

Taekwon-Do Talk



*International
Taekwon-Do*

Issue 2 2014 - Featuring:

ITF WORLD CUP 2014

PLUS: Weird & Wonderful TKD • 2nd Annual Vets Camp • Head Injuries in TKD
AND MUCH MORE



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FROM THE PRESIDENT



Master Evan Davidson

VIII Dan, President

It's hard to believe that we are now near the end of 2014.

What another busy and, I'd say, very successful year we have had.

The ITKD yearly calendar seems to fill up very quickly which involves seminars, tournaments, gradings, high performance trainings as well as your own weekly club/school training sessions. On behalf of the organisation I thank you all for your dedicated efforts and for the many volunteer hours that go into ensuring that our martial art, 'International Taekwon-Do', maintains its high standard, whilst continuing to stay true to the original teachings and philosophy of the founder General Choi Hong Hi.

I commend the great effort and results by the competitors at the Oceania competition in Rarotonga and at the recent ITF World Cup in Jamaica. Full credit and thanks to the coaches, managers and supporters who have ensured we have a strong and competitive team. On a world stage our ITKD competitors continue to show that New Zealand is certainly 'punching above its weight'.

I recently attended a well-run and enjoyable Veterans camp in Tauranga. My thanks go to Andrew Craig, Vivienne Wood, Morgan Lloyd and their dedicated team of workers who ensured the elders and seniors of our organisation were well looked after and suitably catered for. (A review in this issue will give further insight into the activities of the weekend).

I note that the next Senior and Junior ITF Taekwon-Do World champs have been set down for the end of May 2015 in Jesolo, ITALY. Already our high performance coaches and selectors are working to put together another strong team, and for those of you wishing to compete in this event, I wish you good luck in your training, and remember you not only need to work long and hard but also practise and train smarter, in order to minimise any injury before competition.

Financially it is very expensive to travel out of New Zealand for these events and I thank the ITKD Board, the CEO and our funding partners who try to provide as much financial support as possible to make things easier.

Lastly I wish all our Masters, Instructors, Black Belts, Colour Belts, Administrators, Supporters, and Families all the best for the festive season very soon to arrive. Enjoy a well-earned break, if you can get one, or need one.

Feel free to contact me if you have any suggestions, comments or wish to discuss ways we can improve International Taekwon-Do. president@itkd.co.nz

'Taekwon'



Some of our seniors enjoying the 2nd Annual Vets Camp

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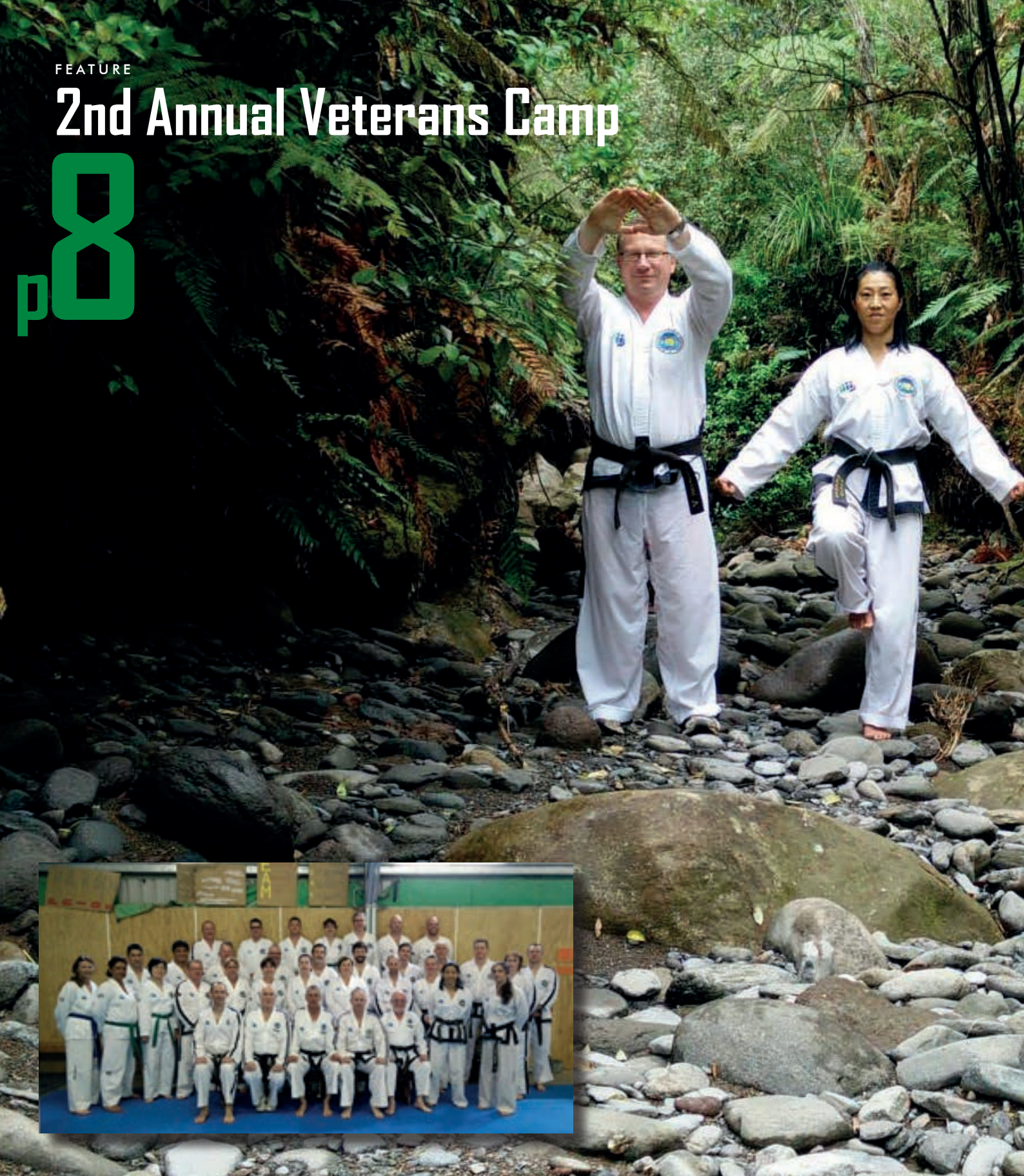
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*“That was so
much fun”,
“Fantastic”*

*“I’m definitely
coming again
next year!”*

*“You are doing it
again next year,
aren’t you?”*

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Photos of Kiwis competing
at the ITF World Cup 2014.
Photos by Caroline Auld.



WEIRD AND WONDERFUL TAEKWON-DO

By Mani Depree PulseTKD

Recently, I had the privilege of attending the Weird and Wonderful Taekwon-Do seminar with Mr Brendan Doogan and Mr Richard Burr. The seminar was held at our Do Jang, Pulse Taekwon-Do in Christchurch. Mr Doogan & Mr Burr are really great instructors and I was really wowed by how talented and knowledgeable they were. Over the next two days that would be ahead of me, I would basically have two seminars in one. (Am I confusing you yet?) Mr Burr ran a very engaging seminar on specialty & power breaking for grading success on the Saturday, and Mr Doogan ran his hugely fun and interesting Weird & Wonderful seminar on the Sunday.

The first day was broken up into destruction and special technique. Mr Burr took us from the first techniques we need to learn when we begin breaking at gradings, right through to black belt techniques! The second day we spent time doing self-defence and pad work as well as trying out some breaking with our crazy techniques taught to us by Mr Doogan. We ended up finishing the two-day seminar by learning

Things you wouldn't expect to use in a real situation...



Ko-Dang, a 2nd Degree pattern that hasn't been used for a while and is now being brought back in.

In the lunch hours, most people chose to stick around and try out some different techniques for breaking. We saw a twin rear elbow strike & U shaped punch used to break boards which was really cool.

My favourite part of the seminar was doing some breaking. Before I had spent any time with these instructors, I wasn't very confident with breaking a board. I always thought I would hurt myself, but now I realise that it's not so bad. They helped me lift my confidence a whole lot!

Seminars like these are good things to go to, especially to see friends and even make new ones from all over the place. We are all there for similar reasons, and that is to



NEW SCHOOLS

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Instructor Mr Kerry McEvoy III dan Venue and times to be advised.

Assistant Instructors recently approved:

Jayden Wilson – Hwa Rang Tauranga
 Sam Morgan – Hwa Rang Tauranga
 Samantha Young – Khandallah
 Hamish Robson-Wright – Paul M Glendowie
 Joshua Harris – Kerikeri
 Graham Walshe – Dragons' Spirit Wanganui
 Alistair Stevens – International Pacific College
 Morgan Searle – PNTA
 Brian Ricketts – Te Awamutu

TAEKWON-DO MUM – TAEKWON-DO DAUGHTER

By Sarah and Ella Davis Ji Shin Royal-Oak

As all serious students of Taekwon-Do know well, mastering the 'Do', the way, is just as important as mastering the fighting aspect of the art. The five tenets are the basic principles of the 'Do', to be focused on each and every day.

Courtesy - Ye Ui - treating all beings with respect, no matter what their age or ability

Integrity - Yom Chi - honesty, truth to oneself, maintaining a quieter confidence

Perseverance - In Nae - overcoming difficulties by daily practice and exercising patience

Self-Control - Guk Gi - temperance, balance, winning over oneself (the pulling back as well as the punch)

Indomitable Spirit - Baekjul Boolgool - courage in adversity

Now, if we re-read these tenets again, this time through the eyes of a parent, we will see that they are the very same attributes of the best mother or father.

I came to Taekwon-Do through my daughter Ella. My husband Darryl works at Southern Spars with Mr. Hung Nguyen, IV Dan, Instructor of Ji Shin club, Royal Oak. We enrolled Ella in TKD when she was 5 years old, and I had recently given birth to my son Theo.

After sitting and watching the classes with a growing interest, I finally plucked up the courage to ask Mr. Nguyen if I could also join and he was very positive. I got my first dobok – I was a white belt! I have done yoga for many years and took well to the practice of TKD - to stretch and exercise my post-pregnancy body (and mind) felt wonderful.

However, in those early days, the journey ahead sometimes felt completely overwhelming and my confidence was built up and knocked down in equal measures (as it still is at various times, even as I progress). In the more difficult moments, Mr. Nguyen reminded me that the white belt signifies innocence and to simply embrace this and persevere.

The sense of achievement soon got me hooked, and as I practice, moves that once seemed impossible become fluid. Like a child's milestone moments, each gup and pattern builds upon the last, slowly and

steadily teaching me what I need to know. Now I realise I am capable of more than I had ever dreamed of.

Although neither Ella nor I find TKD particularly easy, I can see how we have both improved in terms of co-ordination, self-discipline and confidence. The benefits of doing something together is immensely fun; we've become part of a wider community and have made some awesome friends.

I am a full time art teacher at Auckland Grammar School as well as a busy mum and at times the commitment to classes can be a challenge in itself! But the benefits to my classroom teaching, my health, my organisation, and my determination are obvious to all who know me.

My son, now 4 years old, 'practices' with us and is desperate to start and my husband has vowed to start alongside Theo and will resume his martial art journey, started many years ago.

So Ella is now 9 years old and a 5th gup, the plant sprouting and taking root. I am 3rd gup, the heaven towards which the towering tree grows. I feel my spirit awakening on many levels. I hope this to be my Indomitable Spirit; the spirit of never giving up; to live without fear; to be modest and honest no matter the situation or person.

I know as a Taekwon-Do student, and as a parent, that the tenets I am trying to live by



Sarah and Ella Davis participating in a Taekwon-Do demonstration at Mount Roskill cultural festival earlier this year.

are one and the same and that they carry many benefits for my whole family and me.

I am ever indebted to Instructor Hung Nguyen for his endless energy and commitment and for making Taekwon-Do fun and challenging. 🙏

Taekwon-Do Daughter

I am the daughter of Sarah Davis – **blue belt, red stripe**. She decided to join after many months of watching me practice. I was age 5 when I started training at my Ji Shin Taekwon-Do class, and my mum eventually joined me. I was a couple of belts ahead of her when she first joined, so imagine my surprise (and jealousy) when she went up two belts ahead of me!

It's fun having my mum do Taekwon-Do classes with me. I have a feisty little brother named Theo, who is desperate to join. My father, Darryl Davis, has also said he will join alongside Theo when he starts in January 2015.

It's not easy having a mum who is a couple of belts ahead of you, especially when she has been awarded the class award trophy to take home for a month AND the small trophy to stay at your house for two 'A' grade passes. I may not have either one of the trophies, but I am determined to win an award as soon as I can. I would like to become a junior black belt by the time I am 12.

All my luck, good wishes, and keep practicing, Ella Davis **Green belt, blue stripe**.



2ND ANNUAL VETS CAMP

By Vivienne Wood 1st Dan, Silla TKD

“That was so much fun”, “Fantastic”, “I’m definitely coming again next year!” “You are doing it again next year, aren’t you?”

Morgan turns to Andy, they exchange a look, a smile and so began the planning for the 2nd annual national iTKD Veterans Camp held at Aongatete Lodge, in the Kaimai Ranges between Katikati and Tauranga.

This year Andy Craig took over the bulk of the planning with Vivienne Wood helping in the background. Master Rounthwaite quoted in an email “behind every great man....”

Friday night saw the arrival of most camp attendees. It’s a casual time to settle in, old friends reconnect and new friendships begin to form.

Saturday started off almost too good. After a fabulous cooked breakfast (including lots of bacon, apparently a medical requirement of Mr Gwyn Brown) and fresh coffee, it almost felt like time for a nap rather than some training!

This year’s Instructors were Master Davidson, Master Rounthwaite and Master Rimmer, Mr Ian Campbell and Ms Rose Cherrington.

Sessions 1, 2 and 3 had us split into groups depending on rank and belt and we were rotated around the three Masters who had us running through a variety of techniques

and fundamental skills. I’m constantly in awe of how our senior instructors and Masters can continuously come up with new and inventive ways of teaching the same fundamentals and patterns in such a way that challenges the mind and often the body and keeps us interested in learning, inspired and keen for more.

Master Davidson had us form up in a circle to run through some fundamentals and patterns rather than the traditional form up. Just this simple adjustment was rather disconcerting for the bulk of us as we ran through Chon-Ji tul.

The senior Dans enjoyed being able to have a session together, going back to basics and being students as opposed to often being the instructor.

The colour belts were inspired and encouraged to continue on their path to 1st Dan despite perhaps not being able to jump, kick or participate like their younger club members. They were given tips on how to adjust techniques to meet their individual capabilities or limitations and yet still execute their techniques so they looked correct. They gained some great new ideas, some fears were laid to rest, and I hope to see all of them wearing black at camp one day. No excuses now.

Session 4 on Saturday was rather special. We chose to split our campers into male and female groups and off we went to our “secret” sessions. Mr Ian Campbell took the men and Ms Rose Cherrington instructed the women.



Master Davidson instructing black belts

The women’s session was so much fun and extremely valuable. Ms Cherrington has a background in the police force so she chose to cover self defence that would be useful in some of the situations that all women hope they will never encounter, rape type scenarios. We covered how to escape from being pinned down, held against a wall and being tied up. It’s possible we all had a bit too much fun tying each other up and trying to escape but we learnt a lot of valuable information and techniques and came away feeling more empowered.

The men also concentrated on self defence and applying moves then experimenting with what they could do next. They really



Master Rounthwaite, Master Davidson and co-organiser Mr Craig addressing the troops



Ms Cherrington’s self defence session

Join us on facebook: www.facebook.com/groups/itkdvets



Seated: Mr Mark Banicevich (6th dan), Master Rocky Rounthwaite (8th dan,) Master Evan Davidson (8th dan), Master James Rimmer (7th dan) and Mr Peter Graham (6th dan)

enjoyed being able to “go hard” on each other and not having to worry about hurting their partner or having to hold back as so often happens when working with women or younger club members.

We ended the day with a fabulous roast lamb dinner, chocolate pud and ice cream (thanks to Mr Morgan Lloyd and wife Allyson and Mrs Charlotte Blackwell). And then wound down, breaking off into social groups. There were the quiet chatters, the passionate, wildly animated gamers (cards) and the very vocal singers who lost their voices singing along to all the hits from the 70's and 80's well into the wee small hours.

Veteran was a much truer word for most on Sunday morning! First, another great

breakfast and then it was off to breaking with Master Rounthwaite for most of us. This is always one of my favourite sessions. I really admire the way Master Rounthwaite teaches breaking and succeeds in getting even the most timid of breakers breaking better and more than ever before. It's a great way to end a fun, informative and inspiring weekend.

Aside from having fun and socialising with other veterans within Taekwon-Do in NZ, Veterans' camp is about building a strong support network for our more mature members. It's an opportunity for our older or more senior veterans to set examples for our more mature junior belts by being living proof that you can start Taekwon-Do

at 40 or 50 or? and continue with it despite health or physical disabilities, and still achieve your goals, gaining the rank of 1st dan and beyond. The physical and mental benefits that Taekwon-Do can offer to everyone of all ages far outweighs the technical difficulties we may fear or encounter.

If the feedback is anything to go on camp in 2015 may already be half full of returnees, and I hear a whisper there's even the likelihood of a few guitars coming to add to the sing-a-long. And Master Davidson is looking for a few more hardy swimmers to join him at the river:

See you there, young at hearts! 🍷



Mr Ian Campbell in action



It's not all about black belts. Good friendships made.



ITF WORLD CUP

By Mrs Jenny Church Co NZ Team Manager

Our arrival together (Coach Gray Patterson, Courtney and myself) in Jamaica was to the welcoming flags in the Sangster Airport terminal announcing the upcoming 2014 ITF World Cup. We were filled with the usual pre-tournament emotions of excitement and apprehension. Outside the terminal we were greeted with a wave of intense heat, glorious sunshine, and a barrage of people all eager to transport us to our designated accommodation. The 3 of us were shepherded onto a waiting bus only to be enveloped in a sea of Argentinian Blue – an indication of the days ahead.

Being a Cup tournament, competitors were able to choose their accommodation and thus the NZ contingent was split into two groups, roughly half each at the Hilton and Holiday Inn resorts. Coaches and Management stayed at the delegated Hilton along with hundreds of competitors from the other countries competing.

Over a 4 day period the New Zealand contingent including Coaches Mr Gray Patterson and Mr Chris Broughton arrived, swelling our total numbers to 52.

The weather was spectacular sitting around the 28deg mark, however the humidity levels of up to 99% made training pretty uncomfortable. Even training outdoors at 7am the athletes were up against the heat and hydration was paramount. Daily tropical rain storms around 2.30 did nothing to lower the temperatures.

The morning of registration Mr Patterson and I made our way down to the venue – a large complex catering for sport, conferences, weddings and the like. Registration, if a little delayed due to computer issues, went smoothly and the NZ team was issued their ID's. Unfortunately Mr Brendan Doogan and Mr Kris Herbison both withdrew due to foot injuries. Thankfully, they both volunteered their services elsewhere and Mr Doogan became the official media and communications person, with Mr Herbison taking on the role of official team photographer.

Most of the team and supporters

headed off to try some of the tourist attractions on offer – some chose to snorkel and swim in the Caribbean. Others headed up into the hills overlooking the stunning Montego Bay area and ziplined down over the forest top. Some tried the shops, however there wasn't much on offer bar tourist souvenirs, lots of jewellery shops and Harley Davidson Jamaica.

Tuesday being weigh-in, began with the usual tension associated with this event. All of our competitors gathered at the venue and sailed through the very slick weigh-in process at first attempt. A very much more relaxed if hungry bunch headed off to spend the day preparing for the competition start the next day. The food on offer at the hotels was great with a mix of European and Jamaican (slightly spicy) fare. One of the staple local dishes available was Ahkee (sour fruit) and Salt Fish mixed together. Needless to say it didn't go down too well with the kiwis.

Wednesday morning saw everyone up bright and early and the hotel foyers abuzz with excitement and some trepidation for the days ahead. Country flags and colours were the order of the day. The NZ team were well organised and we got ourselves a prime position in the tournament hall. And so on cue, the competition began - 28 countries, 678 competitors, 7 rings and 4 days of competition.

Having a blend of both new and experienced competitors across both the junior and senior competitions allowed us to compete in a wide range of events and divisions with great success. With 29 competitors, New Zealand managed to come away with 31 medals and a placing of 3rd position overall behind Argentina with 161 entrants and England with 54 entrants. Our supporters, together with



Cody McDonald

Aimee-Rose Wood



“Our Juniors did us proud with their attitude and composure...”

the two Coaches, Mr Doogan, Mrs Bowden and myself, shared the highs and lows of the competition with all of our athletes and it was great to see the unity among the team as a whole.

Our Juniors did us proud with their attitude and composure in what was for many, a new environment of international competition. Aimee-Rose Wood made her specialty look so easy as she cruised over the cross-bar to take the Gold medal. She also won a Silver medal in her patterns. Alex Petrovich took out the Gold medal in his weight division for sparring and then went on to win a Gold medal in Specialty when he smashed the High Kick. A real poignant moment it was too, when unbeknownst to him, his dad had flown in from Russia and witnessed the result so when Alex stepped out of the ring his dad was there to greet him. Tears aplenty by many of the NZ team. Dan Yates looked great and his work ethic and charisma shone through winning him a Gold in junior red belt patterns. Other successes for the junior coloured belts included a Bronze medal for Robert Bruce and a Silver medal for Elizabeth Martin. Jahnas Barbarich was so excited to win her Silver medal in her patterns division. An injury that Cody McDonald was carrying was unfortunately exacerbated with a hit to his ribs, taking him out of the competition.

Junior Black Belts Niketa Wells and Courtney Church both medalled. It was a proud moment for New Zealand when the girls took to the stage for the Junior Girls 1st degree patterns. Niketa took out the Gold medal with Courtney getting Silver. Niketa also got a Silver medal in her sparring division.

Dylan Cooper wowed us all with his fights through to the final in the Junior Boys Sparring U75 Division. His admission that he fought wisely and to the clock as trained is a credit to his coaches. The phone call home was very emotional and one shared by all the team.

The commitment and perseverance of Hunter Edwards paid off with him taking out the Gold medal in the Junior Boys 1st Degree patterns.



The proud Dad of Dan Yates

Niketa Wells and Courtney Church on the podium





Dan Yates





Matt Bowden



Dylan Cooper



The Veterans' division was very entertaining and Mr Kerry McEvoy was successful medalling in his 3rd Dan patterns and sparring events. It was a very disappointing moment for Mr Lawrence Mantjika when he had to withdraw due to a foot injury just as he was about to compete in the first of his 5 events. It was certainly a sad sight to see him being helped out of the competitor area and the whole NZ contingent team were pretty gutted that his tournament hopes were dashed.

The Advanced Seniors Black Belt Division saw brother and sister Jon Sawden and Caroline Auld both medalling and making it look so easy to boot. Jon's experience and talent shone through and is a reminder of why all our previous Champions are held in such high regard and that they have that X factor. Jon's medals were won despite him being pretty unwell prior to the tournament. Caroline was our first medallist at the tournament and so well deserved with the hours of training she put in.

Nathan Bowden, to quote his wife "This ol boy still has it", won Gold in the Men's 2nd degree patterns, a great win for him.

Anita Broczek can certainly be called the face of our Jamaica campaign, her gorgeous smile is infectious and lights up the whole team. Her 2 medal haul in the Coloured Belt Advanced Seniors division was hard-earned and then received with such humility and kindness, an inspiration to everyone.

The Senior Team as always did NZ Taekwon-Do proud with outstanding results.

Phillipa Henry looked every bit the champion and took out the Women's 1st Dan patterns.

Estee Speirs showed all her recent work has paid off with a Gold in Specialty and then another medal in her sparring division. The U50kg division was stacked with competitors with 2 rings running simultaneously. Fortunately Estee and Melissa Timperley were in separate rings so didn't meet up until the final. Again another proud moment for NZ with our 2 very talented kiwi girls competing together, Melissa eventually taking out the Gold. Melissa also looked fantastic in her 3rd Degree patterns taking the Silver medal there. Her efforts in Specialty earned her a Bronze medal. Her final



Estee Speirs

Dane Canton



points tally resulted in Melissa receiving the Best Senior Overall Award – such an outstanding achievement and received with such humility.

Mark Trotter performed outstandingly to win a Gold medal in the Men's 4th Dan patterns. All this while supporting and seconding a number of his teammates throughout the tournament.

The Men's Specialty featuring Sean Neary was a long drawn-out affair that had Sean (and everyone else) pacing for hours. With a very short run-up, NZ's hearts were in their mouths - what a rousing cheer when eventually Sean won the elusive 1st place.

Kane Baigent was unfortunately at the end of a controversial decision in his sparring match – this resulted in NZ lodging a protest which was overturned so despite Kane putting in another outstanding performance he was unable to progress through.

Amid all the competition was a wonderful sense of DO – a sea of smiling faces, lots of handshaking, backslapping, hugs and genuine regard for one another all sharing a common passion, that of Taekwon-Do worldwide.

Special mention also to those that competed but didn't medal. Lots of money, time & energy spent – Helen, Matt, Tomo, Caleb, Dane and Leo.

The Jamaican people certainly showed their friendly, laid-back dispositions throughout the tournament, without disrupting the running of the event. Everything ran like clockwork and generally on time. The numbers of officials was at a premium and they were constantly in demand and shuffled around the 7 rings as necessary. Our umpires Rose Cherrington, Richard Rogers and Darren Ward were ever visible throughout the tournament.

The Opening ceremony on the Wednesday of competition was attended by all of our NZ contingent. It can be only described as an interesting event with the likes of their well known reggae star "Elephant Man" and a couple of others performing for us. We were able to proudly support Mark Trotter as he and Lylia Doulay performed a patterns exhibition. Our flag bearers were also on display in our traditional black and white colours and were selected to represent our region with both Juniors and Seniors present.



Mark Trotter

The New Zealand Results

Phillipa Henry	Gold	1st Dan Snr Female Patterns
Melissa Timperley	Silver	3rd Dan Snr Female Patterns
	Gold	U50kg Snr Female Sparring
	Bronze	Snr Female Specialty
Estelle Speirs	Silver	U50kg Snr Female Sparring
	Gold	Snr Female Specialty
Mark Trotter	Gold	4-6th Dan Snr Male Patterns
Sean Neary	Gold	Snr Male Specialty
Niketa Wells	Gold	1st Dan Jnr Female Patterns
	Silver	U45kg Jnr Female Sparring
Courtney Church	Silver	1st Dan Jnr Female Patterns
Caroline Auld	Bronze	1st Dan Advance Snr Female Patterns
	Gold	Advance Snr Female Specialty
Nathan Bowden	Gold	2nd Dan Advance Snr Male Patterns
Jon Sawden	Gold	Advance Snr Male Specialty
	Silver	Advance Snr Male Black Belt Patterns
Kerry McEvoy	Gold	3rd Dan Veterans Male Patterns
	Bronze	U78 Veterans Male Sparring
Robert Bruce	Bronze	Jnr Male Red/Blue Belts Patterns
Aimee-Rose Wood	Silver	Pre-Jnr Female Red/Blue Belts Patterns
	Gold	Pre-Jnr Female Specialty
Elizabeth Martin	Silver	U38kg Pre-Jnr Female Red/Blue Belts Sparring
Jahnas Barbarich	Silver	O45kg Pre-Jnr Female Red/Blue Belts Sparring
Daniel Yates	Gold	Pre-Jnr Male Red/Blue Belts Patterns
Alex Petrovich	Gold	O60kg Pre-Jnr Male Red/Blue Belts Sparring
	Gold	Pre-Jnr Male Red/Blue Belts Specialty
Anita Broczek	Silver	Advanced Snr Female red/Blue Belts Patterns
	Silver	O55kg Advanced Snr Female Red/Blue Belts Sparring
Hunter Edwards	Gold	1st Dan Jnr Male patterns
Dylan Cooper	Gold	U75kg Jnr Male Sparring
Lawrence Mantjika & Kerry McEvoy	Gold	Veterans Pre-Arranged

Melissa Timperley

Best Overall Senior





Jahnas Barbarich-Stevenson



The ITF Congress was held on the Thursday night and Mr Patterson attended this on behalf of NZ. Information regarding the 2015 ITF World Champs in Jesolo, Italy was released and a video presented. New rules around age eligibility for the Juniors was announced - anyone born in 1997 will still be classed as a Junior for the 2015 Championships.

Montego Bay shows outwardly all the trappings of wealth – resort style living, multi-million dollar properties, Harley Davidsons, well dressed and well-educated people. A taxi tour complete with reggae music dispelled these notions by showing us the inner workings of this idyllic destination. Incomplete houses pieced together with discarded materials, emaciated dogs and goats, pot-holed streets, road-side stall holders selling sugar cane sticks to eke out a living, ghetto style settlements where you wouldn't dare enter, markets selling cheap and nasty souvenirs, the desperation evident in the traders' eyes. The hustle and bustle of the main streets belying the lack of disposable income and jobs available – the average weekly wage is US\$100 pw. Despite all of this, the people are happy, charming and very friendly.

The culmination of all the aforementioned experiences was the well-anticipated after party. With a drink to celebrate Kane and Estee's engagement that day, we then headed off to the venue where the athletes partied the night away, releasing all the emotions of the days before.

A swathe of medals, lots of friendship, laughter and music all contributing to a great World Cup experience. 🍷



Anita Broczek



John Sawden



Jon Sawden - amazing veteran all-rounder



Estee Speirs and Melissa Timperley

PEELING BACK THE LAYERS

By Mr Brian Ricketts II Dan, Te Awamutu

Self defence is probably as old as the earliest history of human beings – even Neanderthals. One can easily imagine that our earliest ancestors found time-out from discovering fire and inventing wheels to annoy one another, requiring a push, a shove, or some other defensive response. Just imagine - that first shove or dodge all those 100s of 1000s of years ago was the beginning of all the martial arts. The self defence we practice has evolved during this long journey; from the most basic human response to Taek-Kyon (ancient Korea) and Karate (Okinawa). General Choi learned Taek-Kyon as a youngster, and later in Japan Karate where he gained his 2nd degree black belt.

Watching Karate, at a club or if you can't do that on Youtube, provides a useful reminder that the Taekwon-Do we practice has strong Karate roots, especially with close-quarters techniques. Shotokan Karate, the style General Choi learned, is itself a hybrid of two older styles practiced in Okinawa and subsequently has become the most widely practiced style of Karate. Mr Ian Campbell (VI Dan), who is no stranger to practical self defence (see his commentary in the previous issue of TKD Talk), began looking at Shotokan techniques a couple of years ago, initially out of curiosity, but realised quickly that the similarities, from a self defence perspective, are startling.

We can think of our basic techniques, the kicks and punches, as having different layers or meanings, depending on their application. For example, we learn a very formal way of punching and blocking in our patterns, but these same techniques may be done differently in step sparring, competition sparring, or self defence. There are also layers of history surrounding each technique, where the meaning and purpose of a particular punch or kick may have changed as the different martial arts have evolved. Ian is interested in peeling away the different layers to see what works or doesn't work for his self defence. Looking at Shotokan techniques with a critical eye is helping Ian to unravel some of the layers in our own techniques.

For example, look at the position of both forearms in the twin forearm block, then move them slightly to the wedging block position – yes, in our patterns

these techniques serve two different purposes, but in self defence moving between the two is a very effective way of deflecting all kinds of upper-body attacks.

Now look at the position of the hands in the Heaven Stance as they break apart (first encountered in Kwang Gae) – again the position of the hands in the intermediate position is not unlike a knifehand wedging block. We don't always think of the Heaven Hand as a defensive technique, but there is certainly no reason why we shouldn't. Again, the knifehand low guarding block is usually presented in Taekwon-Do as a block. One possible variation to this, that has some historical precedent, is that it could be used as a throw from a two-hand grab to your opponent. All these techniques have their counterparts in Shotokan – one of the historical layers embedded in our style of Taekwon-Do.

What Taekwon-Do does is provide the glue that binds all these layers together – especially in the methods we use to develop speed and power:

We need to continually explore ways of developing and improving our self defence techniques – including verbal talk-down or de-escalation methods, in much the same way that we attempt to improve the competitive or any other aspect of Taekwon-Do. Mr Campbell's first public demonstration of some of his ideas was at the recent Veterans' Camp (September). Some students liked what they saw and others did not, or at least weren't sure. Regardless, we need to remember that Taekwon-Do as we know it also evolved out of at least two other martial arts; if the General had not explored new ways of doing things there would not be a Taekwon-Do as we know



Mr Campbell demonstrating a defence against an upper body attack by moving outside the attacking arm – neither of the attacker's arms/fists are able to counter the defence. The attacker has been immobilized; Mr Campbell can maintain a soft approach or, depending on the seriousness of the attack, apply a variety of other techniques



Mr Campbell using a checking block and at the same time moving outside the attacker's arm. The open hands in the block can be used to grab the attacker's arm

it. Mr Campbell has chosen to look back to some of our Shotokan roots to see what might work within the context of self defence in Taekwon-Do. He also has a particular interest in helping senior Dans and instructors explore how some of the Taekwon-Do techniques that they are most familiar with (and may have been doing for decades) can be understood, both within the broader context of Taekwon-Do, and to improve their own self defence. I for one hope he continues to explore these ideas. 🙏



INSTRUCTING FOR FREE . . . OR INSTRUCT

By Mrs Young-Jasberg VI Dan, Hwa Rang Tauranga

At the recent Veterans' camp there was an interesting discussion about the two philosophies on running iTKD clubs. Whilst our national body is an incorporated non-profit body, individual clubs can be run as a non-profit entity or run more like a business.

Information from our database provides some statistics for this article.

At time of publication:

- 45% of our clubs were running as a business, being 33 out of 78.
- Business schools have 55% of the total registered students, non profits 45%
- Business schools have an average school size of 56 students, non profits 34
- The top 6 clubs by student number are all businesses with average membership of 153

A review of the grading results based on A pass ratios revealed the following:

Out of the top 5 clubs by A and double pass percentage, four were run as businesses. The top two clubs that achieved the best A pass ratios were run as businesses. The table below shows grading results over the past 18 months:

Club	Instructor	Total Graded	% A or Double
1 CB Hauraki Plains	Jon Sawden	135	52.5%
2 PM Papakura	Paul McPhail	152	50.0%
3 DS Papatoetoe	Kane Raukura	207	44.4%
4 Hart TKD	Debbie Hart	149	34.8%
5 Warrior	Paul McPhail / Sonya Robinson	199	32.1%

Traditionally many clubs were run as non-profit. This is the grass roots nature of Taekwon-Do in New Zealand. However as we follow the trend in the USA and the UK where being a Taekwon-Do instructor is a viable career option, more instructors in New Zealand are adopting this route.

There were a number of reasons why some Instructors chose to run their

clubs for profit. Some of the professional instructors gave me the following feedback:

"I worked out that I could better pass on my passion for Taekwon-Do running my club for profit and being a professional. I could teach more people and reach more people. If I could do Taekwon-Do full-time, I could deliver so much more for Taekwon-Do – in NZ and for the ITF." Mr Banicevich

"I became a professional instructor after being made redundant in my line of work ... and after months of looking for work that just wasn't out there my students encouraged me to become a professional instructor and get paid for teaching, and this was my only alternative to make a few dollars teaching what I enjoy teaching – Taekwon-Do. I am never going to get rich making money from my club.

As for passion I have always been passionate about teaching, training in Taekwon-Do and making my students the best they can be." Mr Salton

"I think we all agree whether you are being paid for your time or 'donating' your time the important thing is to pass on our knowledge to others. Because we intend to take a 'wage' for our time I feel we actually give more... we do this as our aim is to grow. Not because I want more money but because I want

to share this amazing Art to more people. Because I know what it did for our family, I hope other families can also gain the same positive experience as we did." Mr and Mrs Hart

"Returning to NZ with Government pension not due for a year or two and running out of money quickly, (turning professional) was quite motivational to our survival here. Having

said that, it pushed us into growing classes, and with greater student numbers it forces us to prepare better classes, and our standards for students increased." Master Rocky Rounthwaite and Mrs Trish Rounthwaite, who prior to returning to NZ taught on a non-profit basis in Papua New Guinea, Australia and Thailand.

For myself, as a qualified Chartered Accountant, being a professional Taekwon-Do instructor may never pay more than working in my day job. It is my passion for Taekwon-Do, and believing in the value of the "Do" part of Taekwon-Do, that I sacrifice earnings to invest more into my club. The changing point for me was to see the impact on a student who was destined for 'juvie' start to show discipline and respect, and get onto the path for a brighter future. As my student numbers grew, in order to be able to give them the best possible training I had to put on more classes, which meant more time invested. To be able to justify and compensate for the time spent on teaching and administration some sort of a wage had to be factored in. My goal now is to give as many people as possible the positive benefits of learning Taekwon-Do.

It seems that our professional clubs are first and foremost passionate about teaching Taekwon-Do, and setting high standards and sharing the benefits of Taekwon-Do more than focusing on profits.

Whether for profit or not, the two philosophies are not mutually exclusive and both ways of teaching are supported by our national body. Recently our National Body has run courses to help instructors be more professional in their offering. I use the word professional not just meaning for profit, but in terms of being better motivated to grow numbers, giving better service to students, and giving something back to the instructor. Perhaps there has been some misconception that having big class numbers and taking a wage is somehow against the Do, and results in a less pure form of teaching Taekwon-Do. The passion from our professional instructors and our statistics indicate the exact opposite, that by being compensated for our time we are able to have bigger clubs, are able to offer more and maintain higher standards. 🏆

NG FOR A FEE



DEFENDING OURSELVES AND OUR ORGANISATION

By James Crick 3rd Gup, Pul Sung Taekwon-Do, Wellington

Mixing education with Taekwon-Do

Last year I took a research paper as part of the final year of my undergraduate degree. I had to work with an organisation for three months towards a problem the organisation might be facing. International Taekwon-Do (ITKD) jumped out at me as a great organisation to study/work with - what better way to mix my passion for this martial art with my studies which let's face it can sometimes be a bit dull! As Wellington's most senior instructor, Mr Patterson (VI Degree) kindly agreed to work with me as the 'client' for the paper and provided me with some interesting history about the International Taekwon-Do Federation (ITF), ITKD plus the competing organisations in New Zealand and around the world. I investigated the competition of ITKD and the role of the rising number of break-away organisations in New Zealand, as I wanted to know: how threatening are they to our organisation?

What did the research involve?

I wanted to hear from as many ITKD members as possible as well as outsiders to our organisation so I conducted a few interviews as well as an on-line survey. In total, I conducted three interviews but more importantly, I received 114 responses to the survey, of which one was for students, one was for instructors and the final was a combination of the two. For those of you who took the time to complete the survey, your participation was greatly appreciated. I also looked at many articles on what has been written on the changes Taekwon-Do has gone through since it was created in 1955 through to late 2013 - when I finished my project. After I finished, I put together a 133 page

research project which summed up months of hard work and determination - not too different from Taekwon-Do!

What is a break-away organisation? Why should we care?

This is where the project got a little confusing as Taekwon-Do is composed of many break-away organisations due to various internal disagreements within the organisation. I defined break-away organisations as: Taekwon-Do clubs/organisations that have split away from the mainstream ITF and formed independent Taekwon-Do clubs/organisations. I discovered that there are 3 ITF organisations claiming to be the original and that the others are break-out organisations. As far I was concerned, they all seem pretty similar and practice the ITF style like-for-like, so telling which is the original therefore is virtually impossible. The World Taekwondo Federation (WTF) I consider a break-away organisation having being formed well after the ITF in 1973. More recently, smaller organisations have formed independent Taekwon-Do clubs, such as First Grand Master Rhee's (FGMR) (IX Degree) Taekwon-Do that has developed the Authentic Centres for Excellence in Taekwon-Do (ACE), and International Taekwon-Do Federation Association (ITFA) which has clubs in the United Kingdom, Ireland, Australia and New Zealand.

So why should we care? Think about it like this, imagine you are sparring at a tournament, and you see in your division that you are up against 10 other people of your rank and size. Now imagine instead you are up against 2 other people at the same event - what would you prefer? Some people might like the extra competition, the ability to fight against different opponents;

others might prefer fewer people to fight to increase their chances of winning the event. Now relate it to ITKD's rival organisations. Think about all the Taekwon-Do organisations there are in New Zealand (say 10); that number is growing with all the break-away organisations fighting against us. Many members may change clubs, others might remain loyal to ITKD, so how do we keep our members on our side?

Who are our competitors?

I was concerned with people already doing Taekwon-Do switching to other codes of the sport (e.g. the WTF), rather than people who are thinking about joining us or one of our rivals. There are three ITFs in New Zealand. The first is based in Wellington, Auckland and Napier (led internationally by Professor Dr Chang Ung in North Korea) which has given our organisation a lot of trouble by insulting our world champs and undermining their fantastic achievements. Another major competitor is the other ITF located in Wellington led by Grand Master Choi Jung Hwa in Canada; this organisation is not as aggressive as the above, but still bears consideration as it might attract new students who are thinking about starting their Taekwon-Do journey that we could recruit instead. But this organisation's members keep to themselves to a great extent.

As for the ITFA based in Napier, I was told that the instructor, Ms Debbie Herries (IV Degree), has a friendly relationship with Master and Mrs Rounthwaite (VIII and V Degrees respectively). She told me that if she's ever away and needs someone to take her classes, one of ITKD's black belts usually is the first to volunteer for the job and vice-versa. I checked this out with Master Rounthwaite and he agreed with Mrs Herries' claims.



What does ITKD think about its rivals?

Most students and instructors were supportive about teaming up with rival organisations. ITKD looks like it has a tendency to support one's competitors as it may have positive effects on ITKD. This is more at a club level, as when asked if the ITF and the WTF should merge, 76% of members were unsupportive. It appears as if ITKD is proud of the ITF style and does not want it to be merged with the WTF code. Interestingly, even though members feel that the ITF and the WTF should not become one large organisation, 78% of members felt that we should work together more often with the WTF. Another key point was that members do not want to leave ITKD in favour of break-away organisations. What made it especially interesting was that for many students and instructors, they would not leave even if their instructor left ITKD. There were some questions where a high number of members (especially students) voted neutrally as if they weren't sure about the answers either way. This is understandable as the survey suggested that factors such as the politics within Taekwon-Do is known mostly by instructors, and senior ones at that.

Summary

Thank you for reading this article. I remember getting most excited at the total of 114 responses to the survey as well as the extra interviews I did as well. The project's main learning feature for ITKD is that the Taekwon-Do and martial arts sector in New Zealand is very competitive, but what is going in ITKD's favour is that it is (1) well established, meaning that we have the people, the knowledge and the resources to stay ahead of many of



INTERNATIONAL TAEKWON-DO FEDERATION

our rivals, and (2) we have a culture that supports our competition but does not consider changing organisations to a great extent, showing a high level of loyalty. In short, we have many factors on our side –

but this should not make us complacent; instead, we should use this project as a way to boost the reputation further in New Zealand and beyond by investigating other ways to take ITKD forward. 📌

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HEAD INJURIES IN TAEKWON-DO: WHAT'S THE RISK?

By Dr Jake Pearson V dan Khandallah, Sports Physician

SPORTS MEDICINE



injuries, medical conditions, and increasingly recognised genetic factors.

The key indication that we have of the seriousness of a given incident are the symptoms that result. Obvious factors are initial loss of consciousness and any subsequent amnesia, and hopefully also obvious are headache, nausea, unsteadiness etc, but often more subtle are after-effects such as 'feeling foggy', poor concentration or irritability. It is of utmost importance that a participant does not 'return to play' while potentially still suffering from the effects of a head injury. It is also highly advisable that a medical review occurs after apparent full recovery but before a return to training/competition. There is also a theoretical risk of 'second impact syndrome' in children and adolescents, where a second head injury in a short space of time causes a massive brain swelling and is usually fatal – this is very rare but tragic and is another reason to adopt a cautious approach with our youngsters.

In this regard our umpires, coaches/seconds, instructors and parents/family all have a responsibility to protect our often brave but occasionally foolhardy competitors in tournaments. This particularly applies to our junior competitors. Head gear does disperse some of the spike of initial impact, but does nothing to protect against the acceleration-deceleration of the head on the axis of the neck, and resultant movement of the brain within the skull (Figure 1). In American Football the improvements in the helmets even lead to the problem of the head being used as a battering ram; I don't think we need to worry about this in Taekwon-Do. It is of course a myth that mouth guards provide any form of protection against concussion,

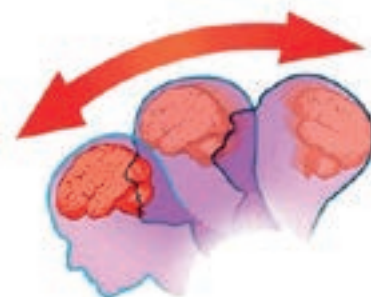


Figure 1. The movement of the brain inside the skull with rapid acceleration-deceleration – note that the potentially more injurious rotational forces are not shown.

although they are of course very good for protecting teeth!

So, what about those of us who have 'been there and done that', taking our fair share of head knocks over the years – should we be worried that we now often can't remember where we put our keys? Well I can provide some reassurance by saying that (as usual) the media reaction is well ahead of the science and we are some way off being able to identify a clear cause-and-effect relationship between repeated concussions and long-term problems, i.e. an association does not equal causation. Balance this however with a good dose of common sense that suggests that, similar to an expectation that repeated knee injuries may lead to some problems later in life, repeated head knocks may eventually have some repercussions.

I may well have raised more questions than I have answered but that simply reflects the current state of knowledge, and if I have got you thinking a bit about it then that is a good thing. This is not intended to be scaremongering and for many people a life lived wrapped in cotton wool is not a life worth living. I love our martial art as much as most, and am at pains to point out all the physical, mental and social benefits to participation over a whole lifespan. I would argue however that all of those benefits can still be realised while also taking a cautious approach to head injuries. You can read more about the management of head injuries in a black belt essay written by physiotherapist Alexandra Couling, and the current best practice tool for assessing a concussion, the SCAT3, is freely available online. 📱

You may well have seen something in the media recently about the increasing concern regarding potential long-term risks of repeated head injuries. They highlight some fairly sensational cases of retired American Football players going completely off the rails and their eventual autopsies revealing brains that were likened to those of patients with advanced dementia – dramatic stuff all right. So in this context are we all mad to be taking part in a 'contact sport' where there is some hard-to-define risk of head injury?

It's a 'no-brainer' that receiving repeated heavy blows to the head is unlikely to be particularly good for you. I have seen the effects of severe head injuries in motor vehicle accidents and similar, and the prolonged and usually incomplete recovery from these. We are talking of course about much less severe but sometimes (over a competitive Taekwon-Do 'career') multiple knocks. The truth is we simply do not know how hard an impact has to be to be a 'problem'. Some people appear to be more vulnerable than others, determined by their age (the immature and growing brain is undoubtedly more sensitive), previous

OTHER IMPORTANT FEATURES OF TRAINING – PART 1

By Mrs Sonya Robinson IV dan, Warrior TKD, Personal Trainer

FITNESS

So we've talked about Overload where by working really hard - not just going through the motions - but really hard and then taking a break when we come back to training, over time our bodies will be capable of working at a higher level.

And we've talked about Specificity – where the physical activities you are given during class should have similar movement patterns to those that we do in Taekwon-Do – after all that's what we'd like to be better at isn't it.

We've covered Frequency – how training more often is going to be better than just sometimes – we need to train consistently to continue to get better at anything.

And we've looked at Progression – as we get used to what's required and get fitter our training seems easier and we are not as challenged as we were before. Therefore we “step it up”, often in TKD by grading and getting to a new level, or by challenging ourselves in other ways like attending special seminars, camps or entering competitions.

There are other important features of training (or a training programme) and briefly some of them are as follows:

Adaptability

Our training must have some flexibility around it. For example – not so good - we have an accident and injure ourselves so we have to find a way to rest a little but still train around it so that we don't go backwards altogether. Or pretty good – our Instructor decides to ask us to do something completely different from what we normally do and we end up having a challenging but brilliant session. Or also pretty good - a special guest Instructor takes a session at club which means that we are taught the same things but quite differently.

Our Instructors need to be adaptable in their approach to training us by taking into account our individual differences i.e. in physique, age, favoured learning method, mental ability etc...

Monitoring

Training effects should be monitored from time to time to make sure that we are still progressing. It's up to us (think of it as being



part of self-control) and our Instructors to be looking at how we're doing every now and again to check whether our goals are being achieved or whether our training needs to be changed or modified.

For example once you get to Blue belt you shouldn't expect to Grade as quickly as you did beforehand, particularly if you are still training the same number of times each week as you did previously. To progress from gup to gup you need to be mastering the gup level you are at, as well as maintaining or getting even better at everything in the syllabus below your current gup level. That's quite a big ask as you get into the higher ranks.

Goal Setting

Training programmes should set out a series of short term goals as stepping stones along the way to a long term goal.

A lot of us start Taekwon-Do in the hopes of becoming a black belt. As much as we might wish it we won't become black belts overnight, which is why the gup grading syllabus is so necessary. Via the gup grading syllabus we have a series of goals – another

belt to go for which slowly but surely gets us ready to go for the big one - our black belt. (Hopefully the first of more than one.)

Another advantage of this system or programme is that if for some reason we get to a gup level and then stop training for a while – we can re-join at a later time without having to go back to being a white belt again! We've achieved a level beforehand – sure we'll need some brushing up to get back to the same level of expertise that we had but at least we haven't lost that knowledge completely.

Hint: best to practice your perseverance and keep on training - if you can.

So we've just looked at how Adaptability, Monitoring and Goal setting are also important aspects of our training – in my next article we will look at Training Effects, Overtraining, Maintenance and Reversibility. 📱

Mrs Robinson acknowledges the AUT Division of Sport and Recreation, Fitness Foundations Course material.



DOLLYO CHAGI

PART 2



Mr Doogan has been training since 1997. He is active in instructing and training, umpiring and competing. Mr Doogan is currently an International Instructor and International Umpire and the 2013 World Champion in Power Breaking as well as recently appointed Assistant Coach to the New Zealand Team. He is also a member of Standards and Discipline and is one of the Expert Coaches on TKDCoaching.com

TAEKWON-DO SCIENCE

By Mr Brendan Doogan IV dan, Dragons Spirit Papatoetoe TECHNICAL

In part one of **Dollyo Chagi** in the Taekwon-Do Science series we looked at front leg, back leg, middle and high kicks. In part two we'll look at getting the most out of the kick in terms of power.

Longer duration = more speed = more power

Emmermacher, Witte, Bystryzcki and Potenberg [2007] say that *higher maximal values of the foot velocity ... can be explained by a longer acceleration path of the kicking leg*. What they mean by this is that the rear leg turning kick travels a longer path than the front one, and so can build up more speed along the way. As we saw last time more speed equals more power/energy. How can you use this knowledge?

For power breaking in grading or a tournament you should use the rear leg and have it travel a long, flat path. The same applies to rear hand punch, and even knifehand, reverse knifehand, front elbow and knifehand inward strikes, and reverse turning, back piercing, midair and side piercing kicks, and downward punch and strike – in fact almost all breaks for power. They may not all come from the rear hand or leg, but they're performed best with a long trajectory [path]. Take a look at someone breaking and when they miss a break have a think about whether they lifted their foot too late in the kick.

More hip = more knee = more foot = more power a.k.a kinetic chain

Dunn & Putnam [1988] described higher foot speed being due to higher knee speed, itself being due to higher hip speed. We know this principle as Concentration from the Theory of Power, which describes using bigger muscles first, then medium, then small. In other words start your kick with a hip movement, then your knee. You can see this sequential movement in throwing sports such as baseball and javelin, and stick sports like golf, cricket and competitive woodchopping.

There is, however, a variation in turning kick favoured by Muay Thai and kick boxers which doesn't snap the knee as much as we do.

Hip vs knee power

Which brings us to hip vs knee power. The standard turning kick in Chang Hon [ITF]

Taekwon-Do uses Concentration / summation of force to whip the tool into the target. In other words the torso rotates, then the hip, then the knee. The version favoured more by Muay Thai, kick boxers and some others is to keep the knee relatively the same throughout the kick. This version relies mainly on the torso and the hip.

The difference in the effect of each comes down mostly to speed vs mass. The turning kick with a high foot velocity as a result of including the knee in the summation of force is more penetrative and can break boards. The hip-dominant version has more mass and tends to move the target rather than penetrate it.

So if you want to break boards or ribs [for a good reason only, of course] then you should use your knee joint as well as your hip. If you want to intimidate or sweep, you're better off moving the opponent with lots of mass by using mostly your hip.

Impulse is another way to understand the difference. Impulse is how long a force is applied for. A rough analogy might be the difference between sitting down on a weak chair slowly and sitting down on it suddenly. You might be putting the same number of kilos on the chair but it's quite important how quickly you do it!

Tips for speed; power, self defence and points

Lee, Chin & Liu [2005]:

- *The kinetic chain indicates that the rotation range of waist and the flexibility of the hip joint are essential for effective roundhouse kicks.*

These guys found that better range of motion and flexibility are helpful for better turning kicks. Remember to stretch your entire hip area including quads, hip flexors, glutes and adductors, not just hamstrings. It's quite possible to be wondering "I can touch my toes no problem, why can't I get my turning kick up?".

A final tip for shortening how long it takes to do your turning kick is to hop through the pivot rather than turn your supporting foot while it's touching the ground. Witte, Emmermacher, Bystryzcki & Potenberg [2007] noticed this:

- *A shortening of the supporting leg movement by a jump into the starting position for the kicking phase ... has a positive effect on the total movement time of the round kick.* 🍻



INSTRUCTOR PROFILE

Mr Tim Couling IV dan, Kerikeri

PROFILE

Hi everyone, my name is Tim Couling and I am the instructor of the Kerikeri Club. I am married to Lynne (my very understanding and supportive Taekwon-Do widow) and have two amazing children, Alex and Sam – both of whom are residing in Auckland, plus a recent addition, my son-in-law Chris Broughton. I am the principal of Okaihau Primary School, a school of 150 students in the Bay of Islands. I train in Kerikeri 2 nights a week and in Okaihau one night a week. As you can see from my family, trainings and my job, I live a very full and exciting life and love every minute. I also am a great rugby supporter and can be found most Saturdays following the Kerikeri senior team or The Northland Taniwha.

I believe there is a huge crossover between Taekwon-Do and what we are trying to achieve at school. We are trying to help people become better citizens, have solid core values and have a safe community. The tenets of Taekwon-Do are an incredible basis for any successful person. Success is measured in so many ways and valued differently by many different cultures, but those values underlying Taekwon-Do are valued by all.

I started Taekwon-Do in 1996 for a variety of reasons, the main one being that Taekwon-Do is one of the few sports that

you can start with your child, both being at the same starting level and progress through together, plus I love Chinese Kung Fu movies with the dubbed over English - brilliant. I started with Alex then, and Sam joined in when she was eight in 2001. In 2004 I became instructor of the Kerikeri Club.

In 2006 I attended the Junior World Champs in Honduras with an amazing Junior team which achieved so highly, Alex won 2 medals in patterns and one of my students, Jos Van Pierce (now an Alpine Guide in Canada), won gold in power breaking, surprising everyone except me. The coaching management team of Dave, Dan, Mark, Mike, Tania and Richard worked very hard with the team and I thoroughly enjoyed the whole experience. My sorry to my poor room mate Doug Hanna, as I had a cold and was a noisy sleeper.

In 2012 when returning from a New Year's party, the courtesy van we were in was T-boned by a car: I was thrown through the window and 10 metres onto the road. My recollection of that night and the next few days are pretty hazy. I am blessed with an amazing family, plus I also believe the years of training and punishing my body paid off as my recovery rate and how quickly I healed has been commented on time

and time again. Now five operations later, facial reconstruction and knee operations, I am learning to train within the new limits – an interesting and at times extremely frustrating process. I believe though that pushing myself in Taekwon-Do has hastened the recovery process.

My Biggest Taekwon-Do Achievements:

Watching my girls achieve so highly, having made life-long friends and a great club. A special mention here to the Kerikeri Black Belts for their support of me and the club.

The Highlight of my Taekwon-Do Career:

Every time you see that spark in the eye of the student when they have got it, or just won a match or pushed themselves to make the next step. Plus I was so honoured to be nominated for Instructor of the Year.

My Most Embarrassing Moment:

Too many to mention!

Personal Goals for the Future:

To keep growing the club and art/sport here in the Mid-North. To learn Moon Moo and be able to execute it in a reasonable fashion. To reach 5th Dan.



Members of the Kerikeri club celebrate Mr Couling's Instructor of the Year award 2014.

Mr Tim Couling - IV dan



Goals for the Future of International Taekwon-Do NZ:

To retain the ethos around the tenets and make the organisation family orientated as per our logo.

Which Active TKD Practitioner Do You Admire?

I admire our Instructor Development Office (IDO), Master Bhana. He is willing to go above and beyond to promote and extend our professional development in the North. He is open to and willingly participates in vigorous discussion about Taekwon-Do. He treats our members with the utmost respect and in turn, they see the tenets of TKD being demonstrated from the highest level.



Sam & Alex Couling

In your view how has Taekwon-Do changed in NZ in the last few years?

I believe a lot has been introduced to the curriculum, especially for gradings. We need to retain high standards but does it get diluted in the big picture? The cost of seminars? It is a great organisation and one that is yards ahead of other sporting organisations.

What is your favourite hand technique and foot technique?

My favourite hand technique is either the punch or knifehand strike.

My favourite foot technique is the side piercing kick.

What do you think makes a good Taekwon-Do practitioner?

One word – Attitude. If the attitude is right, then all other things will fall into place. You can never fault someone for a great attitude. 🙏

“I believe there is a huge crossover between Taekwon-Do and what we are trying to achieve at school. We are trying to help people become better citizens, have solid core values and have a safe community.”



QUALITY FITNESS TRAINING FOR TAEKWON-DO

By Mr Kerry McEvoy III dan, MHS, BA(HMS), CSCS

Taekwon-Do, like many martial arts is a goal orientated art, meaning that most Taekwon-Do practitioners are always training towards achieving a specific goal such as passing their next grading or winning a competition. It would be ideal for them to be in their peak physical and mental condition on the competition/grading date so they can display their best performance to pass the grading or win the competition.

Being in peak condition does not happen by luck or chance. Many students train for a competition or grading with no overall plan or structure, which rarely leads to this outcome and can instead lead to overtraining and/o-r injury. It requires careful planning and timing of your training programme to ensure you are in peak condition on a particular competition or grading date. This planning of your training programme to reach peak performance on a specific date is called "Periodisation".

Periodisation, is the manipulation of the training variables over a period of time, such as intensity (how hard you train) and volume (how long your train), to reach peak performance on a specific date while avoiding overtraining and injury.

It involves dividing up of the preparation training period into different sequential training cycles that focus on varying components of conditioning and skill.

For example, if the available preparation time for a black belt grading or a major competition was six months, then you may split the 6 month preparation training period, called a Macro-Cycle, into three separate 2 monthly Meso-Cycles that each focus on different components of conditioning and skill. Each Meso-Cycle would be further divided up into 1-2 weekly Micro-Cycles that consist of your daily training schedule that targets the specific conditioning and skill components of the Meso-Cycle.

Each Cycle addresses all of the important physical training requirements in a balanced approach that will lead to peak performance.



Kerry McEvoy competing internationally

These include skill development, strength and power/speed, aerobic and anaerobic fitness, flexibility, rehabilitation and injury prevention, and specific conditioning for the competition or grading.

The chart opposite illustrates how a 6 month Periodised Programme may be structured in preparation for a competition or grading. The Micro-Cycle training details have been not been included due to article length restrictions.

This periodised training programme can either be expanded on or condensed depending upon the preparation time

available leading into a competition/grading.

The Micro-Cycles would consist of the detailed weekly training programmes that make up and serve the purpose of each Meso-Cycle.

For more information on how these could be structured and what they can be comprised of, see my previous articles on Quality Strength Training for Taekwon-Do (Taekwon-Do Talk, Issue 1, 2013), Quality Fitness Training for Taekwon-Do (Taekwon-Do Talk, Issue 1, 2014) and stay tuned for future articles. 📺

A 6 Month Periodised Model for Competition or Grading

Goal: Black Belt Grading or World Taekwon-Do Championships Preparation Time: 6 months Macro-Cycle: 1 X 6months Meso-Cycles: 3 X 2 months Micro-Cycles: 8 X 1 weeks Rest Cycles: 1 week		
Meso-Cycle 1 8 weeks	Focus: 1. Foundation work 2. Base Conditioning 3. Injury Rehabilitation	Components: 1. Skill: Work on strengthening basic skills and developing new skills and techniques 2. Strength: Building a balanced foundation of strength 3. Fitness: Building a base of general cardio-vascular fitness 4. Flexibility: Enhancing overall flexibility in a controlled way with extra focus on areas of tightness and injury 5. Rehabilitation: Rehabilitate previous injuries or preventing potential injuries 6. Intensity/Volume: Longer sessions of lower intensity progressing up to medium intensity
Rest Cycle 1 1 week	Active physical and mental recovery performing cross training activities that relieve specific stresses on soft tissues (muscles/tendons/ligaments) and joints	
Meso-Cycle 2 8 weeks	Focus: 1. Condition Skills 2. Performance Conditioning	Components: 1. Skill: Application and conditioning of selected developed skills 2. Strength: Maximising strength development in a specific controlled manner 3. Fitness: Maintenance of aerobic fitness while developing anaerobic capacity 4. Flexibility: Development of dynamic flexibility specific to required skills 5. Rehabilitation: Management of rehabilitated injuries while preventing potential overtraining and injuries 6. Intensity/Volume: Medium to long sessions of medium intensity progressing up to high intensity
Rest Cycle 2 1 week	Active physical and mental recovery performing cross training activities that relieve specific stresses on soft tissues (muscles/tendons/ligaments) and joints	
Meso-Cycle 3 8 weeks	Focus: 1. Application of developed skills 2. Specific Conditioning	Components: 1. Skill: Application of gained skills to the specific requirements of the competition/grading 2. Strength: Maintaining strength while applying power and speed development specific to the physical demands of competition/grading 3. Fitness: Specific anaerobic interval conditioning according to the physical and skill requirements of the competition/grading 4. Flexibility: Application and development of specific dynamic flexibility to the physical and skill demands of the competition/grading 5. Rehabilitation: Overall injury prevention and management 6. Intensity/Volume: Shorter sessions of very high intensity
Rest Cycle 4 1 week	Active and mental physical recovery performing light specific drills according to the requirements of the competition/grading	



Kerry McEvoy is a:

- Education Director: Max International College for Fitness Professionals
- Masters Degree in Exercise Science
- Former Trainer for the Australian Institute of Sport and Olympic Gold Medallists
- 3rd Degree Black Belt, Jungshin Taekwon-Do
- 4 times Taekwon-Do World Cup Gold Medallist



IT'S NOT HOW MANY TIMES WE FALL...

By Mr Phil Thompson Protect Self Defence

Recently I visited a class as a guest instructor and I was asked if I could cover 'ground self-defence'. I asked the black belts and senior students to show me what they already knew and what they had learnt in the past, before we started, so I could gauge their existing knowledge level. Although what I saw was fairly normal, it was also very concerning.

For over 10 minutes they demonstrated different techniques, which they had learned at seminars and trainings within their organisation and bluntly, easily the majority were ineffective and many were just dangerous. Of course in CLASS it was working. And it looked...Great. So we chose the top five techniques, the ones that they graded as being the best and most effective they'd learned, and the ones they felt really competent in using in a real situation. I then set up a level two drill (pretty basic and low level) adding real-world responses and every single technique failed, time and time again.

This is in no way meant to put down the people at this club, they are cool people and great at other aspects of training. It was not their fault that these things failed, it was simply because the information was not good. It was good as part of their art, but 'art' has no place in real self defence training. None. Ever.

In short, they had become very good at doing the wrong thing, but once we adapted the training they did great!

The reason I give this example is because if, as you read this, you realise that you are training this way and making these errors, it's ok. It's normal and common, and it represents a great opportunity for growth for you as well as to gain new distinctions, which could save your life one day.

What was demonstrated that night was basically sport fighting moves, a mix of MMA type movements and traditional TKD 'techniques' for the ground. And that is a big problem.

Because I don't mind ruffling feathers, let me start by saying that traditional TKD 'ground techniques' and MMA movements

should not be confused with functional self-defence when you find yourself on the floor. There are some exceptions of course and the situation will always dictate your response (a control and restraint situation in a controlled environment may be a situational exception for example), but as a general rule people are placing themselves in danger by believing that these things will help them without adaptation. In most cases they will do far more harm than good.

Now, should you still learn these techniques? Yes, absolutely. Just understand which toolbox they fit into that's all; the martial arts toolbox or the self-defence toolbox.

Let me be very clear about something; if you find yourself on the ground in a real-world attack situation, for that moment you are in a world of trouble. If this does happen to you, and you are conscious enough to still function, your only goal in the world should be to get back to your feet as though your life depended on it. Why? Because your life very well MAY depend on it.

Let's have a look at the top five techniques that the black belts demonstrated to me. Of course there are a lot more but this small sample will be enough to start the change process.

1 Rear Naked Choke on the ground: This was described to me as the 'king of the ground moves'. And don't get me wrong, if someone applies this to you properly you are in a serious world of hurt, it is a really effective and devastating choke. The problem is, in self-defence application (vs sport or dojang), you actually have to get it on the person, while they are trying to beat you into the next life - often easier said than done. If you do manage to apply it, the problem then becomes something that all ITKD students should now be aware of because we wrote it into the new Self Defence syllabus; friends and weapons. You have applied the choke but your attacker is now slicing and hacking at your limbs with his edged weapon that he has produced, probably without you even

knowing it. Secondly, while you have him in your choke, with all of your 'weapons' tied up, his friends will now stomp, kick, beat, stab and basically take you apart and you have made yourself completely vulnerable.

If the argument turns to "well it's good in a Control and Restraint situation" you'd better define 'good' really quickly. This technique violates two of the three vital rules of Control and Restraint and may very well see you in prison as a result.

Does this technique have a place? Yes, it sure does, as do all techniques. But in regards to real self defence I'd suggest doing some real hard thinking about where this fits in for you.

- 2 Americana Arm Lock: If you don't know what this is, just Google it. Again, a great sports technique, but also a fine motor skill which you are trying to apply while rolling around on concrete while the attacker is trying to pummel you and his friends may be lining you up for that nice big football kick to the head. Oh, and if you get him in the lock, and let's say his friends don't become involved, and he doesn't stab you or knock you out, what then?
- 3 Arm Bar: Yes, you manage to pull it off just like they do in MMA, and it looks awesome. Especially since you're lying on your back, with his arm hyperextended between your legs and both of your hands engaged in the technique. When you wake up in hospital and ask someone what happened, chances are they'll tell you that it was the stomp on the head from his mate that was the one that really finished you. It could have been the football kick, or the bottle in the face, but let's go with the stomp for now. But at least it looked good while it lasted.
- 4 Leg hook and sweep: You hook the back of his lower leg with one of your feet and kick the front of his leg with your other foot, hyper-extending his leg and causing him to fall backwards. This one works! That is, it works against

...it's if we survive to get back up!

an attacker who stands there and lets you do it. It tends to fail against the attacker who is actually using intent and trying to damage you. So let's hope for an attacker who doesn't want to hurt you, in which case this one's great.

- 5 Deliberately dropping to the ground to kick or takedown: It's hard to put this one into words really. You are on your feet, you have some balance, you have some mobility, you have multiple options perhaps including the ability to escape...but no, the decision is made to give all of that up and deliberately drop to the ground and pull off some kick or takedown. Let's just remind ourselves that the ground is the last place in the world you want to be in a real attack, so why, oh why, would you go there voluntarily? If you like the ground, fair enough and good, because once you go down there's a chance you won't come back up so enjoy it. This rubbish (sorry folks, but I can't be PC on some things. I try, I really do) is taught a lot to women in self defence courses. It's dangerous, it's irresponsible, and it's ill-ill-formed. Don't do it.

If you've trained with any of my team you've probably seen how we deal with ground situations. We do everything in our power not to be there to start with (everything!). If we do go to the floor we teach how to reduce the chance of being knocked unconscious from head impact on the ground or other objects. We teach how to recover and get back on our feet tactically while we are having rapid and violent strikes rained down on us. And if we are on the ground with an attacker; how to end that very quickly while awareness of weapons and multiple opponents (as well as environmental

variables) is maintained while you work at getting back to your feet.

Real violence is messy, chaotic, and toxic. It's not a sports match and you don't get a dress rehearsal, it's a one-time gig. The way you train will determine the way you will respond in reality. We don't magically rise to the occasion; very simply what happens is that we sink to the level of our training. And as I have said many times we need to be careful what we practise as we can become very good at doing the wrong things.

My purpose of this article, written slightly tongue-in-cheek, is to encourage you to explore your ideas and skills in this area. If you're already training taking into account everything I've outlined above, that's awesome, you are one of the very few. If not, here's a really valuable chance to adapt your training, grow your knowledge base, and perhaps gain new skills which could

one day keep yourselves or those that you care about safe. Pretty cool really!

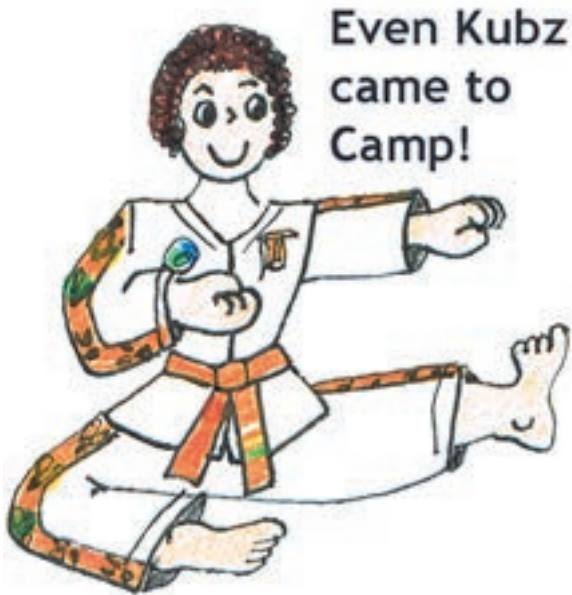
As always, my articles are just food for thought, I hope this helps you in your training. 🍷



Mr Thompson is co-founder of Protect Self Defence and instructs classes, seminars and gives private instruction at Protect's training centre in Auckland and throughout NZ.



Kicks for Kids



by Mrs Shirley Pygott
II dan Jungshin

Welcome to Issue #34.

In this issue Taekwon-Do Ted has a terrible insult to teddy bears everywhere to report. He was very shocked by something he witnessed at the Auckland North Kids Camp. And we have part of a Diary of Dobok. Bet you haven't read one of those before!



TKD TEDDY growls: A Terrible Case of Teddy Bear Abuse!

TKD Ted is very cross! He witnessed a terrible injustice to teddy bears everywhere at the Auckland North Kids Camp on Saturday morning

Who is to blame for this shocking incident? The instructors Damon Williams & Mrs Robinson

What happened exactly? The White belts were learning Dan-Gun - Ted thought that was a bit unusual but it's good to do things a bit different at camp. Everything was going fine until they got to the move in the pattern called a twin forearm block. The intermediate position of the block has the arms crossed in front of your chest. Mr Williams said it's like hugging your teddy bear, which Ted thought was rather lovely!

What happened next? Mr Williams said then you toss the teddy away to end up in the twin block position. Ted was horrified. Who would treat their teddy like that?

the arms crossed in front of your chest. Mr Williams said it's like hugging your teddy bear, which Ted thought was rather lovely!

What happened next? Mr Williams said then you toss the teddy away to end up in the twin block position. Ted was horrified. Who would treat their teddy like that?

Did Mrs Robinson, as the senior, defend the teddy bears? Ted says no! She laughed, agreed with Mr Williams, and reminded the students every time they got to the block to "hug the teddy - toss the teddy". Ted was so upset he had to leave the dojang.

What will Ted do? He is thinking of reporting them to the SPCTB (Society for the Prevention of Cruelty to Teddy Bears) and also to Master McPhail. Ted says it should not be allowed to happen again and that there has to be a bear friendly way to learn this block. He is sure Master McPhail will know what to do.



AUCKLAND NORTH KIDS CAMP 2014



Diary of a Dobok - Mid October somewhere in Auckland North

Thursday evening - How it started...

There I was, in the wardrobe, hanging around minding my own business in the School Holidays. I get worn at training, Monday and Wednesday afternoons, in the wash on Thursdays and back in the wardrobe clean and pressed by the weekend ready for Monday again. But today I was taken out of the closet and crammed into a bag, along with a whole lot of other clothes. I am really scared that my owner has decided to get rid of me. How could that be? We always have such a great time at training and I have heaps of room to grow left yet. None of the other clothes with me know what is going on either, so I am worrying in the dark of the bag all night.....

Friday evening - I feel left out :-)

I have been squashed and bumped around all afternoon. It looked like my owner's hand was going to take something out of the bag.....Bother - only the pyjamas got taken out. The rest of my cloth friends and I are still in here - I am starting to get a bit upset - what have the pyjamas got that I haven't? I usually get to go out twice a week with my nifty belt. The pyjamas usually never get to go out of the house!

I am so confused....

Saturday really early - I am confused....

Well I finally got to get out of the bag - but no wardrobe - no hanger. This is all very odd! I am on a bunk bed. And I can see other doboks the same on the other beds. I can even see a kubz dobok too! I saw my owner so I know I haven't been thrown away, but I can hear balloons popping... are we going to some kind of TKD party?

Saturday just after breakfast - On at last!

That's more like it. I have a clothes peg clipped on my front which is a bit weird, but so do all the others and at least I am not still in that bag! We are doing patterns - not just normal, but backwards, on the ground, in the air! There are some very unusual ways to do patterns but they are fun! Some of the time we are even doing them outside on the grass. Then after a short break we are doing games, and specialty. We have been training for AGES and I am getting pretty sweaty. I am looking forward to a well earned long soak in a nice warm wash after lunch.

Saturday afternoon - Geared Up :-)

I can't believe it! Instead of the nice wash and rest I was looking forward to, I was put on again (still with that clothes peg too) - we did self defense and now sparring. And we are using proper gear and everything - just like I have seen the senior belts at club use. We get to spar against black belts! I am not looking so very white any more. I have had a huge amount of fun, but I am very tired, REALLY dirty (and just a little it smelly). Surely I will get to go home after this???? Nope - I am spending the night in a heap on the floor in the bunk room.....the floor is dusty..cough, cough.. I miss my hanger!



Sunday morning - Unbelievable!

I have been put on again - dirt, smell and all! And we did breaking! We NEVER do breaking - that's for the senior belts, not juniors like us! Who cares about the peg? WE ARE INVINCIBLE!!!! I am dirty, dead tired and soooooo proud. - We have broken boards to take home - I am stuffed back in the bag with the boards - it is really cramped in here and those socks smell way worse than I do! I have no idea how I will be washed, pressed and ready for training as usual by Monday but WHO CARES? I have been to the Auckland North Kids Camp and had the BEST TIME EVER! Apparently in November there is a National Kids Camp too.....Can I go? Can I? Can I? I'll get in the bag now shall I?



STA TRAVEL & INTERNATIONAL TAEKWON-DO PARTNERSHIP



STA TRAVEL IS PROUD TO BE THE OFFICIAL TRAVEL PARTNER OF INTERNATIONAL TAEKWON-DO.

Our dedicated STA Travel Groups Team in our Auckland Head Office are experts in organising all the official travel needs, including flights, accommodation, tours, insurance and more. Our aim is to make sports travel easy, safe and convenient, and we'll tailor make your tour package so you can concentrate on what you're there for – the games!

Want to share the overseas experience with your number one supporters? We can sort out their travel too!

With 14 stores nationwide, we can also organise travel packages for friends and family of International Taekwon-Do so they can be on the sidelines to cheer you on as well as exploring the destination and making the most of their free time.

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