

Central Taekwondo Academy, Carronshore Community Centre, Main St, Carronshore, Falkirk FK2 7EY +44 7812 580 898 centraltkd@outlook.com

Taekwondo Experience

Started Training 30th March 1980

Grading Record

1 st Dan -	20th March 1983	British Taekwondo
2 nd Dan -	20th October 1985	British Taekwondo
3 rd Dan -	23 rd April 1988	British Taekwondo
4 th Dan -	7 th April 1991	Grandmaster Shin Tong Wan
5 th Dan -	1st October 1995	Grandmaster Shin Tong Wan
6 th Dan -	1st September 2000	Grandmaster Kim Soon Bae (Korea)
7 th Dan -	27th September 2007	Grandmaster Kim Soon Bae (Korea)
8 th Dan -	10 th June 2016	Kukkiwon (Korea)

Chief Instructor – Halton Taekwondo 1982 to 1993 Chief Instructor – Central Taekwondo Academy 1993 to present 251 Kukkiwon Registered Dan Grade Students

Kyorugi Experience - Athlete

1983 6th World Championships - Copenhagen, Denmark

1985 7th World Championships - Seoul, Korea

1993 11th World Championships - New York, USA

1985 World Games - Crystal Palace, London

1986 European Championships - Seefeld, Austria

1992 European Championships - Valencia, Spain

1993 European Team Championships - St Petersburg, Russia

Veteran

2011 British Champion - Manchester, UK

2011 European Masters Games, Italy – Bronze Medalist

2013 World Masters Games, Italy - Gold Medalist

2015 European Masters Games, France - Bronze Medalist

Kyorugi Experience - Coach

2012 Level 3 Qualification in Sport Taekwondo Coaching – GB Taekwondo 2017 National Team Coach at Cadet European Championships, Hungary

Coach to players selected for GB Olympic Programme:

Asia Bailey	Jordyn Smith
Junior World Bronze Medalist 2012	Cadet European Champion 2015
Senior European Bronze Medalist 2014	Cadet World Bronze Medalist 2015
UK Sport World Class Programme 2013 to 2015	Junior World Champion 2018
, ,	Senior European Bronze Medalist 2018
	UK Sport World Class Programme 2018 to 2022
Hassan Haider	Teigan Smith
Junior & Senior British Champion 2017	UK Sport World Class Programme 2023 to Present
UK Sport World Class Programme 2018 to 2021	

Poomsae Experience (Athlete/Referee/Coach)

BT National Poomsae Squad High Performance Coach – 2016 to present

Represented UK at 2009 European Poomsae Championships, Portugal

Individual British Poomsae Champion (Masters 2) 2010 & 2012

World Taekwondo Poomsae International Referee Class 3 (No 012-0009)

IR Refresher Courses – Sweden 2011, Poland 2015, Germany 2017

Represented UK as IR at European Poomsae Championships – Genoa, Italy 2011

Represented UK as IR at 6th World Poomsae Championships – Vladivostok, Russia 2011

UK National Team Coach at European Poomsae Championships – Rhodes, Greece 2017

UK National Team Coach at World Beach Championships – Rhodes, Greece 2018

Represented UK as IR at 1st World Demonstration Team Championships 2023 - Chuncheon, Korea

UK National Team Coach at European Poomsae Championships – Innsbruck, Austria 2023

UK National Team Coach at World Poomsae Championships – Hong Kong 2024

Coach to Angie Bailey – 10 Times British Champion 2010 to 2019

Coach to Natasha Wilson – 11 Times British Champion 2013 to 2024

Coach to Peter Sellwood – European P21 Para-Poomsae Champion 2025

Other Achievements

1990 to 1993 – Civil Service Trainer Training Programme (Level 4 Staff Trainer)

2007 - Received WTF Recognition Award after winning the Overseas Masters Essay Competition. Essay published and now on display in the National Taekwondo Museum, Taekwondowon – Muju, Korea

2011 - Qualified as Level 3 Personal Trainer/Advanced Fitness Instructor

2014 - Event Director for 6th Commonwealth Taekwondo Championships, Scotland

2015 to 2017 - Tutor for the British Taekwondo Level 2 Instructors Course

2016 to 2019 - Event Director for Taekwondo Scotland Championships

2019 - Central Taekwondo Academy awarded Falkirk Council Sports Club of the Year

2023 – Best Referee Award at 1st World Taekwondo Demonstration Team Championships