Colour Belt Technical Seminar – The GAMBIA 29th December 2018

Sabum Mr Malik Ayman 4th Degree: Chief Instructor FIVE PILLARS TAEKWON-DO : UK

The beauty of International Taekwon-Do Federation (ITF) our strength in sharing and willingness to help each other develop (anywhere anytime on the any continent).

Africa – Europe – UK, three came together as ONE with ONE goal ONE aim to share develop progress ITF technical understanding development of Taekwon-Do

Invited to Africa, by the President of Gambia Taekwon-Do Association, Mr Bob Boubbacarr to share knowledge and insight covering all the colour belt patterns from 10th Kup to 1st Dan Black Belt

Supporting and upholding the Taekwon-Do tenets & oath – Courtesy – thank you to Sayhun Master Niklas Enander of ITF Africa Development Team – without whom sincerely this entire seminar would simply not happened (as The Gambia conversion to ITF was supported by Master Enander foundation setting whilst in Africa and in The Gambia – last trip was May 2017)

Five Pillars Taekwon-Do, Chief Instructor Mr Malik Ayman, supported by full translation by Administration Manager of Five Pillars Taekwon-Do Mrs Maimuna Ayman whose mother tongue is Wolof which is one of the main languages spoken in The Gambia - in addition students from Five Pillars Taekwon-Do, Mr Muhammad Ayman & Miss Majida Ayman both took part in the seminar – In addition appreciate thank you to Head Instructor of Senegal Taekwon-Do Association (Mr Seck Thiam – who translated to French for benefit of Senegalese students)

The event was conducted with introductions firstly and meeting with also present Senegal Taekwon-Do Association (headed by Instructor Mr Seck Thiam) who with his students was also in The Gambia coincidently at the same time and they all also attended taking part too

A light short fun warm up was the start, with straight in to basic fundamental technique drills

Instructor Ayman then proceeded with covering all patterns from White Belt 10th kup to 1st Dan Black Belt in the following format

* Each pattern the additional 3 – 5 movements were selected and explained,
* Correct formation of techniques
* The different Taekwon-Do motions which appear in the patterns from Dan-Gun up to Choong-Moo
* Covered and explained – importance RELAX – PREPARE – EXCUTE movement 80/20 breathing rule for most movements
* Competition focus and details to note – starting & finishing spots for colour belt patterns, correct breathing, body posture and formations

When asked by Instructor Mr Ayman to the group, shall we pause for a break after 2 hours and 30 minutes approx. – everyone replied “no keep going” we did and went on the cover a few more patterns up to Black Belt 1st Dan

After which a mini competition between the students was conducted with three judges and reasons for selecting winner student for patterns

In closing, I must say that the standard in The Gambia is without doubt tremendously HIGH standard – I say this as having been fortunate to teach for over 13 years and share both teaching – learning in various parts of the world instantly from the start the IMPORTANCE of the fundamentals the 1st tenet COURTESTY is evident from all and with this truly being embraced it allows for excellence in development of ones learning ability Taekwon-Do and in other areas of life

I do look forward to meeting with both Gambia Taekwon-Do Association and Senegal Taekwon-Do Association respectively again – most certainly will be looking forward to seeing appearance at World ITF Championship in Germany April 2019

Thank you for inviting me and for allowing me the honour to share teaching and develop through teaching others too

Through our unity and respect we can achieve excellence TAEKWON

Kind Regards

Instructor Mr Malik Ayman

Five Pillars Taekwon-Do