

2001 ISSUE 3

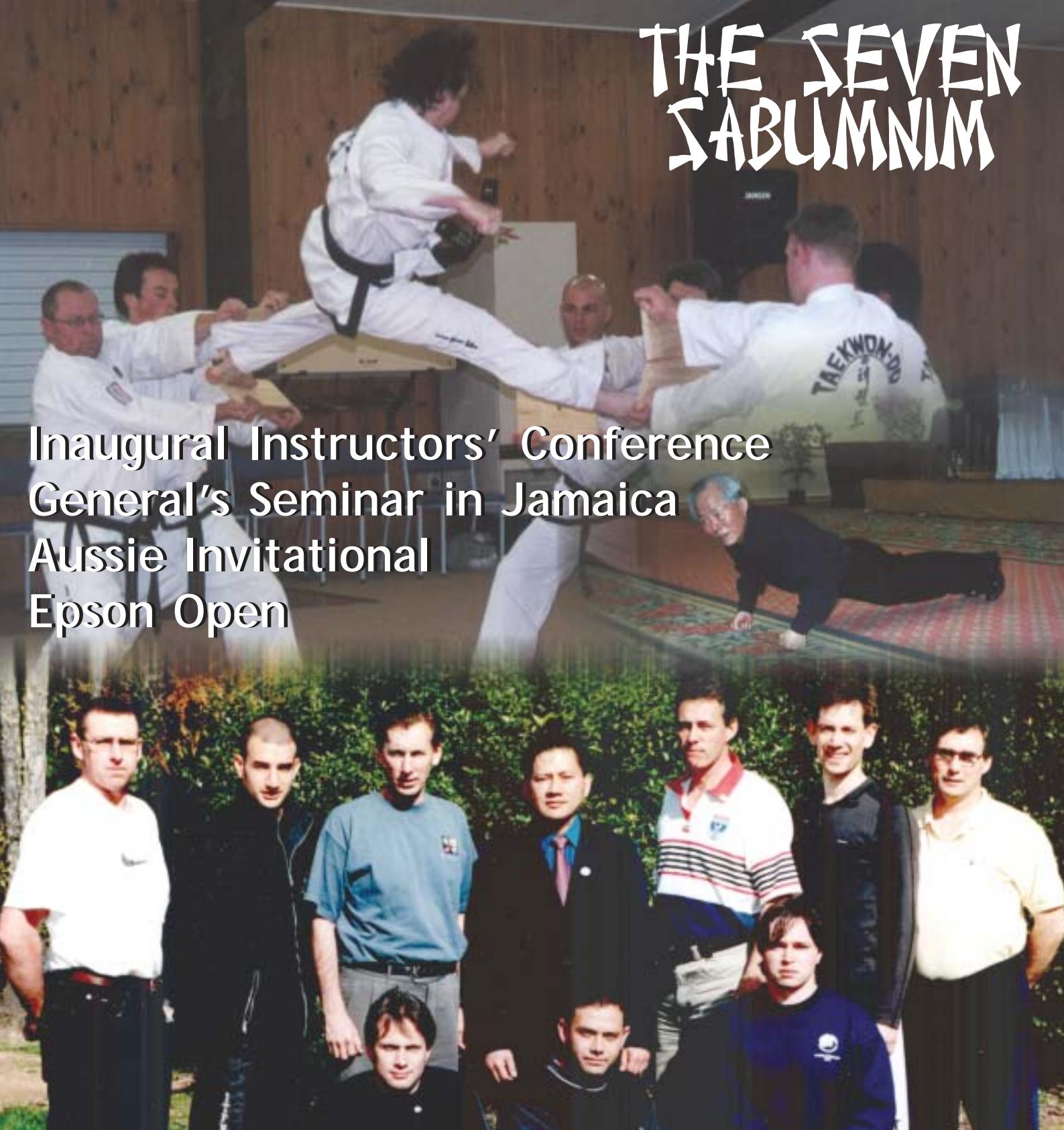
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# TKD Talk

The Official Magazine of ITFNZ  
Taekwon-Do

[www.itfnz.org.nz/tkdtalk](http://www.itfnz.org.nz/tkdtalk)

## THE SEVEN SABUMNIM



Inaugural Instructors' Conference  
General's Seminar in Jamaica  
Aussie Invitational  
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# Editorial

Welcome to the December 2001 issue of TKD Talk, iThe Seven Sabumnimî. If you can name the title and director of the film upon which this title is punned, you will go into a draw to win a double movie pass. To enter, email your telephone number, postal address and answer to [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz) no later than 18 December 2001.

This has been a very busy year for ITFNZ Taekwon-Do and this issue is bigger than the last. In these pages you will be able to read about the senior grading held in September, the phenomenal Instructors' Conference, two international tournaments held in Auckland, and Sports Expo 2001. After such a busy year, I am looking forward to a brief moment to catch breath, before the demonstration season begins in earnest early next year.

Next year also has plenty in store for ITFNZ Taekwon-Do, such as the Junior World Championships in Argentina,

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## About Our Cover

The top photograph, taken by Michelle Smith, shows Matthew Breen attempting a three-direction kick at the Senior Grading. The bottom picture, by Ryan Van Heerden, shows the seven successful applicants, together with their examiner and the two senior ITFNZ instructors. The inset is a picture of the Founder, General Choi Hong Hi, demonstrating pressups at the recent International Instructors seminar held in Jamaica.

our National Tournament in Waikato, plus the usual array of tournaments and camps.

Remember this magazine is for us all to share news and knowledge about matters pertaining to ITFNZ Taekwon-Do. We are eager to receive your articles, letters and photographs. They can be emailed to us at [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz), or posted to TKD Talk, 26 Merton Rd, St Johns, Auckland 1006.

I hope you had a successful year, and on behalf of ITFNZ Taekwon-Do Marketing and the TKD Talk team, I wish you a very Merry Christmas and a safe and happy start to 2002.

Always  
Mark Banicevich  
Editor

# Letters to the Editor

Dear Editor,

My name is Chloe Parsons and I am a 9th gup. I am proud to belong to the Kapiti Coast Taekwon-Do Club. I want to tell you about our club badge.

Every club has a badge to show others which club they belong to and to promote their club, but our badge has some very special meanings.

The gold circle around the outside represents the power and strength of the sun. The flying sea bird signifies the grace and elegance of Taekwon-Do. The black background is for the black belt that every student works towards.

The island is Kapiti Island and reminds us of belonging to the Kapiti Coast no matter where we are. The black and gold colours are Wellington colours which show which region we belong to.

Our badge was especially designed for our club by our instructor, Mr Trilford.

I am proud to be a member of the Kapiti Club and to wear our special badge.

Chloe Parsons, age 10,  
9th Gup,  
Kapiti Coast Taekwon-Do.

*Dear Miss Parsons*

*Thank you for your contribution. It would be great to hear the meaning of some of the other badges out there!*

*The Editors.*



Dear Editor

ITFNZ was represented at the recent **United ITF 3rd Australasian Championships**. The competitors represented ITFNZ and New Zealand with pride.

Braden was in his first tournament, nerves were aplenty as Nicola, Jo and Braden prepped for patterns early in the morning. The patterns divisions are conducted in similar fashion to the ITF patterns, however competitors only go up once. From that they chose the person who gets the highest score and they win.

In the sparring, Braden never looked like he was not in control of a match that he had; he kept his head right up to the finals.

Nicola had the long hard road to get into the finals. She fought valiantly through all of her matches ending up in losing the semi to a taller girl. She did a good job, but lacked the experience to beat her. Still there is next time.

Daniel Nelson fought very good and very hard matches. During the semi final he delivered a blow that would have wiped out most people. A good match, again in the final it was only experience that held him back from victory.

Jo Northey dominated every round right up until the finals. She came up against a girl that was awesome, a female Hong Looi in the making. In the last minute Jo did manage to come back strong; unfortunately not strong enough.

Helena Murray was another that simply dominated. The final match from Helena was very start stop, the girls were not ready for her, she was simply a class above everyone in her division.

I am really REALLY proud of all the students that put their own money up to attend the tournament. They wore

the New Zealand flag with pride, did New Zealand proud, made a lot of friends, and showed that New Zealand really is a place that is capable of producing Taekwon-Do excellence.

Here are the results for the 5 that we took over:

Braden Roux de Buisson - 1st Sparring,  
3rd Patterns  
Daniel Nelson - 2nd Sparring  
Jo Northey - 2nd Sparring  
Helena Murray 1st Sparring  
Nicola Tse - 2nd Patterns

Andrew Niven  
Nibun ITF

Dear Editor

I would like to thank Mr Greg Skinner of Epson New Zealand for his continued support of ITFNZ Taekwon-Do. In particular, he recently supplied the Secretary and the Database Administrator with Epson printers for Taekwon-Do use.

These printers have helped us considerably to print professional documents for ITFNZ Taekwon-Do correspondence.

Thank you Mr Skinner!

Neil Breen, 2nd dan

Have your details changed since you joined ITFNZ?  
Have you now got email?

Please send your current information (name, club, rank, address, work and home phone numbers and email address) to the database administrator at:

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# Senior Dan Grading

by Andrew Niven, IV dan

IV dan: Dream, to goal, then reality.

For many of us beginning Taekwon-Do, becoming a 4<sup>th</sup> Dan is such a distant dream that we just don't think about it. I was a white belt when I saw Mr McPhail in his 4<sup>th</sup> Dan stripes with IV on his belt. That was all it took for me to start dreaming, to start wanting.

On the 21<sup>st</sup> of September 2001, we traveled to Rotorua. After squashing piles of boards into the mini-van we all climbed in; 6 people, 2 of whom would be grading. The entire trip down Mr Banicevich read the encyclopedia aloud and I drove. If you asked Mr Banicevich if he was nervous the answer was "Not really". I, on the other hand, was panicked.

Finally we arrived, prepared and had our photo taken. Mr Banicevich calmly announced, "Now I am nervous."

First up, the introduction and explanation of what was about to happen. I can't vouch for the others, but this didn't do one thing to help me relax. Then the theory exam where Master Leong asked us questions and we had to write answers. Some of us had more to write than others.

Conditioning: when we heard that there would be a conditioning test, we all assumed the worst; when we found out that this was "testing your physical condition or fitness" it didn't seem so bad. Well, I think that I want to know the secret, because about 15 minutes into the conditioning I was wishing it was over. There is nothing like being in press-up position and having to jump your body a body-width sideways to make you think that it should be easier. It *sounds* easier.

Sparring: yes, well, for someone who hasn't sparred in years (sorry Mums) I sparred and had a small unfortunate run-in with Mr Breen's fist in the first round. But that's okay, because it is almost better now. Mr Breen, Mr Mantjika and Mr Pearson really shone during the individual sparring.

However there was more to come. There was two-on-one sparring. Not so bad, unless you have Mr Mark Trotter and Mr Graham Patterson as your opponents. I thought I was doing well at holding Mr Trotter in front of me... that was, right up until Mr Trotter side-kicked me from one side, and Mr Patterson back-kicked me from the other. I now know what a coin feels like when you squash it on a railway track. Mr Pygott, Mr Fitzgerald and Mr Banicevich had good tactics here.

As the commercial says, "But wait, there's more!" Two-on-three sparring! Yes, that's right - two of the candidates vs three of the black belt sparrings. Master Leong was extremely good with the instructions that he gave, so that we knew what to do and who was doing what. This is an awesome eye-opener and well worth practising.

The open part of the grading included patterns, step sparring, self defence, and destructions. All at the conference attended this. The patterns felt terrible, but I am assured that they looked okay. Mr Mantjika was his usual perfect self and the rest of us simply followed along.



Mr Mantjika - Perfect

I was pleased to be partnered with Mr Breen when it came to step sparring. Years of demonstrations, where we had made stuff up on the spot, helped with a natural flow, and this also helped with the self defence. I was however a little concerned at being rapped over the knuckles again, when Master Leong wanted to ask Mr Breen questions about how he did his underarm grab defence.

Destructions: Master Leong had some interesting ideas on what we should do, such as Mr Pygott sitting on the ground with two boards placed behind him, having to spin around one way, break the board with a turning kick and then spin the other.



Mr Banicevich - Juche Tul

Afterwards we returned to a closed session, where he talked a lot to us about life and about what was happening in the world. He wanted to hear our thoughts on topics such as the destruction of the World Trade Centre.

Finally a chance for a quick shower and then we went to dinner. Over dinner there was general conversation. Master Leong seemed very pleased with us. I had forgotten how much waiting for results is painful.

Personally I didn't feel that I had performed well in the grading, but I think if you feel that you have done your best then there is nothing more that you can do. I was extremely pleased when Master Leong announced that all seven had passed, it was a huge satisfaction. To finally achieve a goal that has been with me throughout my training is amazing. It is a moment I don't think I will ever forget.

For me now it is back to teaching. I hope that my students have been able to get some inspiration from me and can see that 1<sup>st</sup> Dan Black Belt is just one step to be taken.

<http://itfnz.org.nz/features/archives/conference/photos.htm>

# Instructors' Conference

by David Ballard, III dan

So many, many highlights from a weekend that I would personally rate as a great success, for our organization to learn and to grow from. Over 90 Black Belts, our most senior members, congregated at Tui Ridge Park, Rotorua for the first Instructors' Conference. Truly awesome to see everyone join in the discussions and workshops that were conducted over the two days. What a dilemma: who to sit with at meal times?

Our "Magnificent Seven" (old western movie): so inspirational to see these seven men endure the challenge of Master Leong in sitting for their 4<sup>th</sup> Dan grading. We were all agasp at every one of them and we all shared their success as Master Leong announced a 100% pass; I think not only a pass for the "Magnificent Seven" but a pass for ITFNZ.

Mr Lowe took us all through a shortened version of the Instructor's Certificate - lively, fun, interaction; a very professional presentation. And just maybe Mr Lowe will send one his chocolate bars my way the next time I attend one of his seminars.

Self Defence: how do you teach, or hope to run, a two-hour seminar with 90 people in attendance, with the title "Life & Death Self Defence"? Enter Mr Davidson - fantastic. This workshop had it all: discussion, flip charts, practical and role plays.

Split everyone into groups, give them a type of weapon to defend against, and let them decide how to best do that, and what to look for in a situation.

Saturday evening we had Mr McPhail entertain us with his breakdown of the entire Gup Syllabus. Invaluable for us all to have this workshop in a relaxed environment. This one workshop alone will have long lasting positive results for all our clubs and members.

Master Leong held an informal talk for us all, keeping us spellbound with the

very personal stories. An insight into his childhood and influences, martial arts, work, play and pleasure – an honour to listen to such a speaker.

These were but a few of the highlights for myself. This weekend had so much to offer but also so much for us all to contribute. The format of the weekend meant we had to be involved and active.

Mr Ng wound the conference up with a condensed presentation of i2001 and Beyond, a look at the present and at the near future of ITFNZ. A working document that has had many hours spent planning, writing, talking about and will continue to develop for all our futures in Taekwon Do.

One theme that came up in many of the discussions was communication, and that this is a two-way deal. From our Executive and Committees, down to Instructors and members - but also the need for feedback to go the other way, from our members to Instructors, to Regional Directors and onward. When this chain is broken or cut short some people will miss out. While some may think this minor, to the people who miss the information this may well be what ends their involvement in TKD, and this we cannot afford.

Thank you to all who attended Tui Ridge. It is the people in our family that keep my enthusiasms going, and what a high I returned on from the conference! I know the next conference will be even better and that the family will be as strong as ever.

by Sandi Galpin, II dan

Welcome to the inaugural ITFNZ Instructors' Conference, 2001.

Almost one hundred instructors, assistant instructors and senior members of ITFNZ gathered together to talk about, discuss and debate the future of our organisation. The conference was held at Tui Ridge in Rotorua, where the entire weekend was given over to learning about the workings of our organisation and discussing possibilities to make it even better.

We were honoured to host Master Leong Wai Meng (8<sup>th</sup> Dan), the Australasian Master, who conducted a senior Dan grading and many interesting sessions.

The conference was organised by Mr Dave Ballard and designed to allow the senior members of ITFNZ the opportunity to decide the future of ITFNZ together. Its purpose was to give them the chance to share skills and experiences and learn from each other's strengths.

Congratulations to our organisation's newest 4<sup>th</sup> dans, who spent a gruelling Friday afternoon under the examination of Master Leong. The open part of the grading was awe-inspiring, with the applicants performing patterns, step-sparring, and realistic portrayals of self-defence, along with some stunning multiple flying kick breaks and some huge power breaks displayed.



Conference Attendees making the most of the sun

All of the applicants were successful, largely increasing the number of 4<sup>th</sup> dans in New Zealand. Through much hard work, Mark Banicevich, Matthew Breen, Chris Fitzgerald, Lawrence Mantjika, Andrew Niven, Jake Pearson and Vince Pygott, and are the new owners of a set of distinguishing stripes.

While the grading was being conducted, three discussion groups were formed on topics relevant to ITFNZ. These were ITFNZ ñ The good and the badí, émembership retentioní and éfuture events for the organisationí. Each group was given large pieces of paper, big markers, and time and told to go to it - which they did with enthusiasm. Everyone had a voice, and every voice was considered, leading to debates of issues inside ITFNZ and possible solutions. Problems were aired and some resolved, although with so many different topics arising not all reached a resolution. Over the next few years, we will work on the bad while celebrating the good.

The conference also afforded a chance for everyone to gain or renew their Instructorís Certificates with a crash course run by Mr Lowe. Firstly by assessing the type of instructor we were already, and then trying to improve that model by learning of different ways of teaching.

On Saturday afternoon Mr Evan Davidson conducted one of his famous self-defence classes. Life-and-death scenarios involving weapons and multiple attackers were considered by four separate groups who devised plans of action when faced with threatening situations, involving batons, firearms, knives, and multiple attackers. Each group then shared their combined knowledge through demonstrations and explanations of Plans A, B, C... or simply runÖ.

A seminar entitled éThe Creative Instructorí was run by Mr Trilford and Mr Motu, who have both received the ITFNZ Club of the Year Award, and

also Mr Rimmer. All put a great deal of energy into trying to investigate the mystery of a égoodí instructor. The ideas that seemed to crop up again and again as extremely important were FUN and ENTHUSIASM - both on the part of the students and the instructor.



**Mr Fitzgerald - 5 boards... and one boardholder!**

Mr McPhail ran a techniques seminar with the help of some of the 4<sup>th</sup> dans, on the coloured-belt grading syllabus, which helped to clarify many of those points that seem to change all the time. Master Leong was greatly impressed with how well Mr McPhail knows his stuff and commended him along with Mr Davidson.

*îI think he has very good potential, he and Mr Davidson - they will make very good Masters, the first New Zealanders, Masters in this country. I congratulate you.î*

ñ Master Leong Wai Meng

Master Leong talked about his experiences in Taekwon-Do and life that led him to his belief in an éinner masterë, his strong faith in an inner power or energy inside everyone that we need to be aware of and learn to harness. He told of his travels in Europe and his founding of Taekwon-Do in Greenland, as well as some amazing events in his career.

Sunday morning bought an entirely new experience for many of the conference participants. Master Leong introduced us to the concept of meditation through focus on an éinner masterí or internal strength, which induced a long period of quiet

personal discovery by most of the students.

The president of ITFNZ, Mr Norman Ng, presented the annual report for the year, showing all of the Foundationís goals and objectives for the coming year, along with the newly engineered mission statement.

And after all that we found very little time to train at all, with only the pre-breakfast sessions given over to physical trainings. Mr Patterson took training on the Saturday morning with some sparring drills, patterns and some basics. Considerably fewer people made it to the gruelling training session with Mr Pearson the following morning - consisting of part of the infamous South Island iPain Weekendí training sessions.

Sunday afternoon brought on realisation of the old enemy ñ time. We simply didnít have enough of it. There was still so much to learn, so much to discuss, trainingÖ talkingÖ

Everyone who attended left with a major highlight from the weekend, be it the grading, the discussions that carried on long into the night, or meeting Master Leong. Everyone gained a wealth of new ideas from the conference, learning from many different practitioners about methods of training, creative instructing, self defence against weapons, techniques, the administration and finance of ITFNZ.

<http://itfnz.org.nz/features/archives/conference/index.htm>



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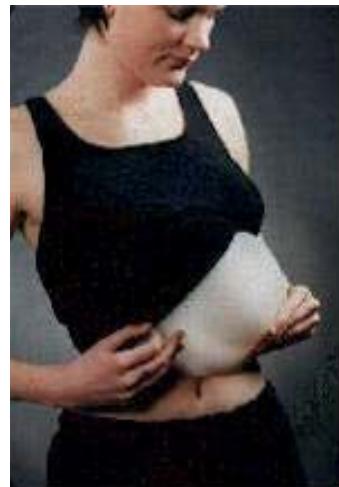
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Check out the endorsements and frequently asked questions. Also the large list of links to Martial Art web sites around the world.

You could even win a free Maxi Guard by clicking on the link to TKD School.

# General's Seminar in Jamaica

by Mark Banicevich, IV dan

The General be irie, mon!

On 12 November, Mr Paul McPhail, Mr Graham Patterson and I left New Zealand for the sunny beaches of Jamaica. Our mission: the International Instructors' Course with General Choi Hong Hi and Grand Master Park Jong Soo. On our way, we had a nine hour stopover in LA, which we chose to spend in taxis, and queues at Universal Studios. Around 5pm we were caught in heavy rain, and we were relieved to get on the plane to Montego Bay!



Kiwis in Jamaica

We arrived in Jamaica at 6:30am on 13 November (we crossed the date line), after two overnight flights and very little sleep. We caught a bus out to Renaissance Grand Resort in Ocho Rio - driven by a friendly local who told us about the landmarks we passed and taught us a bit of the lingo (the Jamaican tongue is an English dialect that is often difficult to follow).

We arrived at the resort in time for breakfast, then checked out the facilities. We found the Business Centre, which would become our lunchtime haunt as we sent regular updates to Mr Breen for addition to the website. We discovered the pool, the gym, and we also discovered that all food and drink was included in the room price! Aside from a quick look around the local town, hassled by local merchants in the market, we spent our first two days relaxing by the pool or the Caribbean Sea.

The seminar began with a senior grading on the evening of 14 November. Six people went for 4th dan (four Jamaicans, Mr Ricardo Talero from Columbia, and Mr Ryan Rampair from Trinidad and Tobago), four Jamaicans went for 5th dan, and one Jamaican for 6th dan. The General took the opportunity to illustrate how he would like dan gradings performed. (I believe our gradings are sufficiently rigorous.)

By the first day of the seminar, we were relaxed and ready. The General mentioned it was the smallest course he had ever done (with around 35 participants). As well as the three of us from New Zealand, the locals were supplemented by two participants from Switzerland, and one from each of Germany, Grenada, and Trinidad and Tobago. Master Steiner from Florida was also present, with four of his students, and Mr Montaño came from Colorado.

Despite the small numbers, and fully half of the attendees being at least 4<sup>th</sup> dan, we still ran very short of time. We only made it through the patterns as far as Yon Gae (the first 4<sup>th</sup> dan pattern). That is not to say we didn't learn anything: we came back with pages of notes to pass on to the nation. Mr McPhail presents a few key points on this page. The Kiwis shone ñ General Choi asked Mr Patterson to perform nearly every pattern and Mr McPhail was asked to perform a few.



Take that, General Choi!

In all, we had a fantastic time. We met great people. We spent a couple of nights dining with Mr Talero and his family; Mr McPhail met one of his

heros ñ Grand Master Park ñ and we made the most of the resort's facilities. I was happy to renew friendships and make new ones.

A final note: if you ever have the opportunity to attend one of General Choi's courses, take it. The Founder of Taekwon-Do is a phenomenal man, an inspiration, and I have finally realised he also has a lot to teach about teaching Taekwon-Do.

<http://itfnz.org.nz/news/jamaica.htm>



High Twisting Kicks at 83!

## Tips from the Founder

### Patterns

General Choi emphasised the principle of utilizing whole body to execute movements, in particular the hip and abdomen. He stressed the importance of practising all movements as fundamental exercises first, before performing them in patterns.

### One Step Sparring

In One Step Sparring, both the attacker and defender should begin from the parallel ready stance. The attacker executes a pre-arranged attack, that should include a variety of techniques and various distances - for example running and executing a flying kick. The defender must get himself into a good position to defend, then execute only one counter attack.

### Free Sparring

General Choi emphasised that he wants to see a much greater variety of techniques in Free Sparring. In particular, you should use flying techniques and a good variety of hand techniques - not always just a punch. Sparrings should also use tactics and not just attack for the sake of it. Try and create openings, counter attack at the correct distance and so on.

# Fun and Enthusiasm

Ideas on a iSuccessful Clubî

*James Rimmer, V dan, Instructor Tauranga*

*In this article I present my ideas and beliefs on the instruction of a successful class, giving various procedures I use and explaining the needs for both the students and instructors.*

*Instructing is perhaps one of the most difficult Taekwon-Do techniques to undertake.*

*Regardless of the courses that an individual may undertake, it is only after many years of practical experience and continual learning that the instructor develops, improves and begins to formulate an innate understanding of an individual pupil.*

**Eventually an instructor will instinctively notice a good technique at a glance and be able to give encouraging comment on the spot.**

**I find it helps to know every studentís name.**

Every instructor has a different way of teaching and every student has a different way of learning.

Because we are all so different, I believe there are some important attributes an instructor must have.

**1. Patience.**

**2. Understanding.**

**3. Mental and tuitional flexibility.**

**4. ENTHUSIASM.**

**5. FUN.**

In order for a club to succeed, an instructor must approach every studentís needs individually and realise that sometimes a different method of tuition may help a studentís learning ability. Perhaps the injection of a FUN activity will be successful.

In order to instruct a class I believe that you must have a clear and precise idea of what you are aiming for, for both your students and yourself.

As part of your overall aim you should consider firstly your relationship with your class and their requirements.

This I call the iHuman Factorî.

## The Human Factor

The success of a club depends on the relationship between the class and the instructor.

An instructor must be approachable to students and also to visiting friends and parents.

Take time out and chat to parents and visitors, or ask the assistance of a senior member.

**Remember you are not only in full view of your students, but also of every other individual in your training environment. Parents can pull their children from your class in an instant. We have found at Tauranga that FUN and ENTHUSIASM are infectious for the whole family: when they come to watch their children with dad starting or mum starting or dad and little brother starting or dad and little sister starting or little brother starting or dad and little sister and little brother starting.**

Most people do not turn up to a class unless they are interested in some way in the proceedings. The trick is to keep them once they arrive.

Your attitude towards parents is critical for not only attracting potential students but also the continued support to your club in camps, tournaments, fundraising and other club activities.

Parentsí organisational skills can be invaluable for your clubís future.

Many parents have concerns about their children learning martial arts as many clubs have reputations for harsh teaching methods and the like.

It is important to clear up these misconceptions and to reassure people of your aims and teaching methods.

The first phone call is a crucial selling tool for an instructor.

Your phone manner (when dealing with parents in particular) warrants a friendly, no-nonsense approach with a carefully worded conversation.

**1. First month free.**

**2. Well-rounded student.**

**3. Heaps of children of a similar age.**

**4. Really cool camps.**

**5. Tournaments (stress these are optional).**

**6. Confidence.**

**7. Encourage a visit to your club.**

**8. Have the club sell itself.**

**(Note: Most calls come through Citizens Advice)**

The make-up of each class is different and each individual in that class has different learning stages and abilities.

Treat all your members with respect and treat them equally.

**Refrain from favouritism** as this will only succeed in exiling your members and causing jealousy.

**Bad lip service, bullying or boasting is a no-no!**

It can be detrimental to a studentís confidence or faith and could turn them away from your club overnight. It also creates a very unpleasant atmosphere and does damage to the name of the code you are following.

Remember this can also be viewed by parents who regularly watch your classes!

The class must be a FUN and ENTHUSIASTIC unit; it is up to the Instructor to create this unit and ensure that all grades and ages mix freely ñ higher grades mixing with lower and older with younger.

Aim to use your time efficiently so that it benefits everybody including yourself.

Time should be given not only to the practical and theoretical but also to the discussion of various ideas and ways to improve on class togetherness and relationships. Remember to retain your ENTHUSIASM.

Take time out to hear the opinions and concerns of your members, this will make your club stronger and again create that bond that is so important.

## **Planning And Preparation**

The next step, once an instructor has established their aim, is the efficient planning and preparation of a class.

It takes time and practice to do this and is not an easy task. You can have a clear idea of what your plan will be for a certain training night but this can be altered completely on the night due to such things as student absences or injuries.

Allowing yourself an option is important. Do not be frightened to try out a new idea, it could be FUN, and always try to assess the feedback you get during your class.

**1. Be flexible, both mentally and physically.**

**2. Do not pursue boredom, learn to recognise it then prevent it – perhaps with FUN!**

A well-planned class helps the instructor as well as the student. It should follow some sort of pattern, where one part leads onto the next perhaps explaining the previous technique learnt, perhaps application with say iBreak-A Boards (the children love it), or other similar activities.

Most clubs have a variety of ranks from white to black and in order to give the individual ranks the special attention required, especially when teaching patterns and techniques particular to each rank, it is easier to divide the class up into groups.

An instructor should feel confident in delegating a senior member to help out teaching when necessary. It is critical that your nominated assistant is alert to the key points of the code you are teaching and shares the same ideals of FUN and ENTHUSIASM.

Allotting my time to talk to my students about their techniques or various needs is something that I try to do during the class. This gives them the opportunity to practice while I am at hand. Praise your students, show them off (the children love it), give positive comments with constructive criticism.

We usually have further discussion after class and that helps to cement ideas and techniques.

**1. Try to plan a class with variety, FUN and ENTHUSIASM.**

**2. Be open to suggestions from your students.**

**3. Be flexible in your teaching methods.**

**4. Make the learning process FUN and retain ENTHUSIASM; it helps to keep the attention span of the pupils, especially children.**

**5. Feel confident in the ability of your senior members.**

## **Creating And Maintaining Interest**

It can often be difficult to create new ideas and teaching methods but without variation in day to day training many students may get bored with the same old routine. It is important to stimulate both their bodies and minds.

There are several ways in which I try to do this:

### **Variety**

This can take many forms such as games, co-ordination skills, three step sparring, self-defence, interclub training etc.

There is an old saying, **variety is the spice of life**.

I believe that my students perform with more zest and spirit if I inject variety and FUN into their training lessons. Tempt the children with destruction or free sparring as a reward if they do there boring old patterns properly (children love it).

I find that it is beneficial to the individual to sometimes let them experiment on their own and even try to invent their own patterns or defence techniques, perhaps trying a flying side kick and landing on a large spongy mat. Not only is this FUN, but it gives them encouragement, goals and challenges and enables them to put their skills to the test and realise potential. More importantly children in particular show real ENTHUSIASM.

### **Incentive**

People need an aim and they need incentive to achieve that aim. Each individual in my club is striving for their own goal and I try to encourage them to give their best to their training.

While it is important to correct common faults and point out areas of possible improvement it is also important to give praise where deserved, it goes a long way to instilling a sense of achievement and the student will generally try harder.

I encourage my students to better themselves and their training by having a club trophy that is presented at the end of each year.

## **Hearing**

Making your instructions clear and precise is important.

Explain the purpose of your teaching and invent ways to capture their attention. The odd joke can do wonders for morale as well as make an attentive student (children love it).

I quite often give commands by clicking my fingers quietly to make them listen and become more aware of the use of their ears.

**1. Try to keep explanations as clear as possible.**

**2. Have FUN.**

**3. Encourage students to always better themselves.**

**4. Always confirm your lesson by checking with the students to make sure that everything has been understood.**

An instructor's work contains many facets. One has to be a doctor, personal adviser, practitioner, psychologist and friend.

It is demanding work but it is rewarded over and over again.

An instructor, above all, should always have a continual quest for knowledge so that they may continue to fulfil and enrich their students.

**Would you like  
to advertise in  
TKD Talk?**

**Email the Editors at  
[tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz)**

# Instructor Profile

by Mrs Lena Walton, III dan

*Standing at a full 5ft tall and floating in at a featherweight of 48kg, Mrs Beryl Pimblott was my grading partner at the Wellington Dan Grading in May this year. Height-wise she certainly measured up perfectly for my step sparring!*

*Mrs Pimblott started Taekwon-Do at 39 yrs and now at 47 yrs she holds a III dan black belt. She took over as Instructor of the North Wellington Club as soon as she received her I dan 6 years ago, is the Wellington Regional Director, has trained half a dozen or so of her students to black belt and in her spare time runs her business of 16 years. Phew! Where do these people find the time and energy for this sort of action?*

*I had always planned on sitting my III Dan grading in May and will admit I was a little daunted by the volume of syllabus I would be required to remember. Mrs Pimblott didn't appear to be fazed by the fact that we would both have to remember each other's step sparring, pre-arranged and self defence routines - let alone our own. With her confidence that all would be well, we trained together for 6 months for our grading.*

*Mrs Pimblott's ability to work outside the Taekwon-Do square we live in made training entertaining, and I'm sure she enjoyed throwing me around the floor. She has an uncanny liking for the use of elbows and knees and those of you who have watched her train will agree that, power for weight, she always gives everything 200%.*

*Her attitude of 'get in there and just do it' always inspires me to do more and I have already planted the seed of 'Keen to do a 4<sup>th</sup> dan grading at 50 yrs Beryl!' Sometimes you don't have to look too far ahead for those inspirational role models, they can be standing right next to you.*

## What year and how old were you when you started Taekwon-Do?

I spent many hours watching my children and finally started TKD at the age of 39 in 1993. Was thinking at the time, if I left it till 40 I would never start.

## What club did you start at, and who was your Instructor?

Started at Khandallah Club while Patrick Eastwood was the Instructor, moved to North Wellington Taekwon-do when Colleen Sheldon took over the club. My children were at North Wellington and I wished to offer support.

## When did you receive your Black Belt?

Received my 1<sup>st</sup> dan in 1996 at age of 42 (the answer to the world, the universe and



everything if you are a Hitchhiker's Guide to the Galaxy fan). I graded for 1<sup>st</sup> dan with my daughter Hayley.

## What are some of the biggest achievements you have made in Taekwon-Do?

I look on my biggest achievements as the development and successes of my students, by this I don't solely mean grading and tournament success. I place a great deal of importance on a student's attitude. Having a club that is maturing with the age of the students has many advantages.

## What is the highlight of your Taekwon-Do career?

The highlight of my TKD career has to be the chance I had to attend the Junior World Champs in Korea with one of my students. This trip had endless benefits: the experience of visiting North Korea, China and South Korea, observing the culture, history and beliefs of societies totally different to our own. Being able to view at first hand the standards displayed at such a tournament gave me the insight to coach and encourage other students to reach that standard and possibly compete at future tournaments.

## What are your personal goals for the future?

To continue to assist students to achieve their personal goals. To mature the club in line with the students and continue to meet their needs at all levels. To keep up to date with techniques and offer the best and most interesting training I am able to.

## What are your goals for the ITFNZ future?

To continue to offer all the opportunities available for students to achieve and grow. To address and offer these opportunities to the whole community of Taekwon-do practitioners. To continue to strive to achieve high standards in both technique and etiquette. While ITFNZ has to remain solvent as far as finances are concerned,

without which we wouldn't have an organisation to service our needs, we should not lose sight of the importance of the Art and students themselves. I would like to see the unity of fragmented ITF groups within NZ, but the practicality and feasibility of such would have to be addressed.

## Which practising Taekwon-Do practitioner do you admire the most? Why?

Firstly we all have to admire the commitment of our seniors who have given many years to the formation, operation and continued growth of our organisation. I admire many practising Taekwon-do practitioners, all for different reasons, which cumulates to create, perhaps, the ultimate martial arts practitioner. We have our experts on technical excellence, who keep us up to date with the latest techniques. We have our vibrant youth (both young and old) who display amazing spirit. We have our World Champs and tournament participants who display a focused tenacity. We have our well-grounded people searching for the spiritual side of the art. The whole group comes together to encompass the philosophy behind Taekwon Do.

## In your view how has TKD changed in NZ in the last few years?

We are more open to overseas influences, which is good and enables us to achieve the best we possibly can. Techniques have a more relaxed style than the sheer grunt of the old days, tending to achieve good technique without the sheer exhaustion as achieved previously. Feel we as instructors need to instil as much spirit and focus into our students as we possibly can, and to encourage students into developing self-discipline.

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

I think a good Taekwon Do practitioner approaches everything they do with their all. In doing so they aim to achieve the best possible technical excellence in line with their physical ability. They forever strive to improve. They are self disciplined and self motivated. They set a good example for others in their personal code of conduct. They are tolerant of the beliefs and behaviours of others, and are unselfish in their dealings with others.





# International Taekwon-Do Foundation of New Zealand



## Club Directory

### Auckland North Region

#### Avondale

Mr Shaun Tolley  
Waterview Primary  
19 Oakley Ave, Waterview  
Tuesday and Thursday, 6:30 - 8:00pm

#### Devonport

Ms Jeanette Joe  
Devonport Community Centre, 32 Clarence St  
Tuesday 5:00 - 6:30pm  
HMNZS Officer Training School  
Narrowneck Gymnasium, Vauxhall Rd  
Sunday 5:00 - 6:30pm

#### Glenfield

Mr Vaughan Rae  
Windy Ridge Primary, Seaview Rd, Glenfield  
Monday and Thursday, 7:00 - 8:30pm

#### Hibiscus Coast

Mr Vince Pygott  
Red Beach Primary School  
20 Albert Hall Dr, Red Beach  
Kids (7-12yrs) Monday 5:30 - 6:30pm  
Adults (13+yrs) Monday and Thursday 6:30 - 8:00pm

#### Meadowbank

Mr Peter Graham  
Remuera Intermediate  
Ascot Ave, Remuera  
Tuesday and Thursday, 6:30 - 8:00pm

#### Nibun ITF Auckland Grammar

Mr Hong Looi  
Mountain Rd, Epsom  
Monday and Wednesday  
7:00pm - 8:30pm

#### Nibun ITF Baradene

Mr Andrew Niven  
Victoria Ave, Remuera  
Wednesday and Friday, 7:00 - 8:15am  
*Visiting students please obtain permission before visiting this branch.*

#### Nibun ITF Diocesan

Mr Andrew Niven  
Margot St, Epsom  
Tuesday and Thursday, 7:00 - 8:15am  
*Visiting students please obtain permission before visiting this branch.*

#### Nibun ITF Mt Albert

Mr Andrew Niven  
Wesley Intermediate School  
Sandringham Rd Extn, Mt Albert  
Monday and Thursday, 6:30 - 8:30pm

#### Nibun ITF University of Auckland

Mr Cameron Snelling  
and Miss Cilla Brown  
Dance Studio, Recreation Centre  
17 Symonds St  
Tuesday 7:30 - 9:00 am  
Thursday 10:00 - 11:30am

#### Stanmore Bay

Mrs Shirley Pygott  
Hibiscus Coast Leisure Centre  
Stanmore Bay  
Wednesday  
Kids under 7: 4:00 - 4:30pm  
over 7: 4:30 - 5:30pm

#### Counties Manukau Region

##### Howick

Mr Ryan van Heerden  
Howick Intermediate  
Botany Rd, Howick  
Tuesday and Friday, 6:30 - 8:00pm

##### Infinity Manurewa

Mr Steve Pellow  
Greenmeadows Intermediate  
Greenmeadows Ave, Manurewa  
Monday 6:30 - 8:30pm  
Wednesday 6:00 - 8:00pm

##### Infinity Papakura

Mr Steve Pellow  
Kelvin Rd Primary School  
Kelvin Rd, Papakura  
Tuesday and Thursday  
Kids only: 5:00 - 6:15pm

##### Kidz Kwon-Do

Mrs Angela Dunn  
Elizabeth Campbell Centre, Papakura  
Mondays 6:7:30 pm

##### Pakuranga

Mr Mahesh Bhana  
Farmcove Intermediate  
Butley Drive, Pakuranga  
Monday and Wednesday, 6:30 - 8:00pm

##### Papakura

Mr Paul McPhail  
Papakura Normal School Gym  
Cnr Porchester and Walters Rds,  
Papakura

Monday and Wednesday, 6:30 - 8:00pm

##### Papatoetoe

Mr Graeme Insull  
Papatoetoe Intermediate  
Motatau Road  
Monday and Thursday, 6:00 - 8:00pm

##### Pukekohe

Mr Luke Thompson  
Buckland Hall, Buckland, Pukekohe  
Tuesday and Friday, 7:00 - 9:00pm

##### Tribal Taekwon-Do

Mr Richard Iotua and Mr Jaime Reti  
41 Station Road Otahuhu  
Monday and Thursday, 6:00 - 8:00pm

**TKD Talk**

December 2001

#### Wairua-Do

Mr John Harrison  
Southern Cross Community Centre  
Ngatapuwai College, Mangere  
Monday and Wednesday, 6:00 - 8:30pm

#### Waiuku

Mr Phil Dunn  
Sandspit School, Sandspit Rd, Waiuku  
Tuesday and Thursday, 6:30pm - 8:00pm  
Juniors: 4:30 - 6:00 pm Thursday

#### Waikato/BOP/Taranaki Region (WBT)

##### Hamilton

Mr Grant Eccles  
Forestlake Primary School  
Storey Ave, Hamilton  
Monday and Wednesday, 6:00 - 8:00pm

##### Stratford

Mr Ian Hayward  
Stratford Primary School Hall  
Regan St, Stratford  
Tuesday and Thursday, 6:00 - 7:30pm

##### Taranaki

Mr Neill Livingstone  
and Mrs Kirsten Livingstone  
Ferndale Hall, Barry St  
Frankley Rd, New Plymouth  
Tuesday 5:15 - 6:45pm  
Friday 5:30 - 7:00pm  
Sunday 10:00 - 11:30am

##### Tauranga

Mr James Rimmer  
Tauranga Girls College  
Cameron Rd, Tauranga  
Wednesday 6:30 - 8:00pm  
Sunday 5:00 - 6:30pm

##### Te Awamutu

Mr Evan Davidson  
The Martial Arts Centre, 350 Bond Rd  
Te Awamutu  
Sunday and Wednesday, 6:30 - 8:00pm

##### Waikeria

Mr Ross Campbell  
Community Hall, Main St, Kihikihi  
Tuesday 6:00 - 7:30pm  
Sunday 5:30 - 7:00pm

#### Central Districts Region

##### Cloverlea

Mrs Nikki Mantjika  
Cloverlea Primary School  
Herbert Rd, Palmerston North  
Tuesday and Thursday  
6:30 - 8:00pm

##### Hokowhitu

Ms Julie Sandbrook  
Hokowhitu School Hall  
227 Albert St, Palmerston North  
Tuesday & Thursday 6:15 - 7:45pm

# ITFNZ Taekwon-Do E

## February

- 10 CD Esplanade Open Day Demo and Display  
 10 WN Waitarere Beach Training  
 10-21 NZ Stripe Series Seminars  
 23 AK Peewee Tournament  
 24 AK North Harbour Have-A-Go Day

## March

- 1-3 AK Lantern Festival  
 3 AK Counties-Manukau Have-A-Go Day  
 5 AK Combined Training - Meadowbank  
 9 AK Waitakere Have-A-Go Day  
 9-10 WN Regional Camp  
 9-10 CD Cancer Society Relay For Life  
 9-10 SI Umpires' Course  
 17 XA Epson Under-18 Tournament  
 23 AK Umpires Course - Novices  
 23-24 CD Regional Camp  
 23-24 OZ First Oceania Taekwon-Do Invitational  
 24 AK Round The Bays Fun Run  
 30-31 WB Regional Camp - Tauranga

## April

- 6 AK Umpires Course - Refresher  
 6-7 SI Ball/Training Seminar, Dunedin  
 10 SI Gup Grading - Christchurch  
 11 SI Gup Grading - Dunedin  
 12 SI Gup Grading - Blenheim  
 13 CD Gup Grading - Palmerston North  
 14 WN Gup Grading - Wellington  
 15-17 AK Gup Grading - Auckland North  
 18-19 AK Gup Grading - Counties Manukau  
 20 WB Gup Grading - New Plymouth  
 21 WB Gup Grading - WaiBOP  
 21 AK Demonstration Team Trials  
 25-27 WB University Games - Hamilton  
 28 AK Epson Under-18 Tournament

## May

- 4-5 SI Regional Tournament - Dunedin  
 11-12 WN Dan Grading - Wellington  
 18-19 SI Dan Grading - South Island  
 19 CD Instructors Course  
 25-26 AK Dan Grading - Auckland  
 26 WN Instructors Course

## June

- 1-3 WB Regional Tournament - New Plymouth  
 1-3 CD NZMA Hall of Fame Induction - Taupo  
 8 AK Regional Tournament - Auckland North  
 16 AK Regional Tournament - Counties Manukau  
 22 AK First Aid Course  
 23 WN Regional Tournament  
 30 CM Instructors Course

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>January</b>						
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<b>February</b>						
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<b>April</b>						
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<b>June</b>						
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# Events Calendar 2002

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>July</b>						
1	2	3	4	5	(6)	(7)
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<b>August</b>						
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<b>September</b>						
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16	17	18	19	20	(21)	(22)
23	24	25	26	27	28	(29)
<b>October</b>						
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28	29	30	31			
<b>November</b>						
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<b>December</b>						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

- July**
- 6 CD Regional Tournament  
 6-7 SI Regional Camp - Otago  
 20-21 SI Instructors Course - Greymouth  
 21 AK Instructors Course  
 28 AK Epson Under-18 Tournament

**August**

24-25 WB National Tournament - Hamilton

- September**
- 3 SI Gup Grading - Christchurch  
 4 SI Gup Grading - Dunedin  
 5 SI Gup Grading - Greymouth  
 6 SI Gup Grading - Nelson  
 7 WN Gup Grading - Wellington  
 7-8 SI Otago Interclub Tournament  
 8 CD Gup Grading - Palmerston North  
 9-11 AK Gup Grading - Auckland North  
 12 AK Combined Training  
 12-13 AK Gup Grading - Counties Manukau  
 14 WB Gup Grading - New Plymouth  
 15 WB Gup Grading - WaBOP  
 21-22 SI Regional Camp - Queenstown  
 22 AK Instructors Course  
 29 XA Epson Under-18 Tournament

- October**
- 6 SI Instructor Course  
 27 AK Epson Open Tournament

- November**
- 3 XA Epson Under-18 Tournament  
 16-17 AK Dan Grading - Auckland  
 23-24 CD Dan Grading - Palmerston North  
 24 WN Women's Training Day  
 27 SI Gup Grading - Christchurch  
 28 SI Gup Grading - Dunedin  
 29 SI Gup Grading - Blenheim / Nelson  
 30 CD Gup Grading - Palmerston North

- December**
- 1 WN Gup Grading - Wellington  
 2-3 AK Gup Grading - Counties Manukau  
 4-6 AK Gup Grading - Auckland North  
 7 CD Christmas Parade  
 7 WB Gup Grading - New Plymouth  
 8 WB Gup Grading - WaBOP

Regional Key	
NZ	Nationwide
OZ	Australia
XA	Outside of Auckland (region to be assigned)

<b>Horowhenua</b> Mr Andrew Salton Horowhenua College Gym Nelson St, Levin Monday and Friday, 6:00 - 8:00pm	<b>Brooklyn</b> Mr Brett Kraiger Vogelmorn Hall, Vennell St, Brooklyn Thursday, Juniors: 5:30 - 6.20pm Seniors: 6:30 - 8:30pm Sunday 4:30 - 6:30pm	<b>Silverpine</b> Mr Nick Carter Pinehaven School, 93 Pinehaven Rd Pinehaven Monday and Thursday, 6:30 - 8:00pm
<b>International Pacific College</b> Mr Kenny Chiang IPC Recreation Centre Palmerston North Tuesday 6:30 - 8:30pm Saturday 2:00 - 4:00 pm	<b>Kapiti Coast</b> Mr Greg Trilford Memorial Hall, Tennis Court Rd Raumati South Tuesday and Thursday, 7:00 to 8:30pm	<b>United</b> Mr Blair Martin St Brandon's School Hall Trentham, Upper Hutt Tuesday and Thursday, 6:00 - 7:30pm
<b>Palmerston North Academy</b> Mr Dave Ballard Chinese Association Hall, Napier Rd Palmerston North Monday and Thursday, 6:00 - 8:00pm	<b>Khandallah</b> Mr Graham Patterson Onslow College New Gym Burma Rd, Johnsonville Monday and Thursday, 6:30 - 8:00pm Paparangi School Hall Beazley Ave, Paparangi Tuesday 6:30 - 8:00pm	<b>South Island Region</b>
<b>Rangitikei Dragons</b> Mr Daniel Motu Marton Wrestling Gym Wilson Park, Marton Monday and Wednesday, 6:00 - 7:30pm	<b>Lower Hutt Academy</b> Mr Wayne Ebert Dyer St School Hall, Dyer St, Lower Hutt Monday 6:30 - 8:00pm Wednesday, Juniors: 6:00 - 7:30pm Seniors: 6:30 - 8:00pm	<b>Dunedin</b> Mrs Helen Kettungs All Saints Church Hall 786 Cumberland St, Dunedin Sunday and Wednesday, 6:00 - 7:30pm
<b>Taekwon-Do Cubs</b> Mrs Rose Cherrington Fairfield School Hall, Levin 4-10 yrs only: Mondays 4:00 - 5:00pm	<b>Miramar</b> Mr René Kunz Miramar South School, Kauri St, Miramar Monday and Thursday Juniors: 5:30 - 6:30pm Seniors: 6:30 - 8:00pm	<b>Greymouth</b> Ms Sonia Smith Greymouth High School, High St Wednesday 6:30 - 8:00pm Cobden School, Cobden Sunday 10:30am - 12:00pm
<b>Tiger</b> Mr Michael Lowe Boys' High School Gym Featherston St, Palmerston North Monday and Wednesday, 6:15 - 7.45pm Tiny Tigers Wednesday, 5:00 - 6:00pm	<b>North Wellington</b> Ms Beryl Pimblott West Park School, Broderick Rd Johnsonville Monday and Thursday Juniors 5:00 - 6:00pm Seniors 5:30 - 7:00pm	<b>Mosgiel</b> Mr Mark Allen and Mrs Teresa Allen Taiera High School Gym Church Rd, Mosgiel Monday and Wednesday, 6:00 - 8:00pm
<b>West End</b> Mr Don Booth West End School, cnr College St and Botanical Rd, Palmerston North Monday 5:30 - 6:30pm Thursday 6:30 - 7:30pm	<b>Details Wrong?</b> If the details for your club differ from those shown here, please inform the Secretary (details below) and the Editors : <a href="mailto:tkdtalk@itfnz.org.nz">tkdtalk@itfnz.org.nz</a>	<b>Nelson</b> Mrs Pam Colee Scout Hall, Richmond A&P Showgrounds Richmond, Nelson Monday 7:00 - 8:30pm Wednesday 6:30 - 8:00pm
<b>Wellington Region</b>		<b>Otago University</b> Mr Kris Herbison Activities Hall Clubs and Societies Building Albany St, Dunedin Tuesday and Friday, 4:00 - 6:00pm
<b>Avalon</b> Mr Byron Cummins Avalon School Hall, 10 Gordon St, Avalon Monday and Thursday, 6:30 - 8:00pm		<b>Redwoodtown</b> Mr Rex Stuart Cnr Cleghorn and Weld Sts Redwoodtown, Blenheim Tuesday and Thursday, 6:00 - 8:00pm
<b>Berhampore</b> Mrs Lena Walton Berhampore School, 106 Britomart St Berhampore Monday and Thursday, 6:30 - 8:30pm		<b>Riccarton</b> Mr Stuart Mayes Villa Maria College, Peer St Upper Riccarton, Christchurch Monday and Wednesday, 6:30 - 8:00pm

#### - EXECUTIVE -

**President** - Mr Norman Ng, PO Box 67, Palmerston North, Ph: 06 357-5426, [nng@xtra.co.nz](mailto:nng@xtra.co.nz)  
**Secretary** - Mr Vince Pygott, PO Box 457, Silverdale, Auckland, Ph/Fax (09) 426-6696, M (025)965-947, [secretary@itfnz.org.nz](mailto:secretary@itfnz.org.nz)  
**Treasurer** - Ms Margaret Pepper, PO Box 97999, Sth Auck Mail Centre, Ph (09) 278-0984, 277-8278, [mem.pepper@xtra.co.nz](mailto:mem.pepper@xtra.co.nz)  
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**South Island Regional Director** - Mr Shane Rahui, Ph (03)352-2067, [sdr3@yahoo.com](mailto:sdr3@yahoo.com)

#### - SUB-COMMITTEES -

**Grading:** Paul McPhail (Director), E Davidson, J Rimmer, M Bhana, G Patterson, P Graham.

**Techniques:** Paul McPhail (Director), E Davidson, G Patterson, M Lowe.

**Tournaments:** Kevin Joe (Director), G Eccles, B Kraiger, M Banicevich.

**Marketing:** Mark Banicevich (Director), A Niven, J Collins, D Ballard, J Pearson, D Ward, L Walton, K Herbison.

**Standards & Discipline:** Evan Davidson (Director), B Pimblott, I Campbell, S Rahui, T Honey, S Breen.

# President's Corner



Congratulations not only to all the winners at the Nationals, Aussie Invitational and Epson Open Tournaments, but also to all those who participated.

The same compliments should be handed to the recipients of the five Annual Awards.

The 2001 Instructors' Conference was a roaring success. Thanks to all those who attended and to Dave Ballard and his team who organised it. Let's have another one soon.

It was enlightening for me to meet up with Master Wai Meng Leong, who also contributed to the success of the conference. Master Leong not only graded the seven candidates for their IV Dan but also served as a very interesting after dinner speaker.

Congratulations to the seven new IV Dan members.

Any person or organisation, which has no goal or vision for the future, is simply drifting aimlessly along. I hope the Mission Statement and the Management Plan will help to diminish any shortcomings of the past. I look forward to members carrying out the action plans to make things happen.

# News in Brief

## Pain Weekend

Mr Jake Pearson and Mr Nathan McKendrick lead a small group of keen South Islanders for their iPain Weekend on 16<sup>th</sup> - 18<sup>th</sup> November. The camp was held at Pinedale Camp in a picturesque valley just out of Blenheim - an ideal environment to be testing the limits of one's physical and mental endurance.

The camp included early morning runs, training in pouring rain and swimming in icy rivers. Wouldn't you rather be a South Islander?

<http://itfnz.org.nz/news/n-si.htm>



## Peewee Tournament

On Saturday 24<sup>th</sup> November, the Papakura Community Centre was host to a horde of Auckland Taekwon-Do kids. The majority of the horde were 8<sup>th</sup> gup and below, entering their first tournament. The rules were strictly non-contact, and great fun was had by all.

Thank you to Mr and Mrs Dunn, who organised a great event!



# Management Plan

## MISSION STATEMENT

**iHelping individuals to improve their quality of life through excellence in Taekwon Do.î**

## GOALS

**To raise the Instructor profile**

**To review the syllabus & techniques**

**To grow the total membership**

**To review the organisation structure**

**To improve communication**

**To have a well equipped dojang**

**To run well organised tournaments**

**To have a development programme for all members**

**To improve budgeting for all events**

**To have accountability within ITFNZ**

**To have annual and long term marketing plans**

**To have a Health & Safety policy where appropriate**

**To run well organised ITFNZ Activities & Events**

**To seek all available external funding**

**To recognise top performers within ITFNZ by means of Awards**

**To maintain and update information & data base**

# Sports Expo

by Matthew Breen, IV dan



**Sometimes the photographer times things just right...**

The Auckland Sports Expo last year worked out very well for ITFNZ. One of the organisers had seen our Demonstration Team performing at the Auckland Have-a-Go Day previously, and contacted us specifically. He felt we'd be a good addition to the lineup at the Expo — a live, dynamic site that welcomed audience participation.

We were provided with a large, strategically-located site free of charge, and we put it to good use. With different instructors and clubs coming in every couple of hours, we always had something visible happening when the Expo attendees walked through the main entrance. (Told you it was a strategic location!)

We were invited back again this year, but this time was a little different. The success of last year's Expo had drawn many more businesses and organisations who wanted to run stalls, and were willing to pay for the space. Our large, well-placed, free site of the previous year was simply unfeasible.

We were offered a 6 metre square site tucked away in a corner of the golf hall, at a cost of \$6000 for the three days. They really did want us back, though — they went to the trouble of locating a charitable sponsor to pay that cost.

Still, you'd think for \$6000, the site would at least be constructed for you!

But on the Thursday night, a bunch of Auckland students went down to the hall to erect the walls on the borders of our stall. And we were clever about it, too... we realised that if we kept the walls low, despite our poor location, the attendees would be able to see us training and come to have a look.

We eventually had all the components of our walls together, with the help of one of the organisers, improbably named iCowboy, and a claw hammer... We had our banners and posters hung, and our computer set up so interested people could view the ITFNZ website, and went home.

The next morning, we came in to discover that the Netball organisation sharing our back wall had placed seven-foot signs all along our deliberately-low walls. Foiled!

Once again, we had different instructors and clubs scheduled to come and train at the site every couple of hours throughout the three days. Of course, for continuity, some of us stayed on the whole time. Three days of standing around and smiling at people can be *incredibly* exhausting...

Not all of the activity took place on our — sometimes decidedly cramped — site; at least one instructor took all the students for a jog across two halls to train on the artificial beach, also home



**Rule number one :  
Never volunteer.**



**The Auckland Demonstration Team at the Sports Expo**



**Model Sparring**

to the beach volleyball displays and the bikini parade.

Each of the three days also saw an evening demo on the main stage by the Auckland Demonstration Team. Despite the loss of several members to the tournament held the same weekend in Tauranga, the Team rose to the challenge once again. We were particularly pleased with some of the photographs eventuating from those demonstrations — some are included here.

Thank you very much to all of the instructors and students who came along to help out this year. I hope you all had a great time, and made the most of your free entry into the Expo.

We would once again urge all Auckland instructors and students to come along to this event next year. It is perhaps the occasion for raising the profile of our Art in Auckland sporting circles.



**This week, on  
“When 4th Dans Attack”...**



**Would you stand still for that?**

As well as helping your instructor and your region, there is plenty to look at and to experience at the Expo, whatever your other sporting or sport-related interests may be.

See you there!

Matthew Breen, IV dan  
Auckland Demonstration Team

## Have-a-Go

by Matthew Breen, IV dan

Each year in February and March, three iHave-a-Go<sup>®</sup> days are held in the Auckland region, in Manukau, Long Bay, and Waitakere. These days are designed to collect representatives of as many sports as possible in one place — everything from roller-blading and mountain-biking, to rugby and petanque, to wood-chopping and sheep-shearing — in interactive stalls, where people can wander around and iHave a Go<sup>®</sup>.

Traditionally, the Taekwon-Do site, full of focus pads, air shields, and rebreakable boards, is a popular one. Little kids like to hit things, and it seems a great way to introduce them to the idea of starting a martial art.

The day, however, is a long one, especially in hot March sun with little cover, and even more so with one or two demonstrations to perform at various times during the day. A system similar to that used at the Sports Expo this year — with different clubs running the site for two or three hours at a time — would give everyone the opportunity

to have a rest, to wander around and look at other stalls and other sports, to take a break for lunch... to make the day more of a fun experience and less of a chore.

As well as the Have-a-Go days, there are several other activities in the Auckland Summer Season. Various smaller iCommunity Fun Days<sup>®</sup> are a great place to inspire potential new members to join up— there's a good chance anyone watching your demonstration will be from close by. During the Chinese New Year, the Lantern Festival in Albert Park, the celebrations at Howick-in-the-Park, and several other events provide an opportunity for martial arts display.

Keep an eye out for these and other such events in your region, and get along, have fun, see what else is out there, and lend a hand promoting your Art! Why not bring the family and a picnic lunch, and try some of those other sports you've always had an interest in...?

### Some Summer Dates to be aware of

**Saturday 16 February**  
Howick in the Park

**Sunday 24 February**  
Long Bay Reserve  
North Harbour Have-A-Go Day

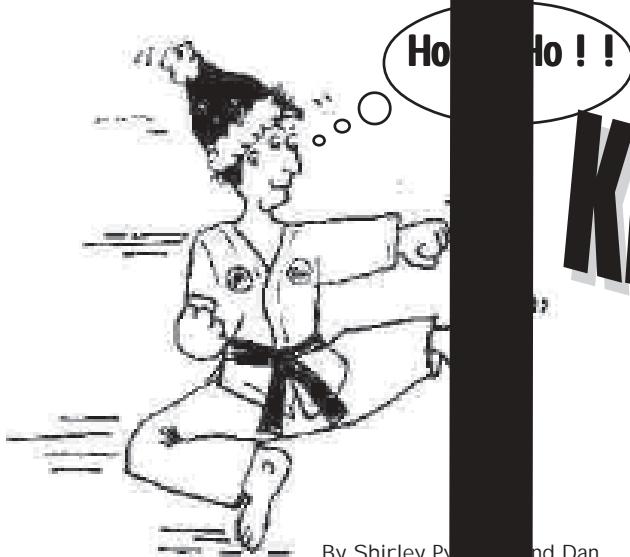
**Friday - Sunday 1 - 3 March**  
Albert Park, Auckland  
Lantern Festival 2002

**Sunday 3 March**  
Manukau Velodrome  
Counties Manukau Have-A-Go Day

**Saturday 9 March**  
Huia, Karamatua Valley  
(Waitakere Ranges)  
Waitakere Have-A-Go Day

**Sunday 24 March**  
Auckland Round the Bays

**Sunday 21 April**  
Papakura club  
(Papakura Normal School)  
Demonstration Team Trials 10am



By Shirley Pye and Dan

# Kicks for Kids

Welcome to the second edition of Kicks for Kids, the feature especially for our junior members. There are some great shots of some of you on these two pages, but we need MORE! Send in a letter to tell us what you think of these pages, and what else you would like to see. Either post to ITFNZ P.O.Box 457, Silverdale, Ak 1462, or E-mail us at [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz). We'd love to hear from you.



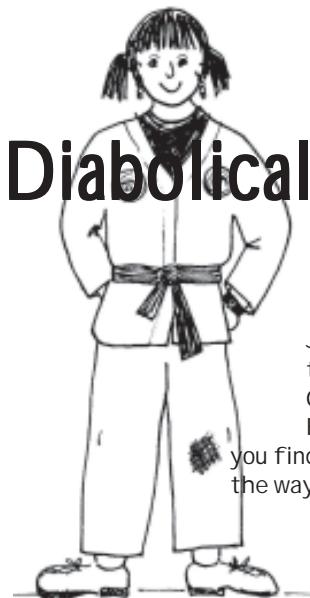
Amazing stretching from Brenna.

## WORD SEARCH

How many of the following words can you find? They may be forwards or backwards, up or down:

BARO	DOJANG	PERSEVERANCE
CHARYOT	DOSAN	SELF CONTROL
CHONJI	POWER	INDOMI TABLE
COURTESY	INTEGRITY	SI JAK
DAN	JUNBI	SINEWAVE
DANGUN	KI HAP	SPI RI T
DERODARA	KUP	TAEKWONDO
DOBOK	KYONGYE	TASHI

P	E	R	S	E	V	E	R	A	N	C	E	X
J	L	O	R	T	N	O	C	F	L	E	S	P
T	B	X	D	N	K	Y	O	N	G	Y	E	P
O	A	S	E	U	R	O	D	E	N	T	N	A
Y	T	I	R	G	E	T	N	I	A	X	A	H
R	I	N	O	N	C	H	O	N	J	I	S	I
A	M	E	D	A	N	J	W	D	O	B	O	K
H	O	W	A	D	C	V	K	C	D	N	D	O
C	D	A	R	C	Y	S	E	T	R	U	O	C
Y	N	V	A	T	J	P	A	M	E	J	P	W
F	I	E	P	O	I	I	T	D	W	S	M	X
X	M	D	U	B	A	R	O	Y	O	Y	K	P
E	I	J	K	A	J	I	S	R	P	I	Q	H
V	S	B	Q	T	L	T	A	S	H	I	O	L



## Diabolical Dobok

Jodi the junior is ready to start training. Or is she?

How many things can you find wrong with the way she is dressed?

- 1. dark T-shirt
- 2. belt ends uneven
- 3. shoes
- 4. dobok is dirty
- 5. watth
- 6. badges wrong way around
- 7. wearing earings

## Dobok



Westley, Ryan, Bradley and Leon from Stanmore Bay Club.

# THE WONDERFUL HWARANG

Part One. (Part 2 will be in the next edition.)

The Hwarang were started by Chin Hung, the 24th King of the kingdom of Silla. He was trying to find a way to train up the young people of his kingdom, so that they would be more useful citizens. He decided to start with the girls. He held beauty contests, set up schools to teach the winners to be great wives, and called them Won-Hwa (Original Flowers). It all fell apart when one beauty contestant wanted to win so much that she killed her main rival and threw her in a river.



The King gave up on the girls and instead decided to train the boys to be great warriors and useful citizens. He chose only the best looking, best behaved boys from the best families, called them Hwarang (Flower of Knighthood), and sent them to special Warrior Schools. For 700 years the

Hwarang were trained, and became the leading warriors, (like Admiral Yi Soon-Sin above), government workers and even kings of Silla. They were the main reason Silla was able to overcome their larger rivals.

## Warrior School

The Hwarang Warriors were trained for at least 10 years by their Kuk-Son (Leaders). Which of the following subjects do YOU think a Hwarang in Warrior School would need to be good at?

- 
- 
- 
1. Mountain Climbing
  2. Swimming icy rivers
  3. Going to the beach
  4. Taekwon-Do Training
  
  5. Dancing
  6. Singing songs
  7. Writing Poetry
  8. Patriotic Behaviour
  9. Watching TV
  10. Meditation



Thomas



Thomas, Luke, Michael



Alex (above) Caleb & Sharn



Taekwon-Do Cubs from Levin

**Climbing, Swimming and Beach Training:** These were all really important parts of the Hwarang training. It was first of all to develop strong bodies for endurance and discipline, and secondly to get them in tune with the beauty of nature and develop their minds.

**Taekwon-Do:** I'm afraid not. It was FAR too early for Taekwon-Do, (General Choi wasn't even born for another 1300 years). They did learn the art of foot fighting (Soo-Bak), and when hand techniques were added, practised what became Tae-Kyon.

The Hwarang punches could go through the wooden chest armour of their opponents, and their feet were so fast that their enemies thought that they somehow had swords at the end of their legs.



**Dancing, Singing, Poetry Writing and Patriotic Behaviour:** These were an essential part of the Hwarang training.



Only someone who could dance to perfection, write beautiful poetry and sing like a bird could be considered a true Hwarang Warrior. (Hope that isn't the next thing to be added to OUR grading syllabus!) They also had to love their homeland (be patriotic).

**TV watching:** Anyone who thought this is what they did needs to turn off that Box RIGHT NOW!

**Meditation:** Meditation was also important, as it trained the 'inner' man as well as keeping them in tune with nature.



Sharn, Brenna & Alex



# Aussie Invitational

by Andrew Niven, IV dan



## Tournament Participants and Officials

Saturday September 29th 2001. Participants assembled at the first Aussie Invitational Tournament held in Papakura, Auckland. Introductions were made and the day got underway, with the NZ Female team taking both events, the NZ Male team taking Power, and the Australian Males taking Specialty.

By lunchtime patterns had been decided and sparring had begun, with many people sparring against unknown opponents for the first time. It was not long before Hong Looi stamped his presence on the day, with one of his opponents talking continuously about his speed and agility.

The highlight of the competition was the Team Events - the NZ Male and Female teams pitted against the Australians in what would be a mammoth event. The crowd was full of enthusiasm and support for the New Zealand teams as the events got underway. First up were team patterns: the Australians chose to go first, and both the New Zealand Male and Female teams made small work of them. Special Technique and Power Test, followed



## How not to block

For the women it was virtually over - could they clean sweep with the sparring and make me extremely proud? For the men, winning sparring meant winning overall, losing meant drawing with 2 events each... the pressure was on Matthew Breen to make the right calls.

Cilla Brown, Toni Moki and Roseanne Te Hau brought the women to a clean



## You don't have to be tall to win patterns!

sweep without the slightest problem. Andrew Neville, Cameron Snelling and Hong Looi quickly matched this. Congratulations to both NZ teams.



## **Downward Kick, Execution-Style!**

After the tournament it was off for a quick change and then to dinner. Mr McPhail demonstrated where I learned ANT from, and was right on time. The Mongolian restaurant was a great place to chat, although it would have been better if they could have accommodated more people. We survived the night and Sue Breen awarded all the visitors with miniature Kiwis.

Many of the competitors made a great impression on their Australian counterparts, and all made great friends. There were some great moments, and moments that will be hard to forget. We look forward to seeing the Australians again in 2002 at the Epson Open.

<http://itfnz.org.nz/features/archives/australianinvitational/index.htm>



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# Epson Open

ITF Australia embraces NZ experience, by Sandie Watson



## Mr Rocky Rounthwaite VI, Mrs Trish Rounthwaite IV, Mr Paul McPhail VI, and Master Michael Daher VII

The ITF tournament held in New Zealand on October 19 was about more than just competition, it was about catching up with old and new friends and enhancing a long association between the Aussies and the Kiwis.

Master Daher from ITF Australia said that the Australian team not only fought well but were excellent ambassadors to their New Zealand cousins.

«Australia had some very good results, especially considering that the team we took over this time had no previous association with New Zealand's tough competitors,» Master Daher said.

«Samantha Johnson cleaned up by taking out first in the Female Open Black Belt division, first in the Female Special Technique division, second in Female Power Breaking and second in Second and Third Degree Combined Patterns.

«The rest of the team did Australia very proud with Andrew Maait achieving second in the Male Heavyweight Black Belt division, Sally Clarke gaining second in Female Open Black Belt sparring and second in Female Power Breaking, and Rick

Swaleh taking first in the Male Open Middleweight division.

«Unfortunately we also suffered the loss of a very good competitor in Matthew Gapps, who is currently recovering from a broken arm caused by a misplaced kick from the opposition. We deeply appreciate assistance provided by Julie Thompson who helped Matt with valuable first aid for his injury.»

The October competition was yet another chapter in a long association between Australia and New Zealand ITF which began in 1974. While the connection between both countries has been altered since New Zealand and Australia were isolated after Master Yun left ITF in 1987, they have continued to share a special bond unlike any other competing nations.

«This tournament was a fantastic experience for our current Australian team who were greeted by a welcoming party when they arrived in New Zealand,» Master Daher said.

«Special thanks go to all who were involved in the excellent arrangements which were made for New Zealand. ITF Australia not only had a brilliant team on the mat but also behind the scenes. The excellent pre-competition

organisation enabled our athletes to focus 100 percent on personal preparation for the event and gave us some great results at the end.»

Aside from the competition, the trip gave ITF Australia members a chance to experience some of the history and culture of both ITF and the country of New Zealand.

«This particular competition is no longer a history between the nations but a complete experience for all competitors involved,» Master Daher said.

«Outside of competition our team had a chance to meet with New Zealand competitors and coaches over a dinner hosted by Mr Peter Graham. They also deeply appreciated the assistance of Mr Paul McPhail, who last saw their form at the recent world championships, and provided a place for the team to train.»

«Our team was very disappointed to leave so quickly after the tournament but is looking forward to returning some of the fantastic hospitality to our New Zealand counterparts when they next visit Australian shores.»

<http://itfnz.org.nz/features/archives/epsonopen/index.htm>

# Preparing for a World Champs

by Mrs Sue Breen

## So you want to represent NZ overseas at the World Championships?

You will need to assume that about **\$7000** will be needed to cover the cost of training and travel within NZ, travel and expenses overseas and the cost of clothing and equipment needed overseas.

### Total training within NZ

Regional trainings, national camps - food, accomodation, travel)

**Approx. \$1,000**

### Total clothing

(tracksuit, shoes, dobok, sparring gear, safety equipment, National carry bag)

**Approx. \$1,000**

### Costs outside NZ

(Airfares/travel, accommodation, tournament entry costs, tax & insurance)

**Approx. \$4,500**

The coach's and manager's costs must also be met. They are there to help YOU achieve your goal.

They are volunteers, giving freely of their time and they should not be out of pocket as well.

Assuming 20 team members - each member will be responsible for \$6500 x 2/20

**Approx. \$ 650**

### How can you afford this?

The team is able to apply to ITFNZ for help with some costs. (The Manager applies to the UGS scheme in December of each year for the following year.)

Any money that you cannot raise yourself MUST therefore be raised by sponsorship.

NOTE: The Junior team Manager already has sponsorship for the Junior Development Camps.

### How should you go about this?

Once the call has been made for triallists you need to make yourself available for as many training sessions as possible. (Any trainings you are unable to make should be preceded by a call to the coach [or designated contact person] with your apologies.)

As a member of the iDevelopment Squad you can then go to possible sponsors armed with your CV and details of the International Tournament. (You should check with the Manager to ensure you are not approaching a sponsor that the Manager is also approaching for possible sponsorship of the whole team!)

At this point exact costs will not be known but you can ring travel agents to get approximate costings and check with coach/manager re locating approximate costs for equipment and clothing etc.

If you get onto this early enough you may even be able to get sponsorship for training costs within NZ as well as sponsorship for travel and clothing.

Rather than looking for one sponsor you should break down the \$7000 into smaller bites and get a number of sponsors.(One sponsor for your sparring gear, one for your dobok, one for camp costs etc.)

At this stage what you are looking for is a commitment from the sponsor dependent on your actually making the final selection cut (although some sponsorship may be for your time as a triallist - eg camp costs)

Be professional in your approach to potential sponsors: a well written letter explaining exactly who you are,

what you are asking for, and why you are expecting to be chosen to represent NZ in Taekwon-Do is extremely important.

If you are approaching a sponsor in person make sure you can also answer any questions about Taekwon-Do - what IS TKD? what is the difference between TKD and Karate? etc. Let the sponsors know what they will be getting in return. (eg Mention on the Web Page, in TKD Talk, a sponsorship badge on the tracksuit jacket sleeve.)

If you are unsuccessful in gaining a place on the team re-contact your potential sponsors - and let them know you have not made the team at the moment but confirm that you will continue training with the team in case a place becomes available due to injury etc.

When you get the letter confirming your place on the team you need to re-contact your sponsors.

Let them know you will be coming back with firm quotes for the items they have agreed to sponsor.

### Artistic?

We're after a "new-look" car sticker for ITFNZ.

It has to include the brand logo, the website address ([itfnz.org.nz](http://itfnz.org.nz)) and the toll-free number (0800 800 495).

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## Next Issue

### Oceania Taekwon-Do Federation

Mr Vince Pygott reports on the new ITF governing body for the Oceania Region

### Local Community Funding

Mr Kris Herbison gives some tips on how to successfully milk the Pub Charity pot

### A Healthy Body

Mr Cameron Snelling tells us some Things To Know about our health

### Injury Prevention

An article by the ACC about training to minimise injury

### ITFNZ Nationals 2002

Looking ahead to next year's National Championships in Hamilton, by Miss Jodie Collins

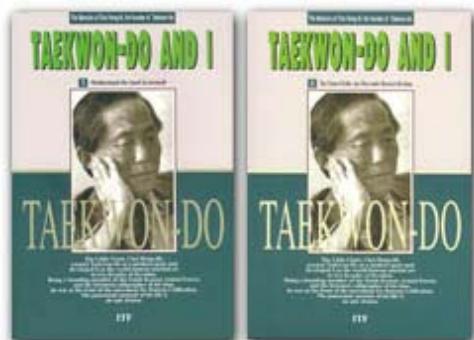
### ITFNZ Awards 2002

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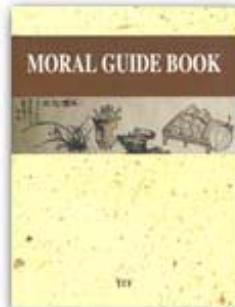
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# THE SEVEN SABUMNIM

IN

# STRIPES

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