

On next Monday when we were going towards Manchester everyone was excited thinking about Manchester United but I was calculating time as I wanted to spend most of my time in GB Taekwondo. From Manchester United I along with my other 2 colleague Taekwondo coaches I took a taxi and reached the Home of GB Taekwondo at Ten Acre Sports Complex in Manchester. We reached the reception and were amazed to see a complex fully dedicated to Taekwondo with a reception and a receptionist.



We were received by a person named Stephan Jennings who was asked to show us the infrastructure and the facilities available in the GB Taekwondo Training Centre. He spoke to us as if he was waiting for us to come. It was a 2nd shock for me to know that Stephan Jennings is the Head coach of the National Male Team of GB Taekwondo. My mind immediately recalled the sayings of our teacher Later Master Kim Hong Jo, “Plant loaded with fruits is always down to earth” . I was further happy to learn that he is the husband of Sara Severson who was the first ever Olympic Medalist and World Champion of Taekwondo from Great Britain.



With Mr. Stephan Jennings and



Wife Mrs. Sara Stevenson & their children

The Main Taekwondo Hall

The main Taekwondo training area was well equipped with 6 octagonal small & large contest areas installed with WT approved and standardized Taekwondo Mats. The hall was separated by two parts one for the male and the other for the female national team respectively. There were Electronic Scoring System, monitors and cameras to have complete competition condition even when training. It was great experience to watch Olympic Taekwondo Athletes live in action such as Jade Jones, Mahama Cho, Bianka Walkden, Damon Sansum, Jade Slavin and so on. Without disturbing we just waited the session to get over. Then we could look around the facilities.

Physical Conditioning Hall



Gym - The Gym is designed exclusively for Taekwondo. There is a sprint track leading up to and under a bespoke functional training rig. Along the left hand length of the gym, is the free weights and weightlifting area, featuring embedded platforms and five power racks. On the opposite side from this, is a highly varied cardio machine offering and selection of fixed resistance machines. Finally, at the top end of the gym, is a functional training area with dumbbells, benches and wide range of accessories.

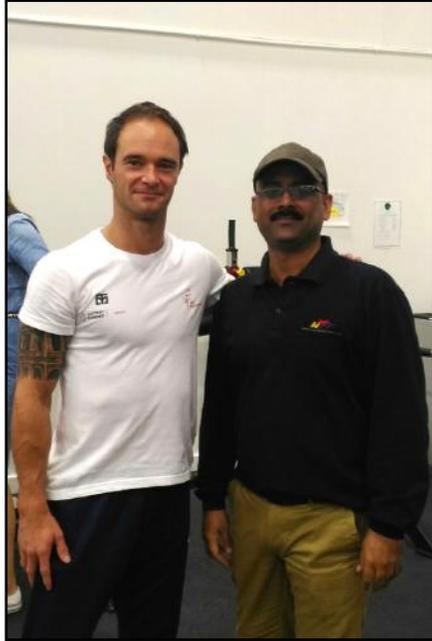


Flooring - The fitness suite flooring at GB Taekwondo plays an instrumental part of the whole gym design concept. Each area within the gym has a flooring product perfectly suited to the specific training of Taekwondo.



Free Weight Area - The free weights area is covered by 30mm high impact gym tiles. These are perfect for protecting the sub-floor from weights being dropped as well as the bars and plates being used by athletes. Blue, red and black tiles were used in this space to create a platform effect as well as to reinforce the brand colours present throughout the facility.

I was also fortunate to meet the legendary coach Green Paul, who is presently the head coach of GB Taekwondo Female National Team. I had been watching his skills on youtube but it as nice to speak to him for a while. I also met the Lady Korean Coach who is working with the Female National Team.



Overall the visit to GB Taekwondo was fruitful and productive. My aim was just to understand whatever was possible within a short visit of 2 hours. It was absolutely my personal visit and so I never made any false commitment related to Taekwondo in India. I thanked everyone and left the National Training Centre of GB Taekwondo as I could happily complete my visit as expected.