letter will have an interview with a Sheffield and Doncaster student, and will sometimes feature guest instructors.

Andrew Wheeldon

Today's interview is with Andrew Wheeldon Doncaster 3rd dan, prison officer, age 53

Q: Andrew, when did you start Tae Kwon Do?

A: I started training in 1981.

Q: When did you achieve black belt?

A: I graded for black belt in 1986 .

Q: how long did you have a break from TKD?

A: 15 years due to ill health after a major electric shock .

Q: what made you decide to return to TKD?

A: I came back due to a coincidence, firstly a work colleague's comment whilst performing a pattern in the works gym. He said "your good at that". The very next day my brother met an old Tae Kwon Do classmate who informed him that he is now the instructor at my old dojang and a 6th dan, master Churchill is now a 7th dan world master and a brilliant instructor. I went to take a look and was immediately hooked again.

Q: how do you think TKD compares today from when you started?

A: Some things are way better, the organization, the way tournaments are run is much better. The science behind the instruction is better, although I'd like more focus on flexibility and destruction.

Q: what have you achieved since starting back at TKD?

A: I have improved my fitness, attitude, and achieved more since returning to Tae Kwon Do. I have medalled at several tournaments and gained my 2nd and 3rd dans, but much more than this, I am loving Tae Kwon Do more than ever.

Thank you Andrew.



A look at 1st dan pattern Kwang-gae


Kwan Gae expanded Koguryo's territories far into the Korean peninsula by advancing southward at the expense of the Paekche dynasty to occupy the north of the Han River, and occupied Manchurian territory to the east of Liaohé. On his death in 413, at just 39 years of age, Koguryo ruled everything between the Sungari and Han Rivers. This gave it control over two thirds of what is now modern Korea as well as a large part of



Manchuria. In addition, the chieftains of Silla submitted to the northern kingdom's authority in 399 to receive protection from Japanese raids. Only Paekche continued to resist Koguryo domination during this period, thereby preventing what would have been the first recognised unification of the Korean peninsula.

During his reign, King Kwang-Gae conquered 65 walled cities and some 1,400 villages, in addition to aiding Silla when it was attacked by the Japanese. His accomplishments are recorded on a monument which was erected in 414 in southern Manchuria.





Hanulson - Heaven Hands: This form begins with a movement called Hanulson. Legend has it that King Kwang Gae stood upon a hill and gazed through his hands towards heaven, asking the gods for a quick and successful battle. When the enemy armies came over the horizon the king thrust his hands apart to signal the start of the battle

The next colour belt Grading

28th march, Sheffield. 8.30am start.

We are looking for a bigger venue, but if we can not find one, it will be held in room 2 at ecclesall parish halls

Up coming events : umpires 1 & 2 Cardiff 22nd February.

Referees 1 & 2 Cardiff 1st March

English championships 15th March Coventry

Black Belt Grading Venue

To accommodate the large numbers grading for black belt, the venue, after being held at the Bristol academy for the last 30 years, will be moved to Hellidon Lakes Hotel and spa Daventry. This is an excellent venue, with parking, catering facilities and people can stay overnight if they wish. Checking out the distance its one hour and forty five minutes drive from Sheffield and Doncaster.



Hellidon, Daventry NN11 6GG



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