

FAMILY MARTIAL ARTS CENTRES

NEWSLETTER



Issue 5

Spring 2026

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1000 STRONG

& COUNTING

A message from Master John Parkinson

FMAC Executive Secretary

Welcome to this edition of the FMAC Newsletter, I hope you and your families are well.

This month marks a truly incredible milestone in the history of Family Martial Arts Centres — we have now seen 1,049 students achieve their Black Belt. To say we are proud would be an understatement.

Every Black Belt represents years of commitment, perseverance, resilience, and personal growth.

Behind every success story is not only a dedicated student, but also a network of support encouragement, and belief from parents, instructors, and our wider FMAC family.

I would like to take this opportunity to sincerely thank our entire Senior Leadership Team, all of our instructors, our members, and the parents who continue to support our vision and values. This achievement is not the result of one person or one school — it is a fabulous joint effort that reflects the strength of our community and the culture we have built together over many years.

Reaching over one thousand Black Belts is a remarkable accomplishment, but what makes me most proud is the positive impact these students carry with them both inside and outside the training hall. The confidence, discipline, respect, and resilience developed through martial arts are qualities that last a lifetime.

Thank you all for being part of this journey and for continuing to help FMAC grow, inspire, and change lives.

Here's to the next milestone together.

I want to wish you a fantastic summer, and look forward to seeing you all soon.

Warm regards,

John Parkinson

Sec General
Family Martial Arts Centres

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1,000 Black Belts & Counting

– A Legacy Built Across the North West

For almost 25 years, Family Martial Arts Centres and the Tang Soo Do Moo Do Kwan Federation of Great Britain have quietly built something truly remarkable across the North West of England.



What began as a commitment to the promotion of traditional Tang Soo Do training has grown into one of the region's great martial arts success stories — a thriving community of students, instructors, families, and leaders whose achievements now pass through a historic milestone: 1,000 black belts produced through the organisation's training programmes.

This May's Dan Shim Sa (Black Belt examination) held on Saturday 16th May, saw the organisation reach the amazing milestone as we pushed through the 1000 blackbelt mark.

That number however represents far more than belts and certificates. It reflects thousands of hours of dedication, perseverance, discipline, and personal growth amongst many students of all ages and form all walks of life. As the Moo Do Kwan Roll of Honour proudly states: "A Black belt is a White belt who didn't quit."

The organisation's celebrated Black Belts Roll of Honour stretches back through decades of achievement and contains hundreds upon hundreds of names — children who grew into instructors, parents who trained alongside their sons and daughters, and students who stayed the course through school, university, careers, and family life.

What makes this achievement even more impressive is the scale of the impact across the North West. Over the years, the Family Martial Arts Centres have become far more than places to learn self-defence or martial arts techniques. They have become community hubs where confidence is developed, friendships are formed, and future leaders are created.



The organisation's growth has been built on strong traditional values — courtesy, integrity, perseverance, self-control and indomitable spirit — while also embracing a modern, family-friendly approach that has welcomed students of all ages and backgrounds.

Many students who first walked into class as nervous beginners are now instructors guiding the next generation. Entire families

appear throughout the Roll of Honour, showing how Tang Soo Do has become a lifelong journey shared across generations. The list itself tells a powerful story of loyalty and continuity within the organisation.



Reaching 1,000 black belts is not simply a numerical milestone — it is evidence of consistency, quality instruction, and a culture that encourages people to keep going even when training becomes difficult. In martial arts, earning a black belt is never guaranteed. It requires years of commitment, resilience, and personal development. To help over a thousand people achieve that standard is an extraordinary accomplishment, and one we are incredibly proud of.

As the organisation proudly reflects on this incredible milestone, it is also celebrating something even greater — a lasting legacy of dedication, family values, and martial arts excellence that continues to grow stronger with every new student who steps onto the training floor.

You can view the Blackbelt roll of honour at: www.moodokwan.co.uk/blackbelts-roll-of-honour

Uniform Sewing Service

Services Available

- Red and green trim sewn on to Do Bok:**
Price - from £10.00
- Badges sewn on to Do Bok:**
 - Roundel on left brest - £2.50
 - Federation patch on left arm - £2.50
 - Large FMAC roundel on back - £5.00
 - Referral laurel - £5.00
 - Instructor cheverons - £2.00 each
 - Counting/Belt-tying badge - £2.00 each
 - JIT/AIT patches - £5.00
- Other alterations (uniform shortening etc):**
Prices available on request.

We can collect and return your uniform from and to the Bury & Prestwich centres (please speak to one of the instructors).

For more information please contact:

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Editors Note

We hope you find this edition of our newsletter an enjoyable read. Remember this newsletter is for Tang Soo Do students, and we really want to hear from you about any activities within our centres that may be of interest. So, if you have any stories that you think your fellow students would like to read, then please don't hesitate to contact me on the following details:

07704688071
or
fmacmiddleton@icloud.com

You can also keep up to date on all the goings on in our centres and even find some useful training resources at our website and on our social media channels which are linked below.

Nick Ogden - Editor



www.familymartialartscentres.com
www.moodokwan.co.uk



[FamilyMartialArtsCentres](https://www.facebook.com/FamilyMartialArtsCentres)



[@FMACTV](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)



What is the Junior Instructor Training (JIT) Programme all about??

You probably hear us mentioning regularly in classes about our Instructor Training courses, and you may have even been lucky enough to have had a warm up from one of your fellow classmates who is already on the one of the programmes. But what are they, what happens, and is it for me?

At Family Martial Arts Centres, we believe that training goes far beyond just learning the kicks and punches of Tang Soo Do, we believe there is a mental as well as physical journey to be made by students.



One of the most valuable pathways for younger students is the **Junior Instructor Training (JIT) Programme**—a structured course run by current Masters and Instructors (usually once a month), designed to transform dedicated martial artists into confident leaders and role models within the school and hopefully the wider community.

What is the Junior Instructor Training Programme?

Junior Instructor Training is a programme aimed at younger students who show commitment, maturity, and enthusiasm for martial arts and want to look at both pushing their own training development and understanding of the art, while also being able to help and support others in their classes. Rather than focusing purely on physical techniques, the training courses introduces participants to the fundamentals of **teaching, leadership, and responsibility**.

The goal is simple: to help students move from *learning martial arts* to *helping others learn it*.

Through this process, students gain:

- Confidence and communication skills
- A deeper understanding of martial arts techniques

- Leadership and teamwork abilities
- A sense of responsibility within their club

This aligns with the wider philosophy of the organisation, which emphasises life skills such as **respect, discipline, perseverance, and self-control** alongside physical training.

What happens during the sessions?

Sessions in the Junior Instructor Training Programme are very different from a standard class the students currently take part in. The sessions take place for a couple of hours once a month, usually on the first weekend of the month at either the Bury or Swinton Centres. In the sessions those going through the programme combine practical training, teaching fundamentals and theory, mentoring, as well as giving them the opportunity to practice teaching techniques with their peers. All of this is over seen by Master Parkinson and Master V Smythe, and assisted by current instructors. The aim of the sessions is to arm the students with the knowledge and skills that they can take back to their own classes and help their own Instructor to deliver the classes, by assisting with warm up sessions, and helping new students settle into Martial Arts.



The benefits of being on the Junior Instructor Training programme?

1. Assisting in Real Classes

One of the most important parts of the programme is hands-on experience. Junior instructors:

- Help line up students and assist with drills
- Demonstrate basic techniques like kicks, blocks, and stances
- Support beginners who may be nervous or struggling

This allows them to learn by doing, under



the supervision of fully qualified instructors.

2. Learning How to Teach

- Students are coached on:
- How to give clear instructions
 - How to correct technique positively
 - How to motivate and encourage others

They begin to understand that teaching is not just about knowledge — it's about **communication and empathy**.

3. Leadership and Role Modelling

Junior instructors are expected to set the standard in class. That includes:

- Demonstrating excellent behaviour and discipline
- Showing respect to instructors and fellow students
- Leading warm-ups or small group activities

Younger students often look up to them, making their role especially important.

4. Technical Development

Participants also deepen their own martial arts skills by:

- Refining fundamental techniques
- Understanding why techniques work
- Learning how to break movements down step-by-step

This deeper understanding helps them progress faster in their own grading journey.

5. Personal Development Activities

Sessions often include elements beyond physical training, such as:

- Goal setting and progress tracking
- Confidence-building exercises
- Communication challenges

These reflect the broader ethos of Family Martial Arts Centres, where programmes are designed to support social, emotional, and academic growth alongside martial ability.

The Structure of a Typical Session

While sessions may vary by centre, a typical Junior Instructor session might include:

1. Briefing – outlining goals for the session
2. Skill Development – refining techniques and drills
3. Teaching Practice – assisting in a live class
4. Feedback – instructors provide guidance and improvements



5. Reflection – students review what they learned and set goals

This cycle ensures constant improvement and builds confidence over time.

Why it matters

The JIT Programme is more than a stepping stone — it's a foundation for future leadership.

For many students, it leads to:

- Assistant Instructor roles
- Advanced instructor training programmes
- Opportunities to pursue martial arts as a long-term passion or possible career

More importantly, it equips young people with skills they can use anywhere — school, work, and everyday life.

Final thoughts

At its core, the Junior Instructor Training Programme at Family Martial Arts Centres is about growth. Students don't just become better martial artists—they become more confident, responsible, and capable individuals.

By stepping into a teaching role, even in a small way, they begin to understand one of martial arts' most powerful lessons: True mastery isn't just about what you can do—it's about what you can pass on to others.



The Legacy of Grandmaster Hwang Kee and the Origins of Tang Soo Do

By MrDavid Tickle(Oldham Centre)

In this series on the history of our Martial arts, we will have a look at the history of our Pyung Ahn Hyungs, and the Man who developed them Master Anko Itosu, and we now look at how Grandmaster Hwang Kee developed and implemented them as a foundation of Tang Soo Do.

Grandmaster Hwang Kee

"The story of Tang Soo Do is deeply rooted in perseverance, tradition, and the dedication of one remarkable martial artist" — Hwang Kee.

Born in 1914 during the Japanese occupation of Korea, Hwang Kee grew up in a time when Korean culture and martial traditions were heavily suppressed. Despite these restrictions, he secretly trained in the Korean art of Taekkyon, developing a passion for martial arts that would shape the rest of his life.



Kwan Jang Nim Grandmaster Hwang Kee

As a young man, Hwang Kee travelled to China to work on the Manchurian railways. During his time there, he studied a variety of Chinese martial arts under Yang Kuk Jin. This training would later become one of the key influences in the development of Tang Soo Do.

In 1939, Hwang Kee began working for the Chosen Railway Company. Because of the Japanese occupation, the company had access to an extensive library of Japanese martial arts literature, including writings and instructional texts connected to legendary Okinawan masters such as Anko Itosu and



1939 signed kata manual can be bought on ebay for £5500 – a bargain if you can read Japanese

his student Gichin Funakoshi. Fascinated by these teachings, Hwang Kee taught himself the Okinawan systems through careful study of these books. More importantly, he learned not only the techniques, but also the principles of instruction and structured martial arts education.

In 1945, following the end of World War II, Hwang Kee founded the Moo Duk Kwan (School of Martial Virtue), with a vision and emphasis on discipline, technique, and, history within the art. In its early years, the school struggled to attract and retain students, but his vision remained clear. He was determined to preserve and revive Korean martial traditions while blending the technical depth of Okinawan karate and Chinese martial arts.

During this period, Hwang Kee encountered Won Kuk Lee, founder of Chung Do Kwan, who had adopted the name "Tang Soo Do" for his martial art. Won Kuk Lee had previously trained in Japan under Funakoshi, and the name reflected a connection to Okinawan karate while still maintaining a distinctly Korean identity.

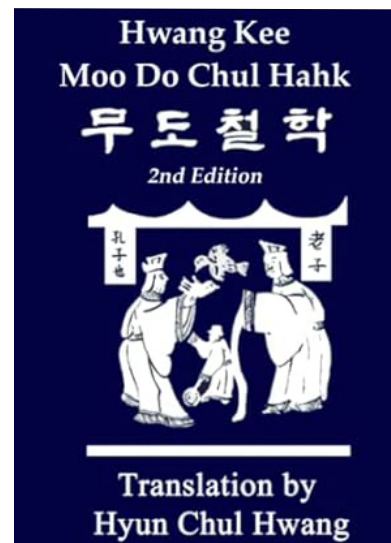
Inspired by the growing popularity of Tang Soo Do, Hwang Kee renamed his school in 1947 to Tang Soo Do Moo Duk Kwan. Under his leadership, the organisation expanded rapidly and, by 1960, Moo Duk Kwan had become the largest martial arts organisation in Korea.

What made Hwang Kee unique was his vision for Tang Soo Do. He did not simply want to create another fighting system; he sought to preserve a martial heritage. He carefully integrated traditional Hyungs (forms), techniques, and philosophies into a system that balanced discipline, respect, self-development, and practical skill. This lineage continues today through instructors and schools around the world. In 2000, Grandmaster Hwang Kee promoted

Family Martial Arts own Mr. Salter as he was to the rank of Master, ensuring that Family Martial Arts Centres (FMAC) would continue teaching and practising Tang Soo Do as it was intended.

Students at FMAC can therefore trace their martial arts heritage directly back through Korean, Chinese, and Okinawan traditions — connecting them to masters such as Hwang Kee, Yang Kuk Jin, Gichin Funakoshi, Anko Itosu, and Matsumora Sokon.

The next time you perform Pyong Ahn O Dan Hyung at graduation, remember that it is far more than a sequence of movements. It is a living piece of martial history —



Moo Do Chul Hahk (Moo Do Philosophy) by Grandmaster Hwang Kee

techniques practised, refined, and passed down through generations of martial artists over centuries. Every performance is an opportunity to honour the masters who came before us and to preserve the spirit, discipline, and tradition of Tang Soo Do for the generations still to come.

‘SHIN CHOOK’ and the Power of Relaxation and Tension

One of the most important of the “Eight Key Concepts” is Shin Chook - *Relaxation & Tension*, and is the understanding of the natural cycle of relaxation and tension within our movements.



Though simple in theory, Shin Chook plays a major role in helping martial artists develop speed, power, control, and efficiency. At its core, Shin Chook teaches that the body should remain relaxed during the preparation and movement phases of a technique, and only become tense at the moment of impact or completion.

Immediately after the technique is delivered, the body relaxes once again. This cycle allows movements to flow naturally rather than becoming stiff or forced.

For many beginners, there is a tendency to stay tense throughout every block, punch, or kick. While this may feel powerful, constant tension actually slows movement and wastes energy. By practicing Shin Chook, students learn how to conserve strength and move more fluidly. A relaxed muscle can move faster, react quicker, and transition more smoothly between techniques.

Shin Chook is especially beneficial in developing striking power. In Tang Soo Do, power does not come from muscular force alone. Instead, effective techniques combine speed, body rotation, balance, breathing, and timing. When a student remains relaxed until the final instant of a strike, energy can travel more efficiently through the body. The brief moment of tension at impact helps focus that energy into the target.

Another important benefit of Shin Chook is improved endurance. Martial arts training can be physically demanding, particularly during forms, sparring, and self-defence. Students who remain unnecessarily tense

tire quickly, therefore learning to relax between movements helps preserve stamina and allows practitioners to train longer and more effectively.

Shin Chook also contributes to mental discipline. The concept encourages calmness under pressure and teaches students to avoid panic or overexertion. As students progress in their training, they begin to understand that true martial skill comes not from brute force, but from control, precision, and balance between softness and strength.

In many ways, Shin Chook reflects a deeper philosophy found throughout traditional martial arts: flexibility is often stronger than rigidity. A student who understands when to relax and when to apply focused tension develops techniques that are not only more effective, but also more graceful and controlled.

Through consistent practice, Shin Chook becomes more than just a training method. It becomes a habit that improves both physical technique and mental focus, helping Tang Soo Do students grow into more complete martial artists.

FOCUS ON.... The Prestwich Centre

Opened in 2016 the Prestwich Centre, has just celebrated its 10th Anniversary, and continues to go from strength to strength, teaching Martial Arts to nearly 400 students in North Manchester.



Started by the Nelson family, and spearheaded by Master Brett Nelson, the centre originally ran as a part time centre located at the Maccabi Centre on Bury Old Road, just down from Heaton Park. The family run, and family focused centre hit the ground strongly, with over 50 students joining them in the first several months (a couple of who are still training to this day), all loving the energetic and disciplined approach to Martial Arts.

Before long, the centre had grown to a size the Nelson's felt they could expand and become a full time centre, and as such moved into Bank House in the centre of Prestwich.

This allowed them to start running classes five days a week, and in turn continue to grow month on month, eventually leading to the centre becoming the largest in the whole organisation, as students from all over the northern edge of the Manchester flocked to give Tang Soo Do a go.



Moving to their current location in Sedgley Park in 2021, and having taken on several extra Instructors and Assistant Instructors, The centre finally reached it's ambition, of running classes seven days a week, in turn allowing students from all backgrounds the chance to train on a day that works for them

If you step into the Prestwich Centre, you will always be made welcome, but be warned, that comes with the understanding that you will leave the building with a smile and a sweat, having worked hard, and maybe just learned something about Tang Soo Do, you didn't know before.

If you are, or know of anyone who would be interested in trying classes at the Prestwich centre, there are Tigers, Beginners and Advanced classes on every day of the week.

Tel: 07811 006469

Email: FMACNorthManchester@gmail.com

www.northmanchesterfamilymartialarts.co.uk

UPCOMING EVENTS

DATES FOR YOUR DIARY

JUNE

6 th	1:15pm	Future Instructor Training (<i>In Person</i>)	Leyland Centre
7 th	2:00pm	Future Instructor Training (<i>In Person</i>)	Bury Centre
13 th	1:30pm	Master & Instructor Training	Leyland Centre
18 th	8:00pm	Future Instructor Training (<i>Virtual</i>)	Live on Zoom
20 th	All Day	Graduations (Leyland)	Leyland Centre
27 th	All Day	Graduations (South Manchester)	Newall Green Academy
28 th	All Day	Graduations (North Manchester)	Bury Grammar School

JULY

4 th	1:15pm	Future Instructor Training (<i>In Person</i>)	Leyland Centre
4 th	2:00pm	Future Instructor Training (<i>In Person</i>)	Swinton Centre
12 th	1:30pm	Master & Instructor Training	Bury Centre
16 th	8:00pm	Future Instructor Training (<i>Virtual</i>)	Live on Zoom

AUGUST

1 st	1:15pm	Future Instructor Training (<i>In Person</i>)	Leyland Centre
2 nd	2:00pm	Future Instructor Training (<i>In Person</i>)	Bury Centre
15 th	All Day	Graduations (Leyland)	Leyland Centre
21 st	8:00pm	Future Instructor Training (<i>Virtual</i>)	Live on Zoom
22 nd	All Day	Graduations (South Manchester)	Newall Green Academy
23 rd	All Day	Graduations (North Manchester)	Bury Grammar School

SEPTEMBER

5 th	1:15pm	Future Instructor Training (<i>In Person</i>)	Leyland Centre
5 th	2:00pm	Future Instructor Training (<i>In Person</i>)	Swinton Centre
12 th	1:30pm	Master & Instructor Training	Leyland Centre
17 th	8:00pm	Future Instructor Training (<i>Virtual</i>)	Live on Zoom

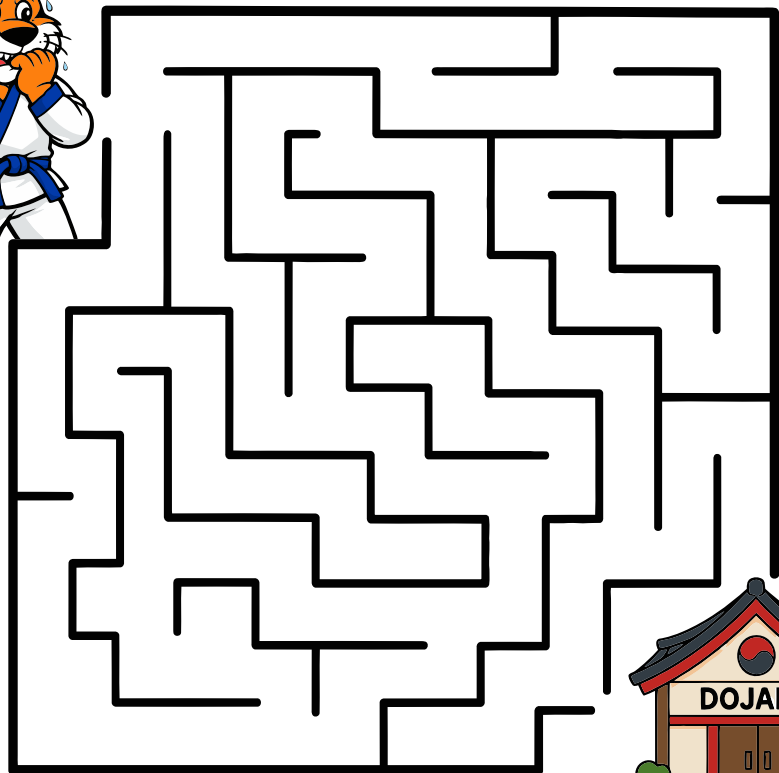
TIGER CORNER

TANGS TIGER BLACKBELT CHALLENGE

1. How many punches can you do in 30 seconds while stood in a horse stance???
2. Who can do the loudest Kihap (shout) in your house
3. Do you know how to count from 1 to 10 in Korean
4. Demonstrate how to do a respectful bow when we enter the Dojang



Tang is running late for class, help him find his way to the Do Jang!!



Learn with Tang to count from 1 to 10 in Korean

- | | |
|----------------------------|-------------------------------|
| 1. One - Hana ("Ha-na") | 6. Six - Yasot ("Yo-sut") |
| 2. Two - Dul ("Dhool") | 7. Seven - Ilgup ("Eel-gope") |
| 3. Three - Set ("Set") | 8. Eight - Yodol ("Yo-dull") |
| 4. Four - Net ("Net") | 9. Nine - Ahop ("Ah-hope") |
| 5. Five - Dasot ("Da-sut") | 10. Ten - Yeol ("Yull") |