

### ITF Wales Awards Presentation

The evening started with Masters Prewett and Taylor saying what a successful year ITF Wales has had and how Wales' reputation has grown throughout the world over the last year, how next year we look forward to improving on this. They thanked the instructors, students and supporters for all their hard work and continuous support of ITF Wales through the year. The first awards presented were by Master Prewett for the Fairwater students of the year:

Rhys Prankard	most improved junior student
Delme Pezzack	most improved senior student
Flynn Woodward	junior student of the year
Rob Miller	senior student of the year

Then Master Taylor present the Ely students of the year:

Gareth Francis	junior student of the year
Cassie Lund I	senior student of the year

Next up were the overall winners of the Grand Prix and MASTers Prewett and Taylor presented the 1st, 2nd and 3rd places in each of the three divisions:

Kane Collins	Fairwater	under 13 overall first
Stephen Cocks	Lisvane	under 13 overall second
Bethan Pezzack	Fairwater	under 13 overall third
Conah Prosser	Ely	13-17 overall first
Ben Hull	Ey	13-17 overall second
Gareth Francis	Ely	13-17 overall third
Carlos Sendra	Cardiff University	+18 overall first
Rob Beavis	Cardiff University	+18 overall second
Daniel Neale	Ely	+18 overall third

The final presentation was Miss Phillips presenting Master Taylor with a token of appreciation from the school for all his hardwork for them throughout the year and this was followed by two of the Ely students presenting Miss Phillips with a gift from the school for all her work with them.

With all the formality out of the way everyone was then free to relax and dance the night away as many did. A special mention must go out to Carlos "Michael Jackson" Sendra who entertained everyone with his silky skills on the dance floor. We would like to thank everyone for their support for ITF Wales throughout the whole year and a final thank you to Mrs Clare Matthews IV for organising the evening and making it such a success as everyone was agreed it was a really good night for all.



### Irish National Championships Saturday 11th November - UCD Dublin

The day started off with the under 13 red belts patterns event which saw Fairwaters Delme Pezzack, Bethan Pezzack and Kane Collins go up against each other. The Irish system of 3-4 competitors up at a time and then being scored for overall positions and everyone having to do the lower belt patterns meant the black tags were all doing Hwa Rang and it also meant that they only had to do patterns once, then after all the entrants had performed their patterns the scores were tallied and result given and we saw Kane get bronze, Delme silver and Bethan gold a great start for the Welsh. Next up in patterns was Tom Harris I (Ely) in the adult I & II dan patterns, Tom started well with a strong patterns but a momentary lapse saw him lose the movement and have to stop as he couldn't recover and had to bow out in the 1st round. Next in the 13-17 red belts we saw Lanny James and Conah Prosser of Ely school following the early system each went up in a different group of red belts and having to do Hwa Rang both seemed to put in the best performances of their groups, once the totals were calculated it was announced that they had both taken bronze medals despite their solid performances. Next up was Sarah Jones (Ely) in the 13-17 yellow belts - overcoming nerves and concentrating hard she performed well and was rewarded with a silver for her efforts. The final Welsh competitors for the pattern events were George Crews I and Lee Burrige I both from Fairwater, both performed well and moved into the semi finals with good wins, unfortunately they drew each other in the semi final and after two close patterns the decision narrowly went to George for him to progress to the final leaving Lee with a bronze. In the final George faced a more experienced II dan but still did himself proud by showing a high competent standard but had to settle for silver as the opponents experience showed through. Following the patterns the flying side kick special technique was entered by Delme, Kane and George from Fairwater entering the under 14 event with George making the final three before having to bow out. Lanny and Conah from Ely entered the 14-17 scissors kick special technique both giving a good account of themselves.

The first up to spar was Tom Harris I fighting in the adult -80kg black belt group, moving and scoring well in his quarter final he took a good lead against his Irish opponent and held it to move through to the































semi final - here he then faced and older heavier III dan and despite giving a good account of himself was unable to break the opponent down and score enough to take the bout, but can be pleased with his performance and a well deserved bronze. Then the 13-17 black belt event commenced, with George Crews competing for the first time at this level and Lee Burrige having to withdraw due to injury. George fought very well not letting the older and taller opponents intimidate him and made it through the final where he once again faced a taller, older, heavier and higher grade II dan. A good display was put on by George but he was unable to overcome all the advantages his opponent held and had to settle but can be more than happy with that from his first teen competition. In the under 12's first up was Kane Collins in the blue-red group, facing someone over head taller and a stone heavier Kane moved well to avoid his attacks but was unable to get in and score anything back so had to accept going out in the 1/4 final. Next up we saw Bethan Pezzack in the u12 green-red female sparring, from the first kick of the quarter final Beth dominated her bouts taking the initiative and scoring point after point, winning her quarter final despite a yellow card and warnings for supposed excessive contact. In the semi final she faced one of Irelands colour belt team and did well to control the fight using side kicks well to keep her opponent away and score, receiving yet another yellow card and warnings for sparring to the same level of contact as her opponent she still did well enough to win the bout. In her final she kept up her good work and won a good round of sparring to give her her second gold of the day. In the 12-14 division we saw Delme Pezzack and Conah Prosser both up in the male red belt sparring. Both fighting well using a good combination of strong side kicks, turning kicks and hand work to over come their opponents they progressed to the semi final but were unfortunate to draw each other here, fighting a more cautious than normal but good attack counterattack fight both lads performed well in a fairly close fight, with Conah receiving a yellow card to both of the competitors surprise as well as the spectators the final decision went Delme's way having used his hands well to pull ahead in points. Moving into the final Delme went out and controlled the fight from the word go and picked up a very well deserved gold. Our last sparrer was Lanny James in the 12-14 green/red belt females, her quarter final was against a taller heavier red belt and Lan used her sped to move in and out - struggling to deal with the girls longer legs she relied on here hands and picked her off and won the bout despite a yellow card for excessive contact. In the semi final it was a a very attack minded blue belt as opponent - both girls lifting the tempo and fast flurries of hands and feet came through with Lan standing her ground and flooring her opponent twice with side kicks both of which earned her a yellow card for excessive contact yet the back hand strikes and hooks coming at didn't even merit a warning. Despite the warnings and yellow cards all piled up on Lan she still won the bout and moved into the final. Here she faced a taller and slightly heavier blue tags opponent. The girl used her legs well to keep Lan out so once more Lan resorted to working her way in and using hands with occasional side kicks to keep the pressure on, this bout somehow ended in a draw decision despite a one sided fight. In the extra time Lan picked it up a little and took the fight to her opponent and with yet another yellow card being issued against Lan - this time for a jumping punch to the head which looked a perfectly good scoring attack - the final decision went Lans way and she picked up her first gold in Ireland.














Finishing with 1 gold, 1 silver and 4 bronze for Ely and 3 gold, 3 silver and 2 bronze from Fairwater meant a very good tally for the Welsh students, coupled with Bethan Phillips coming runner up in the junior overall for her two gold they can all be very proud of their performances. We would also like to thank all the Irish who made us feel welcome and thanked us for our supporting their competition.

### English Open Saturday 23rd September - K2 Crawley

More than 250 students from 44 schools competed in the English Open this weekend and ITF Wales saw a lot of success with 11 gold, 8 silver, 12 bronze and 2 overall awards won between all the students. This led to Fairwater winning the English Open and Ely coming 2nd overall with Cardiff University finishing a respectable mid table with the just one competitor. An enjoyable if long day with a great black belt demonstration on the day as well. Well done to everyone who took part and congratulations on your achievements.



Sophie Collins II	Fairwater		1/4		
Tom Harris I	Ely		1/4		
Lee Burrige I	Fairwater		1/4	ne	
Ben Miller I	Fairwater				
George Crews I	Under 13 black belt 	Fairwater			
Gareth Francis	Ely				
Delme Pezzack	Fairwater				
Conah Prosser	Ely				
Lanny James	Ely				
Bethan Pezzack	Fairwater				
Kane Collins	Under 13 colour belt 	Fairwater			
Carlos Sendra	Cardiff University				

Miles Salley	Fairwater	¼			
Ryan Davis	Ely			¼	
Ethan Davis	Ely	¼			
Ben Hull	Ely				
Amy Jones	Ely				
Sarah Jones	Ely	¼			
Megan Jones	Ely	r2			
Ella Hatherill	Ely	r1		¼	

**World VII Junior and II Veteran Championships 26th-30th July - Bulgaria**

Day 1 - patterns:  
 Sophie Collins II dan junior female patterns won her first round easily against her Australian opponent performing much stronger of the two. In her second round despite showing more power she lost to the reigning European champion from Greece who went on to take silver. Cassie Lund I dan junior female patterns put in a stronger pattern with good legs in her first round to ease past her Greek opponent in round 1. In her next round she faced an Argentinean of very similar style and power which actually led to the first decision being 3 draws and one vote either way, the second pattern ended 3 draws and 2 votes to Argentina which still wasn't enough for a clear win leaving the girls to compete in a third designated pattern where the Argentinean managed to raise her level to take the round five votes in her favour. Tom Harris I dan junior male patterns comfortably moved past his Chilean opposite in the first round but was beaten in the second round by a stronger Belarusian opponent. Dave Lund I dan veteran male patterns Easily beat his first round opponent who for some reason chose to do a colour belt pattern as his option! Keeping up his good performance he then beat his second round opponent to move into the semi-final. In the semi-final he lost to a stronger performing Uzbekistani who went on to take silver but it was a good event for Dave who adds this bronze for patterns to the one he won in the Veteran world Championships in Malaysia. Last up in the patterns was Neville Thompson I dan veteran male patterns, who drew one of three Canadians in his group - due to a back injury he had to opt for Kwang-Gae as his pattern and put in a good effort but was unfortunately beaten by his opponent.

Day 2 - veteran sparring :  
 Dave Lund I male -64kg sparring was drawn against the Dominican Republic VI dan and did well for the first round working his opponent out, but in the second round the Dominican proved to be too fast with good legs and movement an despite a close fight Dave went out on a points decision. Neville Thompson I -90kg sparring drew a home opponent from Bulgaria in round 1, with better legs Neville tried to keep him off with strong side kicks however the Bulgarian had strong hands and kept Neville under pressure, The Bulgarian's powerful punching eventually winning the necessary points for him to advance to the next round.





























Day 3 - junior sparring: Sophie Collins II female -52kg sparring drew an Estonian in her first round, a cagey first round was fought with the Estonian using he height to keep Sophie away but in the second round Sophie picked up her game to look like a true international using strong side kicks and good hands to pick the Estonian off and easily win the bout. Next up she faced a Ukrainian in the quarter final, it took a while but by the second round the Ukrainian had figured out Sophie's side kick and was able to use her hands to pick her off. Despite two yellow cards for contact on very hard head punches the Ukrainian took the match. Cassie Lund I female -58kgs sparring faced a Paraguayan first round and the strong side kicks took their toll on her with Cassie winning this round easily. In the next round she face dan Australian and Cassie started the match the stronger and then began using her back leg turning kick to great advantage, she kept working hard despite a weakened arm and despatched her opponent quite easily. Her third round saw her face a strong Serbian opponent, both girl were evenly matched for their work with Cassie using her better legs and the Serbian trying to pick her off with good hands. After the two 2 minute rounds the decision was a draw, in extra time Cassie's stamina showed through as she kept working the left leg kick followed by back leg turning kick. Her Serbian opponent couldn't figure out the side kick repeatedly trying to attack with the same leg which worked to Cassie's advantage and she won the match in extra time. Moving into the semi final Cassie faced a Tajikistani girl, who despite being smaller had great timing and was able to move around picking shot off of Cassie, despite her strength working to her advantage the previous round draw and extra time started to take its toll as tiredness showed but the Tajikistani kept moving and picked up the points to win and went on to take gold. Tom Harris I male -57kg drew a much taller and stronger Bulgarian as his opponent in the first round who with home advantage left Tom in no doubt he was in for a hard fight. Working well in the first round he kept his side kick long and aimed to come off the back leg. Towards the end of the round the Bulgarians stronger hands started to show through as tom came under pressure. In the second round the Bulgarian stepped the pace up and tom did well to pick off shots with the back leg turning kick. Unfortunately the match then came to a hasty end when a luck reverse turning kick to the head coupled with a very hasty decision by the Bulgarian doctor to not allow tom to continue meant the bout was over with tom being declared unable to continue.

Well done to everyone for a terrific tournament, with over 90 nations competing Wales's medals put them in the top 20 nations with only four other smaller nations finishing any higher. The competitors all performed great and did well for themselves and their country. A special mention must also go to Victoria Phillips I who stepped in at the last minute to take over the coaching position and did a great job out in Bulgaria and who also provided this detailed report of the tournament, thank you very much.

### London Open 2006 - Sunday 16th July Reading

With a fairly easily start on Sunday we have a pleasant trip along the M4 to Reading, getting there at just after nine we found that it was a packed venue and looked forward to a long stand through the days. With six rings running initially it was hard to get round all the competitors who seemed to be going up at the same time. Starting off as ever with the u13 patterns it moved on through to colour belt sparring. black belt teen and adult events being on hold until later in the day as the English team were squad training until 1pm. The events moved fairly well and all the ITF Wales competitors performed well and did their best, the old hands to competitions moved their way through the rounds and even the new comers didn't let nerves get to them and did well, the yellow and green belts being especially patient sitting in the largest group by far and having to wait through about 8 rounds of patterns. With most of our black blue, and red belts being in the same groups it was inevitable that they all come up against each other eventually in the later rounds and have to knock each other out. Later in the sparring we were treated to some very confident and good displays of sparring - again well done to the yellow and green belts - first group to start sparring and last of the u13 and 13-17 groups to actually finish - a long long wait and big group to work through. With the heights and weights separating a lot of the competitors now we saw even more success as everyone sparred very well - even the youngest newcomers who picked up lots of valuable experience and will no doubt be back next time to show how much they have improved. The final events were power and special technique which a number attempted but the only successes were with young Kane Collins wining the colour belt -135 special technique event and Stuart Wordingham II winning the adult male black belt power. The final tally for overall winners on the day was delayed as they were rechecked and the winners had personal engraved plate sent out to them, from Fairwater Kane Collins won the under 13 colour belt overall and from the 13-17 group Ely's Lanny James won overall. Once finished everyone was happy to mount the buses and head off back home after the end of a gloriously sunny, very hot long but successful day. Congratulations to everyone who competed and you can be proud of what you did. Thanks to all the supporters who came along as well.



Stuart Wordingham II	Cardiff University			
Sophie Collins II	Fairwater	¼	Inj	
Tom Harris I	Ely	r1	Inj	
Lee Burrige I	Fairwater	ill	ill	
Ben Miller I	Fairwater			
George Crews I	Fairwater			
Gareth Francis	Ely	¼		
Delme Pezzack	Fairwater	¼		
Conah Prosser	Ely			
Carlos Sendra	Cardiff University	r1		
Lanny James	13-17 colour belt 	Ely		
Bethan Pezzack	Fairwater			
Kane Collins	Under 13 colour belt 	Fairwater		
Ryan Davies	Ely	¼		
Ethan Davies	Ely	¼		
Ben Hull	Ely	¼		
Rhys Prankard	Fairwater	r1		
Rhys Thomas	Ely	¼	¼	
Daniel Neale	Ely	r1		
Adair Paez-Bastia	Fairwater	r1	¼	
Sarah Jones	Ely		¼	

### Welsh Open 2006 - Saturday 27th May WIS Cardiff

This bank holiday weekend saw the Welsh Open take place in the Welsh Institute of Sport, Cardiff. Over 50 schools competed with more than 270 students entered. As well as the Welsh schools entered we saw English, Scottish and Irish schools come to Wales for the tournament, from further a fields Mr Željko Gvozdič V brought two of his national team members over to Wales to compete for the first time, Miss Nika Plečnik I and Miss Eva Baš I - this along with Polish and Colombian/Chilean blood in other competitors made for a very cosmopolitan mix in the days events. Starting out with the black belt patterns the day progressed through it's events and divisions. After a long day of patterns, sparring, special technique and power the results finally came through with local Welsh school Ely coming 1st on the day with 48 points, 2nd place were RTA Didcot - England and 3rd Carrick - Ireland. We hope everyone had a good day and look forward to seeing you all back for next years Open.





### Grand Prix 2006 stage II - Sunday 7th May Eastern Leisure Centre

The second stage of the 2006 Grand Prix ran this weekend and was a good success with almost a 100 competitors from over a dozen schools partaking. Starting around 09:30 the events ran smoothly and culminated in the awards ceremony which closed the tournament around 14:00. Well done to all that entered for their great efforts and enthusiastic support.



### Seminar/Grading - 25th March

The first seminar of the year for ITF Wales was held in Heath Hospital Sports Hall and instructed by Master Ray O'Neill VII of Wiltshire, he was assisted by Mr Dean Matthews IV and Mr Darren Johns II. The students that attended had a good seminar covering some of the finer points of Taekwon-Do practical and theory and were also introduced to new training techniques to help develop their skills.



### Scottish Open - Saturday 18th March - Grobals Leisure Centre Glasgow

The Weekend started well with a nice trip from Cardiff to Glasgow, all being well until we actually hit Glasgow and took a little detour for 30 minutes or so. Eventually getting to our hotel we dropped our stuff off and set back out to drop in to Miss Marion Sherlock III Easterhouse School, after yet another little detour from Easterhouse Sports Centre to the correct venue we eventually got there and met up. Miss Sherlock gave the youngsters a short break so they could mix and meet each other and a little struggling with accents everyone seemed to figure out who was who. The class then commenced staying with a stretching and pattern theme to avoid any injuries before the next days tournament. After the class one of Miss Sherlocks young yellow belts presented the Welsh party with a Scottish bear mascot (Thanks Brogan it brought us lots of luck). The day started in the under 13 division with Kane Collins (Fairwater) and Bethan Pezzack (Fairwater) , both put on excellent displays of pattern work and went through to the final where Bethan's power edge the round for her to pick up gold and Kane take silver. In the red belt group Delme Pezzack was unlucky to go out in the quarter final from a narrow vote, finally in the Ben Miller I (Fairwater) performed well in the black belt patterns but nerves just got to him at the end of the second pattern and he had to settle for bronze. In the 13-17 division Ben Hull (Ely) was up first and put on a good show to move through to the final and take gold, in the blue belts Lanny James worked well and to into the final but a loss of concentration allowed her opponent to take gold and leave her with silver. In the red belts Gareth Francis (Ely) and Conah Prosser (Ely) both performed very well and ended up facing each other in the final where Conah's form held firm for him to take gold leaving Gareth with silver. In the black belt group Cassie Lund I (Ely) put in a very good performance in the quarter final but was narrowly beaten by the eventual gold medallist. Tom Harris I (Ely) did a good pattern but was unable to advance beyond the quarter final stage. Finally Sophie Collins II (Fairwater) took gold in the II dan patterns event with a very solid performance. Moving into the sparring events we started off with the under 13 blue belts, here Kane Collins took gold in the -135 group and Bethan Pezzack took gold in the -146 group – both sparred very well dominating their bouts. In the red belts Delme Pezzack was very unfortunate to have to withdraw from the quarter final, despite having the bout in the bag, due an injury inflicted. Whilst sparring, Ben Miller I fought well but was unable to overcome his opponent but picked up a bronze from his semi final. In the 13-17 division Ben Hull fought well in the green belts and secured gold in his final with a solid round. The blue/red belt female sparring saw Lanny James pick up gold as she easily overcame her opponent. The red belt male group saw Gareth Francis and Conah Prosser both move through the rounds with very good displays of sparring to face each other again in a final, after a very good round a draw was called so they had to re-fight and it was in this round that Gareth found a little bit extra and scored the point needed to give him the gold this time and leave Conah with silver. Finally up in the black belt groups Cassie Lund I and Sophie Collins II both put on good shows of strong sparring to move through to the finals in each of their weight categories, both girls then went on to control their final fights well with good displays of sparring and take gold for their efforts. Our final competitor of the day was Tom Harris I in the male black belt sparring, in his final he dominated the bout and picked up a gold medal. Various competitors entered the special technique and power events with the best effort coming from Ben Miller who narrowly lost out in the under 13 black belts special technique – having made it to the last two. As a nice end of the day Ben Hull picked up an overall for the 13-17 years old group and in the final rankings Ely School came 4th and Fairwater 9th form the 33 schools competing on the day. Overall it was a very good competition for the Welsh contingent and a fantastic weekend for all who travelled. We would like to thank Miss Sherlock III and all her students for their hospitality and the support they gave us in the competition. We now look forward to their visit to us in May for the Welsh Open and hope you have as much fun then. Finally there is a thank you to all the parents and supporters who made the trip possible for these competitors to go and show what they are capable of.

### Promotion - 26th February Glasgow

Congratulations to George Crews (Fairwater) for his promotion to I dan at this weekends black belt grading with Grand Master Rhee Ki Ha IX at Glasgow.



### Grand Prix 2006 stage I - Sunday 12th February, Eastern Leisure Centre

The ITF Wales Grand Prix entered it's fourth year this weekend and continues to be a platform for good displays of Taekwon-Do for schools throughout Wales, This event saw around 130 competitors from 15 different schools take part and even a Spaniard and Brazilian in the mix. Starting off around 9:30 with the pattern events the three categories of each division were run through without much delay, once these 9 events were out of the way it was time to move on with the 19 sparring categories from under 13 -135 white belts right through to +18 +80kg blue/red belts. The competition was closed up with Master Taylor VII leading the trophy presentation for each category leaving everyone free by two pm and able to get off in time to watch more Welsh success on the rugby field. Results will follow soon.



### **Seminar Saturday 11th February - Aberystwyth/Tywyn**

The Aberystwyth and Tywyn schools played host to Master Ray O'Neill VII for this weekends seminar. There was a good turn out of students who all enjoyed the seminar run by Master O'Neill. For any further details please contact Mr Peter Billing I on 029 2021 2516 or [peterbp@aol.com](mailto:peterbp@aol.com)