

## 1<sup>st</sup> RADIX UK COURSE

The weekend of 11 & 12 June, in Stonehaven, Aberdeenshire in Scotland witnessed the first Radix seminar held in the UK by Sabum Robert Boer VI Degree from the Netherlands and Sabum Roy Rolstad V Degree from Norway.

It was decided to hold the course away from the hustle of Aberdeen city to the seaside town of Stonehaven which sits in a small fishing harbour bay under the shadow of Dunottar Castle. Both Sabums enjoyed the stunning castle views and of course, the Scottish summer breeze.



The course opened on Saturday morning with the traditional welcome and the course outline was prepared:

*“The word **Radix** means “root” (of a plant) or “the smallest meaningful unit” (of a language). It refers to the goal of our project: to research the roots and the tactical treasures of the ITF Tul to recover and develop techniques that have meaningful self-defence application”*

discussion about ourselves and how of our survival explored the first **“Dang Gi Son”** and Chon-Ji. I never Chon-Ji!! The thought in how we junior and very Gun followed and very successful motion techniques The philosophy was



make hundreds and hundreds of times should be put to good use in other ways as it makes perfect sense to utilise this muscle memory and not learn new actions for other applications.

After some thought provoking the reasons why we choose to defend we must draw on the hidden reserve instincts, we did just that and initially principles of the returning hand the most basic techniques we learn in seen so many people gripped by examples shown allowed for greater teach fundamental movement to young students. The legend of Dan Sonkal Daebi Makgi transferred into a entry form and the continuous form excellent release and strike. very interesting as the shapes we



After the applications in this area came the cycle of learning scenarios through fun exercises and importance of reflex actions, awareness and keeping your hands up.

Do-San followed, as did Won Hyo and beauty of this practice was that the fundamental movements we know so well, now allows the remembering of the various familiar techniques for restraint and counter-striking.

After a quick lunch of home-made soup, coffee and sandwiches, Joong Gun and Toi Gye followed which was very interesting and showed why the various types of movements in these patterns transfer so readily into wrist, head locks and take downs. The first day finished with a group photo and our heads were full of new ideas.

Day Two and the morning session was taken up with a theory section in how brain patterns function, increased heart rates through stress and the effects of this stress on physical performance. This stress and



more advanced movements from Kwang Gae.

The day closed with the instructors of NTA having an evening meal at a local harbour side restaurant and before we said our farewells a couple of 10-year-old Aberlour malt whisky were savoured in true Scottish fashion.

To sum up, the instructors and students had a tremendous time taking part in a completely different format for our fundamental movements and it was refreshing to see so much energy from students practicing their pattern movements in a truly new light.



the ability to react positively with surprise and a little pain was put into practice with an exercise in face slapping. Needless to say the outcome of Master Wallace and Mr Boydell pairing up for this was fairly predictable! The afternoon followed with some recapping on previous applications and scenarios, then the blackbelts had a final session using the



We look forward to our next one which we are planning for 2017. Thank you Sabums Robert and Roy.

On behalf of Northern Taekwon-Do Academies

Master Gordon Wallace VIII

## LIST OF ATTENDEES.

<b>NAME</b>	<b>GRADE/RANK</b>	<b>SCHOOL</b>	<b>COUNTRY</b>
GORDON WALLACE	VIII	NTA	SCOTLAND
DAVID McNAIRN	VII	NTA	SCOTLAND
MARK BOYDELL	V	NTA	SCOTLAND
GREGORY PERMUY	V	AXA	ANGUILLA
ROY MOORE	IV	IND TKD	SCOTLAND
JACQUI WALLACE	III	NTA	SCOTLAND
NGAIRE BOYDELL	III	NTA	SCOTLAND
BRIAN PENMAN	III	I-KICK	SCOTLAND
MICHAEL WORTMAN	II	TKD GELSENKIRCHEN	GERMANY
KATRINA CARR	II	NTA	SCOTLAND
SEBASTIAN BLAHOUT	I	TKD GELSENKIRCHEN	GERMANY
CATRIONA STEELE	I	NTA	SCOTLAND
RAFAEL CHAVARRIA	I	NTA	SCOTLAND
JODIE BOYDELL	I	NTA	SCOTLAND
JAMES CRAIK	I	NTA	SCOTLAND
KL DAVIDSON	I	NTA	SCOTLAND
ERIN LOGAN	I	NTA	SCOTLAND
AMY CRAIG	I	NTA	SCOTLAND
ETHAN BOYDELL	1 <sup>st</sup> Kup	NTA	SCOTLAND
OWEN GLENNIE	1 <sup>st</sup> Kup	NTA	SCOTLAND
NEIL GRANT	1 <sup>st</sup> Kup	NTA	SCOTLAND
JOSEPH MOWATT	1 <sup>st</sup> Kup	NTA	SCOTLAND
PHILIP MOWATT	1 <sup>st</sup> Kup	NTA	SCOTLAND
JACK SHAW	1 <sup>st</sup> Kup	NTA	SCOTLAND
ALEX CATTENACH	2 <sup>nd</sup> Kup	NTA	SCOTLAND
KYLE CATTENACH	2 <sup>nd</sup> Kup	NTA	SCOTLAND
AIDAN COULL	2 <sup>nd</sup> Kup	NTA	SCOTLAND
ROWAN NILSSEN	2 <sup>nd</sup> Kup	NTA	SCOTLAND
WADE STEELE	2 <sup>nd</sup> Kup	NTA	SCOTLAND
TERRY FAWCETT	2 <sup>nd</sup> Kup	NTA	SCOTLAND
BEN JAMIESON	2 <sup>nd</sup> Kup	NTA	SCOTLAND
CAMPBELL OAG	2 <sup>nd</sup> Kup	NTA	SCOTLAND
TAMSIN MUNRO	3 <sup>rd</sup> Kup	NTA	SCOTLAND
PAULL COULL	4 <sup>th</sup> Kup	NTA	SCOTLAND
HEATHER HOPKINS	4 <sup>th</sup> Kup	NTA	SCOTLAND
MONTY BALFOUR-P	8 <sup>th</sup> Kup	NTA	SCOTLAND
IAIN LEES	9 <sup>th</sup> Kup	NTA	SCOTLAND