

Memorandum



Date: 28 May 2026

To: All members, Instructors, Masters and Grand Masters

From: Fiona Parrant, Board Chair

Subject: ITKD Board Updates May2026

Dear Members, Instructors, Masters and Grand Masters

The newly elected ITKD Board came together for the first time following the AGM on Sunday 17 May 2026 in Auckland. It was a positive and productive meeting, with a strong focus on welcoming new Board members, setting priorities for the year ahead, and continuing to build a strong future for our organisation and members.

As a Board, we are committed to supporting a strong, connected, and sustainable future for ITKD and the Art we all care deeply about.

We recognise and respect the enormous contribution our Grand Masters, Masters, and senior instructors have made over many decades in building ITKD into what it is today. We believe the future of ITKD must continue to reflect the values, standards, vision, and spirit of the Art that sits at the heart of our organisation.

One of our key priorities over the coming months will be beginning work on our new Strategic Plan. Importantly, we believe this work must be developed with and for our Grand Masters, Masters, senior instructors, instructors, members, and wider ITKD community, the people who live and breathe the Art every day. We are excited to have Lisa O'Neill, renowned key note speaker and business consultant, leading our strategic consultation and process.

We do not want this to simply become another document that sits on a shelf. We want the process to genuinely listen to and reflect the people within our organisation, helping shape a direction that respects our foundations while ensuring ITKD remains strong, connected, and sustainable now and into the future.

We are looking forward to strengthening relationships, improving communication, and working positively together for ITKD.

The ITKD Board is:

Mrs Fiona Parrant – Chair

Fiona is a past Central Districts Regional Director, former Assistant Instructor in Levin, and recipient of the Black Belt of the Year award. Outside of ITKD, Fiona is an experienced Chief Executive and governance leader with a strong background in community leadership, strategy, and people-focused organisations.

Mrs Karen Long – Deputy Chair & Chair of the Audit and Risk Committee

Karen joined the Board in 2025 as an independent Board member and is a Chartered Accountant with over 20 years' experience based in Ōtautahi Christchurch. Karen brings several years of governance experience from the not-for-profit, membership body, and education sectors.

Master Kane Raukura, VII Dan

Master Raukura is the Head Instructor of Dragon's Spirit Taekwon-Do in Auckland and has been actively involved in ITKD for more than 35 years across leadership, instructional, and governance roles. A Life Member of ITKD and former National Standards and Discipline Director, he is also Deputy Principal of St Ignatius of Loyola Catholic College in Drury. Kane is our Child Protection Officer and member of the Complaints Committee.

Master Kevin Joe, VII Dan

Master Joe is the Head Instructor of Remuera Taekwon-Do in Auckland and has been actively involved in ITKD for more than 45 years across a range of leadership and service roles within the organisation. Outside of Taekwon-Do, he is the owner of a wholesale/import business.

Mr Nick Lourantos – Chair of IT Committee

Mr Lourantos has been involved in ITKD since 1992 and is currently Head Instructor of Miramar ITKD Club. A former Wellington Regional Director and former Board Chair, he has extensive organisational experience and remains actively involved in ITKD leadership and governance, chairing the IT Committee.

Mr Bjarne Morris, V Dan

Mr Morris is the Head Instructor of O Haeng Taekwon-Do Hakwon in Mt Wellington, Auckland North representative on the Complaints Resolution Committee, and serves on the Education Panel. He is self-employed, providing business and IT consulting services. With his technical background, Bjarne joins the IT Committee.

Mr Mitchell Alexander

Mitchell is an independent Board member who specialises in government relations, reputational and risk management, and strategic communications. He has extensive experience working across the media industry, the public service, and Parliament, and has a keen passion for sport and supporting ITKD into the future. He will join the Audit Risk Committee and newly formed Communication and Marketing committee.

We thank all members, instructors, volunteers, and senior leaders for the ongoing contribution you make to ITKD and look forward to working together positively moving forward.

Ngā mihi nui



Karyne Ross, General Manager on behalf of:
Fiona Parrant, Board Chair
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