



Cambridge & Impington Tang Soo Do Clubs European Championship Results 2015



Cambridge and Impington Tang Soo Do (TSD) Clubs are delighted with the success of its students at the World Tang Soo Do Association's (WTSDA) European Championship in August at Nottingham University. The Championship attracted over **600** competitors representing WTSDA Clubs from across Europe, America and Africa. Club competitors ranged from white belt Tiny Tigers to the club's most senior Dan grade.

Cambridge TSD

Student	Rank	Weapons	Hyungs	Sparring
Mr Nikola Dzhindzhev	1 st Dan Black belt	3 rd		2 nd
Lukasz Gazda	Brown belt		2 nd	2 nd

Impington TSD

Student	Rank	Weapons	Hyungs	Sparring
Mr Nigel Crockett	3 rd Dan Black Belt	1 st	1 st	3 rd
Miss Rachel Crockett	3 rd Dan Black Belt	2 nd	1 st	
Mrs Gaynor Russell	3 rd Dan Black Belt		3 rd	3 rd
Mr Bill Halliday	3 rd Dan Black Belt	3 rd		3 rd
Miss Megan Halliday	2 nd Dan Black Belt		2 nd	1 st
Mr Callum Butler	1 st Dan Black Belt	1 st	1 st	2 nd
Miss Zoe Halliday	1 st Dan Black Belt	3 rd	3 rd	
Mrs Rachel Widdicombe	1 st Dan Black Belt		3 rd	
Mr Sam Widdicombe	1 st Dan Black Belt		2 nd	3 rd
Thomas Webb	Orange Belt		2 nd	2 nd
Stuart Webb	White Belt		1 st	

Mrs Jing Garland (1st Dan Black Belt) also competed. Tiny Tiger Lola Widdicombe produced an excellent demonstration of her jump kicks and took part in one-on-one sparring with other Tiny Tigers before taking on Master Silk in a group sparring session.

Tang Soo Do is a Korean form of karate that has roots extending back many hundreds of years. Training involves a wide variety of exercises including stretching, punching, kicking techniques, hand techniques, hyungs or forms (set patterns of moves), sparring and meditation. As well as developing self-defence techniques, Tang Soo Do training aims to enhance your total self, including your fitness, self-discipline, confidence, and much more. It is also a great way to meet new people.

Cambridge & Impington TSD Clubs are always happy to welcome new members, either as individuals or family groups. Beginners do not need any special equipment and are encouraged to try a taster session. For more information call Master Mike Allen on 07944 078007 or Master Lesley Allen on 07787 552118.

Tiny Tigers train during term time on Tuesdays at Impington Sports Centre. Please contact Master Allen for more information. There is currently a waiting list.

Impington TSD Club trains at Impington Sports Centre Tues & Fri 6:30-8pm.

Advanced Classes (Brown belts and above) take place at North Cambridge Academy Sun 11:00-1:00pm.