



## Welcome to Tuks Taekwondo

Taekwondo is a full contact Olympic sport which has greatly progressed from its humble martial art origins in South Korea. It originates from traditional soldiers and warriors in ancient times – mainly during the Three Kingdoms Period. These sleek self-defence techniques have been meticulously elegant and efficient full contact sport.

Taekwondo aims to unify one's mental strength with physical fitness. Our uniform is the embodiment of this idea as the belt is used to keep the student be strong enough to will their body into action and training. The sport focuses on speed, accuracy and strength while instilling sportsmanship when investing in the youth.

Modern Taekwondo, as we know it, was first seen at the 1988 Seoul Olympics in South Korea as an opening ceremony demonstration. The sport was also featured at the Sydney Olympics in Australia. Shortly after Tuks Taekwondo had a hand in developing the first Taekwondo Olympian from South Africa. Mr. Dun Garankuwa and was sourced by Chris Moche is currently being instructed by Master J H Cho – the National Team Coach – at Tuks.

## News

### Tuks Golf Training Centre officially opened at the University of Pretoria - 17/05/2013

The University of Pretoria prides itself on its publicly recognised achievements pertaining to its various sporting fraternities. These achievements can be attributed to the University's sporting facilities, which are of the highest quality among South African universities. To add to its quality achievements, the University of Pretoria, through TuksSport and the High Performance Centre (hpc), has now officially opened a golf training centre.



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### South African law professor to report to the United Nations on Lethal Robots - 16/05/2013

South African human rights law professor, Christof Heyns, will submit a widely anticipated report on Lethal Autonomous



Robots (LARs) to the United Nations (UN) Human Rights Council on 29 May 2013. Prof Heyns, from the University of Pretoria (UP), was appointed as UN Special Rapporteur on extra-judicial, summary or arbitrary executions in 2010. During last year, he conducted worldwide research on the question whether states should be allowed to use LARs - weapons that, once deployed, can use lethal force without further human intervention - during war, or peace.

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### **A continental Leadership Transformation Programme established - 15/05/2013**

The African Union's New Partnership for Africa's Development (NEPAD), the United Nations Development Programme (UNDP) and the Albert Luthuli Centre for Responsible Leadership (ALCRL) recently co-hosted a roundtable aimed at establishing a continental leadership transformation programme.



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### **Local politicians, international experts and prominent thought-leaders to rethink governance processes - 15/05/2013**

Clr Kgosietsi Ramokgopa, Executive Mayor of Tshwane, international academics and activists such as Susan George as well as prominent local voices like Prince Mashele, Mzuqisi Qobo and Andries Bezuidenhout are to take part in a week-long think tank on governance at the University of Pretoria (UP).

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### **Centre for Human Rights course targets African judges as Optional Protocol comes into force - 14/05/2013**

Judges from five African countries (Botswana, Malawi, South Africa, Tanzania and Uganda) joined participants from 20 other African countries for a course on socio-economic rights, presented by the Centre for Human Rights at the University of Pretoria from 6 to 10 May 2013.



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### **Empathic Communication and Dementia: Internationally Recognised Memory Bridge Programme comes to South Africa - 14/05/2013**

Memory Bridge, an innovative intergenerational programme that diminishes the social and emotional isolation of older persons with dementia, will be implemented in Pretoria from 13 to 28 May.

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### **Prof De la Rey calls for a 'bigger and better' Woolly Winter Campaign in 2013 - 14/05/2013**

Speaking on TuksFM's Bang Bang Breakfast Show, the University of Pretoria's Vice-Chancellor and Principal, Prof Cheryl de la Rey, announced that the second Woolly Winter Campaign will be launched earlier in a bid to make it 'bigger and better' than the previous year's effort.



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