

Taekwondo Australia NSW Inc



NEWSLETTER



7th Issue – December 2009 Quarter

President's Message

Welcome to the Official Newsletter of Taekwondo Australia NSW Inc!

This is a free service to all Taekwondo Australia NSW Inc members, officials, head instructors, coaches, referees, players, students, parents, family and friends who want to share information, publish news and announcements or simply feature interesting stories, achievements or events.

The State Executive Council and Officials have many plans for the rest of the year and for next year and will be announcing events and programs in the Newsletter and on the Website at www.tkdns.org.au.

If you are interested to announce or feature any stories or upcoming events, please send in your comments and photos to the State Newsletter Coordinator, Natalia Sangalang at natalias@tkdns.org.au.

Woo Jeon Yang
President
Taekwondo Australia NSW Inc

2009 Winter Open NSW State Tournament

9 August 2009

The state tournament was successfully held at the Sydney Olympic Park, State Sports Centre, Olympic Boulevard, Home Bush last 9 August 2009.

There were 737 competitors on the, 445 in sparring and 292 in technical events. This tournament was the state selection event for coloured belts for the recent Australian Open and National Championships which was held at the Sleeman Sporting Complex, Chandler, Queensland. The state tournament saw the introduction of the new sparring rules. There were a lot of very good but some extended matches due to the removal of the 12-point ceiling and 7-point gap rules and a display of more technical spinning kicks and head kicks which were scored higher under the new rules.

Thank you to the volunteers who worked tirelessly with NSW Tournament Director, Matthew Vale and State Treasurer, Alex An and to the referees and officials who without their valuable support and contribution, the state tournament would have not been possible and successful.

2009 Summer Open NSW State Tournament

13 December 2009

The State tournament is to be held at the State Sports Centre, Olympic Boulevard, Home Bush.

Registration is now open and will close on Wednesday, 2 December 2009. Late entries will not be accepted.

Please ensure that you are familiar with the new WTF Competition Rules for Kyorugi (Sparring). Following the introduction of the new sparring rules at the last state and national championships, the TKD NSW Executive will embark on new initiatives which are intended to improve the standard of the NSW State tournaments. These initiatives being planned are as follows:

- there will be 5 courts (from 4) subject to availability of officials
- a gap of 12 points to reduce duration of mismatched fights
- game lengths under review for all age and belt divisions
- over 14 black belts may not be the last to compete.

This will be the closing state tournament for 2009 with everyone looking forward to some relaxation over the Christmas/New Year holiday season.

The organisers are currently looking for volunteers to help on the competition day and would really appreciate if any one can provide assistance. Please contact NSW Tournament Director, Matthew Vale on 0410 816836 or send him an email at matt@tkdns.org.au

Coaches - you MUST have a current coaching card to coach at tournaments to be worn during competition. **A head instructor card does not count.**

Players - you MUST have a current TA registration card **at weigh in and/or on tournament day**. Any competitor not registered and insured will not be eligible to compete.

There will be two (2) weigh-in sessions at:

- Yang's Taekwondo, 73 Lakemba Road, Belmore
4:30 to 5:30 pm, Saturday, 12 December 2009
- Competition Venue
7:30 am to 8:45 am, Sunday, 13 December 2009

2009 Australian Open and National Championships

1 – 4 October 2009

- 1 Oct 2009 (Thursday), Black Belt Technical
- 2 Oct 2009 (Friday), Coloured Belt/Team/Pairs Technical
- 3 Oct 2009 (Saturday), Coloured Belt Sparring
- 4 Oct 2009 (Sunday), Black Belt Sparring

The 17th Australian Open and National Championships was held in Brisbane at The Arena, Sleeman Sporting Complex located at corner Old Cleveland and Tilley Road, Chandler (approximately 22 minutes from Brisbane). There was a large turnout of competitors with over 2,200 players.



There were 298 NSW competitors, 206 in sparring and 92 in technical events. The medal breakdown is as follows:

Medal	Technical	Black Belt Sparring	Colour Belt Sparring	Total
Gold	13	9	33	55
Silver	15	8	38	61
Bronze	10	10	22	42
Total	38	27	93	158
Participated	92	71	135	298

Results and photos for all the technical and sparring competitions are available on the Taekwondo Australia website at www.taekwondoaustralia.org.au.

2010 TKD NSW State Tournaments

Next year will be another exciting year for TKD NSW as all state tournaments have been scheduled as follows:

- 21 March 2010**
- 1 August 2010**
- 12 December 2010**

All the state tournaments will be held at the premier sporting complex at Sydney Olympic Park, State Sports Centre, Olympic Boulevard, Home Bush.

Information will be available from the TKD NSW website at www.tkdns.org.au early next year.

State Tournament Training

Welcome to Marwan Hussein as the new High Performance State Head Coach! It had been a busy past several months for Marwan who now have organized the following:

- Appointment of a new state tournament training committee comprised of:

Marwan Hussein (Head Coach), United Pro Taekwondo
Jeff Crane, Haktari Taekwondo Academy
Dale Bryce, Eclipse Taekwondo
Dianne Carn, Irontiger Taekwondo
Hamzi Jabran, AAKTA/Revolution Taekwondo
Jason Smith, Spirit Taekwondo
Sam Chammi, Black Tiger Taekwondo
Nicholas Kargaras, Phoenixes Taekwondo

- 3 state training sessions have been held as follows:
 - 23 August 2009, State Sports Centre, Home Bush
 - 6 September 2009, State Sports Centre, Home Bush
 - 20 September 2009, Whitlam Centre, Liverpool

Blue Belts have been allowed to participate in the state training which were previously limited to Red Belts and Black Belts. The minimum age limit is 10 years old.

- The last state training for the year is scheduled on 15 November 2009 at Whitlam Leisure Centre, Liverpool, and will be divided into 3 separate sessions as follows:
 - Morning Session at 9-11 am – Yellow to Red Belts, from 10 years old, normal state training session
 - Midday Session at 12-1 pm – All Belt Levels, from 14 years old, lectures on Nutrition and Sports Science
 - Afternoon Session at 1:30-3:30 pm – Black Belts

A registration form, fee schedule and information are available on the TKD NSW website at www.tkdns.org.au. Participants will need to bring the registration and the applicable fee on the day of the state training. Cheques/money order are to be payable to Taekwondo Australia NSW Inc.

Information on state training sessions are being published through the TKD NSW website at www.tkdns.org.au.

For any feedback on the new training programme, you may contact Marwan at 0410 595 781 or send him an email to marwan@unitedprotkd.com.

TKD NSW Annual General Meeting

The AGM is scheduled on Sunday, 29 November 2009 at Yang's Taekwondo Academy, 73 Lakemba Street, Belmore. We hope to see you there!

Coaching Seminar

TKD NSW is running a coaching seminar with details as follows:

Time : 10:00 am
Date : Saturday, 28 November 2009
Venue : JB's Sports Performance Complex, Unit 5
22-24 Norman Street, Peakhurst
Fee : \$200 (cheque/money order payable to Taekwondo Australia Inc.)

RSVP to Milad Khalil at milokhalil@hotmail.com. **Closing date for registration is on 14 November 2009, two weeks prior to the seminar.**

Application form, Coach's Code of Ethics and information are available on the TKD NSW website www.tkdnsw.org.au.

World Championships

TKD NSW is well represented in the Australian National Team with 4 members that won their respective divisions and proudly represented Australia at the recent World Taekwondo Championships held in Copenhagen, Denmark last 14-18 October 2009. They are all from United Pro Taekwondo as follows:

Gylan Al-Atroushi	54-58 kg
Safwan Khalil	58-63 kg
Hayder Shkara	63-68 kg
Peter Vassily	80-87 kg

Unfortunately, Australia did not get any medals from the tournament which saw the world's best taekwondo jins competing at their best. 9 of our 16 Australian athletes won their first round fights but none progressed to the third round. However, despite this, Australia placed 18th in the Women's Division and 33rd in the Men's Division.

There were over 1,000 competitors for this tournament which also saw the introduction of the new electronic body protectors and video replay.

The results for the Australian team were as follows:

Men's Division

Cameron Sutton	<54kg	Beat Lebanon 7-0; Lost to Japan 4-2
Gylan Al Atroushi	54-58kg	Lost to Sweden 6-5
Safwan Khalil	58-63kg	Lost to El Salvador (injury stoppage)
Hayder Shkara	63-68kg	Beat Malaysia 4-2; Lost to Afghanistan 4-3
Burak Hasan	68-74kg	Beat Latvia 5-4; Lost to Japan 4-2
Mahir Unalan	74-80kg	Lost to Dominica Republic 6-5
Peter Vassily	80-87kg	Lost to Cote d'Ivoire 3-1
Bryon Coleborne	<87kg	Beat Nigeria 4-3; Lost to Russia 6-1

Women's Division

Jasmine Branca	<46kg	Lost to Ukraine 4-3
Sinead Smyth	46-49kg	Beat Dominica Republic 6-5; Lost to Thailand 7-6
Bianca D'Andrilli	49-53kg	Lost to Great Britain 18-5
Jessica Jordan	53-57kg	Beat Algeria 6-1; Lost to Israel 7-3
Carmen Marton	57-62kg	Beat Germany 1-0; Lost to Thailand 9-2
Chloe Iriyadi	62-67kg	Beat Spain 3-2; Lost to Brazil 1-0
Amy Ash	67-73kg	Beat Mali 1-0; Lost to Brazil 5-2
Ruth Rowe	73kg +	Lost to Macau 2-0

Australian Team - World Junior Championships

The Australian Team Selection Event for next year's World Junior Championships was conducted in Perth last 31 October 2009. The following athletes will represent Australia in this event to be held on 6-10 March 2010 in Tijuana, Mexico:

Men's Division

Michael Metaxotos	<45 kg	VIC	Joon No TKD
Benjamin Balangue	<51 kg	VIC	Powerhouse TKD
Cem Kahraman	<55 kg	VIC	Powerhouse TKD
Paul Otago	<59 kg	WA	Charles Rawlins TKD
James Iriyadi	<63 Kg	VIC	Titans Tkd
Mohammad Abdallah	<68 kg	VIC	Fighting Lyons TKD
Kostan Ioannou	<73 kg	VIC	Joon No TKD
Kyle Parmley	78+ kg	QLD	Focus TKD

Women's Division

Kanica May	<42 kg	VIC	Joon No TKD
Senel Yilmaz	<44 kg	VIC	Olympic TKD Centre
Chynea Lang	<46 kg	VIC	Titans TKD
Renaee Perkins	<49 kg	WA	Charles Rawlins TKD
Clare Francis	<52 kg	WA	Charles Rawlins TKD
Janelle Hocking	<55 kg	VIC	Joon No TKD
Selin Yilmaz	<59 kg	VIC	Olympic TKD Centre
Nadine Venter	<63 kg	WA	Charles Rawlins TKD
Emily O'Sullivan	<68 kg	WA	Charles Rawlins TKD
Courtney Sinclair	68+ kg	VIC	Halls TKD

Special Awards and Recognition

Congratulations to NSW Referee Chairman, Sam Loacono for officiating at the recent World Championships. Well done Sam! TKD NSW is very proud of you!

Special mention also to the following for their achievements and participation in various international events in 2009:

Nicholas Lepouris	Gold Medal - Malaysian Open Competed in US Open Representative, World TKD Youth Camp
Elly Greenfield	Gold Medal - US Open
Rima Kanoun	Bronze Medal, Chuncheon Korean Open
Daniel Song	Competed in US Open
Rosa Fazio	Competed in US Open
Ricky Karvouniaris	Competed in US Open
Hayder Shkara	Competed in World University Games

New WTF Competition Rules for Kyorugi Sparring)

There had been significant amendments to the WTF competition rules for kyorugi (sparring). The new rules were implemented at the recent State, National and World Championships.

A summary is provided below:

- Competition area reduced to 8 x 8 meters (page 1)
- Entering competition area with head gear tucked under the left arm to be worn after bowing to opponent before the start of the match (page 6)
- Legal scoring areas with whole head from above the collar bone including back of the head now considered a legal scoring area (page 8)
- Two (2) points to turning kicks to the trunk on the permitted areas (page 8)
- Three (3) points to kicks to the head on the permitted areas (page 8)
- Two (2) kyonggos (warning) will be awarded as one (1) additional point to the opponent (page 9)
- One (1) gamjeom (deduction) will be awarded as one (1) point to the opponent (page 9)
- Kyonggo (warning) will be given to the player when both feet crosses the boundary line (page 10)
- If no activity for five (5) seconds, Centre Referee is to command both players to fight, kyonggo (warning) to be given to both players if there is no activity after ten (10) seconds and/or kyonggo (warning) to the players moving back from the position after command to fight is given (Page 10)
- Lifting of knee as defence to block opponent's kick is now prohibited (page 10)
- Removal of 7-point gap and 12-point ceiling – winner will be declared on valid points or superiority (page 11)
- When player receives eight (8) kyonggo (warning) or four (4) gamjeom (deduction), player is automatically declared the loser (page 11)

The summary does not contain all of the amendments. It is best to refer to the Amendments to WTF Competition Rules which may be found on the TKD NSW website www.tkdnsw.org.au or at the Taekwondo Australia website www.taekwondoaustralia.org.au at the About TKD section.

Youth Olympics Games Qualification Selection

The qualification event for the Youth Olympic Games (YOG) is to be held at Aqualink Box Hill, Surrey Drive Boxhill Victoria on Sunday, 6th December 2009.

Only three Male and Female divisions will be selected to contest the YOG Qualification competition in Tijuana, Mexico on 3-4 March 2010. Athletes will have to place in the top six in their division to qualify for the Youth Olympic Games in Singapore which will be hosting the 2010 Youth Olympic Games on 14-16 August 2010. Australia has a maximum allocation of one male and one female contestant for the Taekwondo event. This means more athletes could qualify than we have an allocation for. For this reason an Australian Olympic Committee/TA Selection Policy will be used to determine which athletes will fill the final positions. Information is available on the Taekwondo Australia website www.taekwondoaustralia.org.au.

2009 International Events

- 12-15 February 2009, Las Vegas, USA: US Open Taekwondo Championships.
- 25-26 April 2009, Alicante, Spain: Spanish Taekwondo Open.
- 10-14 June 2009, Baku, Azerbaijan: World Cup.
- 1-12 July 2009, Belgrade, Serbia: World University Games.
- 3-10 July 2009, Muju, South Korea: 3rd World Taekwondo Festival and Culture Expo.
- 9-15 July 2009, Chuncheon, South Korea: 2009 Chuncheon Open International Taekwondo Championships.
- 18-22 August 2009, Incheon, Korea: Korea Open International Taekwondo Championships.
- 19-30 August 2009, Manchester, UK: British International Taekwondo Tournament.
- 23-25 September 2009, Kish Island, Iran: Asian Junior Championships.
- 14-18 October 2009, Copenhagen, Denmark: World Taekwondo Championships.
- 28-29 November 2009, Paris, France: International French Open.
- 30 November – 2 December 2009, Cairo, Egypt: 4th World Taekwondo Poomsae Championships.
- 6-8 December 2009, Hong Kong, China: East Asian Games.
- 9-12 December 2009, Vientiane, Laos: 25th South East Asian Games.

**MERRY CHRISTMAS AND A
HAPPY NEW YEAR TO
EVERYONE IN TKD NSW!**
**Have a safe and relaxing Christmas
break.**



This Newsletter is published on behalf of Taekwondo Australia NSW Inc by State Newsletter Coordinator, Natalia Sangalang. Send in your comments or photos to natalias@tkdnsw.org.au.

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Last Update: 31 October 2009