Wharfedale School of Taekwondo’s First group of Black Belts.

Emelia May- Founder of ‘Wharfedale School of Taekwondo’, ITF Instructor, WT coach, Infinite Tai Chi, Chi Kung & Meditation Teacher.

Miss Emelia May opened ‘Wharfedale School of Taekwondo’s first club in East Morton in September 2014, followed by Burley in Wharfedale in the December of 2014 and Otley in the following May 2015. This June marked the celebration of the first group of students making the journey from White to Black belt.

Emelia has a background in Therapy work and took up training again in Taekwondo in 2010. Her deep passion for Taekwondo grew. Realising the myriad of benefits to all ages ignited a desire to share this through teaching.

Martial Arts are unique in facilitating health and well-being on all levels. Taekwondo is particularly beneficial as it can be started at any age as fitness and skills evolve through training. Confidence, resilience, and self-awareness are some of the attributes gained as well as physical fitness, strength and increased flexibility. Students begin as white belts and embark upon a grading system that takes them through various colour belts until after at least 3 and a half to four years later when they take the black belt grading. The journey is very personal for each student as they work though the syllabus, acknowledging their strengths and weaknesses. Through perseverance and dedication, they achieve a level of skill, focus and self-control that is applaudable.

I am very proud of all my students as I watch them progress, working through the gradings, receiving the rewards and most of all enjoying training.

I teach both Taekwondo and Tai Chi in Schools and observe a need for more resilience, sense of self and focus, to enable children to navigate school life and the pressures of today. Physical movement plays a major role in health and there is certainly a place within school for this as well as the life skills Martial arts instil. Adults benefit from the increase in confidence, stress release and skills acquisition that training brings.

The youngest Black belts are in year 6 at school and the oldest in their 40’s and early 50’s. An achievement at any age. There are adults and junior mixed classes and so families can train together. We have a Mum and her two boys training together and have gained their black belts at the same time. There are numerous adults at the club whom also have children training too. This is a wonderful opportunity to share time with each other and meet on the level playing field of the dojang where everyone facilitates each other’s development.

Congratulations to Lily Boswell, Andrew Cooper, Louis Dilenardo, Helena Donovan, George Harrison, Lois Scott, Thomas Scott, Joe Scott, Alistair Whitehead and Roger Wilson.

They’re all continuing to train towards Second Dan. Lily Boswell entered her first competition as a black belt at the weekend and faired well. She’s one to watch in the sparring arena. Looking forward to the next chapter and seeing our next group in training for their black belt grading in October/November time.