

27 October, 2009 12:06PM ACDT

Tang Soo Do World Championships in Adelaide this weekend

By [Brett Williamson](#)

The ancient world of Tang Soo Do will fill the Adelaide Convention Centre for this weekend's World Championships.

The ancient world of Tang Soo Do will fill the Adelaide Convention Centre for this weekend's World Championships.

Competitors from as far as Great Britain, Ireland, Malaysia, the US, Canada and Belgium will be travelling to Adelaide to compete in the event.

"Tang Soo Do is a Korean martial art from South Korea, formulated as Tang Soo Do in the '40s, but it comes from a long history of Korean martial arts, probably about 2000 years old," said Adelaide Tang Soo Do master and tournament organiser, Michael D'Ambrosio.

Tang Soo Do holds similarities with several of the other martial arts, Michael explained, with cross sections of karate and other Chinese arts included.

Michael D'Ambrosio, a 4th Dan Tang Soo Do instructor, is also the Team Australia manager, and is looking forward to the weekend of competition.

"On past record, Los Angeles, Malaysia, London and Greece, every team I have taken away, we've come back successfully with gold and silver, and bronze.

"So we are hoping to achieve the same, or similar, this competition," he said.

Two Adelaide students will be competing at the tournament, with the nerves building for 1st Dan Ryan Humphries, a student of Tang Soo Do since 2001.

"[It's] nerve racking ... I've only seen the big competitions from DVDs and what I have heard from people that have competed in the past, it's certainly going to be different for me."

Ryan's preparation for the tournament has meant training three nights a week and spending weekends working on cardiovascular fitness.

Kolynda Driehuis is another Adelaide-based competitor that will be hitting the mats for the competition.

Practicing the art since 2002, Kolynda has been specifically training for the event since October last year.

"We've been working with a sparing trainer, and we've picked up a lot of new techniques, quickened our paces and learnt a far bit."

Athletes will be in Adelaide over the 31 October, 1 November 2009 weekend, with the competitions



Tang Soo Do master Michael D'Ambrosio and 1st dan Ryan Humphreys ready for the World Championships in Adelaide (Brett Williamson - ABC Adelaide)

primarily on Sunday from 10am at the Adelaide Convention Centre.

More details about Tang Soo Do and the tournament can be found on [their Adelaide website](#).



© 2010 ABC