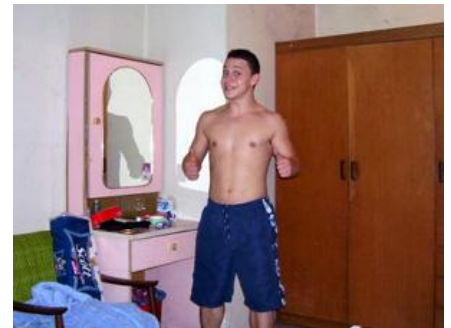


One month in Malaysia with Stuart and Steven Arroyo



We left on Saturday evening from Heathrow and arrived in Kuala Lumpur just after lunch time. After collecting our bags we headed out to meet Master Tan at the arrivals area. Master Tan and Mrs Tan were there to meet us and take us to our accommodation. After a short drive into the city we arrived at our new home for the month with a well mannered Malay man named Charles. As he dropped us off Master Tan told us to be ready for 5.30 and then headed off. Charles showed us round the house and made us welcome while we settled into our new room. That evening we were taken out and fed. We sorted out phones and got everyone's numbers sorted for future reference and then we went to another eating place where we met some of the other members of vision Tae kwon-do. We spent the rest of the evening sampling some different sweets and then went home to bed.



On the Sunday we went for lunch and then headed off to see the town of Kuala Lumpur. We saw some really massive buildings including the Kuala Lumpur twin towers which were really impressive. We stopped for some photos and then headed past the King's palace and towards a huge Buddhist temple. After some more photos and a good explore of the temple we got some drinks and then went home. On the Monday after breakfast we went over to one of Kuala Lumpur international schools where Master Tan has a class, we were also met by Mr. Lyonel Tan too. We sat and stretched for the duration of the class and at the end Master Tan sent us out with Lyonel. He runs a class for his university and one of the classes runs on the Monday. Lyonel took his class, Steve and I practised some basic movements at the back. Once his class had finished he took us up to the infamous Arena. This was going to be the only time we were ever going to ever get to train here as it was getting knocked down the very next day. So wasting no time we managed to get about 5 rounds of drills each before it got to dark. We then went down the road to the new hall which was lit up and had fans!



We carried on for about another 20 minutes until the beginning of class. As people began arriving they kept coming up to us and bowing which I found really confusing to start as at home we only really bow to the instructor, but soon enough I got into it and it started feeling like a normal polite greeting. During training that night I began to wish I hadn't used so much energy that day as I was really bothered with the heat. After nearly passing out a few times the class ended and I felt so





glad! After class we went and got some dinner and drank about 20 tins of 100 +.

The following day we went for a drive with Master Tan we pulled up outside the Batu Caves, which are huge caves (obviously) on the side of a hill, with huge stairs up to the entrance. Master Tan turned to us and asked "Do you have your camera?". I nodded and then he replied "Ok, ten minutes for pictures!". As we left the car we knew it was going to take much longer. So we ran! After weaving in and out of people to the top I couldn't even hold the camera straight to get a good shot (as you can see!).



Wednesdays had to be one of my favourite days for training as we had the Kula Lumpur international senior school first. Master Tan runs another class there and whilst the class is running we got the free run of the school gym and facilities, there we mainly concentrated on chin ups, sit ups and leg lifts. Before we would go in Master Tan would set us a target to reach before the class ended. And whilst teaching he could also keep an eye out for slacking. Once the class was finished we would do rounds of basic movements or sparring mixed with more chin ups!

Once leaving the school we would get a quick bite and then headed to one of the parks in Petaling Jaya and had to run laps of the park (approx 1KM per lap) when we first did it, we only could manage 5 and I didn't feel fit enough for the drills after but by the last week we set ourselves a goal of 10 laps and after doing the 10 laps I could have carried on for another few. On the Thursday we had another good day as we had the class in the evening but before we had to teach at a couple of classes first.

Friday to Sunday were usually rest days except for the first two weeks. On the Saturday we helped out at a Chinese school, the children here behaved exceptionally and after their lesson Steve got to spar with the black belts of the class and we all trained for a while afterwards. That was pretty much our training schedule for the weeks we were there and it was tough!

