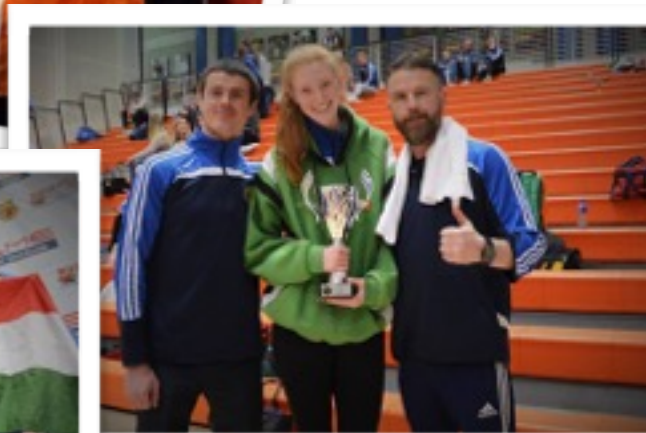




# Irish Taekwon-Do Association



## Annual Report 2016



2016 has been another wonderful year of growth and success for our association, the ITA now has in excess of 100 schools across Ireland, with many schools opening internally due to initiatives by the board of directors as well instructors and schools continuing to be attracted to ITA from other organisations, by our success, our focus on the membership, democratic structure and professional events.

2016 was another year of fantastic success for our national team members and competitors with many Irish Athletes medalling at the ITF World Cup in Budapest and the European Championships in Finland. Ireland finished in 2nd place overall at the ITF World Cup out of 58 countries, as we continue to solidify our place among the top countries in ITF. It was also a very good year for national events with 3 major ITA championships, each in excess of 800 competitors taking place (more than doubling the number looking back at statistics from 5 years ago), two national black belt tests, national technical seminars and government recognised & accredited coach education courses where our members continue to up skill and set that standard for other organisations to follow as well as hosting a wonderful IUC with the ITF in Citywest, Dublin. In 2017 we look forward with great anticipation to hosting the very first ITF World Championships to be held in Ireland and we are looking forward to seeing you there.

I invite you to enjoy the report on our activities form 2016

**Master Kenneth Wheatley , 8th Degree**  
**ITA President**

[www.taekwondo.ie](http://www.taekwondo.ie)



**NA for ITF & AETF in Ireland**

# ITA International Instructors

1. Master Kenneth Wheatley VIII Dan
2. Master Patrick O'Rourke VII Dan
3. Master Pat Barry VII Dan
4. Master Tim Forde VII Dan
5. Master Paul Delea VII Dan
6. Master Adrian O'Mahoney VII Dan
7. Master Frank Murphy VII Dan
8. Master Stephen Cooley VII Dan
9. Master Mark Buckley VII Dan
10. Mr. Francis Plunkett VI Dan
11. Mr. Niall Jones VI Dan
12. Mr. Ken Leahy VI Dan
13. Mr. Adrian Byrne VI Dan
14. Mr. Kevin Kinsella VI Dan
15. Mr. Stephen Ryan VI Dan
16. Mr. Brian Coughlan VI Dan
17. Mr. Jamie Rigney VI Dan
18. Ms Anne Marie Kinsella VI Dan
19. Mr. Declan McMullen VI Dan
20. Mrs. Laura Ryan V Dan
21. Ms. Fiona Gallagher-Payet V Dan
22. Mr. Donal O'Donoghue V Dan
23. Mr. Declan McMullen V Dan
24. Mr. Hong Keat Looi V Dan
25. Mr. Darren Smith V Dan
26. Mr. Carl Smullen V Dan
27. Mr. Stephen Smullen V Dan
28. Mr. Ross Smith V Dan
29. Mr. Darren Buckley V Dan
30. Ms. Eileen Plunkett IV Dan
31. Mr. Derek Hanlon IV Dan
32. Mr. Leonard Coughlan IV Dan
33. Ms. Sabina Mason IV Dan
34. Mr. Darren Doherty IV Dan
35. Mr. Leonard Coughlan IV Dan
36. Mr. Marcin Oworuszko IV Dan
37. Mr. Luke Laffan IV Dan
38. Mr. Gerard O'Rourke IV Dan
39. Mr. Richie Forde IV Dan
40. Mr. Andrew Butler IV Dan

2016 saw an increase in the number of our senior instructors, with 9 masters now in ITA as well as our President being promoted to 8th Degree.





# January 2016

## ITA Annual General Meeting

The Annual General Meeting of the Irish Taekwon-Do Association took place in the Horse & Jockey Hotel, Co. Tipperary on Sunday 17th January. The AGM opened with a review of 2015, a very successful year on all fronts for Irish Taekwon-Do. Among the topics discussed on the day were the ITA's hosting of an ITF international umpire course in 2016 and the ITF World Championship in 2017.

During the AGM it was announced that two new committees have been appointed to help ensure the future growth & inclusiveness of the ITA. The Expansion and Merger Committee will comprise: Master Mark Buckley VII Dan, Master Paul Delea VII Dan, Master Tim Forde VII Dan, Mr Ken Leahy VI Dan and Mr. Niall Jones VI Dan, while the Special Needs & Inclusion committee will comprise; Master Pat Barry VII Dan, Master Tim Forde VII Dan, Mrs. Laura Ryan V Dan and Mr. Rodney Connolly III Dan. We are looking forward these two committees having a very active role in our development.

The 2016 Board of Directors elected by the ITA membership was Master Kenneth Wheatley (President), Master Mark Buckley (Vice-President), Mr Stephen Ryan (Secretary General), & Mr Kevin Kinsella (Treasurer), Mr Adrian Byrne, Mr Carl Smullen, Master Pat Barry and Master Adrian O'Mahoney

Master Stephen Cooley decided not to seek re-election to the board of directors this year. Master Cooley will focus his efforts on the national team and to coach education as a tutor coach for our association. The ITA board of directors would like to thank Master Stephen Cooley for his many years of hard work on the board of ITA. Master Cooley has been a driving force for Irish TKD and helping in getting us where we are today.

A full list of all elected positions filled at the AGM can be found on the ITA website here;

[Board of directors](#) & [Committees](#)



## February 2016

### ITA Cork Open Championships

The ITA Cork Open took place on the weekend of the 13-14th February in the Neptune Stadium Cork. The tournament was attended by 700 competitors with cadets, seniors & veterans competing in Patterns, Sparring, Special technique & power breaking on the Saturday while on the Sunday almost 500 junior competitors took part in patterns, sparring & special technique events across 8 rings.

On Saturday the sparring competition saw very exciting sections with many top level international competitors as well as many current & former



World Champions taking part. Mr Luke McGrath, competing in the senior -63kg section took Gold while Mr Adam Shelly topping the -70kg section with Mr Luke Woods and Mr Hong Looi taking Silver & Bronze respectively. In a large -78kg Mr Stephen Smullen & Mr John Moffitt reached the final



once again, with Mr Smullen taking Gold. While in the +79kg section Mr Richie Forde took Gold after a number of exciting matches.

In the female sections Ms Jenny Lehane took Gold ahead of Ms Katy Laffan in the -56kg section, while in the +56kg section Ms Louise McCagh took first place with Ms Sarah Barry taking silver. In Patterns, Jenny Lehane, Katy Laffan & Sarah Barry took Gold in the 1st, 2nd & 3rd Dan female sections. While Alex Plamadeala (1st Deg.), Jason Munro (2nd Deg.), Eddie Dillon (3rd Deg.) and Stephen Ryan (4th Degree) took 1st places respectively in the male patterns divisions.

At the end of Day 1, the best overall junior female award was presented to Ms Skye Slattery with 2 Golds & 1 Silver, best overall male junior was presented to Mr Greg Sheehan who won 2 Golds & 1 Bronze while the best overall senior female was shared between Ms Jenny Lehane & Ms Louise McCagh who each won 2 Golds. No award was made for best overall senior male as a number of competitors were tied.



Day 2 of the Cork Open saw an immense amount of talent in the junior, under 13 divisions, among the most successful on the day were Ellie Pyke, Emma Green and James Tuite who all won 2 Gold medals. Despite the large numbers involved, the tournament ran to schedule finished as planned on time at 4:30pm.



The ITA would like to thank the Tournaments & Umpire committee of Master Pat Barry, Mr Mark Buckley, Mr Stephen Ryan, Mr Stephen Smullen and Ms Laura Ryan, as well as all umpires and volunteers for their hard-work in the lead up to & during the weekend of the tournament. The ITA would also like to thank our International visitors from Scotland & Albania as well as those who travelled to the tournament from all over Ireland. We look forward to welcoming you back to the ITA Dublin Open which takes places in Dublin on the weekend of April 16-17th



## TAB Intro to Coaching Course

# March 2016

## Trip to Russia



The Irish Taekwon-Do association were very happy to receive an invitation from Mr Oleg Krivoruk, President St. Petersburg Taekwon-Do Federation, to attend the Northern Palmira Cup 2016 - XI. International Taekwon-Do Tournament in St. Petersburg Russia. Mr Adam Shelly, current world champion, Mr Stephen Cooley National Coach and Master Wheatley President, travelled to Russia on Friday March 18. The tournament, with 900 competi-



tors, took place over two days at the very modern and well equipped Nova Arena Stadium. On Saturday afternoon the International guests were brought by Master Lazaros Tsilfidis, President of Russia Taekwon-Do Federation, on a sightseeing tour to some of the most beautiful features in St Petersburg which we enjoyed very much. Sunday evening was the Gala event at the Nova Arena, this comprised of Taekwon-Do demonstrations of pattern, power and self defence, beautiful dancers, singing and of course the main event were sparring matches between the International visitors and Russia's finest exponents. Our compliments to the organising committee



for the very high level of the arena, the four huge screens showing the matches from the rings, the lighting and music were all superb, this made for a very exciting event for the spectators and competitors. Sunday night was the banquet, the organisers and guests took some time to relax and enjoy good food and great company into the early hours. We are very happy to support our Taekwon-Do family in Russia and offer our sincere gratitude to the Russian Taekwon-Do Federation, Master Tsilfidis and Mr Oleg Krivoruk for the opportunity to visit and look forward to future co-operation and relationships. Master Kenneth Wheatley.



# April 2016

## ITA Dublin Open Championships



The ITA Dublin Open took place on the 16th & 17th April in the National Basketball Arena, Dublin. The tournament was attended by a record number of participants with almost 750 competitors from Ireland, England and Scotland taking part in the two day event.

Day one was made up of senior, cadet and veteran competitors taking part in individual patterns, sparring, special technique & power breaking across 5 rings. Many international competitors used this tournament as a final test before the European Championships in Finland at the end of April. All rings ran using the ITF electronic scoring system. Master Harry Vones, VIII

Dan from Germany, a member of the ITF tournament committee was a



special guest for the competition and present to help train our umpires on the set up and use of the system. This year saw the introduction of a new team sparring style competition with teams putting forward three competitors who came to a maximum weight-limit. Each team then sent out their fighters from lightest to heaviest for a 2 minute spar with the total score accumulated over the six minutes deciding the winner. This new format proved very exciting to all in attendance and was a great way to end the day of competition.







The best overall competitors for the weekend were Michael McRoberts, Senior Male (2 Golds, 1 Silver), Skye Slattery, Senior Female (2 Gold, 1 Bronze), while the junior awards were shared by Thomas Fogarty & Luke Moriarty and Shantelle Sheehan & Joanne Potter.

Sunday was a day for juniors aged 7 – 13 years old. Day 2 took place over 7 rings with competitors competing in patterns, sparring & special technique. There was a very high standard among the young competitors with Alexander Bradwell, Arron Holywood, Denis Dluha, Ellie Pyke, Eve Ince, Harvey Hagon all taking double Gold medals.

The ITA would like to thank the organisers, volunteers & umpires for their help over the weekend of the Dublin Open as well as the ITA tournament & umpire committee and our special guest Master Vones. We would also like to thank our international friends for helping to make the tournament



such a success, we look forward to welcoming you back for some of our upcoming events.

International Umpires Course

ITA Irish Cup International – UL Arena, Limerick – 19th & 20th November 2016

Full results of the Dublin Open can be found [here](#)

## Master Wheatley elected to AETF Board of Directors

The ITA Board of Directors would like to congratulate ITA president, Master Kenneth Wheatley on his election to the AETF board for 2016 to 2020. His election is a clear sign of the progress our association continues to make and of the high esteem both Master Wheatley and ITA are held across Europe. Master Wheatley was elected during the AETF congress in Tampere Finland held during the AETF European Championships.





# Huge Success at Euros in Finland



Our national team continue to excel and as ambassadors for our sport and martial art on and off the mats. Ireland finished in 4th place overall out of 30 countries with 5 Gold, 8 silver and 8 Bronze medals.

Special mention to Thomas Fogarty who took home the best overall junior male trophy and to Adam Shelly who is now 4 times European Champion and current World Champion in -70kg senior male.

Results:

- 1. Fogarty, Thomas Individual Male Pattern, 2 Dan, Junior (19)
- 1. McGrath, Luke Individual Male Sparring, to 62kg, Junior (24)
- 1. Mooney, Rebecca Individual Female Sparring, to 45kg, Junior (11)
- 1. Shelley, Adam Individual Male Sparring, to 70kg, Senior (25)



1. Junior Male Team Male Sparring, Junior (12) (Thomas Fogarty, Luke McGrath, Luker Moriarty, Cian Ince, Greg Sheehan, Eoin McEnery)
2. Dillon, Eddie Individual Male Pattern, 3 Dan, Senior (21)
2. Fitzsimons, Ciara Individual Female Sparring, to 45kg, Junior (11)
2. Ince, Cian Individual Male Sparring, to 50kg, Junior (10)
2. Laffan, Katy Individual Female Sparring, to 50kg, Senior (19)
2. Lehane, Jenny Individual Female Sparring, to 55kg, Junior (19)
2. Lehane, Sarah Individual Female Sparring, to 62kg, Senior (20)
2. Moriarty, Luke Individual Male Sparring, to 62kg, Junior (24)
2. Junior Female Team Female Pattern, Junior (Jenny Lehane, Isabel Lehane, Ciara Fitzsimmons, Rebecca Mooney, Joanna O'Sullivan, Sarah Jane O'Halloran).
3. Fogarty, Thomas Individual Male Sparring, to 56kg, Junior (24)
3. Forde, Richard Individual Male Sparring, over 85kg, Senior (12)
3. kilcoyne, Michelle Individual Female Sparring, over 65kg, Junior (9)
3. McEnery, Eoin Individual Male Sparring, to 62kg, Junior (24)
3. Moffit, John Individual Male Sparring, to 78kg, Senior (20)
3. O'Neill, Ciaran Individual Male Sparring, to 50kg, Junior (10)
3. Sheehan, Greg Individual Male Sparring, to 68kg, Junior (29)
3. Junior Male Team Male Pattern, Junior (8) (Luke McGrath, Luke Moriarty, Robert Campion Kennedy, Cian Ince, Daniel hagon)















## ITA Host the 25th IUC

The 25th ITF IUC took place in the Citywest Hotel & Convention Centre, Dublin on June 4th & 5th hosted by the Irish Taekwon-Do Association (ITA), NA for the ITF and AETTF in Ireland and hosts of the 2017 ITF World Championships in the same venue. 138 participants attended the course from 24 countries (See list below), with eighteen 7th Dan masters and four 8th Dan Masters participating on the course. It was an opportunity to up skill umpiring knowledge and practice ahead of the upcoming ITF World events; ITF World Cup in Budapest in October 2016 and ITF World Championships in Dublin Ireland in October 2017. The ITF Umpire committee conducted the course, with the presence of the ITF Tournament committee, as well as ITF Director Grandmaster Bos and ITF Technical committee member Grandmaster Lan giving their





guidance. Members of the AETF umpire committee were also present on the course.

ITF Delegates leading the IUC:

- Master Alberto Katz VIII Dan Chairman of ITF Umpire Committee
- Grandmaster Ung Kim Lan IX Dan ITF Technical committee member
- Grandmaster Wim Bos IX Dan ITF Director
- Master Giovanni Ceccenato VII Dan ITF Tournament Committee
- Master Reuben Suarez VIII Dan ITF Umpire Committee
- Master Kurt Ottesen VII Dan ITF Umpire Committee
- Master Coos van den Heuvel VIII Dan Chairman of ITF Tournament Committee
- Master Harry Vones VIII Dan ITF Tournament Committee
- Master Gordon Wallace VIII Dan ITF Umpire Committee

On the Friday evening a promotion test was conducted by Grandmaster Lan and Grandmaster Bos for the Irish Taekwon-Do Association where two people were promoted to 6th Degree (Ms Anne Marie Kinsella and

Mr Declan McMullen) and two people were promoted to 7th Degree Master (Master Mark Buckley and Master Stephen Cooley).

On arrival at the IUC all participants were given a free IUC t-shirt and poster of the event as a memento. The ITF IUC took place over two days. On day one the course leaders gave an in depth analysis of the scoring procedures and rules for ITF patterns and sparring and practical workshops and discussions allowing the participants time to put their skills



to work. The day finished with the distribution of the IUC examination, which needed to be completed by all participants as part of their certification. Day two consisted of ring councils scoring live matches in patterns and sparring and using the ITF electronic scoring system. Video analysis was also used throughout the course with footage of top-level athletes from ITF world championships as a tool for learning, discussion etc.



On the Saturday evening of the IUC approx. 100 of the IUC participants enjoyed the banquet with live traditional Irish folk band entertaining the guests and creating a very lively and enjoyable atmosphere. The Irish Taekwon-Do Association would like to thank all the ITF delegates and participants for making this course such a great success.

#### IUC Participants

##### Country Name Grade

- Ireland Cillian Ferguson 1st Dan
- Ireland Claire Roseingrave 1st Dan
- Ireland Paul Moore 1st Dan
- Ireland Shane Diffley 1st Dan
- Ireland Shane Kavanagh 1st Dan
- Ireland Helen G Finglas 1st Dan
- Ireland Roisin Longe 1st Kup
- Ireland Fiachra Murray 1st Kup
- Ireland Darragh Lawler 1st Kup





- Ireland Marc Walshe 1st Kup
- Sweden Thereze Axelsson 1st Kup
- Ireland Jim Sheridan 2nd Dan
- England Liliana Cottrell 2nd Dan
- england James Telford 2nd Dan
- Ireland Jeanne Byrne 2nd Dan
- Ireland Killian Morar 2nd Dan
- Norway Ronny Karlsen 2nd Dan
- Poland Roman Lewicki 2nd Dan
- Scotland Jason Carroll 2nd Dan
- Sweden Gustav Olsson 2nd Dan
- Switzerland Ambrosini Sanzio 2nd Dan
- Poland Karol Luniewski 2nd Dan
- Poland Katarzyna Gruszka 2nd Dan
- Ireland Nicola Bergin 3rd Dan



- Ireland Ray Curran 3rd Dan
- Bulgaria Hristiyan Tsankov 3rd Dan
- England Jason Ogden 3rd Dan
- Finland Tarja Korhonen 3rd Dan
- Finland Sanna Latosaari 3rd Dan
- Ireland Jack Sheehan 3rd Dan
- Ireland Luke Laffan 3rd Dan
- Ireland Jeroen Wezelman 3rd Dan
- Ireland Rachel Kennedy 3rd Dan
- Ireland Darren Rigney 3rd Dan
- Ireland Rodney Connolly 3rd Dan
- Ireland Bryan Mahon 3rd Dan
- Norway Jan-Erik Didriksen 3rd Dan
- Russia Elena Kharzheeva 3rd Dan
- SCOTLAND JACQUI WALLACE 3rd Dan
- Sweden Maria Hovellius 3rd Dan
- Uzbekistan Eshonov Bakhodurkhuja 3rd Dan
- USA JENNIFER THROO 3rd Dan
- Poland Katarzyna Zoledziowska-Jezak 3rd Dan
- Ireland Miriam Grogan 4th Dan
- Ireland Keith Matthews 4th Dan
- AUSTRIA BAUER Gerald 4th Dan
- Bulgaria Vencislav Ignatov 4th Dan
- England Howard Mayes 4th Dan
- England Jeff Brider 4th Dan
- England Jonathan Emm 4th Dan

- England Michael Turner 4th Dan
- Finland Joonas Helassalo 4th Dan
- Finland Maria Rikkonen 4th Dan
- Ireland Andrew Butler 4th Dan
- Ireland Derek Hanlon 4th Dan
- Ireland Sabina Mason 4th Dan
- Ireland Carl Smullen 4th Dan
- Ireland Stephen Smullen 4th Dan
- Ireland Darren Doherty 4th Dan
- Italy Enrico Berton 4th Dan
- Netherlands Sjef van Stratum 4th Dan
- Norway Fernando Perez 4th Dan
- Russia Petros Mikaelyan 4th Dan
- SCOTLAND GILLIAN MCILVANEY 4th Dan
- SCOTLAND JOHN MUNRO 4th Dan
- Scotland Ronny Roy 4th Dan
- Sweden Anders Holmberg 4th Dan
- UK Ronnie Dewhurst 4th Dan
- Ireland Dave Elson 5th Dan
- Ireland Dave Condon 5th Dan
- Ireland John Ng 5th Dan
- Ireland Paul Floody 5th Dan
- Anguilla Gregory A. Permuy 5th Dan
- Canada Alexandre Michaud 5th Dan
- England Tim Dunn 5th Dan
- England Luke Thompson 5th Dan
- Finland Lasse Kuusisto 5th Dan
- Finland Teppo Häyrynen 5th Dan
- Germany Hodussow 5th Dan
- Germany Evi Wagner 5th Dan
- Germany Andreas Schwaiger 5th Dan
- Germany Sirko Krause 5th Dan
- Hungary Attila Gombos 5th Dan
- Hungary Attila Solti 5th Dan
- Ireland Declan Mc Mullen 5th Dan



- Ireland Anne Marie Kinsella 5th Dan
- Ireland Hong Looi 5th Dan
- Ireland Tony Mac Donagh 5th Dan
- Netherlands Rory de Vries 5th Dan
- Norway Erwin Ayala-Bonilla 5th Dan
- Poland Joanna Lipa 5th Dan
- Romania Banea Ciprian 5th Dan
- SCOTLAND JACQUELINE TIMONEY 5th Dan
- Scotland Brian McGowan 5th Dan
- Spain Francisco Ferrando 5th Dan
- Uzbekistan Klimov Konstantin 5th Dan
- England Piotr Capaja 5th Dan
- Ireland Nigel Stobie 6th Dan
- Ireland Alan Troy 6th Dan
- Argentina Fabian Izquierdo 6th Dan
- Germany Heinrich 6th Dan
- Ireland Adrian Byrne 6th Dan
- Ireland Stephen Ryan 6th Dan
- IRELAND Brian Coughlan 6th Dan
- Ireland Kevin Kinsella 6th Dan
- Ireland Nicolae Mesina 6th Dan
- Italy Andrea Cendron 6th Dan
- Russia Maxim Kim 6th Dan
- SCOTLAND JOHN MCILVANEY 6th Dan
- SCOTLAND GARRY SHAW 6th Dan
- Spain Andreu Martínez 6th Dan
- Spain Ana María Cáceres 6th Dan
- Sweden Niklas Enander 6th Dan
- Switzerland Lesueur Sebastien 6th Dan
- South Africa Bert Gey van Pittius 6th Dan
- Spain Matias Picallo 6th Dan
- Ireland Master Stephen Cooley 7th Dan
- Ireland Master Mark Buckley 7th Dan
- england Master Anthony Mckenna 7th Dan
- England Master Ken Chesterman 7th Dan



- Germany Master Adalbert Wagner 7th Dan
- Germany Master Gassem Mitri 7th Dan
- IRELAND Master Adrian O'Mahoney 7th Dan
- Ireland Master Paul Delea 7th Dan
- Ireland Master Pat Barry 7th Dan
- Ireland Master Patrick O Rourke 7th Dan
- Ireland Master Timothy Forde 7th Dan
- Italy Master Stefano Minotti 7th Dan
- Poland Master Wojciech Zdanuczyk 7th Dan
- PUERTO RICO Master GATO - GATO 7th Dan
- Scotland Master Alexander Dunbar 7th Dan
- United States Master Oscar Perez 7th Dan
- Ireland Master Kenneth Wheatley 7th dan
- Scotland Master David McNairn 7th Dan

- Ireland Master Brendan O'Toole 8th
- Ireland Master Val Douglas 8th
- Netherlands Master James Tjin-a-Tom 8th Dan
- Spain Master Jose Ramon Viudes 8th Dan

#### Participating Countries

- |               |                 |
|---------------|-----------------|
| • Anguilla    | • Poland        |
| • Argentina   | • Puerto Rico   |
| • Austria     | • Romania       |
| • Bulgaria    | • Russia        |
| • Canada      | • Scotland      |
| • England     | • Spain         |
| • Finland     | • Sweden        |
| • Germany     | • Switzerland   |
| • Hungary     | • United States |
| • Ireland     | • Uzbekistan    |
| • Italy       | • South Africa  |
| • Netherlands |                 |
| • Norway      |                 |

## 2 New Masters in ITA

The ITA board of directors would like to congratulate our two newest Masters and our two newest 6th degrees following a senior grading on June 3rd 2016. Following a very thorough testing by Grandmaster Lan and Grandmaster Bos, big congratulations go to Ms. Annie Kinsella 6th Degree, Mr. Declan McMullen 6th degree, Master Mark Buckley 7th Degree and Master Stephen Cooley 7th degree. Our organisation continues to go from strength on so many levels.





## ITA Summer Black Belt Test













# ITA Summer Camp 2016



The Irish Taekwon-Do Association Summer Camp took place from the 22nd – 25th July in the Villiers School, Limerick. The camp was attended by students from around the country and led by some of Ireland's top instructors as well as our guest instructor Master Jerzy Jedut, 8th Degree from Poland. Master Jedut is a world famous instructor and coach to many World champions in all disciplines of Taekwon-Do compe-



tition. Master Jedut instructed session on technical & sparring training at the camp.

The groups of the camp were split in to three levels with a junior group, colour belt cadet & senior group and a red & blackbelt group. Each group did three training sessions per day, training on subjects including Technical training, Patterns, Sparring and Self Defence. In addition to



the planned training, students had the opportunity to take part in consultations with senior instructors, working on specific elements of training they wished to focus on.

Students also had the opportunity to enjoy free time with other activities including a bowling trip. The camp was as always a very enjoyable experience, students of all ages & grades enjoyed the tough but fun training, while instructors had the opportunity to share ideas and to learn from Master Jedut. We look forward to next year's camp already. Photos from the camp can be found here





## ITA Technical Seminar

ITA National Technical Seminar held in Multyfarnham, Co. Westmeath, hosted by Inspiration TKD.



# TAB Intro to Coaching Course

Well Done to the TKD coaches who completed the Introduction to Coaching course in Clondalkin, Dublin this weekend delivered by tutors Adrian Byrne & Carl Smullen. The Intro course is the first step of the Taekwon-Do specific Coaching Development Programme developed in partnership with the Irish Martial Arts Commission & Coaching Ireland. Through this programme IMAC offers its members the opportunity to obtain recognised coaching qualifications and develop awareness of best practice in contemporary coaching methods. Participants now have the opportunity to progress to the Level 1 coaching course.

## Massive Success at ITF World Cup

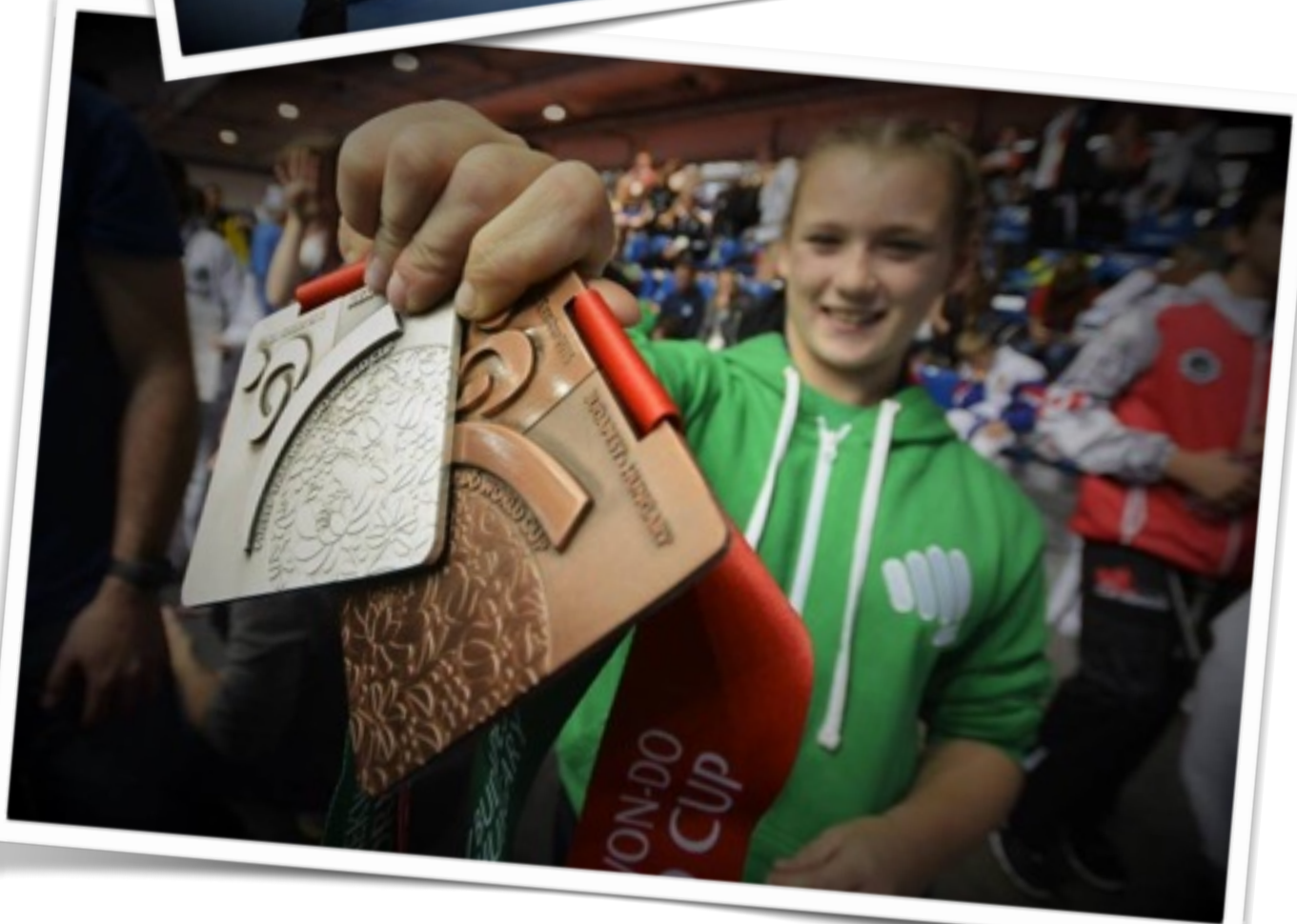
The ITA Board of Directors would like to congratulate the ITA squad (competitors, coaches, umpires, officials, parents) on their huge success at the ITF World Cup in Budapest. The event was the largest ever ITF tournament with 1,852 competitors from 58 countries. Ireland finished 2nd overall with a massive medal haul from our 140 strong squad. You can download all the results at this link; <http://wcup2016.pztkd.lublin.pl/index.php>







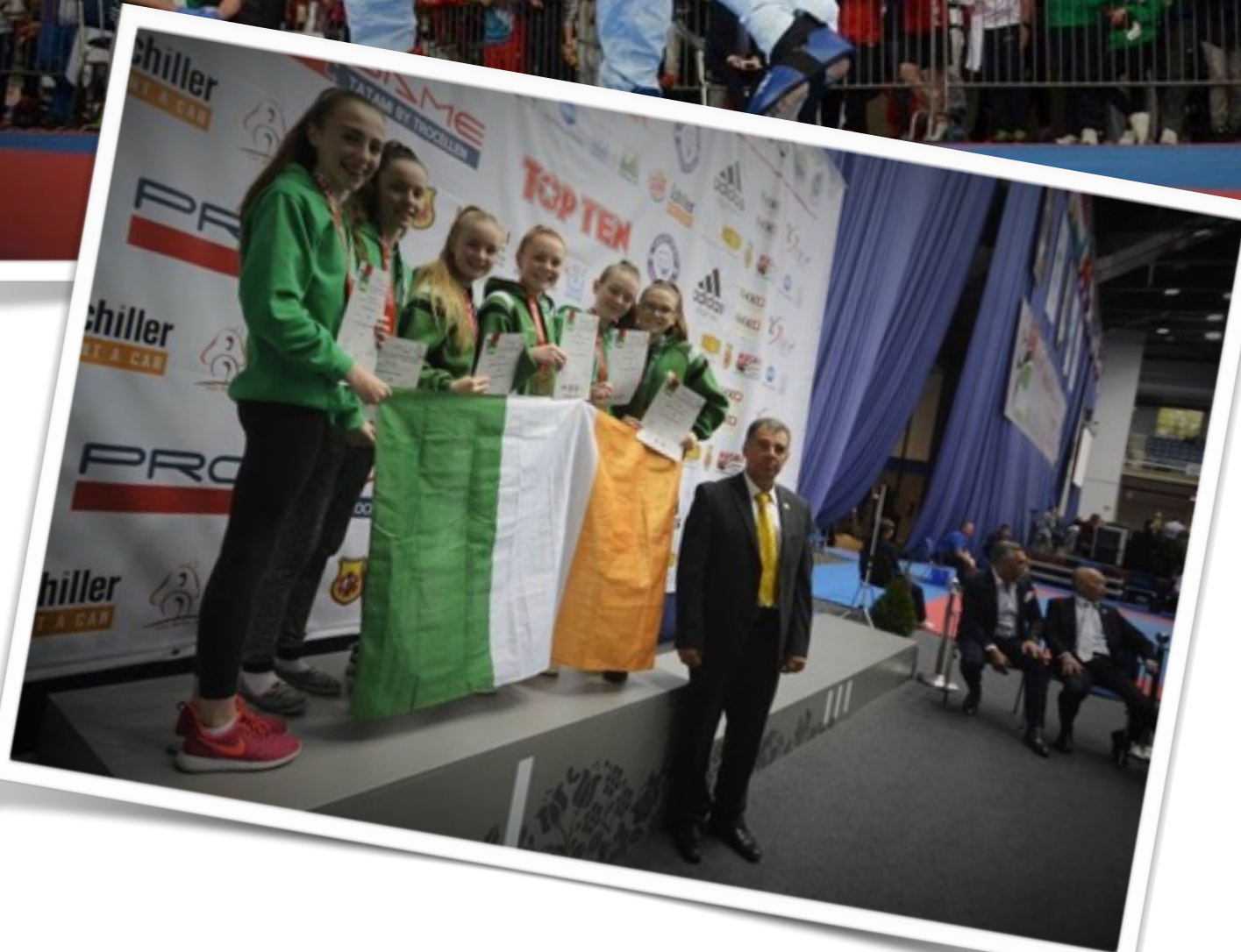






















## Irish Cup – National Championships 2016

The ITA Irish Cup & National Championships took place in the UL Arena, Co. Limerick on the 11th & 12th November. The tournament was the biggest ever ITA competition with almost 800 athletes competing in Sparring, Patterns, Special Technique and Power-Breaking.

As with all ITA competitions there was a high calibre of competition on display, and as the tournament formed part of the selection process for the 2017 European Championships, all sections were very highly contested. This was very much the case in the senior sparring sections, where members of the Irish female teams, who took Gold & Bronze at the recent ITF World Cup as well as the Gold-and-Silver winning male teams were competing, hoping to be selected for the next European



campaign. The first Male sparring medal went to Thomas Fogarty in the -57kg section, while in the -63kg Section Ryan Shelley took Gold ahead of Luke McGrath. In the final of the -70kg Blackbelt division current World Champion Adam Shelley faced off with 2009-World-Champion Luke Woods, with Mr Shelley taking the Gold.

In a large -78kg section, 12 competitors faced off, with 2016 World Cup winner Colm Carroll taking Gold in a quality division. While in the 85kg section Ross Smith took the win with some fine performances.

Katy Laffan took Gold in the female under 50kg section with 2013-World Champion Louise McCagh taking Gold in the -62kgs group where Ellen Ince won Silver. Maeve Magee & Sarah Barry placed 1st and 2nd respectively in the -68kg group

In the senior Patterns, Maeve Magee, Skye Slattery & Naomi Coonghe all won Gold respectively in the 1st, 2nd & 3rd Degree sections. While in the male groups, Philip O'Gorman, Tiarnan Moriarty, Eddie Dillon & Hong Looi took Gold in the 1st, 2nd, 3rd & 4th Dan divisions respectively.

The winner of the Best Overall competitor awards from the 2016 Irish Cup were:



Best Overall Female Junior: Joanne Potter (2 Gold, 1 Bronze)

Best Overall Male Junior: Luke Moriarty (2 Gold)

Best Overall Female Senior: Maeve Magee (2 Gold, 1 Silver)

Best Overall Male Senior: Philip O’Gorman

Sunday was the day for those aged 13 & younger, competing in patterns, sparring and special technique across eight rings. The standard as always was very high from such young competitors showing the future of Irish Taekwon-Do looks very bright. Amongst the most impressive performances on the day were Aaron Finglas, Abbie Walsh, Andrey Mooney, Ellie Hendrick, Jack Barrett, Jack Flynn, Joshua Guyler and Willow Deegan Killeen who all won 2 Gold medals.





Overall the 2016 Irish Cup was a great success, this is largely due to the





hardwork of the organisers and ITA Tournament & Umpire committee of Master Pat Barry, Master Mark Buckley, Mr Adrian Byrne, Mr

[www.taekwondo.ie](http://www.taekwondo.ie)

**NA for ITF & AETF in Ireland**



Stephen Ryan, Mr Stephen Smullen and Ms Laura Ryan. The ITA would also like to thank our volunteers, umpires, competitors & spectators for making the weekend so memorable. We now look forward to the 2017 Cork Open International (11th & 12th February) and the 2017 Dublin Open International (25th March / 9th April) in 2017, ideal preparation for the European Championships in Bulgaria in April and the World Championships in Dublin in October.







# ITA President Promoted to 8th Degree

The ITA Board of Directors would like to congratulate ITA President, Master Kenneth Wheatley on his promotion to 8th Degree black belt following a successful test under the ITF technical committee Grandmasters at IIC number 114 in Paris.







# 54 Promoted at ITA Winter Black Belt Test

The ITA Winter Black Belt Test took place on Sunday Dec 3rd 2016 in Ennis, Co. Clare. The ITA structure their black belt gradings to be a centralised exam twice per year for all candidates in the organisation seeking promotion to 1st degree and above. The minimum age for 1st degree in the association is 13 years old and all candidates must first pass a preliminary black belt test in their own region before qualifying for the centralised national black belt test. The ITA also structure the black belt test with 2 grading panels working simultaneously and with separate examiners for power test, special technique and for theory. Due to Ireland being a relatively small country geographically (you can drive from one side to the other in 2 hours or less) it means that we can work quite easily with all regions across the country bringing benefit to all events such as black belt tests, seminars and championships. It also helps to maintain a good standard by ensuring no club is left working on their own.

The implementation of higher standards at the regional preliminary tests in the last few gradings has led to a higher pass rate at the centralised exam due to the level of student coming to the exam being more prepared than before. For the second central black belt test in a row the pass rate was 100% with all 54 candidates being promoted. It is worth noting that several candidates from each region did not pass the regional preliminary exam to qualify for the central test.

The following is the list of examiners and promoted candidates:





## Examiners:

### Panel 1

Master Tim Forde VII  
 Master Mark Buckley VII  
 Master Adrian O'Mahoney VII  
 Carl Smullen V  
 Anne Marie Kinsella VI

### Panel 2

Master Pat Barry VII  
 Master Stephen Cooley VII  
 Niall Jones VI  
 Adrian Byrne VI  
 Brian Coughlan VI

### Theory

Master Kenneth Wheatley VIII  
 Stephen Ryan VI

### Power/Special Technique

Master Patrick O'Rourke VII

Derek Hanlon IV

Grading Narrators

John Moriarty III

Jack Sheehan III



Promoted Candidates:

| Name     | Surname    | Club     | Promoted to |
|----------|------------|----------|-------------|
| • Ka Lok | Tsang      | Blanch   | 1           |
| • Kevin  | Kapunan    | Blanch   | 1           |
| • Andrea | Crncevic   | Blanch   | 1           |
| • Aaron  | Hollywood  | Blanch   | 1           |
| • Uisce  | Hagon      | Cork ITA | 1           |
| • Eoghan | Myers      | Cork ITA | 1           |
| • Hollie | O'Sullivan | Cork ITA | 1           |
| • Sean   | Andrews    | Cork TKD | 1           |



- Colin Fennessy Ennis 1
- Jake O'Loughlin Ennis 1
- Shona Duffy Ennis 1
- Chou Nam Lin Ennis 1
- Thomas O'Luanaigh Ennis 1
- Clodagh Monahan Ennis 1
- Liam Moran Ennis 1
- Ben Harnett Ennis 1
- Amr Sayed Ennis 1
- Gary Heslin Ennis 1
- cian douglas inspiration taekwon-do 1
- OISIN MURRAY KINGDOM TKD 1
- Leard Xheladini Newlands 1
- Erin McBride Newlands 1
- Kerrie Keenan Northstar 1
- Brian Daly Northstar 1
- Jessica Williams Shannon 1
- Lee Deegan Shannon 1
- Jack Martin Shannon 1
- Zoe Merriman Shannon 1
- Ellie Pyke Shannon 1
- adam hassett waterford tipperary itf 1
- Adam Elder Rivervalley 1
- Ben O'Brien Rivervalley 1
- Craig Walsh Rivervalley 1
- Ben Keogh Donabate 1
- Claire Roseingrave Barefield TKD 2
- Aoife Omahony Cork ITA 2
- Fionn Hagon Cork ITA 2
- Dean Carthy North Mon TKD 2
- Philip O' Gorman Northstar 2
- Shane Tuite Quin 2
- Aidan Morris Quin 2
- Joanna O'Sullivan Quin 2
- Adam Merriman Shannon 2



- Michelle Pyke Shannon 2
- Ching Man Shannon 2
- Teresa Keith waterfordtipperaryitf 2
- Helen G Finglas Rivervalley 2
- Ciara Fitzsimons Rivervalley 2
- Federico Mazzola Rivervalley 2
- Shane Diffley Rivervalley 2
- Eoin O'Connor Dalkey 3
- Gerard O'Rourke Blanch 4
- luke laffan waterfordtipperaryitf 4
- Laura Ryan Quin 5



