

## Growing old disgracefully!

From a little Taranaki town called Puniho lives a struggling international artist who's absolutely fanatic about Taekwon-Do.

Dale Copeland, aged 60, started learning International Taekwon-Do in a little scout hall in Oakura under the instruction of Mr Murray Smith. At yellow belt Dale and her daughter Toby, started to travel to New Plymouth (approximately ½ an hour away) once Mr Smith's club closed down.

The Taranaki Taekwon-Do club, has benefited gratefully, and has never been the same since Dale joined the club.

I have never met anyone who is so fanatical, and who has embraced the 'Art' of Taekwon-Do with such a passion.

In a class situation, for someone of Dale's age, she certainly puts the younger ones to shame. Both physically and in attitude. Put anything in front of her, and she will give it a go with a huge smile always on her face.

I'll never forget Mr Neill Livingstone (4<sup>th</sup> Dan Instructor), was running a class, and asked for volunteers for someone to break a board with a reverse knifehand. The senior members, including black belts all stood back with looking rather anxious. Dale jumped up with the enthusiasm of a sprightly child, and promptly obliterated the board, much to everyone's amazement.

In May 2004, Dale achieved the rank of 1<sup>st</sup> Dan Black belt with the ITFNZ. Dale was the oldest one at the grading by, well, several years. Once again, she did herself proud in the 2-day onslaught of fitness tests, theory tests, patterns, self-defence, sparring etc. Doing full press ups, along with the fittest of blokes, and giving the pads a hell of a bashing in the pad work section of the fitness tests was a remarkable effort, especially after a full days physical training and with the 'official' part of the grading still to come the next day.

From an instructor point of view, Dale has been the epitome of Taekwon-Do. Showing all 5 aspects of our tenets. Always showing courtesy, integrity, perseverance, self-control, and indomitable spirit. When once being asked why she wasn't entering a tournament for sparring, her answer was "how can punching and kicking someone help make a more peaceful world?" Good point!

We haven't seen the last of Dale yet, with her eyeing up her 2<sup>nd</sup> Dan at the end of 2005. Watch this space!!

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