

# Thesis by Garry Shaw VI Degree

## ***Introduction...***

My name is Garry Shaw, I am 45 years old, and my journey in TaeKwon-Do began 29 years ago in Stirling, Scotland. This Martial art was new to our area at this time, and after trying out other different arts, namely Karate and Judo, I had decided at this point that TaeKwon-Do was for me!

The way it was demonstrated and my participation in the first class had me hooked from the beginning. From the onset I knew that I wanted more than just two classes per week, so I travelled all over Scotland to get as many classes in as I could per week. My instructor at the time, Mr David Murphy was a 3<sup>rd</sup> degree black belt when he opened his school in my area. He used to put on regular squad training sessions and other events that we could all participate in.

We eventually got involved with the UKTF under the ITF and this is where I met my current instructor and someone I value as a very good friend, Master David McNairn VII Degree.

Master McNairn and I get together as often as we can for training sessions, seminars, courses, Black Belt gradings, etc. along with other senior instructors and I greatly value all of his advice and technical knowledge. When Master McNairn comes down to visit my school, my students thoroughly enjoy their time with him. I think it is important to invite guest instructors into our schools as everyone has different styles of teaching, and we all continue our journey in learning every day.

There is nothing more satisfying than getting our doboks on and training together, and I, along with other Masters in Scotland, encourage this. This is the beauty of TaeKwon-Do, we can never get enough training and being a part of something special!

## **Board of Directors – ITF Scotland**

I served as a board member from 2010 – 2019 holding the positions of Board Director, and then Treasurer.

## ***Schools...***

I currently own three TaeKwon-Do schools in Central Scotland. The areas I teach in are Falkirk, Larbert, and Denny. My first school opened in Falkirk in 2009, followed by Larbert and Denny in 2016. I am also currently employed as a Golf Course Manager, however my circumstances will be changing in March 2020, which will allow me to expand my TaeKwon-Do teaching to a full time basis. I am looking forward to this new chapter in my life, as I already work closely with all the local authorities and am regularly asked to go into the primary schools to teach TaeKwon-Do. This is a fantastic opportunity for me to promote TaeKwon-

Do to children who may not otherwise ever be exposed to it, and give them an understanding of what this martial art is all about.

### ***Hosin Sul...***

One of the topics I'd like to cover is Self-Defence in Taekwon-do.

I worked as security on the pub doors and in nightclubs between 1998 – 2008, the reason for this at the time was to help bring in some extra income, and was also persuaded by friends who worked on security at the time to come on board and help them out.

There was a great team spirit that we all had working together, as we all had to look after each other.

Over the duration of the ten years I worked the nightclubs, I am happy to say we never had too many altercations between the public and the security team. Our policy was to talk the person down, first and foremost, then if need be restrain anyone attacking security or our customers.

The 'Do' plays a huge part in our everyday life, in the dojang and on the street.

I finished working on the doors and in the clubs when I met my then girlfriend, now my wife, Karen. I felt at that point it was the right time to leave this industry, more so to be with Karen and also to pursue my other goal, which was to open my own TaeKwon-Do School.

### ***Why Hosin Sul is important in TaeKwon-Do...***

I, like many others, believe that all TaeKwon-Do techniques have to be executed in class with absolute realism. When I see self-defence in some other classes, I take a step back and think, "really?... maybe it would be better done this way....." When Master McNairn and I get together, we discuss this at length, and when I see what he teaches in the African development seminars, we both agree on what we'd like to see being taught - Realism!!

We learn in TaeKwon-Do not to hurt people, but to protect ourselves and others that may be vulnerable, however what we teach MUST work, and has to be effective. We must teach in a way that demonstrates the power required for the execution of our techniques to work with maximum effectiveness.

The way I teach self-defence in my classes, I look for 100% effort from all of my students, because as I mentioned earlier, everything has to be done with realism!! Working as security in nightclubs has strengthened this belief in me. When the adrenaline is pumping through the body, when something is about to kick off, you have to be in control at all times - and setting scenarios and conducting role-play with students in the dojang helps this very much!

## ***The DO of TaeKwon-Do***

### ***Tenets...***

I want to briefly discuss the tenets in TaeKwon-Do, as I feel this has to be one of the most important things that we, as TaeKwon-do Practitioners must continue with in our journey. This is what defines us from other Martial Arts because of the Korean military background that this art derived from.

### **Courtesy**

As a senior in TaeKwon-Do it still disappoints me that, to this day, some others do not abide by this tenet. Bowing to each other is an ongoing issue that we are trying to instill in others, more so people who are Black Belts! We still have to remind some students to stand when a higher degree enters a room. Proper protocol has to be adhered to in and out of the dojang. This may genuinely be an oversight with some, however we have to maintain this, and I understand it is our job as seniors to continue to teach this constantly.

Courtesy remains with us inside and out of the Dojang. In this day and age with the younger generation, it's important to pass on our knowledge to teach them respect to instructors, seniors, and the elderly.

### **Integrity**

One must be able to define right and wrong. We try our best to adhere to the tenets of TaeKwon-Do, and it is our job as seniors to show examples of this to our students and other degree grades. It frustrates me when others get "caught out" by telling a few fibs, and perhaps doing something they may have been against in the past. All we can do is guide the best we can and give advice. Lead by example is the best way we can all move forward and show others. Be true to yourself by knowing your own mind and standing your ground.

### **Perseverance**

This is one tenet I am constantly telling my students about. When the going gets tough as they go through the coloured belt grading system, you can see some start to struggle. I have found in the past that when some students get their blue belt in particular, and they are training for their 3<sup>rd</sup> Kup, things can change dramatically for them. I refer to this as being the "Blue's blues". I hear the excuses of "...but there's more Korean to learn..." or "...it's getting more difficult."

The best way I tackle this is to speak to the individual and explain that you have to work hard at everything in life. Anything worth having doesn't come easily. Bring on encouragement in the student, 1-1's if that's what is needed. **Positive reinforcement**, discouraging the word "**can't**," replacing with "**we will**". Let the higher grades give encouragement to the lower grades and reassure them that hard work does pay off.. **This is what you can achieve with hard work, grit, and determination!**

It's the same with young competitors moving from 5<sup>th</sup> kup to 4<sup>th</sup> kup. I keep saying to them for encouragement, "forget the colour of belt around the competitors waist, and go in and do your best." This is the best advice I can give to some of what I see as my nervous students.

### **Self control**

This one is aimed at my junior students in class. Sometimes excitement can get the better of them, and they hit harder than intended when it comes to sparring. This is when it's time to sit everyone down and explain the reason for semi-contact sparring.

As the instructor of four classes aimed at very young children (aged 3-6 years), I often have some parents discuss their children's behaviour at home with i.e. that their son/daughter have bad temper tantrums (as you get from some children of this age). When this is highlighted to me, I address it in a very generic fashion, at a level children of this age group can relate to. I get the children to sit down at the end of the class, legs crossed, and take them all through breathing exercises. I then explain that if they ever find themselves upset, or angry with someone, that they should find a quiet corner, sit with their legs crossed as we're doing at that point in time, close their eyes and breath in for 4 seconds, breath out for 6 seconds, and relax. I have one student who's mum has come to me and thanked me for this technique. The girl in question had experienced anger issues in the past at school, which have now improved due to practicing this technique.

### **Indomitable spirit**

This tenet I love to talk about, as coming from Scotland and the history we have here in Stirling, this tenet stands strong with me.

After constant invasion of Scotland by the English starting in the year 1296, William Wallace stood up to the English. It was after William Wallace was defeated, and hung drawn and quartered in the year 1305, King Robert Bruce stepped up in the year 1314 and defeated the English on our own ground in the battle of Bannockburn. The battle was won even with the scots heavily outnumbered by 3:1. Courageous spirit was truly shown here.

To my students, I explain that in TaeKwon-Do they should show true spirit in everything that they do, and be courageous in anything that is pitted against them. Never be afraid to stand up for what you think is right.

### **African development team...**

I have spoken with Master McNairn as I am very interested in joining the African development team under GM Paul Weiler. The reason for joining this great team is because I believe what they are doing for this country is phenomenal. As we know, it is a very poor third world country, and by supporting the growth of TaeKwon-Do in it, I feel it's giving something to the people of Africa that they

wouldn't otherwise have. TaeKwon-Do can be taught to anyone, anywhere, at anytime!!

I think the ITF are more forward-thinking with ideas like this, and I greatly respect all Instructors that give their time and commitment to travel over to Africa and deliver seminars, IIC's, umpire courses, and run tournaments. What Grandmaster Weiler has achieved over the past 11 years is fantastic! I was asked to attend the last ADT seminar in Montrose in March of this year and thoroughly enjoyed it. I thank Master McNairn for his kind invitation. This was a huge learning experience as I have expressed an interest in this.

I would like to become a part of this team, and feel that I can give my time and commitment, and am willing to work towards this goal. Working for the ITF in this scope would be a great honour and I feel this is me giving something back.

### ***Conclusion***

I have tried to make this thesis more of a story, giving some insight into my life, giving my thoughts on self-defence and the tenets of Taekwon-do, and also my plans for the future.

Sitting my 7<sup>th</sup> Degree Masters grading is a huge milestone and personal achievement for me to get to this stage. Should I be successful, I see this as an opportunity for me to do more work for the ITF and become more involved with the Masters and Grandmasters around the world.

Taekwon  
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