

# FAMILY MARTIAL ARTS CENTRES

# NEWSLETTER



Issue 4

Summer 2025

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- Tang-tastic Tigers Competition
- Dan's Dan
- Harnessing your In Neh





# A message from Master John Parkinson

## FMAC Executive Secretary

**Greeting to all the Moo Do Kwan Members and parents, I hope you and your families are well.**

What a 2025 it has been so far. In March we were celebrating at a seminar the promotion of ten of our most experienced students to the rank of 4<sup>th</sup> Dan Master. With over 150 years of experience between them, it really shows the longevity of our Organisation and the Art in general.

We followed that up with the promotion of nearly 100 new 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Dans at our Dan Shim Sa event back in June. It is fantastic to see so many students who all started out as white belts, completing these major steps in their Tang Soo journeys. From our vantage point at the Masters table, what was so impressive was the quality of standard that the new and current Dans demonstrated, showing that the level of work taking place at our centres all over the north west is at a very high standard.

In May we had one of our more enjoyable events with the Tigers competition where the blackbelts of the future, got to push themselves and show off their 'ninja' moves in a fun and positive activity, that had

everyone leaving with a smile of their face, and a sweat on their brow.

Looking towards the second half of the year, we have got our new Sparring Championship on the 28<sup>th</sup> September, where Green, Red & Blackbelts can come and pit their sparring skills against their friends and peers. This event is always a well attended event, and spaces (which are limited) will go fast. Speak with your instructor or follow our Social Media channels for more information.

As we all enjoy a well earned break over the summer, we may all be starting to think about the future and what it might bring. Have you set your next martial arts goal. Maybe it is to get your black belt this year or next, maybe you want to win the Sparring Championship taking place in September, or maybe you are thinking about taking your training to the next level and enrolling on one of our Instructor Training Programmes. Whatever it is, there is no better time to set yourself a target and a plan out how you will reach your dreams.

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

John Parkinson

## 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](mailto: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](http://www.familymartialartscentres.com)  
[www.moodokwan.co.uk](http://www.moodokwan.co.uk)



FamilyMartialArtsCentre



@FMACTV

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## 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 breast - £2.50
  - Federation patch on left arm - £2.50
  - Large FMAC roundel on back - £5.00
  - Referral laurel - £5.00
  - Instructor chevrons - £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:

Kathryn Ogden  
07736 466 726  
[katmogden@hotmail.com](mailto:katmogden@hotmail.com)







# Ten long serving students earn the rank of Master

In March the Organisation came together at a special seminar to celebrate the promotion of ten long serving students each earning their 4th Dan, and in turn the rank of Master.

At the Seminar students from all centres came together to celebrate with the new Masters, and spend a bit of time getting to work with them in groups, experiencing and gaining for their vast knowledge in the arts over their years as students and instructors.



Master Parkinson, who along with Master Salter and the existing Ko Dan Ja oversaw the Promotion and the seminar said "It was fabulous to see students of all ages and abilities getting to the rank of Master. Obviously this shows tremendous perseverance and commitment to the art, and also shows that training in Tang Soo Do can be a lifelong pursuit.



Receiving their 4th Dan on the day and earning the rank of Master, were Mr Dylan Pritchard & Mr Paul Kavanagh (Swinton), Mr Brett Nelson (Prestwich), Mr Harris Nelson (Oldham), Miss Lora Shorthouse (St Helens), Mr Daniel Hartley (Bolton) and Mr Stephen Bradley, Miss Sarah Holden, Mr Shaun Cannon & Mr Liam Connelly (Leyland), who between them have over 150 years of Martial Arts experience.

Master Parkinson went on to say "It's an Inspiration to all of us and particularly to me to see students in their 60s still training, still demonstrating, and still helping the organisation and their fellow students grow. Not only that, but we also have our youngest Master in Master Harris Nelson who is only 23 years old, a fantastic achievement for anyone at such a young age.

The Seminar was the finishing point of a journey that started many years ago, and had really ramped up over the past 12 months, as the candidates practiced everything they had been taught over their years of training, culminating in a two day Ko Dan Ja Shim Sa (a test for the Masters Rank of 4th Dan Blackbelt) held last November at Shaw Hill Golf & Spa Hotel in Lancashire.



Looking to the future, Master Parkinson said "I'm sure even though these ten fantastic Masters have reached this pinnacle of their training, they'll continue to give tremendous support to all of us as they start their journey to the senior ranks in the Moo Do Kwan".





# Tang-tastic Tigers showed how Grrrrrr-eat they really are!!!



Back in May over seventy of our youngest students from our Tiger Tots programmes came together at Bury Grammar School for an action packed 'Tigers Competition' where they showed off how great they all really are.

Age is just a number, to our Tigers, and they didn't let their young age or small stature stop them from competing in a variety of challenging events including jumping front kick, jumping side kick everyone's favourite, the obstacle course. The Tigers even got the chance to break a board at the end of the event to show how tough they all really are.

Every student earned a Participation medal, with the winners and runners up of the different age categories in each event, also receiving the Gold Silver and Bronze awards to take home and wear with pride.

It was a fantastic afternoon for all those taking part, and the competition was fierce, but in the end everyone went home with a smile on their face.

Master Parkinson said "These competition for Tigers only happen every few years,

and it was great to see so many of our youngest students putting their training to great use, and working as hard as they can to win one of our coveted medals".

"For these younger students the Tigers classes are just the beginning of their Tang Soo Do journey, and based on what we have seen in this competition, we have got a lot of students heading in the direction of eventually getting their black belt".





# The Legacy of Anko Itosu: Karate's Journey Through Political Upheaval

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.

Last issue, we looked at where it all began, this time we look at the man himself.

## Karate Master Anko Itosu

Anko Itosu, born in 1831 into a noble family in Shuri, Okinawa, played a pivotal role in shaping modern karate. Educated in the Chinese classics in nearby Naha, Itosu's intellectual upbringing coincided with rigorous martial arts training under the legendary Master Matsumura Sokon. This combination of scholarly and martial discipline prepared him for a prestigious position as a secretary in the service of the Ryukyu Kingdom's last monarch, King Sho Tai.



Master Anko Itosu in 1909

However, in 1879, Itosu's life — and Okinawa's status — changed dramatically. The Japanese Meiji government, amidst its campaign to modernise and centralise power, formally abolished the Ryukyu monarchy, annexing the islands as Okinawa Prefecture. This move followed rising tensions with the Qing Dynasty of China, exacerbated by the Mudan Incident of 1871, in which dozens of Ryukyuan sailors were killed in Taiwan, then under Chinese rule. Japan used this as a pretext to assert military influence over the region and later as justification to absorb the Ryukyu Kingdom.

The annexation dismantled the local aristocracy, leaving many Okinawan nobles, including the 58-year-old Itosu, without status or income. Meanwhile, anti-Chinese sentiment spread as Japan distanced itself from Chinese cultural influence during the Meiji Restoration. Many Chinese families left Okinawa for mainland China, and Chinese martial arts fell out of favour. Seizing this moment, the Japanese government began encouraging indigenous Okinawan martial practices as a cultural buffer against foreign styles like Kung Fu.

Itosu saw both a challenge and an opportunity. The traditional forms he had learned were complex — sometimes requiring years to master a single kata. Believing a simplified system could help preserve the art, he created five foundational forms known as the Pinan series: Pinan Nidan, Shodan, Sandan, Yondan, and Godan. These kata were designed to introduce students to the basics of Te, or Okinawan martial arts. By the early 1900s, Itosu had begun teaching his modified style in Okinawan schools. In 1901, he successfully petitioned for martial arts training to be included in school curricula. By 1905, he was teaching at Okinawa's First Junior Prefectural High School, and in 1908, he took the bold step of writing to Japan's Ministry of War and Education to advocate for nationwide adoption.

Itosu's influence extended beyond Okinawa through his student Gichin Funakoshi, who introduced karate to mainland Japan. Funakoshi refined the Pinan forms and adapted the terminology, famously changing the name of the art from "China hand" (唐手, kara-te) to "empty hand" (空手, kara-te) to better align with rising Japanese nationalism. Though he later admitted the original translation was more historically accurate, Funakoshi believed "empty hand" would be more acceptable in Japan's shifting cultural landscape.

The impact of the Meiji Restoration was felt not only in Okinawa but across East Asia. Following military victories over China (1895) and Russia (1905), Japan asserted its dominance over Korea, which was formally annexed in 1910. The Japanese government suppressed Korean culture, including traditional martial arts like Subak and Taekkyon—just as it had once sought to control Okinawan martial traditions. Despite these efforts, indigenous martial arts survived through underground teaching and cultural resilience. Itosu's legacy, through the standardisation and promotion of karate, ensured that Okinawan martial heritage would not only survive Japan's modernisation but thrive well into the future.



Gichin Funakoshi performing Pinan Nidan (Pyong Ahn Cho Dan)

Today, the Pinan forms are practiced by martial artists around the world—a testament to Itosu's vision, innovation, and dedication to preserving the essence of Okinawan Te.



# Dan's Dan

## Prestwich student with Down's Syndrome fights his way to a Tang Soo Do black belt



Making your parents proud is the best present you can give them, and a shining example of this could be seen on Father's Day back in June when Dan Thompson (21) a student at our Prestwich Centre who has Down's Syndrome impressed his dad (and mum) by achieving his black belt in Tang Soo Do.

Dan who trains with Master B Nelson and the Prestwich team twice a week, has been training for four years always with the ambition of working his way up to, and earning that much coveted Dan rank, and the Midnight Blue belt that goes with it.

By reaching that goal, Dan's shown his determination, patience, and a huge heart every step of the way, and he was able to stand proudly alongside his fellow students receiving his Blackbelt. Dan has never let his condition stand in the way of reaching his goal, and looked

at every challenge he faced as something to overcome, with his dad Paul called the latest milestone a "massive achievement"

Paul said: "Daniel has shown how perseverance and dedication can help to overcome disabilities and allow individuals to achieve their goals. He is a wonderful role model for others with Down's Syndrome as well as an example to the wider community of what people with disabilities can do with a little encouragement and support."

Master Brett Nelson said: "Dan is the perfect example of what's possible when you believe in someone's potential and create an environment that supports all abilities."

We couldn't be prouder — not just of Dan, but of every single student who graded in June. You are all part of what makes our community so special.



# Harnessing your 'IN NEH'

## Building Endurance in Tang Soo Do

In Tang Soo Do, In Neh—or endurance—is more than physical stamina. It is the mental and spiritual determination to persist through challenges, whether you're practicing forms, sparring, or simply trying to improve your technique.

Endurance starts with your mindset. When you're fatigued halfway through a hyung or struggling with a new combination, In Neh keeps you focused and steady. It's what helps you push past frustration and discomfort, reminding you that growth often comes from moments of difficulty.

During training, apply In Neh by setting small goals: one more rep, one more kick with full power, one more time through your form with total concentration. These acts of perseverance build both character and skill.

Remember, Tang Soo Do is not about being perfect today—it's about committing to the journey. Through consistent effort and the spirit of In Neh, you forge the strength to overcome both physical limits and mental blocks.



# UPCOMING EVENTS

## SEPTEMBER

7 <sup>th</sup>	2:00pm	Future Instructor Training ( <i>In Person</i> )	Bury Centre
7 <sup>th</sup>	4:30pm	Master & Instructor Training	Bury Centre
18 <sup>th</sup>	8:00pm	Future Instructor Training ( <i>Virtual</i> )	Live on Zoom
27 <sup>th</sup>	1:15pm	Future Instructor Training ( <i>In Person</i> )	Leyland Centre
27 <sup>th</sup>	(:00am	Sparring Championship	Bury Grammar School

## OCTOBER

5 <sup>th</sup>	2:00pm	Future Instructor Training ( <i>In Person</i> )	Bury Centre
5 <sup>th</sup>	4:30pm	Master & Instructor Training	Bury Centre
16 <sup>th</sup>	8:00pm	Future Instructor Training ( <i>Virtual</i> )	Live on Zoom
18 <sup>th</sup>	All Day	Graduations	Leyland Centre
19 <sup>th</sup>	All Day	Graduations	Bury Grammar School
25 <sup>th</sup>	1:15pm	Future Instructor Training ( <i>In Person</i> )	Leyland Centre
26 <sup>th</sup>	9:00am	Dan Assessment Days	Swinton Centre

## NOVEMBER

2 <sup>nd</sup>	2:00pm	Future Instructor Training ( <i>In Person</i> )	Bury Centre
2 <sup>nd</sup>	4:30pm	Master & Instructor Training	Bury Centre
13 <sup>th</sup>	8:00pm	Future Instructor Training ( <i>Virtual</i> )	Live on Zoom
15 <sup>th</sup>	2:00pm	Glow in the Dark Nun-chuck Seminar	Bury Grammar School
29 <sup>th</sup>	1:15pm	Future Instructor Training ( <i>In Person</i> )	Leyland Centre
29 <sup>th</sup>	6:00pm	FMAC Annual Awards Evening	Metro Sports & Social Club, Stretford

## DECEMBER

6 <sup>th</sup>	2:00pm	Dan Promotion Day ( <i>inc. Dan Mid Terms</i> )	Bury Grammar School
7 <sup>th</sup>	2:00pm	Future Instructor Training ( <i>In Person</i> )	Bury Centre
7 <sup>th</sup>	4:30pm	Master & Instructor Training	Bury Centre
11 <sup>th</sup>	8:00pm	Future Instructor Training ( <i>Virtual</i> )	Live on Zoom
13 <sup>th</sup>	All Day	Graduations	Leyland Centre
14 <sup>th</sup>	All Day	Graduations	Bury Grammar School
20 <sup>th</sup>	1:15pm	Future Instructor Training ( <i>In Person</i> )	Leyland Centre

# SPARRING CHAMPIONSHIP

唐手道

2025



**SUNDAY 28TH SEPTEMBER**

**[www.moodokwan.co.uk/events](http://www.moodokwan.co.uk/events)**

**Bury Grammar School, Tenterden Street, Bury, BL9 0HN**

# FOCUS ON....

## .... The Swinton Centre

Founded in 2003 by Robert Salter and John Parkinson, the Family Martial Arts Centres organisation was created to bring quality martial arts training to all ages and abilities across Northwest England



The first breakthrough in this target was the establishing of the first full time centre in Swinton, with the Do Jang located on Station road in the centre of the town.

Originally run by Master Parkinson, Master David Smythe began assisting at the centre in 2005 and was promoted to Chief Instructor in 2010, overseeing the programme until 2017, when he passed leadership on to a new generation of instructors trained within the same certified system.

Currently at the helm is Chief Instructor Peter Watt, with over 12 years' experience in Tang Soo Do, and more than 6 years teaching professionally at the Swinton Centre. and is aided by a fully-qualified team of instructors, all DBS-checked and insured, having trained through our Certified Instructor Programme to ensure consistent, high-quality teaching

The Centre runs Tigers, Beginner, Advanced and Dan classes 5 days a week to fit nearly any students schedule, and is based in a purposed set up Do Jang, with a great selection of towers pads and mats to aid the training of our students.



Most students will visit the Swinton Centre at some point in their Tang Soo Do lives, as it is where the Dan Assessments take place twice a year, assessing those who are hoping to progress to their 1st Dan Black belts. The Swinton Centre is also the administrative office of the whole Family Martial Arts Centre organisation.

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[www.familymartialartscentres.com/swinton](http://www.familymartialartscentres.com/swinton)



# 400 strong, and still going

May marked a brilliant achievement for our Organisation, and Martial arts as a whole in the North Manchester region, as the Prestwich Centre reached the fantastic target of 400 active training students.

Started in 2016 as a part time centre run out of the Maccabi High school in Prestwich, the Centre run by Master Brett Nelson has grown consistently, becoming a full time Centre in 2018, first at premises in Warwick Street in central Prestwich, before moving to their current location in George Street down in Sedgley Park in late 2021.

Even with the setback caused by the Pandemic, Master Nelson has continued to build on his core principle, all students learning together no matter of age ability and background in fun, energetic, and skilled classes.

To celebrate the milestone Master Parkinson presented Master B Nelson with a small celebratory gift.

While Prestwich may have reached this brilliant milestone, its not stopping there, with 500 students, already the next target for Master Nelson.



## TIGER CORNER

**Tang needs a bit of colour in his life!! Why not colour him in and share your amazing artskills on our social media pages**



### TANG'S SUPER TIGER QUIZ

1. What is our Martial Arts called?
2. What noise do we make when we punch or kick to show our energy?
3. When doing a punch do we keep our thumb on the inside or outside of our fist?
4. What is a front kick called in Korean?
5. Should we use Tang Soo Do to hurt people or to protect ourselves?
6. Is Tang Soo Do from South Korea, Japan, or America?
7. What do we do to show respect at the start and end of class?
8. What is the Korean name for our belt?

Answers: 1: Tang Soo Do; 2: Ki hap; 3: Outside; 4: Ahp  
Cha Gi; 5: Protect Ourselves; 6: South Korea; 7: Bow to  
the Instructor & Flags; 8: Dee