

## SCHOOL NEWSLETTER



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LETTER FROM MR. PAUL HEALY  
HMA HEAD INSTRUCTOR

Happy New Year.

During 2010 the schools went so well thanks to the commitment of each and every student to the art. As we move into 2011 we should all try to continue forging forward to reach our individual goal. I can see the potential in every student, gender, age or natural ability are unimportant. The only thing that stops you being the very best you can be is yourself. You must push yourself that little bit further each class, reaching an uncomfortable level of fatigue and working through it is a good thing and will not only increase your cardiovascular endurance but more importantly strengthen your will.

I have seen great displays of perseverance and indomitable spirit from students recently. Some examples are; from Tinahely school Ryan Kenny a green belt attending the junior class, he cycles his bike to training in any adverse

weather conditions even frost and snow. Then after a tough class he has to cycle home again. Another example from Tinahely school is John Mullen an orange belt from senior class, he stubbed his toe on the mats (a common Tae Kwon Do injury) which resulted in a broken toe. Not allowing such minor inconveniences to hamper his training John never missed a class training away with his injury.

Such displays of perseverance and iron clad will is humbling to me and I am blessed to have such a loyal following of students in both schools. Each students level of commitment does not go unnoticed, only with this level of dedication, determination and discipline can you really start to see the benefits of Tae Kwon Do.

As I continue to say in class Tae Kwon Do is much more than kicking and punching, it is a life skill, it cannot simply be attended for a few hours every week and then put away until the next lesson, it is a knife edge that must be continually honed to remain sharp. It is a path to excellence, just as thin as that knife edge and without constant awareness of your gifts and focus on your goal ahead you may tip the balance, loose your

way and fall from your training like so many have done. It is easy to go training when you want to, it's the nights (and there will be many nights) that you don't want or feel like it. This is where your perseverance and your indomitable spirit come in pushing you to get to class and that might be one of your best nights training.

Students helping fellow students in or before class is great to see and shows the true spirit of Tae Kwon Do; friendship. Helping out in class is very important especially for red suits as you are now in the advanced section of your training and should be well able to advise and demonstrate any of the white suit moves and answer any of their questions. You should understand that a lower grade will look up to you and that is why everybody must keep pushing themselves in class. If a lower grade sees a higher ranked student taking it easy in class then they will do the same. Train hard and lead your fellow students by example.

So set your training goals now to ensure that 2011 will be another great year in your personal Tae Kwon Do journey.

*"Don't wait for it to happen, Make it happen!"*

*Students should find out about our Grandmaster at [www.aimaa.com](http://www.aimaa.com)*

[www.leinsternutrition.com](http://www.leinsternutrition.com)

*Check out our on-line store for a full range of sports nutritional products*

## WELCOME TO AIMAA AND HEALY'S MARTIAL ARTS

If you or your child are new to our schools you should understand that we are only a small link in the world-wide Tae Kwon Do community. The AIMAA or Action International Martial Arts Association which is headed by the world famous Tae Kwon Do Grandmaster Hee Il Cho and has it's headquarters in Honolulu, Hawaii and has schools around the world. We are all lucky to be a part of such an association and the benefits it brings.

There are many things different in HMA than in other activities. One thing that always seems to cause a bit of misunderstanding are the cards you receive when you pay your class fees at the start of each month. These have a few different uses. Firstly it is a receipt for your payment of that months training. The cards should be kept in the gear bag and brought to the instructor before each class. The instructor initials the card in the space provided and returns it to the student for safe keeping. A half monthly card gives you access to four classes per month and a full monthly card gives you access to

ten classes. When the card has no more space left you have no more classes left that month. At the end of the month which is printed on the card it cannot be used to attend classes anymore even if there are still spaces left on it, a new card must be purchased on the first class of every month. This is to encourage students to attend both classes per week at the school and still have room for a couple more in the sister school.

You must retain the card even after its used up so you have a record of classes attended between gradings. A student in white uniform must show cards proving a minimum of 24 classes attended between gradings and a student in a red suit must show a minimum of 48 classes attended. If the student did not pay for the month then they will not receive a card and so cannot reach the number of classes needed to grade. Please note this is in force from January 2011 so make sure not to lose your/your child's card.

This is the only way to discourage students from missing payments and try-

ing to rush grading times. In Laragh school especially the number of students went to and above the halls capacity and to try and keep an accurate account of each payment and attendance record would have taken me over half the time we have the hall rented for class.

We all need to use the trust method every month, I trust you will pay for each class and you trust that I will supply the best Tae Kwon Do instruction I am capable of every class. There are massive overheads in the running of two schools more so in Tinahely school with Council rates and management fees on top of the payments and rent. I will never make much money from teaching my art, I simply want to continue to spread Cho's Tae Kwon Do to the community. I don't want to seem pushy but it is not fair to the students that are paying every month, I simply want to bring it to peoples attention as I know there is nobody purposely not paying their fees, but with the hectic lives we all lead the months pass people by without realising.

## SCHOOL GRADING

We were hit with awful weather in the end of 2010 and it really messed up plans for our school grading which we had booked for Tuesday the 30th November. It was then postponed to the 10th of December and then to the 23rd of December all of which never happened due to the snow. Conditions were just too dangerous to drag people out onto the roads.

The new date for the grading was agreed for Friday the

28th of January in Mrs. Byrnes Tae Kwon Do school in Aughrim and I sent out flyers to parents stating that date and location. Unfortunately the heating pipes burst in that school due to the frost so we are now bringing it back to Laragh on the same date, Friday the 28th of January at 6.30pm

With everybody ready for grading since November there will be no problem for everyone to pass with flying

colours as we have covered every part of the curriculum in detail. Remember if for some reason you don't make the grade don't allow that to stop you from training. Don't think of a grading that gives you no change of belt level as a failure, it should be viewed as a second chance to show just how good you can be at your belt level.

*A loss only becomes a failure when you don't learn from it.*

## GRANDMASTER HEE IL CHO 2011 SEMINAR

It is with great pride that I announce the official schedule for the European Tour of Grandmaster Hee Il Cho. Grandmaster Cho will be visiting Europe to undertake seminars in Ireland and Scotland during September 2011. During this time he will also be conducting the International Black Belt testing in Ireland.

The 1st International Seminar will be held on

the 24th September, followed by the International Black Belt testing on the 25th of September. Grandmaster Cho will then fly to Scotland to conduct the 2nd International Seminar on the 26th of September.

All seminar details, location and costs will be posted in the coming weeks. We look forward to once again welcoming Grandmaster Cho back to our country, as well as the

many associations and students attending this phenomenal event!

2011 is already shaping up to be a great year with many A.I.M.A.A events on our calendar, however I am sure each and everyone of you will ensure you don't miss out on this fantastic event, by pre-booking your ticket with your Instructor and registering your name



## 2011/12 SUMMER CAMP'S

Every other year all the Masters, Instructors and students from around the world meet and train together at the A.I.M.A.A summer camp which is booked to return to Orlando Florida in 2012. This is a great location for training and a family holiday with perfect sunshine and theme parks like Walt Disney World, Universal Studios and Sea World right on your training doorstep it is the ultimate Tae Kwon Do Summer Camp. So start making

plans now if you wish to attend the 2012 camp.

There is also a European Summer Camp in the channel island of Jersey on 21st -25th July this year. This is another great camp location because Jersey offers first class training facilities along with excellent family activities, with reasonable food and accommodation prices. These Camps are an opportunity to meet your fellow Martial Artists and swap training advice and

stories.

The camps are a week long of training usually from 9am-1pm each day, then you have the rest of the day to do as you wish or you'll always find someone to continue the day training with if you so wish!

If you or your child are interested in attending these trips please contact us to avail of the full details.

*Modesty,  
Courtesy,  
Integrity,  
Self Control,  
Perseverance,  
Indomitable Spirit.*

## AIMAA NATIONAL CHAMPIONSHIPS

On Saturday the 12th of February Mr. James Farrell will be holding the AIMAA National Championships in the ALSAA Sports complex at Dublin Airport.

There are divisions for point and continuous sparring and breaking all in a one day event. This is a great competition and as it is our associations nationals each and every HMA student should be there to support it.

The competition is pre registration only and you will be given the registration forms in class to be filled in by you. Entrance fee is €20.00 for one or all events so it is in your interest to put your name down for all events.

Competitors should be there by 9am on the morning of the tournament and have all their sparring gear, water and a towel with them, don't expect

to be able to borrow someone else's gear on the day as divisions will overlap during the day.

For more information on this or any tournament or to order your sparring gear contact Mr. Healy as soon as possible

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Grandmaster Cho's  
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and DVD's available  
now from HMA.*

Check out these  
web sites

[www.tkd-ameris.com](http://www.tkd-ameris.com)  
[master-darcy.com](http://master-darcy.com)  
[aimaascotland.com](http://aimaascotland.com)

www.tkd-ameris.com

## MISS STEPHANIE MERRIGAN ASSISTANT INSTRUCTOR HMA LARAGH



**Miss Stephanie Merrigan receiving her Black Belt certificate**

Tae Kwon Do means something different to everyone, it can be a way of keeping fit, meeting new people or developing a new past time. But anyone who has trained for as long as I have, it becomes a way of life.

It was back in 2002 when I first began my training. Master Byrne had just opened the school in Laragh everyone was a beginner and eager to learn. Classes were a tiring experience for everyone but with hard work and patience the rules and tradition grew on us all.

Before joining tae kwon do I played other sports but I was never filled with the desire to achieve anything like the goal of becoming a black belt. With focus on developing as an entire person, mentally, physically and spiritually. Without these three essential aspects, this goal cannot be achieved.. Grading days are each a stepping stone along the way to achieve my ultimate goal.

Half way along my Tae Kwon Do journey Mr Healy

took over the Laragh school. Mr Healy continued with Master Byrnes focus on tradition but was also had a great interest in kickboxing. I decided to give his kickboxing class in Tinahely a shot despite the lack of females. It was intimidating at first but I grew to love doing this training and it also helped me focus more on my power in Tae Kwon Do. When Master Byrne occasionally returns to take class I am reminded of the class when I first began, he still always has something new to show us and is a great instructor.

Many times throughout my training my goals seemed daunting but often I referred back to the student handbook for Grandmaster Hee Il Cho's words of inspiration:

*"The task is difficult; there are many despairs that will taunt you and require much patience of you. But, if you are willing to make the effort and commit yourself, the rewards are limitless, more than you can really imagine this I promise you."*

Everyone has their own aspects at training which they excel in and enjoy the most. Personally I enjoy pad work and partner training. I find these areas easier to push myself in as they add a healthy competitive edge to training. Of course there are parts of training I find difficult but generally these are areas I just need to work harder on. For instance when I begin to learn a new pattern I struggle but when I finally get it something clicks and I can focus on improving it. Patterns involve flexibility, strength and patience. The time needed trying to perfect each pattern is what is needed to excel in any aspect of Tae Kwon Do

Preparation was key in the months leading to my black belt grading, training became daily and crucial. I knew on the day there was no room for error because I had the privilege of being graded by Grandmaster Hee Il Cho himself. The closer the day came the more anxious I became. When the day finally arrived and excitement substituted the anxiety. It was not until the warm up confidence and perseverance took over. On reflection mistakes were made but I feel I have learned from these mistakes.

To top off the weekend Grandmaster was teaching a seminar which I am sure every person there will never forget. Everyone was at their best with a contagious determination in the air.

Now that I have my Black Belt my journey has just begun, and I am forever looking for ways to improve. With increasing belt level comes increasing responsibility. Mr Healy now involves me much more in the do-jang, taking classes and encouraging me to start my own do-jang one day. In the recent summer I took up Muai thai which is a different fighting style but will ultimately make me a better martial artist.

I have been lucky to have been taught by great instructors in Master Byrne and Mr Healy and occasionally Master Darcy. Also Miss Doreen Byrne has been a great female inspiration to me. I have no intention of giving up anytime soon and I am now fully focused on my next goal of achieving my 2<sup>nd</sup> Dan.

## AIMAA TRADITIONAL CHAMPIONSHIPS

This years Traditional Championships are to be held in Mr. Declan Dermody's school on Saturday the 9th April.

The school is in Rolestown Co. Dublin which is about ten minutes drive north of

Swords.

As every year we need to show support for this event as it is the toughest traditional competition in Ireland. If you get placed in this tournament you have truly earned the place as no

other tournament has such a high standard of judges over each ring.

Full details have not been finalised as yet but entry forms will be given out in class as we get closer to the date.

## MASTER BYRNE CLASSES

Master Peter Byrne is teaching Black Belt only classes once per month in Aughtrim, all Black Belts in the area should be attending the classes. How lucky are we, getting a Master Instructor driving from the other side of Ireland to teach us! It should be the other way around! These classes are usually mid month and at 11.30am Sunday morning. Check our website [www.hma.ie](http://www.hma.ie) or Healy's Martial Arts on Facebook

for updates of these classes.

HMA is extra lucky as Master Byrne comes up to do a white belt and colour belt class in Laragh on the Friday night of the Black Belt class weekend. That means every belt level in HMA gets a Master Class brought to them once a month. Make sure to show Master Byrne respect in class each and every time he teaches us.



Some of HMA white belt students after Master Byrnes class in Laragh Nov 2010

## 2011 BEST OF THE BEST CHAMPIONSHIPS

Master Pat White's Best of the Best championship is always a great tournament for any up and coming fighter or traditional competitor. HMA will be there this year to compete with some excellent Martial Artists and hopefully win some titles too! Master White also runs the All Ireland Tae Kwon Do Championships and the brand new

Korean Kickboxing Championships which I am very excited about. Here are the 2011 dates of each competition

The battle of the champions Sat 29<sup>TH</sup> JAN 2011

The Nationals Saturday 16<sup>TH</sup> APR 2011

ALL-IRELAND OPEN TAE KWON DO CHAMPIONSHIPS FRI29/30<sup>th</sup> APRIL

Open All Ireland

Korean Kickboxing Championships Sat 18<sup>TH</sup> June

The Meltdown 24<sup>TH</sup> Sep

The Final Countdown Saturday 5th November

With so many dates here you should be making an effort to attend some of these tournaments if you hope to become well known as a serious competitor.

## STUDENT PROFILE



NAME: **Eve Hamilton**  
 AGE: **11**  
 GRADE: **Red**  
 YEARS TRAINING: **5**  
 HMA SCHOOL: **Laragh**

**Eve is due to grade for Black Belt under Grandmaster Cho himself in September of this year**

FAVOURITE THINGS  
 PATTERN: **Yul-Kok**  
 KICK: **Roundhouse**  
 PART OF TRAINING:  
**Taking warm up's**  
 HAPPIEST MEMORY IN  
 TKD: **Grading for the first time**

*To train both body and mind through Tae Kwon Do,  
 To be a courageous opponent against all untruths,  
 To promote a friendly relationship amongst all people,  
 To follow all the rules of Tae Kwon Do and my Instructor.*

*Students can keep fully up to date with daily updates by*

*joining us on Facebook*

*or check out videos from our association and schools on*

*[youtube.com/choskicks](http://youtube.com/choskicks)*

*The Basics are a puzzle. Once you know them, you never need to think of them. If you don't know them, you can never get past them. If you know them, they are nothing. If you don't know them, they are everything. Take the time to make them nothing.*

Grandmaster Hee Il Cho

www.hma.ie

*HMA Gift Vouchers are the perfect gift for any occasion throughout the year.*

*We always have a full range of Martial Art clothing and equipment for sale in store.*

## 2010 AIAAA NATIONALS

This year AIAAA held the National Championships in Limerick. The Kilmurray Lodge was the perfect venue and backdrop to some excellent continuous sparring, point sparring, high kick and destruction techniques hosted by Mr Aeneas O'Conner and Mr Ger Ryan.

Healys Martial Arts was, as always, to the fore in these championships with a very respectable haul of 6 medals from the 4 students who participated.

Ms Stephanie Merrigan led the way with a bronze in sparring. This was Ms Merrigan's first championships as a black belt and she acquitted herself fittingly.

On day two it was the turn of James Byrne

(white belt) to step out onto the mats. James had some very tough opponents, he held his nerve and with a superlative display of kicking techniques he won the day and National Title.

John Byrne (green belt) competed in sparring and breaking, taking two well deserved gold's. John's superior sparring saw him comfortably through and he later added his second National Title in destruction technique.

Finally David Browne (blue belt) also competed in sparring and breaking and did well to reach both finals ultimately collecting two silvers.

No championships could take place without all the volunteers and staff who organise such events. Our own Mr Paul Healy

had the longest day of all, refereeing from start to finish. It is this dedication to maintaining standards that gives AIAAA the ability to attract new students and grow as an organisation.

All in all a satisfying championships for Healy's Martial Arts.

Congratulations to all who participated

Article by David Browne, Blue Belt HMA Laragh



## MASTERS PROFILE



### **Master Peter Byrne 6th Degree, AIAAA Ireland regional director.**

Master Byrne is one of the toughest and well rounded Martial Artists in the country, he has won numerous world titles in AIAAA for patterns and breaking and has also coached the AIAAA Irish national team. Master Byrne started out in Tae Kwon Do in RITA's Arklow branch under Mr. Brendan Roche in

1977.

On receiving his first degree Black Belt under Grandmaster Cho in 1987 (then AITA) he immediately opened the Aughrim Tae Kwon Do school which has turned out many top level Martial artists since then. I started training in that school in 1990 and Master Byrne has been my inspiration in TKD since then.

Master Byrne built a Martial Arts empire in Wicklow and Wexford and with the help of his Black Belt students he had Cho's TKD schools running in Aughrim, Laragh, Knockananna, Carnew, and Enniscorthy, all at the same time! That's on top of open-

ing the Avoca school in 1989 and Crannford in 1995.

Master Byrne has such an in-depth knowledge of self defence and one step sparring that he is asked to teach all over the world.

As long as I am in Martial Arts he will remain as my instructor and my father in TKD. Master Byrne's tough no nonsense look on training has been a major influence on me and students worldwide. I am so lucky to have such an accomplished Master so close to me. Every time Master Byrne teaches a class- be there, and learn!

## MR. DAMIEN MURPHY ASSISTANT INSTRUCTOR HMA TINAHELY



“Face the corner, backs to each other...”

The four of us stood in an area the size of a snooker table in the centre of the Sports and Leisure Complex, Loughlinstown, about to perform Kwang Gae at Grandmaster Cho's request. It was August 1987 and this was my Black Belt grading.

My heart was racing, I had performed this pattern in Tinahely Hall facing each wall on numerous occasions but never facing a corner, with three other Black tips over my shoulders. It was my first time to meet the great Grandmaster Cho, this alone was overwhelming. My first time to perform Kwang Gae for him, my first time, and the most important time. I took a deep breath and waited for that calm but forceful “She-Jak” instruction. A few minutes later I had performed my pattern finishing nicely - facing my corner!

There is a certain naïve and overwhelming joy in being tested. It's the frontier for showing your peers your own capabilities, your own achievements, your own individuality. Like any test one has to be prepared, and even with good preparation one can be challenged, but Tae Kwon Do prepares not only the body for gruelling moves, but also the mind, to adapt to

a given situation. I guess this is how I got through Kwang Gae that day.

Every time we step into a dojang we are being tested. The bond of trust between instructor and student enables the student to grow. The instructor places trust in the students capabilities therefore ‘allowing’ the student in turn, though trust in their instructor, to perform and perfect techniques and strive towards their full potential.

My instructor was Mr Oliver Hosey. Our school was based in Tinahely with 30-35 students. Gerry Byrne and my brother Ronan also graded to Black Belt with me. Mr Hosey was a fine instructor and we all trained very hard under him. Breaking corrugated roof tiles was a regular session, sparring with the seniors and lots of press ups on your knuckles! Doing laps running backwards was also a drill which helped improve balance and agility. One has to be able to retreat swiftly as well as attack. A famous quote of Mr Hosey's was “Practice does not make perfect – but perfect practice makes perfect!”

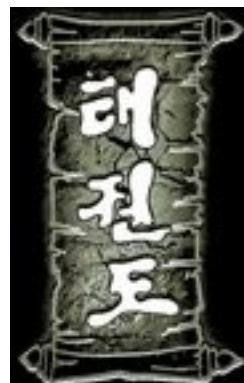
I remember one particular Sunday morning, “extra” training with just myself and my good friend Alan Elliott, a red belt being put through our paces by Mr Hosey. We did traditional moves up and down the hall for about an hour and then Mr Hosey said “put the sparring gear on. We both sparred with a punch bag for about 20 minutes, then each other. My legs had gotten so tired I could barely lift them but I remember Mr Hosey shouting at us “Come on, your like two auld women, lift your legs.”

2 ½ years ago, Mr Paul Healy was encouraging me to go back training. I had flirted with the idea before but never taken it seriously. I decided to give it a go and dragged a friend along too. I'll never forget that training session either!

Mr Healy started with 50 squats, 50 press ups and 50 leg raises – for good measure! I thought I was going to have a heart attack. I stuck with it knowing I needed to get much fitter and now I'm proud to say I'm still training and hoping to grade for my 2<sup>nd</sup> degree in June 2011.

Mr Healy has given me a new lease of life re-introducing me to this intriguing world of Tae Kwon Do. Tae Kwon Do was my childhood love and now thanks to Mr Healy I can strive to make it a lifetime love.

I guess if your thinking of taking up Taekwondo or going back to train after a long break my only advice is don't think too much about it – just do it! You wont regret it. You'll open or re-open a door to a world of self-fulfilment, self-preservation and unimaginable opportunity.



## UPCOMING EVENTS 2011

### January

Fri 28th, Grading Laragh.  
Sat 29th, Master Byrne class, Aughrim & round one of The Best of the Best, Dublin

### February

Sat 12th, AImAA National sparring and breaking championships, ALSAA Dublin.  
Sun 20th, Master Byrne Black Belt class, Aughrim 11.30am  
Sun 27th, round one of HMA club tournament

### March

Fri 18th Grading Laragh,  
Sun 20th, Master Byrne Black Belt Class, Aughrim

### April

Sat 9th Apr, AImAA Traditional Championships, Dublin.  
Sat 16th, Round two BOTB, Dublin.  
Fri 29/sat 30th All Ireland TKD Championship.

### May

Sun 1st Dulthon 5K road run 20K cycle, Tinahely.  
Sun 22nd, round two HMA club tournament

### June

Sat 18th, All Ireland Korean Kickboxing Championships.

### July

Fri 8th, Grading, Laragh & school summer closing.  
21/25th Summer camp Jersey

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## HMA 2011 CLASS TIMETABLE

### *LARAGH SCHOOL; Brockagh Resource Centre*

<i>Tae-Kwon-Do (All ages)</i>	<i>Tuesday &amp; Friday</i>	<i>7:15PM</i>
<i>White belt class (All ages)</i>	<i>Friday</i>	<i>6.45pm</i>

### *TINAHELY SCHOOL; Unit 12, Riverside Business Centre*

<i>Junior TKD</i>	<i>Monday &amp; Thursday</i>	<i>6:30PM</i>
<i>Senior TKD</i>	<i>Monday &amp; Thursday</i>	<i>7:30PM</i>
<i>Panther Class</i>	<i>Saturday</i>	<i>10.00AM</i>

## HMA SCHOOL PRICELIST

€60.00 per month. This allows you to train twice weekly in your school and attend class at the other school also. €30.00 per month for four classes per month. Panthers €30.00 per month. Family discounts available contact Mr. Healy directly to make your own personal family deal. Monthly fees are to be paid at the beginning of the month in payment for that month. E.g. pay on first class of January for the month of January.

## AIMAA PANTHERS CLASS

HMA has started a Panther class for 4-6 year olds in Tinahely every Saturday morning from 10-10.30am. The panther classes will get children much more ready for the junior class. The earlier we can start the children off in Tae Kwon Do the better for them and even though we take children from 5 in Laragh I feel that this age needs a little more one-on-one time with the instruc-



tor to settle in to training. If this class is a success in Tinahely we may look into starting one in Laragh too. If you have a child or younger brother or

sister that would love to start training then please contact us at info@hma.ie to book your child's place.



## AIMAA IRISH TEAM TRIALS

The AIMAA Irish team has been quiet of late but I get lots of enquiries from students about it and their wish to fight on the team. I have brought this up at the Black Belt meeting and lots of instructors are also interested in setting up a national team again. We will be running trials over the year in different parts of Ireland and if you are interested in fighting

For your place on the team then you must travel to each and every trial. To get onto a national squad in any sport you will have to show pure dedication to the cause. When I got picked for the 80KG position it was after weeks on end of trials in portlaoise which went on all day sundays and were gruelling conditioning and sparring sessions which started with over 200 students competing for

just seven team places. Any student with a passion for competition should try out for the team. You will get to compete top level fighters from other countries and there is no bigger honour than to fly your countries flag in your chosen sport. To find out more about the team trials please see me in class.