

# ILT International Instructors Course

**3rd/4th November 2007**

On Saturday 3rd November over 150 students gathered at the Vauxhall Recreation Centre in Luton England for the 3rd ILT International Instructors Course. This was an open seminar for anyone whether already studying a martial art or merely wanting an introduction to what styles are available and if any suit them. The course was hosted by Master Hiron John (VII degree - President of ILT TaeKwon-Do, England).

The day started at 12:00 with registration followed by a vigorous warm-up, compliments of Mr Andy Betts VI Degree the students then divided into groups so as to rotate around each area and experience the multiple martial arts on offer.

Instructors for the day included Master Cliff Witcher (7th Dan Ju-Jitsu) who introduced the students to the hard style of Zen Kenpo jujitsu through small circle applications, kenpo attacks and pressure points. Master Witcher also gave a demonstration of the heavier throws found in his style - a favourite among the

younger members. Mr Daniel Morris (III Degree) also introduced Aikido but focused on throat attacks and utilising walls in your defence. Mr Max Hoo-Quartey (III Degree) introduced Tai Chi whilst Mr Jason Bernard demonstrated kung fu. Mr Kevin Kelly from Ireland and Phillip Bartlett (IV degrees) took the students through some Korean kickboxing sparring drills. Miss Michelle Day 1st Dan introduced students to the weapons of nunchaku and escrima whilst Mr Andy Betts (6th degree) showed Jo, (4ft staff) attacks and defences and how to defend against short weapons such as knives and broken bottles.

The day concluded with presentations of certificates for courses & gradings and student of the year trophies. Everyone received a commemorative poster of the event, a fitting end to a very enjoyable day. All students left happy with their new found knowledge, many retreated to the bar for some well earned refreshments before proceeding to a local restaurant for a hearty meal and some socialising. For most it was an early

night as there was more training planned for Sunday.

Sunday 4th was dedicated to the patterns found within TaeKwon-Do. This seminar was conducted by Master Hiron John who took the students through the fundamental movements found within the patterns (a set series of movements in defence and attack against imaginary opponents). The method of teaching allowed anyone, whether a TaeKwon-Do student or not to be able to participate without confusion and develop their own skills with the knowledge gained.

The day concluded with the grading of over 125 students. Special congratulations to Mr Kevin Kelly from Ireland and Mr Chris Knights from England who both achieved their 4th degree black belts. Also, congratulations to Mr Adam Drury, Mr Leigh Kelly, Mr Tyler Yoxhall, Mr Joshua Allman, Mr Leo Allman, Miss Theda Harriott, Miss Michelle Day, Mrs Fiona Conway and Mr Kevin Willoughby who all successfully passed their 1st degree black belt grading.

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