



**WORLD  
TAEKWONDO  
GP MANCHESTER 2015**



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THE CHAMPIONS**



MANCHESTER



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KP&P





**WORLD  
TAEKWONDO  
GP** MANCHESTER 2015

**16-18  
OCTOBER**

MANCHESTER  
REGIONAL ARENA

ETIHAD CAMPUS  
M11 3FF



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# GRAND PRIX MANCHESTER

Where Manchester leads with its staging of high class sporting events, the rest of the world tends to follow. And this has certainly been the case with the World Taekwondo Federation Grand Prix. **No city has hosted more Grand Prix events than Manchester** and the 2015 edition marks the third time the tournament will be staged in the UK's self appointed 'capital of sport.'



A total of 231 athletes participated at the inaugural Grand Prix in December 2013, including 4 champions from London 2012 and 2 from Beijing 2008.

The flame for hosting international WTF taekwondo style competitions was lit at London 2012 when thousands received a thrilling introduction to this ancient Korean martial art. Determined to build on the sport's new found popularity and with a desire to introduce regular, elite level competitions, the WTF introduced the Grand Prix concept.

Eight Olympic weight categories were selected: -58kg, -68kg, -80kg and +80kg for men; -49kg, -57kg, -67kg and +67kg for women.

And when a venue was being sought, it was an obvious fit to turn to Manchester - adopted home of Olympic champion, Jade Jones, and the GB Academy.

A total of 231 athletes participated at the inaugural Grand Prix in December 2013, including four champions from London 2012 and two from Beijing 2008. Olympic bronze medallist Lutalo Muhammad and Mahama Cho reveled in the home atmosphere at the Manchester Central Convention Centre to win gold medals. Jones had to settle for silver against Spaniard Eva Calvo

Gomez. Tamworth's Andy Deer - a future Take Me Out contestant - didn't win a medal. But he showed the strength in depth of the British squad, beating then world champion, Tahir Gulec of Germany, as a -80kg wild card.

With Manchester commended for its hosting of the event, 2014 ensured future host cities had plenty to match-up to. Suzhou in China picked up the baton in July of that year with Aaron Cook relegating Russian Albert Gaun into second place as Muhammad had done in Manchester. Bianca Walkden earned a battling bronze in the women's heavyweight division as local favourite Zheng Shuyin took gold. Suzhou marked Walkden's final tournament appearance of the year due to suffering a second cruciate ligament injury of her career.

The Kazak city of Astana was the next stopping off point with Cho completing a full set of +80kg Grand Prix medals with silver after his fight against friend and Gabonese rival, Anthony Obame - the 2013 World Champion. [cont.next.page](#)

Jones and Calvo Gomez renewed hostilities and the Flint star again picked up the consolation prize. Astana also confirmed the emergence of Iranian powerhouse, Mehdi Khodabakhshi, at -80kg where Damon Sansum secured bronze.

Then it was Manchester's turn once more. This time home success was limited to Jones's silver against Calvo Gomez who claimed her fourth successive Grand Prix crown.

However, revenge wasn't far off for Britain's only ever Olympic taekwondo champion. Just the crème de la crème gathered in Queretaro, Mexico for the first ever Grand Prix series final with winning ranking points doubled to 80 and eight fighters gathered per event. Jones finally had the measure of her Mediterranean nemesis and flew home as female athlete of the year for good measure. Sweden's Elin Johansson was a contender too, adding gold to a brace of silvers in Astana and Manchester at -67kg.

Moscow was chosen to welcome the Grand Prix circuit for the opening tournament of 2015. By now Walkden was fully recovered and looking to show why she had become World Champion three months earlier on her previous trip to Russia. Unfortunately for the Liverpoolian she had to settle for bronze while 'Stockwell Slayer' Cho returned to form after six months in the doldrums with a bronze of his own. Veteran Steven Lopez, the double Olympic and six times

World Champion, showed he'd still got it at 36 by taking bronze behind Ivory Coast's Cheick Sallah Cisse at -80kg.

Kimia Zenooin is one of taekwondo's rising stars as Jones found to her cost. The teenage Iranian won on golden point to claim her first Grand Prix title.

World Championship silver medallist Sansum was looking forward to visiting Samsun in Turkey for last month's Grand Prix but he and Muhammad fell at the quarter-final stage. The event attracted 232 competitors from 50 countries with 20 nations represented on the medal podium.

American Jackie Galloway, a winner in Astana, denied Walkden a first Grand Prix title while Khodabakhshi defeated Cisse to affirm his status as world number one at -80kg. With Jones and World Championship bronze medallist, Rachelle Booth, in opposite sides of the draw, hopes were high of a first ever all British final. Instead, Lancastrian Booth lost to Yun-Wen Huang in the semi-finals before Jones exacted revenge over their Chinese Taipei rival.

And so to Manchester for a third time. Having won a minimum one medal at each of the seven Grand Prix held so far, British players are determined to protect that proud record at the Regional Arena.





China's Yunfei Guo claimed gold at the Grand Prix in Astana, beating Sweden's Elin Johansson.



# SCHEDULE

ALL ACTION TAKES PLACE AT THE MANCHESTER REGIONAL ARENA

## OCTOBER 16

- Female **-67KG**
- Male **-68KG**
- Male **+80KG**

**09.00 - 17.30**  
**18.30 - 22.00**

## OCTOBER 17

- Female **-57KG**
- Female **+67KG**
- Male **-58KG**

**09.00 - 17.30**  
**18.30 - 22.00**

## OCTOBER 18

- Female **-49KG**
- Male **-80KG**

**09.00 - 16.00**  
**17.30 - 20.00**



GB's Lutalo Mohammad

# WELCOME



## DEAR GLOBAL TAEKWONDO FAMILY,

I would like to welcome you to Manchester, United Kingdom for the 2015 WTF World Taekwondo Grand Prix.

I also wish to congratulate GB Taekwondo and their Organizing Committee for their work to bring everyone together for this great event.

The three days of competition, which will feature the best athletes of our sport, will certainly display the best taekwondo and will draw great interest from both international media and the public.

I wish everyone only the best during this Grand Prix and hope that you enjoy every second of it.

**Thank you.**



*Chungwon Choue*

**Chungwon Choue**  
President  
World Taekwondo Federation





MANCHESTER  
CITY COUNCIL



**On behalf of Manchester City Council and its partnership with GB Taekwondo and UK Sport,, it gives me great pleasure to welcome you to the World Taekwondo Grand Prix in Manchester.**

We are delighted that the Taekwondo Grand Prix is being held once again in Manchester after the success of last year's event.

Over the course of three days Manchester Central will see 250 of the World's top athletes competing, including home grown British talent who train here in Manchester. Along with World and Olympic Champions who will all be fighting it out for vital qualification points ahead of Rio 2016.

Finally, I would like to wish the best of luck to all competitors and hope that they and all spectators enjoy their visit to our great sporting city.



**Sir Richard Leese, CBE**  
Leader of Manchester  
City Council

**#EVERYROADtoRIO**



**uk sport**

**LOTTERY FUNDED**

**On behalf of UK Sport I would like to welcome you all to the WTF World Taekwondo Grand Prix here in Manchester.**

UK Sport is delighted to be supporting this event as part of the National Lottery backed #EveryRoadtoRio campaign, which will feature over 30 world class sports events the length and breadth of the UK, in the build up to the Rio 2016 Olympic and Paralympic Games. This exciting programme of events will support British athletes' preparation and qualification for Rio 2016, with up to 95 direct and over 300 indirect qualification spots available, while generating economic impact for host cities and regions of over £37 million.

Our athletes relish the opportunity to compete in front of their home crowd, and with the additional motivation of an Olympic Games next summer, the competition is set to be exhilarating. I would like to wish everybody competing the very best of luck. Finally, I would like to thank all involved in staging this event including our partners; Manchester City Council, GB Taekwondo and British Taekwondo.



**Liz Nicholl, CBE**  
Chief Executive, UK Sport

*Liz Nicholl*





**On behalf of GB Taekwondo,  
a very warm welcome to  
Manchester for the  
WTF World Taekwondo  
Grand Prix.**

This event would once again not have been possible without the huge financial support from UK Sport and Manchester City Council; the commitment and confidence shown in us by the World Taekwondo Federation and British Taekwondo; our loyal supporters and our very hard-working events team and volunteers. We are grateful to them all.

The Olympic Games are now just around the corner, and the athletes assembled at the Grand Prix will no doubt feature heavily in Rio. The opportunities to win a Grand Prix are limited, but added to the tension and excitement over this weekend is the need to obtain valuable ranking points to secure qualification for Rio before the end of the year.

I wish all athletes the very best of luck, and I am sure the passionate home crowd will once again get behind the GB athletes, whilst showing great respect to all visiting athletes, coaches and their supporters.



**Jeremy Beard**  
Chairman, GB Taekwondo

*Jeremy R Beard.*



# Time to Change!



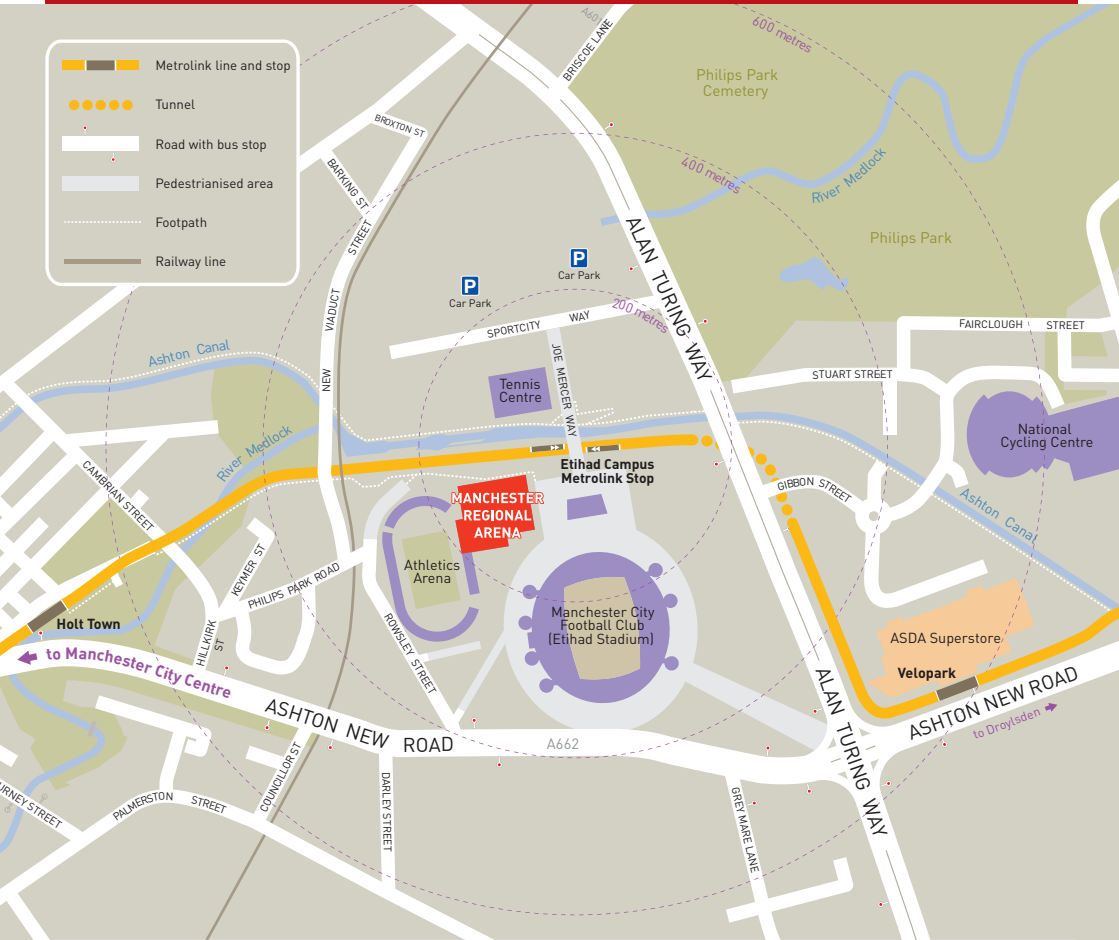
KP&P, Taekwondo evolution

"In victory be humble, in defeat be strong, and in all things, be fair"

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# VENUE LOCATION

MANCHESTER REGIONAL ARENA  
ETIHAD CAMPUS M11 3FF



[www.visitmanchester.com/map/regional-athletics-arena](http://www.visitmanchester.com/map/regional-athletics-arena)

There is FREE parking at the Tennis Centre on the Etihad Campus. This is a short walk from the Regional Arena.

The Taekwondo event parking is located near the National Tennis Centre which is located via Gate 2 of the Etihad Stadium site, directly off Alan Turing Way.

Once parked up, it is only a short walk across Joe Mercer Way to the Arena as shown on the plan above:

By Metrolink tram  
Manchester's iconic Metrolink trams are a fast and convenient way to travel from nearby towns and local areas. The nearest stop to the Regional Arena is Etihad Campus. Metrolink trams run from early morning until late in the evening and run every few minutes so you don't need a timetable.

From Piccadilly station – choose the service heading towards Ashton under Lyne and leave the tram at the Etihad Campus station – literally metres from the front door of the venue!

# KNOW YOUR TAEKWONDO IN ONE QUICK LESSON



## THE RULES AT A GLANCE

### **FIELD OF PLAY:**

Taekwondo contests are fought on an octagonal court measuring 8 metres x 8 metres.

### **BASICS:**

Each contest is made up of three two-minute rounds.

Over their standard white uniform, known as a dobok, competitors wear coloured electronic body and head protectors. The competitor wearing blue is referred to as chung, while the competitor in red is hong.

The object of Taekwondo is to land kicks and punches on the opponent's scoring zones; either the electronic body protector or the head. The athlete with the most points at the end of the three rounds is declared the winner. If scores are level the competition will go to a 'golden point' whereby the first player to score wins the contest.

### **SCORING:**

**ONE POINT:** Awarded for valid attack (kick or punch) to electronic body protector.

**THREE POINTS:** Awarded for valid turning kick to electronic body protector.

**THREE POINTS:** Awarded for valid kick to the head. A foot must make contact with the head or head guard in order to score.

**FOUR POINTS:** Awarded for valid turning kick to the head.

### **OFFICIALS:**

A centre referee controls the match whilst judges seated by the court score an extra one point for punches and spinning kicks.

### **BREAKING THE RULES:**

Infringing the rules can see valuable points awarded to the opposition.

Penalties range from Kyong-go (a warning penalty) for acts such as crossing the boundary line, hitting below the waist or using the knee to attack. Two Kyong-go warnings result in a point being awarded to the opponent.

More seriously, a Gam-Jeom (deduction penalty) is given for actions such as attacking a fallen opponent, or intentionally attacking the face. A Gam-Jeom results in a point being given to the opponent.

# ONES TO WATCH

## MEHDI KHODABAKHSHI

**Born:** Eslamshahr

**Date of birth:** April 21, 1991

**Country:** Iran

**Weight category:** -80kg

**Day competing:** October 18

The Middle East born taekwondo master is the man the rest of the -80kg weight division must surely get past to win Olympic gold in Rio next summer.

Currently the world number one and reigning World Champion. Just for good measure Khodabakhshi also holds the Asian Games and Asian Championship titles.

And his roll of honour doesn't stop there. In 2014, the former Military World Champion, defeated Aaron Cook to win the Manchester Grand Prix and returns to the city having taken another gold medal at the latest Grand Prix in Turkey. A prize guy, if ever there was one!



## AARON COOK

**Born:** Dorchester

**Date of birth:** January 2, 1991

**Country:** Moldova

**Weight category:** -80kg

**Day competing:** October 18

Now fighting for Moldova but the Dorset born star needs no introduction to home crowds this weekend.

Aaron won a gold medal at the 2012 European Championships. In 2015, he collected a World Championships bronze medal after being defeated by Damon Sansum in the semi-finals. Three times senior European champion, Aaron won a medal at the inaugural Grand Prix in Manchester. A prolific medal winner round the world, he secured his first Grand Prix crown in China last year, adding silver in Manchester last October.

ONES TO WATCH



## CHEICK SALLAH CISSE

<b>Born:</b>	Bouake
<b>Date of birth:</b>	September 19, 1993
<b>Country:</b>	Ivory Coast
<b>Weight category:</b>	-80kg
<b>Day competing:</b>	October 18

Last year's African Championship bronze medallist has come into his own this year. With the exception of the World Championships, it's been success all the way with victory in the Moscow Grand Prix plus silver medals at the Samsun Grand Prix and World University Games.

Cisse has forced his way into the big time during 2015. Cisse has met and defeated Aaron Cook in the last two Grand Prix's, including the Moscow final back in August. Cisse's run to the final also included the scalp of Great Britain's Lutalo Muhammad whom he defeated again in Turkey last month. Cisse is part of a thriving taekwondo scene in the West African country



ONES TO WATCH

## EVA CALVO GOMEZ

<b>Born:</b>	Madrid
<b>Date of birth:</b>	July 28, 1991
<b>Country:</b>	Spain
<b>Weight category:</b>	-57kg
<b>Day competing:</b>	October 17

**Didn't impress on her first visit to Manchester for the 2012 Euros but the Spaniard's rise to the top has since been rapid.**

Third at the 2013 World Championships, Calvo Gomez claimed the Euro crown in Azerbaijan last year. She also won three successive Grand Prix titles and collected a silver medal to Jade Jones in the overall final series in Mexico. Her form during 2015 has been less impressive but she did win a World silver back in May-beaten by Japan's Mayu Hamada and bronze at the European Games in Baku. Younger sister Marta is also an international and she too collected world silver at -62kg, losing to Turkey's Irem Yaman.



## JACKIE GALLOWAY

**Born:** Crownpoint, Indiana

**Date of birth:** December 27, 1995

**Country:** USA

**Weight category:** +67kg

**Day competing:** October 17

**Stunned Britain's World Champion, Bianca Walkden, by winning the WGP title in Turkey last month. But the American star's victory was hardly a fluke.**

The Texan based fighter also claimed the +67kg GP title in Astana last year, she is the reigning Pan American champion and collected a World Championship bronze medal at -73kg earlier this year.

Away from the taekwondo mat Jackie was a promising rower at university and reckons she would be in a boat full-time if taekwondo hadn't taken over. Cites Muhammad Ali as her sporting idol and describes her weirdest habit as 'putting on a chap stick' before her fights.



## SO-HUI KIM

**Born:** Jecheon

**Date of birth:** January 29, 1994

**Country:** South Korea

**Weight category:** -49kg

**Day competing:** October 18

**Kim was still at school when she won the first of her two world titles in South Korea four years ago. Successfully defended her -46kg crown in Mexico in 2013.**

By the end of 2013 she had moved up to -49kg and finished runner-up at the inaugural Grand Prix in Manchester, losing 9-1 to Spain's Brigida Yague Enrique.

Gained her first GP title in Moscow back in August with victory over Zhaoyi Li of China. Other contenders in this division include: Croatian Lucija Zaninovic, France's Yasmina Aziez and Egypt's Nour Abdelsalam.





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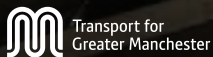
# MANCHESTER

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Jade Jones, GB Taekwondo, Olympic Champion Women's 57kg  
Shot taken at Albert Hall Manchester





# GB PROFILES

## JOSH CALLAND

**Born:** Liverpool  
**Date of birth:** July 14, 1998  
**Weight category:** -58kg  
**Day competing:** October 17

**For a boy from the 'other end' of the East Lancashire Road, Liverpudlian Josh, who has a twin brother, Ethan, enjoys competing in Manchester.**

A month ago the ITF Taekwondo convert defeated Feyi Pearce to add a National senior title to last year's National Junior success at the city's world famous National Cycling Centre. It came after a spell on the sidelines through injury and illness.

Now fully recovered, Josh, a product of the Halewood Taekwondo Club, is eager to justify his Grand Prix wild card selection. Despite his youthfulness, he received great experience at his maiden senior World Championships earlier this year. In addition, took medals at the Greek, Dutch and Austrian Opens.



GB PROFILES MALE

## MAX CATER

**Date of birth:** London  
**Born:** September 18, 1997  
**Weight category:** -58kg  
**Day competing:** October 17

**Millwall born Max Cater is happier than most of his team mates to be competing in Manchester. And this reasoning has nothing to do with extra support from a partisan crowd.**

Young Max hates flying but nothing will stop him getting on a plane if he qualifies for Rio 2016. Besides, the Southampton raised Bosnia and Swiss Open champion has been clocking up plenty of air miles, especially this year. He was selected for both the World Championships in Russia and European Games in Azerbaijan, gaining invaluable experience after such a brief baptism in the sport. And he returned to Russia in August to make his Grand Prix debut in Moscow. Only joined the GB Academy last autumn but wasted no time impressing Performance Director, Gary Hall. Max, who celebrated his 18th birthday back in September, won Commonwealth medals at both senior and junior level last year.

## MAHAMA CHO

**Date of birth:** August 16, 1989

**Born:** Abidjan, Ivory Coast

**Weight category:** +80kg

**Day competing:** October 16

**Holds the distinction of becoming Britain's first ever World Grand Prix champion back in December 2013, beating Brazilian Guilherme Felix on golden point.**

Liverpool fan Cho moved to the UK at the age of seven and combined martial arts with a promising semi-professional football career with Erith Town. He also had trials with League Two Dagenham and Redbridge and counts former Manchester City star, Kolo Toure, as an acquaintance. The Southern Counties East League side website suggests 'Mo' made three appearances and scored three goals. But taekwondo ran in the blood as dad, Zakaia, was African champion. Cho made his first World Championship appearance for Great Britain in 2011 and returned to the same arena in Russia earlier this year. Medals twice eluded him and again at the inaugural European Games. However, Cho is back in the groove, taking bronze in Moscow - a fourth Grand Prix medal-and silver at the Polish Open.



## JORDAN GAYLE

**Born:** Manchester

**Date of birth:** July 24, 1991

**Weight category:** -68kg

**Day competing:** October 16

**Packed a lot of tournaments into his 24 years and would have been many more but for several serious knee problems.**

One of the original intake at GB Taekwondo's first Manchester HQ - the Feat Factory - a converted warehouse - in Ardwick. A Youth Olympic silver medallist back in 2007, the Manchester Aces fighter is a three-time National champion.

Manchester United supporter Jordan opened 2015 with a US Open silver medal, losing to China's Shuai Zhao in the final of the -63kg division.

Also represented Great Britain at this year's World Championships in Russia and World University Games. Still waiting for a first ever WGP podium finish and hopes home advantage can inspire him to an extended run.





## Inspiring the nation through world class success

Since UK Sport was established in 1997, 633 Olympic and Paralympic medals have been won by British athletes.

In that time Great Britain has risen from 36<sup>th</sup> in the Olympic medal table at Atlanta 1996, and 4<sup>th</sup> in the Paralympic medal table, to 3<sup>rd</sup> in both at London 2012.

We are proud to support Great Britain's best athletes on their journey to world class success.

Join us on  
#EveryRoadtoRio

2018 Pyeongchang 

2016 Rio 

2014 Sochi 

2010 Vancouver 

2012 London 

2008 Beijing 

2006 Turin 

2004 Athens 

2002 Salt Lake City 

2000 Sydney 


1998 Nagano 

1996 Atlanta 

 uk sport

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[www.ukspor.gov.uk](http://www.ukspor.gov.uk)

 Red denotes Olympic medals and blue Paralympic medals

## MICHAEL HARVEY

**Born:** Manchester

**Date of birth:** September 21, 1989

**Weight category:** -68kg

**Day competing:** October 16

Returning to the scene of one of his finest career moments. Another United fan, Mike captured the 2012 European title at -63kg at this venue, prior to narrowly missing Olympic selection for London 2012. Defeated Greek rival, Vasileios Gaitanis 14-2 in his Euro final.

He remains one of only two British male fighters to win a World Championship silver medal. The 2008 Beijing Olympian delivered the goods - again at -63kg - in South Korea four years ago.

The 26-year-old Mancunian has endured a lean couple of seasons but is still young enough to get back to the top. Has collected bronze medals in 2015 at the Bosnia and Austrian Opens.



## LUTALO MUHAMMAD

**Date of birth:** June 30, 1991

**Born:** Walthamstow, London

**Weight category:** -80kg

**Day competing:** October 18

Lutalo became the first British male to win a European Games taekwondo medal in Baku back in June. He battled through to the semi-finals after being hospitalized just a month earlier following knee surgery.

That injury, however, denied him his place at the World Championships. However, the London 2012 bronze medallist remains in contention for a place at Rio 2016 but needs a big performance at the Regional Arena. His task isn't made any easier as the -80kg weight division is packed with dangerous rivals from the opening round. But the Manchester United supporting son of a Mancunian mum won't be lacking in support as he bids to repeat his 2013 Grand Prix gold medal success. With mass anticipation of a final clash with Aaron Cook dashed by the Dorset born star's semi-final defeat to Albert Gaun, Muhammad, European champion in 2012, showed his class to deny the Russian on golden point.

## DAMON SANSUM

**Date of birth:** February 18, 1987

**Born:** Paderborn, Germany

**Weight category:** -80kg

**Day competing:** October 18

The bearded Scot has enjoyed the best year of his WTF taekwondo career so far and been one of Great Britain's most consistent performers.

The highlight of a superb 2015 was a World Championship silver medal back in May. After edging Moldovan international, Aaron Cook, on golden point in the semi-finals, Sansum qualified to face Iranian Mahdi Khodabakhshi. A 16-3 final defeat didn't do justice to Sansum's earlier performances but confirmed his status as a real player on the global stage. Damon ended 2014 with victories at the Commonwealth Championships and French Open. He began 2015 by striking gold at the US Open in Florida. A European Championship silver medallist in 2014, the former kick boxing world champion added further medals in Turkey, Egypt, Holland and South Korea. However, the Grand Prix circuit hasn't brought out the best of destructive Damon so far and he's looking to set the record straight in Manchester.



## TOM SMITH

**Born:** Poplar

**Date of birth:** July 1, 1994

**Weight category:** -80kg

**Day competing:** October 18

Spurs fan Tom was taking a gym instructors' course, having previously gained a B Tech Level 3 distinction in sport, before winning a place in the GB Academy through the Fighting Chance, Battle4Brazil initiative.

He had applied to join the inaugural Fighting Chance programme in 2009 but was rejected for being too young. Tom previously excelled at kick boxing and ITF Taekwondo prior to leaving London to train full-time in Manchester, winning world titles in both disciplines.

Collected a National WTF Taekwondo title just over 12 months ago and also won a bronze medal at the 2014 Commonwealth Championships.



## MARTIN STAMPER

**Date of birth:** August 21, 1986

**Born:** Liverpool

**Weight category:** -68kg

**Day competing:** October 16

**The oldest member of the British team on duty in Manchester. Dad of two Martin now has more than two decades of experience under his belt.**

He was a member of the GB Academy during its days based at Loughborough before becoming one of the first intake when Manchester became the sport's HQ in 2007. A knee injury wrecked Martin's chances of an Olympic debut at Beijing 2008 but after becoming World Championship bronze medallist in 2011 and named British Olympic Association taekwondo athlete of the year, he was selected for London 2012. Despite his best efforts, Martin missed out on a medal, losing bronze to Rohullah Nikpah of Afghanistan. He would love another chance to complete his major medal collection in Rio and has reacted to the challenges of a new generation of head kicking younger rivals. Claimed silvers at this year's US and Spanish Opens plus a bronze at the Australian Open in Melbourne.



GB PROFILES MALE



## LYLE WALKER

**Born:** Law

**Date of birth:** August 14, 1995

**Weight category:** +80kg

**Day competing:** October 16

**Another graduate of the 2013 Fighting Chance scheme, Lyle has made steady progress and only left his teenage years behind back in August.**

Belatedly celebrated his 20th birthday with victory at the National Championships in September, having finished runner-up to Mahama Cho 12 months earlier.

Made his Grand Prix debut in Manchester 12 months, the Scottish raised heavyweight is one of six wild cards for this weekend's competition.

Lists skiing and snowboarding among his other pastimes and given the precarious nature of all these sports is proud of his claim: "I have never broken any bone in my body."

## RACHELLE BOOTH

**Date of birth:** August 31, 1995

**Born:** Wigan

**Weight category:** -57kg

**Day competing:** October 18

**Wigan: famous for pies, rugby league and Uncle Joe's mint balls. Oh and World Championship taekwondo bronze medallist, Rachelle.**

And a few more results like her achievement in Chelyabinsk earlier this year will soon have eloquent Rachelle rising up the town's popularity pecking order. She'd learned the ABC of ITF and then went back to school to become fluent in WTF-taekwondo, that is. A graduate of the Sport England backed talent ID initiative, Fighting Chance, Rachelle joined the GB Academy in Manchester in October 2013. It has taken long to get upto speed and a force at -57kg or -62kg. Won her first Grand Prix medal in Turkey last month and an all-British show down with Jade Jones would bring the house down at the Regional Arena. Little known fact - she is double jointed and has three kidneys. But is perfectly fine, thank you for asking.



## JADE JONES

**Date of birth:** March 21, 1993

**Born:** Bodelwyddan, Flint

**Weight category:** -57kg

**Day competing:** October 17

**Olympic champion, World number one, overall World Grand Prix champion, European Games gold medallist - just a few of the accolades currently held by head kicking 'Bodelwyddan Belter.'**

Little wonder the former Youth Olympics champion has become a household name in British sport. Jones, then 19, became the country's first ever Olympic taekwondo champion after beating China's Hou Yuzhuo 6-4 at ExCeL. Struggled for motivation and top form in the immediate aftermath of her Games' glory but helped by Mancunian born coach Paul Green, himself a former Olympian, she steadily regained her hunger. It's not all been plain sailing and there were tears of frustration after losing controversially to Iran's Kimia Zenooin in this year's World Championship quarter-finals. That 10-9 defeat, caused by a faulty scoring system, ended a six tournament unbeaten run.



## CHARLIE MADDOCK

**Date of birth:** November 15, 1995

**Born:** Stoke on Trent

**Weight category:** -49kg

**Day competing:** October 18

**Some people call her 'Mad dog' (Maddock, Mad dog, get it) but best not to rile the Potteries 'Pocket Rocket.'**

Like Rachele Booth, 'Charlie Girl' came into the GB Academy via Fighting Chance two years ago; this time from kick boxing where she had been a double world champion and three-time European gold medallist. And like Rachele, she's proven a quick learner in WTF, highlighted by a feat that can never be equaled or surpassed.

Charlie, a former tap, ballet and jazz dancer, waltzed to the gold medal at the inaugural European Games in Baku this summer. A golden point victory over Serbian Tijana Bogdanovic in the -49kg final ensured her status as Britain's first ever female European Games champion.

Was doing a part-time dental nursing apprenticeship in Burslem before dad, Dave, persuaded to take a chance with Fighting Chance.



GB PROFILES FEMALE

## ABIGAIL STONES

**Born:** Liverpool

**Date of birth:** October 29, 1998

**Weight category:** -49kg

**Day competing:** October 18

**One of only two members of the GB squad who are not full-time with the Manchester based HQ but surely a star in the making.**

The Liverpool teenager struck gold at last year's World Junior Championships in Taipei, beating Irene Bermejo on golden point in the -42kg category. The same year, Abigail, who became involved in taekwondo aged five when watching brother Luke train, competed at the Youth Olympic Games in Nanjing, winning bronze.

In 2015, Abigail won the first senior gold medal of her career at the NTC Open in Nottingham and also claimed a junior title for good measure.

Again showed her international class by securing silver and bronze medals at the Dutch and Spanish Opens.





## CARLA SUMMERHILL

**Born:** Glasgow  
**Date of birth:** June 15, 1987  
**Weight category:** -67kg  
**Day competing:** October 16

**A former regional swimmer and hockey player, Scot Carla steps into the WGP arena for the first time.**

But she has experience at top level having competed at the 2009 World University Games - when a medical student in Edinburgh - and the 2010 European Championships in Russia.'

Dr Carla' qualified in 2011 - the same year she won a Commonwealth gold medal - having helped establish a taekwondo club at her University.

This year, the Scottish international from the Caledonian Taekwondo Club, has won medals in Holland, Germany and Slovakia.



## BIANCA WALKDEN

**Date of birth:** September 1991  
**Born:** Liverpool  
**Weight category:** +67kg  
**Day competing:** October 17

**Everything good comes to those who wait and 'Queen B' has had to be more patient than most after two cruciate knee ligament injuries have interrupted her career.**

So, there was no happier person than Bianca when she struck gold at this year's World Championships in Chelyabinsk, Russia. The Liverpool heavyweight beat French rival, Gwladys Epangue in the final of the +73kg to become Britain's second only world champion after Sarah Stevenson.

Walkden, who reached number two in the world rankings back in 2011, was European champion in 2014 and would love Olympic gold in Rio next year to complete the full set.

Took up taekwondo at the age of 11, joining the Liverpool Elite Club. Four years later the 2008 World Junior silver medallist made her GB debut.





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# "MAD FERRET" SPORT MANCHESTER

It was Juan Antonio Samaranch who suggested: 'When I find rain in a country, I think always that is a lucky country.' Hardly surprising then the International Olympic Committee's former President made his weather forecast during a visit to Manchester.

The year was 1993: the year Graham Taylor was sacked as England football manager, a false start cancelled the Grand National and now non league Tranmere Rovers were 180 minutes away from the Premier League.

The occasion was a tour of the region by Samaranch, including a visit to Manchester Town Hall, to confirm the city as suitable candidates to host the 2000 Olympic Games. The Barcelona born smooth talker told Mancunian political leaders our chances were "very very high." Two months later 90 IOC delegates in Monte Carlo decided they would prefer a trip to Australia to mark the new Millennium. Who ever thought rain was lucky anyway?

Three years earlier (1990) it had been a similar story. Manchester achieved marginally more votes than a United Kingdom, Eurovision Song

Contest entry to knock Belgrade into last place in a seven city race for the 1996 Games.

There is, however, a reason for reviving these sporting sob stories. For out of the ashes of these failed Olympic bids, rose a determination to ensure Manchester would eventually become a major player on the world's sporting stage.

Then just the foundations of the National Cycling Centre stood on the current Sportcity site. Twenty two years ago after Manchester's second Olympic rejection the only other thing to be seen was wasteland from a bygone industrial era.

Boldly attempting to go where no one had been before was Sir Bob Scott, the son of a British diplomat and the founding father of the city's



**MANCHESTER**  
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Royal Exchange Theatre. And twelve months after Manchester wowed the world with its staging of the 2002 Commonwealth Games, Somerset born Sir Bob explained why he had a dream for his adopted city.

"Everyone was saying what great shape the Olympics were in after Los Angeles in 1984 following the problems during the 1970s," he explained at the time. I decided that the demographic of Manchester was rather similar to Los Angeles. People thought I was an absolute lunatic, but it grew and grew and, whenever I expected a door to be closed in our face, it was opened."

And those doors have remained open ever since to domestic and international competitors and spectators alike as Manchester built on its legacy as a multi sports host city.

"It was an important milestone for British sport to be able to show the world what we could offer in terms of hosting such a large-scale international event," said Lord Sebastian Coe, recently crowned President of the International Athletics Federation.

Coe credits Manchester as the role model for London 2012 and Glaswegians were equally effusive in praise of their English rival during the

build up to last summer's Commonwealth Games.

Where Manchester leads, the rest follow. And never has there been a more appropriately named mascot than 2002 'cuddly' creature Mad Ferret - a play on the Mancunian slang expression for enthusiasm-mad for it.

We have been 'mad for it' ever since: taekwondo, cycling, BMX, badminton, squash, rugby, union and league, athletics, swimming, speedway, road running to name but a few.

Only last Saturday (October 10) Manchester heaved to breaking point as two tribes headed this way. At Old Trafford, the biggest match of the 13-a-side code's season - the Super League Grand Final-played out to more than 70,000 fans. Two hours later the Etihad Stadium hosted England's vital RU World Cup pool game against Uruguay.

That's not forgetting what the two grounds are more commonly famous for. Indeed, at the time of writing Manchester's two Premier League teams sit one and two in the table.

So, maybe what Senor Samaranch said was lost in translation. Or perhaps what he meant to say was: 'When I find rain in a city, I think always that is a lucky city.'



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The fact we can qualify eight athletes for Rio, as opposed to four in the London cycle, is a huge opportunity for us as a sport...  
GB Performance Director - Gary Hall

# **GRAND PRIX SUCCESS COULD BE GATEWAY TO RIO 2016**

**If the performances of England's footballers in 2010 were any guide then Team GB should consider boycotting Rio 2016. One win (against Slovakia), two draws (USA/Algeria) and a 4-1 second round defeat by eventual winners, Germany, made it a World Cup to forget for Roy Hodgson's team.**

Fortunately, while the world has caught up and passed the Home Nations by when it comes to the round ball game, other sports remain as good, if not better, than the opposition.

So, the first ever Olympics (August 5-21) hosted in South America promises to be a more successful sporting extravaganza for the Union Jack rather than the Cross of St George. Exceeding the 65 medals, including 29 golds, could prove beyond a GB squad, smaller in number than finished third at London 2012. But taekwondo is one of the 42 sports, which includes newcomers golf and rugby sevens, where participation and expectation will be higher than London.

Triple world champion Sarah Stevenson, current GB Academy coach, Paul Green, Sarah Bainbridge and Craig Brown were Britain's competitors at Athens 2004. Four years later in Beijing, and winning our first ever Olympic taekwondo medal, Stevenson was joined by Michael Harvey and Aaron Cook.

The Yorkshire legend, like Mancunian Green, now a High Performance coach with the GB Academy in Manchester, qualified for a fourth Games in London with three other team mates: Martin Stamper, bronze medallist, Lutalo Muhammad, and Britain's first ever Olympic gold medallist, Jade Jones. However, next summer the new mum will have feet up watching the action from home.

And - helped by a 17 percent funding increase from UK Sport for the current Olympic cycle - she could see upto eight GB fighters in action at Carioca Arena 3 at Barra Olympic Park-home to taekwondo, judo and fencing.

While competitors at this eighth staging of a WTP Grand Prix tournament can't buy a direct ticket to the 2016 Olympics, they can do themselves a huge power of good for themselves and their National Governing Bodies by earning valuable ranking points towards their ultimate goal.

The eight winners over these three days will each

receive 40 ranking points. At the end of year Grand Prix series finals that total doubles.

Like many of their rivals, the Newton Heath based GB squad has travelled the globe in the last 18 months in search of Rio qualification points with the aim to qualify a top six place for the country not the individual.

There is also a fall-back qualification route next year with 72 athletes (36 male, 36 female) eligible through five Continental tournaments. Europe's event is scheduled for Istanbul on January 16 and 17 where 16 spots are up for grabs.

In total 64 men and 64 women will fight in Rio with eight athletes the maximum number allowable to a National Organising Committee. GB Performance Director Gary Hall is keen to maximise GB's new found medal chances.

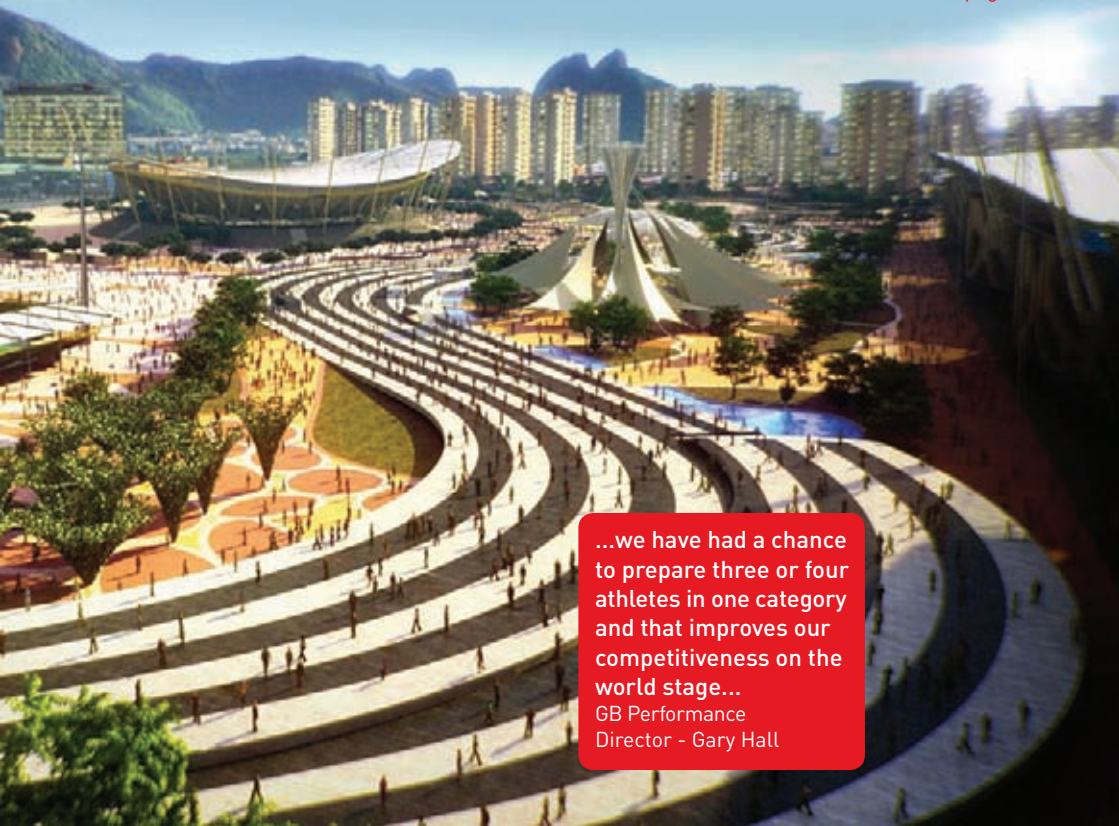
"The fact we can qualify eight athletes for Rio, as opposed to four in the London cycle, is a huge opportunity for us as a sport and I think that was a key aspect of the investment from UK Sport," he said.

"With that opportunity came a real need for us to

strengthen the 'athlete pool' within each Olympic weight category. One of the key ingredients our programme had been missing is that depth. Maybe in the past if we lost someone to injury, we lost a chance of a medal. This Olympic cycle we have had a chance to prepare three or four athletes in one category and that improves our competitiveness on the world stage. When we started this back off in 2001 down in Loughborough I wouldn't have expected to be where we are today. It's a testimony to the athletes and testimony to the investment principles that been in operation at UK Sport and through the National Lottery funding."

To maximise the chance of taking up a full quota of places for Rio, 19 new athletes were introduced to the GB Academy in September, 2013, 15 of them through the 'Fighting Chance, Battle4Brazil' initiative. That took the number of athletes training at the GB Academy upto 32. And while not every member of the intake stayed the course, another four athletes moved in last November: Max Cater, Josh Calland, Archie Waldock and Levi Goodridge. There's realisation within the group many won't make the cut this time. But Hall and his coaching staff are already building towards Tokyo 2020.

[cont.next.page](#)



...we have had a chance to prepare three or four athletes in one category and that improves our competitiveness on the world stage...

GB Performance  
Director - Gary Hall

However, for those athletes, family members and fans fortunate enough to be heading to Rio next summer, here are some essential facts to help you enjoy the experience.

\*The principal language is Portuguese. So- posso ter uma cerveja por favour? Can I have a beer, please? Or Eu estou perdido...I am lost.

\*The unit of currency is the Real. At today's exchange rate you will receive just over six Reals for one pound.

\*You will, of course, find Mancs in Manchester and Scousers in Liverpool. In Rio, the locals are known as carioca. Not be confused with cocoa or karaoke.

\*The 98 feet tall Christ the Redeemer statue on Corcovado mountain is must see. But beware it can be struck by lightning which why the figure might still be missing a piece of his right thumb.

\*It will be winter in Brazil during the Games but don't pack thermals. The country's temperate climate means don't be surprised if it's nudging upto 75 degrees F next August.

\*Rio de Janeiro means 'river of January' but founder Gaspar de Lemos- perhaps exhausted by his 'cruise' from Portugal- made an error. There is no river just a huge bay.

\*These days overseas travellers arrive by plane at Galeao International Airport aka Antonio Carlos Jobim International Airport. Flying time from Manchester, approximately about 14 hours.

\*Fancy a snack? Then try feijoada, a black bean stew with beef or port. Or bacalhoda- primarily cod and potatoes.

\*Head to the Gamboa district if you fancy dancing the night away after an exhausting day watching sport. This where Samba was born.

\*A multi sports Games wouldn't be complete without a mascot or two. In Rio, lookout for Vinicius (Olympic mascot) and Tom (Paralympic mascot).

**The 98 feet tall Christ the Redeemer statue on Corcovado mountain is must see.**



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“Official schools partner – proudly supporting the World Taekwondo Grand Prix”

Image: Town Hall Complex Transformation Programme, Manchester

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# EXPLORE MANCHESTER

With over 30 international cuisines on offer, and something for every budget, Manchester's diverse dining offer has the answer to every possible culinary mood.

Whether it is one of the independent restaurants in the Northern Quarter, to an authentic Mancunian pub offering "hearty and healthy" food to the canal side bars in Castlefield or the well known restaurant brands in the Printworks and Deansgate, the compact nature of the city centre allows visitors to be able to truly experience the diversity of Manchester's food and drink offer.

## RESTAURANTS

### GRILL ON THE ALLEY

Very popular restaurant offering a fulsome nod to the freshest of produce from the sea alongside the classic, yet glorious steak.

### SAPORO TEPPANYAKI

Sapporo Teppanyaki is a Japanese restaurant, that delivers more than a delicious meal. They provide a dining experience which is ideal for large parties, couples and families. Their Teppanyaki Chefs will entertain you as they prepare your meal.

### JAMIE'S ITALIAN

Many original features of the Grade II listed building, designed by Sir Edwin Lutyens in 1928 and built between 1933 and 1935, have been retained, including marble clad columns, intricate mahogany wall panellings and a number of historic art deco features.





## **EXPLORE MANCHESTER**

### **BARS**

#### **THE ALCHEMIST**

Professional, comfortable, embracing and friendly, The Alchemist is where good drink and food meets excellent service in a great environment - not to mention its cocktail menu which is to die for!

#### **THE OAST HOUSE**

The Oast House offers the most exciting, exclusive and cosmopolitan range of ales and beers in the North West along with some of the world's finest wines and champagnes.

### **ROOM**

Offering one of the best people watching venues in our great city Room is a must for the discerning drinker. Be seduced from the moment you enter Room and take the dramatic walk up their staircase and enjoy slick and efficient table service.

### **MUSEUMS**

Manchester Museum  
National Football Museum  
People's History Museum  
Museum of Science and Industry  
Imperial War Museum North  
Manchester Art Gallery  
Museum of Transport  
Manchester Jewish Museum





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