

Chungdokwan Taekwondo Summer Seminar - S Korea Jul 2018

Belinda, Eliska and I travelled to South Korea recently to attend the Chungdokwan Taekwondo Summer Camp. NZ members were invited to attend as I have previously been a Chungdokwan member whilst working and training with Chungdokwan UK many years ago.

After a long flight via Singapore, we arrived late at Sokcho, 3 hours bus ride from Incheon airport and settled in to our accommodation for the night. We opted for shared accommodation as it kept the cost down.

This year's summer camp was attended by Chungdokwan members from the UK, Ireland, Singapore, Hong Kong, Italy, France, Switzerland, USA, Australia, New Zealand and the Congo. It was great to catch up with GM Gerry Reilly, whom I haven't seen for 12 years (since our Kukkiwon Master Instructor's course together).

Day 1: We started the camp with a hike up the Seorak mountain (1,708m). This was a challenging hike under the intense summer heat. We went back to our hotel for a much needed Korean buffet lunch, plenty of rehydration and then followed by training.

The afternoon training included basic movements and sparring. We had GM Lee Kyu Hyung, former President of the Kukkiwon, gave us a lecture on Taekwondo spirit.

In the evening we had a welcome dinner for all the attendees, formal addresses from GM Park Hae Man and GM Shin Byeong Hyun, followed by speeches from each country representatives.

Day 2: GM Xu Zhe gave a lecture on Chungdokwan history. The morning training focused on poomsae techniques with emphasis on how to improve basic movements and using our core to generate maximum speed and power.

Then it was onto self defence against punches with one step and honsisul. The high dan grades then moved onto work on higher poomsae covering Taebaek to Ilyeo.

The afternoon was set aside for the World Taekwondo Chungdokwan Federation Open. The competition was split into team competition by country and as individuals (splitting into our respective belt ranks).



As one of the smallest national team there, I was really honoured to win the team silver alongside my Taekwondo sister, Master Belinda.

The individual competition was conducted by single elimination and I was delighted to win both my matches to take gold in the 6th dan division. Belinda also put on a stellar performance to take gold in her 4th Dan category.



In the evening there was a formal Korean barbecue dinner and a meeting of the high dans and nominated country representatives.

Day 3: For the high dan grades, the day started with working on the top 4 poomsae, Jitae to Ilyeo. Then there was afternoon tour of the DMZ, unification tower and the spectacular Kunbongsa Temple. This temple was established in 520 A.D. and near the DMZ zone. We then headed back to Seoul to continue our training.

Day 4: We took the tube to Gangnam district and walked up the hill to the Kukkiwon. It's amazing to train there, even in the intense heat. We met with the Kukkiwon President and then team ANZAC (us and the Aussies) headed off to enjoy a late lunch before attending additional training with GM Shin at his gym.

Day 5-6: We would spend the day sightseeing and then the evenings training with GM Shin at his gym. This is usually followed by late supper/dinner with Team UK and Ireland. It was great to train alongside them and GM Shin's students.

Day 7: Our free day to explore the city. We went on a foodie tour of Seoul, trying out different foods from the market stalls.



It has been a great adventure and journey back to South Korea. The trip has brought up memories of my past travels with my NZ & UK Taekwondo teammates and friends. I hope to be back soon, to make new memories and to further my Taekwondo learning alongside my worldwide CDK family.

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Note: The Chungdokwon Taekwondo Summer Seminar is an event that is held annually in July. For those who are interested in attending in the future, the information pack will be shared privately on the TUNZ Facebook page.