

# TKD Talk

The Official Magazine of ITF NZ Taekwon-Do

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## International Taekwon-Do Australian Open



**AND SENIOR  
DAN GRADING**



### IN THIS ISSUE:

**STRIPES 1 to 1 - EPSON NZ OPEN - TECHNIQUES SEMINARS - AN / CM CAMP**

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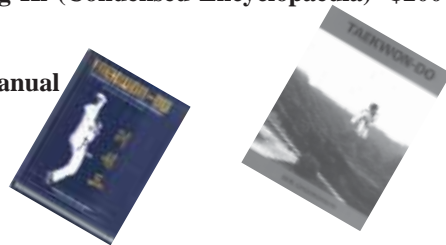


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Hear Instructors asking questions on the syllabus throughout the video, and get an insight into how the syllabus is designed and what the examiners are looking for.

Please note that this is not a "professionally" produced video, but certainly good enough to use as a guideline for training and instructing. Thanks to Mr Neil Breen for doing the filming, editing and copying of the tapes.

**Cost: \$20**

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## About the Cover



Mr Steve Morris, 1 dan and former national team member, competing in the patterns competition at the ITAO tournament in Sydney. Photograph by Nicola Tse.

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## Editorial

### TKD Talk needs you!

Can you use PageMaker? Do you have good grammar and spelling?

TKD Talk needs people to spread the workload. You don't need to be a brilliant – just willing. We will give you all the guidance you need. If you can use PageMaker, and are interested in laying out three or four pages for us each issue; or if you have good grammar and spelling and are happy to proof read and edit a couple of articles for us each issue, *please email us:* [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz)

We are all volunteers at TKD Talk, and it would be easier to get the magazine out on time if we had more braves to help out. (We apologise for the lateness of this issue.)

### TKD Talk photo competition

Unfortunately we had to cancel this year's photo competition. We didn't get enough entries. Thanks to Martial Arts Apparel for their support of this event.

**Have a safe and happy festive season**

All the very best from the TKD Talk team. We look forward to seeing you next year. In the mean time, don't forget to send us your letters, articles, photographs and any other submissions you would like to see in print. Our address is:

[tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz)

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Mark Banicevich  
 Co-editor

# Letters to the Editor

Dear TKD Talk  
I have been a practitioner in the art of Taekwon-Do for 28 years, as a student, instructor, National Coach, Technical Advisor, New Zealand Representative and a member of many demonstration teams.

I look forward to reading each issue of *TKD Talk*. However, in the last two issues, two particular articles that appeared to be directed at myself took me aback.

I have never, nor would I ever, belittle or make negative comments about another instructor, coach or student's training methods in a nationwide magazine where I could embarrass or insult them. I am disappointed that I had to read other practitioners views this way. Regrettably, after a lot of thought I feel I now have to respond to both of those articles.

After reading the first issue of *TKD Talk* for this year, I noticed that some comments appeared to be directed towards myself and my training methods for the New Zealand National Teams of 1999 and 2001. "Roll 'em in Poland" contained "Those who had been before immediately noticed the difference. The camp was not about fitness; it was about learning and technique. It was a good introduction to what was to come." I feel these comments were unjust and that the author had no right to say this. The author has never been to any of my training sessions, so how can he know of what my trainings consist. (However, he did trial for the Italy squad.) I take exception to the implication that my trainings were all based on fitness and nothing else. Those who read my three-part article in the 2002 issues of *TKD Talk* read what type of training I put the New Zealand Team through.

(<http://www.itfnz.org.nz/TKDtalk/backissues.html>)  
I thought long and hard about what was said; I spent four years preparing a team for the World Championship Tournaments in the best way I knew how, and I believe I gave one hundred percent training to those team members to compete at that level.

It may appear that I am overreacting and being rather sensitive about these comments, but when you commit yourself to your country for four years, you don't expect someone to pass negative comments about your trainings. Perhaps a pat on the back would be more appropriate. I think we sometimes fail to use the tenets of Taekwon-Do or reflect on what the Taekwon-Do oath teaches us. Perhaps the people who feel that they have the right to say these things could contact the person involved before they make their comments public? I do not take kindly to these sort of comments and I'm sure there are others out there who feel the same. I have to voice my opinion in the hope that this sort of thing does not happen to anyone else in the future.

In the second *TKD Talk* issue there was a

letter to the Editor about the CD Regional Tournament that I organised. I was quite astounded and surprised to read about the amount of so called "violence and contact within the free sparring bouts". I ran this event with the help of some of ITFNFZ's top referees and judges, including Messrs Michael Lowe, Graham Patterson, David Ballard, Darren Ward and Lawrence Mantjika, (who were all IV dan at the time of the tournament, and the latter two are on the Tournaments Subcommittee), and Mr Wayne Kessell.

On hearing negative feedback from one club, I asked the referees for their comments on the contact, they all had the same opinion as I – that the level of contact in the tournament was more than acceptable. The Medic present at the tournament also felt that the contact was acceptable throughout the tournament, but possibly a little high for the peewees.

Perhaps it would be appropriate for instructors ensure we teach our students the skills required for free sparring, and then perhaps the likelihood of injury will reduce? I am also disappointed by the lack of blocking that is used by students when sparring. *Sparring is a skilled part of Taekwon-Do and therefore it should not look like a brawl, it should not be taken lightly therefore defend yourself at all times.*

It is a pretty poor excuse when someone has to blame the refereeing and judging to satisfy their own downfall. If the comments continue to be directed at referees then we could find ourselves without them. Remember, referees call what they see.

Coaching and organising tournaments does not happen overnight. It takes commitment, time and preparation; it interrupts family routines... so before you judge another Taekwon-Do practitioner, take a step back and reflect on your own Taekwon-Do input, and remember the tenets of Taekwon-Do.

Yours in Taekwon-Do  
Andrew Salton, V dan  
Instructor, Horowhenua

Dear Mr Salton

I apologise for the way that the article was taken. As you may know my coaching career has grown with Taekwon-Do. I have been a student, an athlete, an instructor, a regional coach and now a national coach. At the instructor and regional coach level we concentrate a lot more on physical condition and making sure that our athletes are fit enough for competition. With the New Zealand Team, I made it the athletes' responsibility for their own fitness, and we tested it. As a lot of people who had trialed had never trialed before, I assumed most of their growth had been through regional tournaments and had been similar to my experiences. This is the fitness focus I mentioned.

I would like to state for all *TKD Talk* readers that all coaches and teams that came before the Poland team led to the result in Poland. In Italy your team came so close that I was sure you would do it next time. When I was approached about the team I said you were doing it; I was told that you were not taking the team. I thought about the Italy team, how close they had come, and used that as inspiration for the Poland team.

I have the utmost respect for athletes that try. We chose a hungry team with a belief that they could do it. This was not built in one year, but over the nine previous years. I have been handed the baton and will push to take New Zealand teams to greater highs using all resources and anyone with skill that fits to the plan. I hope that I will be replaced by a coach that takes them further than I can.

Thank you  
Andrew Niven

Dear Editors

I would like to reflect briefly on black belt grading and life within Taekwon-Do over a number of years... from both a veteran and junior perspective.

May this year, Mathew, my 9 year old (at the time) son and I had the honour of grading to 1<sup>st</sup> dan in Wellington. It was an experience we both enjoyed immensely and one that I never imagined would happen – especially having the opportunity to experience it together. It was certainly an honour and highlight to sit our black belt grading under Messrs Davidson and Bhana, whom we hold in extremely high regard. Congratulations and best wishes to of the all others that were with us over the weekend and passed the grading.

Personally, I had never really had the primary goal of black belt, but trained to enjoy the holistic, social and physical benefits of Taekwon-Do. I would never have imagined that Taekwon-Do would become such a major and positive component of the lives of my family and I. (It has certainly cut down on the amount of time I get to spend in the surf at Lyall Bay these days).

The journey with my son has been nothing short of enlightening, and I am certainly proud of what Mathew has achieved – not only in rank, but also his willingness to participate, learn, contribute and lead. The reason I mention this is that I believe Taekwon-Do has contributed significantly to developing such positive traits in a significant number of our younger students. I have trained with and observed a number of children who have trained to senior gup level, who also achieve in a number of other areas of their lives such as school, sporting and family environments. Much of this in my view is due to ITF and ITFNFZ's highly ethical, challenging, diverse and stimulating curriculum and environment.

*Continued on page 24*

# Stripes 1 to 1

by **Grant Eccles, IV dan Instructor, Hamilton**

It's been a long time since my rightful place in line when forming up at the start of a class was in the back row, but that's where I stood on 1<sup>st</sup> November in Taupo, at the start of Stripes 1 to 1. It hit me that I had been training for 17 years, had just graded to 4<sup>th</sup> dan, and here I was amongst the juniors at a very senior training camp.



4th degrees working hard... while the 5th degrees watch

In front of and beside me stood a total of 88 dans of ITF black belt, about 380 years of combined training experience, and the current ITF Male Grand Champion. How's that from 20 people! Wise seniors say that grading to 4<sup>th</sup> dan moves you to the next phase of Taekwon-Do training, and they are dead right.

Our instructors for the weekend were Messrs Davidson, McPhail and Bhana (all 6<sup>th</sup> degree black belt). Mr McPhail took the first class of the weekend, which started with a short session on the vexed question of the timing of head movement in patterns.

To cut a long story short (I've only got 700 words for this article) the head should move with the body and, along with the eyes, focus on the target at the moment of impact. That way the hands, feet, eyes and breath will be truly coordinated. This is not to say that the head should flick violently in the direction of the technique at the last minute – that's just plain bad for your neck! For more detail hit up your friendly neighbourhood sabumnim.

Mr McPhail then took the class through a movement by movement dissection of UI-Ji, one of the 4<sup>th</sup> dan patterns. For a new 4<sup>th</sup> dan, this has got to be the best way to learn a new pattern! To conclude we broke into groups and conducted an experiment on a certain aspect of

Dan-Gun. I can't tell you what the experiment was, but it produced some unexpected results (no genetic engineering involved).

After a great lunch, which tested everyone's self control of appetite, Mr Davidson took the floor. He took us back to the basic application of certain blocks, and stressed the importance of stances. Then he posed a question: what is a luring block? It isn't in any pattern, and is only roughly defined in the Taekwon-Do encyclopaedia. The answer isn't certain, and I would encourage readers to do their own research. Be warned – it may be easier to define the meaning of life! Mr Davidson finished with some inversions (upside down stuff) which reminded us all of how much easier it is to stand on your feet than your head.

Sunday morning brought an event that in only two years has become a Stripes 1 to 1 tradition – the 7am Lake Taupo swim. Led by our indomitable president Mr Davidson, nine of us gathered decked out in togs (or underwear closely resembling togs), and carrying towels we made our way to the edge of the great (cold) lake. We entered the water with varying degrees of style, with most favouring the "get wet up to your knees and then just dive" method. We were in the water "for a short time, not a good time" and we were soon back in the motor inn spa pool defrosting our extremities.

For the record the nine who made the swim were Messrs Davidson, Patterson, Salton, Mantjika, Campbell, Ward, Banicevich, Pearson and myself. Mention must also be made of Mr Lowe who, rather than swimming, decided to go for a 40 minute run at 6.30am instead.



Your editors – checking what the General had to say about it



Peter Graham catches a few Zs. See p19 for his instructor profile.

The rest stayed in bed... (freedom must be a privilege of rank – don't try this at your next regional camp!)

The physical session on Sunday morning after breakfast saw 4<sup>th</sup> dans taken by Mr Bhana, 5<sup>th</sup> dans by Mr McPhail, and Mr Rimmer (our new 6<sup>th</sup> dan) by Mr Davidson. Mr Bhana stressed the importance of relaxation to produce power in technique, and the importance of retaining realism and urgency in patterns. He then took us through the perhaps underappreciated Taekwon-Do skill of flying hand techniques. On top of everything else, practising these techniques is certainly great for anaerobic fitness!

In between the physical stuff, we did lots of talking as a group about the short and long term future of ITFNFZ, and agreed upon some initiatives to present to the Executive for their approval. Some of these will be implemented in 2004.

Stripes 1 to 1 reinforced to me the awesome ability and commitment that ITFNFZ's most senior members have. Ko mup sum neda Messrs Davidson, McPhail and Bhana.

# International Taekwon-Do Australian Open 2003

by Gwyn Brown, III dan  
Manager ITAO 2003

## Part 1 – The Grading

Friday 19<sup>th</sup> October 2003, 5pm

After a very long and tense day awaiting the evening grading, the moment for Messrs Rimmer, Patterson, Eccles, and McQuillan finally arrived. Grand Master Sereff arrived and the grading began. All performed basics for a while, including a lot of quadruple kicks, and then they got up individually for patterns (except for Steve and Grant who were testing for 4<sup>th</sup> dan together). It was an awesome display. Gray nailed Moon Moo as he has done so well in the past. Master Martin applauded and was blown away.



Gray Patterson, Steve McQuillan, Grant Eccles, and James Rimmer

Mr Rimmer performed perfectly and flowed from one pattern to the next. He worked hard for months, and it certainly showed. Steve and Grant were up next and did their three patterns flawlessly, again to applause from the small crowd, and the nodding approval of Master Martin. Grand Master Sereff simply watched and recorded his comments.

One-step followed, which was amazing: an array of technically advanced moves; flying waving kicks, takedowns and numerous aerial attacks and defences. After each gradee had finished, they were asked to free spar their partner. Sparring was brief, but it was certainly apparent that all four knew their stuff. Grand Master Sereff then asked them to approach the desk, and he asked each some questions which I was able to video – it was a neat moment.

Destructions began and all impressed with their breaking skills. Mr Rimmer launched straight into a five board break



Grand Master Sereff congratulates the four kiwis on their successful gradings

piercing kick and was quickly followed by Mr Patterson with a four board reverse turning kick, hitting the boards so hard they flew out of the holder in splinters. Grant easily dealt to his side piercing kick, but missed his knifehand – breaking the back two boards and leaving the front one sitting in the holder. Steve couldn't kick with an injured knee but smashed a knife hand and elbow.

Straight after, Grand Master Sereff lined them up and approached each of them to shake their hand and congratulate them on their successful grading. I could see the relief on Grant's face and I followed him around for a while recording his reactions.

## Part 2 – The Tournament

Brisbane Boys College where the tournament was held was an excellent venue, with good viewing for all on a



Master Renee Sereff, Grand Master CE Sereff, and Master Stan Martin with the grading candidates

separate floor looking down on the action. We formed up for the arrival of Grand Master Sereff.

After all the official stuff and opening was completed, the team, as agreed the previous night, prepared for the haka. Everyone in the room stopped and watched. After the boys had finished we all clapped, and the tournament officially began.

I was busy judging during the whole day, as were James, Chris, Grant, Gray and Steve and I missed most of our competitors, but that's an official's lot – you only get to see what happens in your ring.

It was late morning before I managed to watch a NZ team member compete, and even then I was a judge, along with Grant, for red belt male patterns. Josh was easily the best competitor in this section and all judges were unanimous with their decisions. Chanthie had a hard day of sparring in a big division, but she made it through to the final and was elated with her eventual win. Sarah also won her group and it was at this stage that the team sensed that we were going to do well. Cori-Jean, Thu, and Catherine were also medalling well. The boys, however, were having a harder time with their



Jon Sawden gold, Richie Cotter silver, and Johnny Ormsby bronze – a clean sweep for New Zealand in special technique!

sparring, but excelled in patterns and breaking.

At the end of the day the Kiwis did extremely well, and Mr Birch commented that if we didn't know the NZ National Anthem by now, we would soon. He was right, the NZ National Anthem once played five times in a row, and I can't recall many times when we were not amongst the three medallists. Twice we made a clean sweep, with all Kiwis on the podium, and there were a few raised eyebrows from the American Masters. It became apparent that NZ's standard in specialty and patterns is very high, as we cleaned up in both events.

It was a very tired but elated NZ team that headed home that night. The next day saw us off again at 6:45am. Male power breaking was up and the competition was tough, but we medalled



Nicola Tse working on a sparring medal...

... look at that She-Tse Fly!



The gold medalling New Zealand male team pattern

were simply beaten by a better team on the day. And to add insult to injury, Master Neidig decided not to run team specialty, which effectively finished the team's chance of taking the gold – something they found hard to swallow.

After all presentations were completed – where we did very well again – we had our picture taken with Grand Master Sereff and headed back to the motel very tired and weary.

The NZ team came second overall at the tournament. TKD Talk would like to thank the author, Mr Gwyn Brown, for a fantastic job managing the team.



Chris Fitzgerald, James Rimmer, and Steve McQuillan: New Zealand well-represented among the officials at the tournament

*Web enhancement: Mr Brown wrote a fantastic, fun and interesting article for us, but we had to cut half of it to fit it in the magazine. We recommend you read the full article on the website, at: <http://www.itfnz.org.nz/events/tournaments/itao/article.html>*

## Epson Open 2003

by Philip Dunn, 1 dan

The 2003 Epson Open at the Pukekohe Recreation Centre began promptly after a quick warm-up and form up.

Competitors came from numerous areas (and organisations) to compete in this Epson-sponsored event: from Tauranga to Palmerston North – even from Australia! There were 93 competitors, and males and females were well represented in both patterns and sparring competitions.

Patterns got away first; three rings filled with officials and a very large contingent of red and black belts ensured this was a long (and difficult) elimination for placegetters, winners and judges. The standard was very high.

Because of slight variations in patterns from different organisations, judging was broader than regular ITF NZ rules. This allowed fair adjudication of very good style, power and grace within the patterns displayed by competitors.

With patterns concluded the sparring started almost immediately. There were only enough officials for two rings, so some of the bouts moved about a little (ring to ring) but the assembled viewers did not seem to mind this at all. Red belt sparring was fast and furious with some wonderful techniques being shown.

Junior divisions, competing alongside in Ring 2, were just as intense as some very large trophies were up for grabs (see the photos) and people wanted them! At one stage we even had a family refereeing contest – with Mr Matthew Breen and Mr Neil Breen handling bouts in Rings 1 and 2 respectively.

Contact for the tournament was asked to be “touch” so a little time was taken in the early bouts, before the correct “amount” was understood.

The special technique event was running alongside the sparring, and power breaking occurred during breaks in the competitors’ sparring competition. No one really had much time to contemplate what was going on with so many people working.

Luckily St Johns, though having many calls to make had not a lot to do *prior* to lunch. After lunch, however, the sparring got a little more intense with a few slight



injuries and some sore hands and feet from power techniques.

I noted that some of the corner judges seemed to be in imminent danger from enthusiastic competitors in some bouts behind me!

After lunch (around 1.20pm) black belt female semifinals got underway. This was followed by an exciting clash between Mark Trotter and Kenny Chiang – one of the afternoon highlight bouts, with both of these very quick and accurate athletes dazzling the audience.

The next bout was Mr Skinner vs Mr Jackson. This was also a very quick bout, but it was delayed to a later time due to a blood nose. Mr Jackson prevailed in this bout and went on to win the men’s light-middleweight division and take the overall black belt champion award.

It was wonderful to see ITF and WTF Taekwon-Do competitors competing in an even contest with similar rules, and being allowed to work to their particular strengths and, most of all, enjoy themselves.

Power breaking and special technique proved to be the big pull of the tournament with lines of many competitors waiting to have a try at these tough events.

Many of the results were surprising, with the old trooper Mr Jon Sawden out-gunning some of the youngest guns with huge heights in his division to take men’s black belt special technique. Nikki Galpin

### Best Overall Belts

<b>Yellow</b>	Dane Matich <i>GuruSports Onehunga</i>
<b>Green</b>	Lisa Jack <i>Meadowbank</i>
<b>Blue</b>	Renee Richardson <i>Nibun Baradene</i>
<b>Red</b>	Chris Clencie <i>Waiuku</i>
<b>Female Black</b>	= Antje Hollaender <i>Nibun Mt Albert</i> = Nikki Galpin <i>Palmerston North</i>
<b>Male Black</b>	Dan Jackson <i>Papakura</i>

won the black belt women’s, Kenneth Clencie took the coloured belt men’s and Elly Sekikawa of Meadowbank won the women’s coloured belt event.

Black belt men’s power showed Dan Jackson too strong, and Carlie Dann from Australia took the women’s first place. Colour belt men’s power winner was Vincent Chaber, and Deborah Olesen won the women’s division. 🐦

## Techniques Seminar by the World Champion

by Peter Stet, 1st gup, Te Awamutu



Mr Cameron Casson performs Joong Gun

Going to a seminar always gives me the feeling of “no pressure, see what I can take away from this”, thus an enjoyable way to practice my favourite hobby. Usually someone that knows their stuff takes them, and they are often approached from a different angle than the one to which you are accustomed. As Mr Lowe pointed out to us at an Instructors’ Course, we all learn in a different way.

This one had added appeal, as Mr Gray



Mrs Chris Davidson from Rotorua

Patterson (5<sup>th</sup> dan) had recently returned from Poland with a dream result for himself and everyone associated with ITF in New Zealand. Hence I was keen to meet the man in the flesh and see what I could learn from him – after all, he must be doing something right to come back with all that gold. I was not the only one as the large hall of Tauranga club was filled to capacity for the 7<sup>th</sup> October seminar.

The seminar was to be on the syllabus, starting with patterns. This was perfect for my Te Awamutu club mates and I, as all our 1st gup came over to Tauranga with black belt grading preparation in mind. We started with saju makgi and worked our way up to and beyond my patterns, into black belt territory.

I had struggled to get comfortable with a few techniques, especially my side piercing kick, which wobbled a little at the end, and (as I get told almost every training session) I hold my muscles too stiff and have that robot look. Right from the start I picked up on the way Mr Patterson falls into his guarding block, almost stretching and down to the position where the arms swing to block the attack and the legs into L-stance, all the while building speed to the finish. That felt good for the rest of the day and I think that I finally loosened up a bit.

Every pattern started with a short demo of how new techniques are performed. It must be because Mr Patterson has done a lot of thinking, self analysing and talking about this subject, as all the explanations made sense to me. I took them on board and felt more comfortable with patterns as the day progressed.

We broke with patterns to practice destruction techniques, self-defence and 3-, 2- and 1-step sparring. The main thing I took from the hand breaks is to have the foot reach the ground after the strike has reached its target, as the momentum slows on foot contact.

Finally the side kick. I can’t remember what Master gave Mr Patterson this tip



In an unprecedented move, *TKD Talk* brings you a picture of Mr Graham Patterson demonstrating the turning kick but it works for me: the attacking foot follows an arc from the stance, as the backward motion towards the knee, and then the arc continues towards the target while pivoting on the ball of the foot, with the heel pointing at the target on impact. For the first time I managed to fire my footsworld straight at the target and it felt great! I think it all came together for me that day, and now I understand what my instructor (Mr Davidson) has been trying to tell me for years. My wobble has gone. In its place, the beautiful sound of the snap of my dobok. 🐦



Mr Regan Diggelman demonstrates angle punch

[http://www.itfnz.org.nz/events/archives/2003\\_tecseminars.html](http://www.itfnz.org.nz/events/archives/2003_tecseminars.html)

## President's Corner

by Evan Davidson, VI dan  
ITFNZ President



Evan Davidson  
President of ITFNZ Taekwon-Do

I would firstly like to take this opportunity to say what a great read and an excellent and informative Martial Arts magazine our 'TKD Talk' has become. Well done to the Editors, Messrs Mark Banicevich and Matthew Breen, and their production team.

ITFNZ recently hosted the President of ITF, Master Tran Trien Quan (8th dan) on a short visit to New Zealand. He attended a training session at Mr Niven's dojang and then met with Executive Committee members and senior instructors. Items discussed included:

- report on the ITF situation in New Zealand and Oceania
- action plan and up-coming events in the region
- presentation by Master Tran on ITF structure and the ITF By-Laws
- exchanges on development plan and others items proposed by participants.

My thanks to Messrs McPhail and Bhana for organising this official visit at short notice.

It was lovely to see one of our 1<sup>st</sup> dans from Auckland, Miss Cilla Brown, crowned Miss Samoa 2003/04. Congratulations Cilla. I hope your full time duties for the Samoan Tourism Authority will allow you time to keep up your Taekwon-Do training. Good luck.

The August/September grading round was possibly ITFNZ's biggest ever. Some 738 people were promoted throughout the country. The new Ji Shin Clubs, who undertook their first grading with ITFNZ, made an impact on this. The South Island, although small in numbers, really

showed they have a high standard, with 42% A passes.

Thanks to all Instructors who put their members up for grading. Special congratulations to Kapiti Coast for getting the winning result for the 10<sup>th</sup> time, and to Papatoetoe who had the second biggest club grade, while maintaining a very high standard.

Congratulations to our newly promoted senior members: Mr James Rimmer to 6<sup>th</sup> dan, Mr Graham Patterson to 5<sup>th</sup> dan, and Messrs Grants Eccles and Steve McQuillan to 4<sup>th</sup> dan.

As you all know Mr Ross Campbell (3<sup>rd</sup> dan, Instructor of Waikeria) had his left leg severely damaged in a motorcycle crash. Recently he decided to have this leg removed from above the knee, which is now complete. We wish him well for a speedy recovery and look forward to seeing him back in action soon.

Lastly, good luck to those sitting your next gup or dan grading in the November grading round, and I wish all members, families and friends a safe and happy festive season.

## Meeting Snippets

Executive Committee meeting held 27<sup>th</sup> October

- Welcome to Mr Nick Lourantos, the new Wellington Regional Director, and thanks to Mrs Beryl Pimblott for all her hard work in this role.
- The new instructors kit was launched; existing instructors can buy the banners and other items not free for half price, so long as they order this year.
- Instructor and Umpire ties were promised to be ready this side of Christmas (fingers crossed).

- Black belts who were nominated as official assistant instructors by their instructor should get themselves registered. It is worth many credits / gold points, ie, money off your next grading.
- Budgets were set for next year with more new initiatives planned mainly focusing on our younger members, plus more money put aside for current projects to reduce costs to participants.
- Reduced costs for individuals in the same family who are grading together for black belt.

Mr Skinner reported on the Junior World Team 2004, SPARC recognition, and development of the Coaching and Selections Subcommittee.

Additional points:

- Welcome to our new Directors; Mr Ian Campbell, Director of Standards and Discipline; and Mr Grant Eccles, Director of Tournaments.
- We are still in need of a Director of Marketing. If you are interested, please email [secretary@ifnz.org.nz](mailto:secretary@ifnz.org.nz).

## ITF President visits New Zealand

by Vince Pygott, IV dan  
ITFNZ Secretary

On 6th to 8th October Master Tran Trien Quan, President of the ITF, visited New Zealand to discuss the new ITF Constitution and By-Laws – essentially to inform us of changes that are happening within the ITF.

Master Tran is an 8th dan who started his Taekwon-Do career in Saigon, Vietnam in 1964. During Master Tran's nearly 40 years in Taekwon-Do, he has founded Québec ITF, organised international tournaments, coached winning Canadian teams, been elected to the ITF Board of Directors, been elected President of the Panam Continental Federation, and now Master Tran has been elected President of the ITF.

Although Master Tran's visit was short, it was very busy. There were meetings with the National Junior Team, Oceania ITF delegates, instructors and senior dans, as well as Executive Members. Between these meetings, Master Tran could be found at the hotel's computer or an Internet Café dealing with ITF business.



Paul McPhail, Master Tran Trien Quan, Master Michael Daher, and Mahesh Bhana

Master Tran outlined the future direction along which he wishes to take the ITF. His vision is for a more democratic and proactive international organisation. The initiatives include an updated Constitution and By-Law #1 (a lengthy document of many rules), more inclusive committees that will

actually do things and listen to member National Associations, updated international instructors courses, and an improved tournament structure.

If the ITF do what Master Tran highlighted, then the future of the ITF – and ITFNZ with it – looks very promising.

<http://ifnz.org.nz/news/tran.html>

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# Practice Makes Perfect

by Mark Trotter, III dan

Our Free Sparring column this issue is written by Mr Mark Trotter, who has represented New Zealand in Sparring at World Championships in both Junior and Senior competition.

The pressure, stress, fear and excitement, or just the adrenalin rush that comes over most of us as we enter the ring to begin sparring, added to the knowledge that other competitors are watching your every move if you make it through the first round. It can become daunting, even to New Zealand's best competitors.

Whether you are sparring in a regional, national or international event, self-confidence plays a big part in how you spar, and can only be attained by preparation and more preparation.

One key factor of preparation is to pick five or six techniques that work for you, and practise them over and over again. Try to excel at these five or six, and not aim for ten or more that will only work some of the time.

Remember: kicks, punches and combinations that work for some people do not work for others. Try them all out, and pick some that work best for you and your style. Short, tall, heavy, light, fast and slow people can all find techniques that work for them. My personal favourites that work for me are the following.

## Turning kick



I use turning kicks as a defensive technique. It works well as a counter attack when your opponent has finished attacking and is easy to score with. A middle kick does not open you up as much as a high kick on defence.

## Side piercing kick



These are good for an opponent who keeps running in at you. It can help create some space to follow it up. It can help you judge distance from your opponent, and it is an easy technique for the taller person against a shorter opponent.

## Downward kick



This is an excellent attacking technique, but it must be followed by either another kick or multiple punches.

## Front leg reverse hooking kick



This is also a good technique on defence. It works well for the shorter opponent in the "up and under" technique. Wait for your taller opponent, then duck down and go under their side kick. Once again a middle kick does not open your guard as much as a high kick.

## Flying punches



A great counter attack, and very effective while moving sideways. Make sure that each punch is clearly defined.

## Reverse turning kick



A high reverse turning kick is ideal when your opponent tends to drop their hands as they kick, but you must be prepared to move quickly after execution.

## Back piercing kick



Miss Toni Moki's favourite; ideal for the shorter sparrer.

Remember that a good sparrer will keep it simple, only uses what works, and *practice does make perfect.*

# Defence against Straight Grab and Cross Grab

by Chris Fitzgerald, IV dan

In this issue, a new self defence series begins. Mr Chris Fitzgerald from Tauranga provides a set of techniques, grade-by-grade, for the ITFNZ gup syllabus.

In this first instalment, we have two release techniques for 10<sup>th</sup> gup (straight grab), and one controlling technique for 9<sup>th</sup> gup (cross grab).

## 10th gup



Release from a grab to the wrist from the same side. Assume right hand grabs left wrist.



1. Face your partner and have them grab your left wrist from the outside.



A2. Rotate wrist clockwise in a circular motion until fingerbelly is on opponent's outer forearm.



A3. Push downward in fast motion while stepping away into right L-stance.



A4. Counter attack with a right forefist punch and kihap!



B2. Rotate wrist anti-clockwise in a circular motion until knife hand is on opponent's wrist or inner forearm.



B3. Continue downward in a fast circular motion while stepping away into a right L-stance.



B4. Counter attack with a right forefist punch and kihap!

## 9th gup



Release from a grab to the wrist from the opposite side. Assume right hand grabs right wrist.



1. Face your partner and have them grab your right wrist from the inside.



2. Place your free hand on top of your opponent's grabbing hand to prevent the opponent releasing.



3. Move your right wrist in a clockwise circular motion until your hand is on your opponent's outer forearm assuming a right L-stance (keeping your opponent's arm slightly bent).



4. Hold firmly and press directly downward maintaining a good strong stance (be careful not to lean forward too much).

# Minis and Masters Tournament

by Kirsten Livingstone, III dan  
Co-instructor, Taranaki

On 11<sup>th</sup> October 2003, Taranaki Taekwon-Do and the Stratford Scorpions hosted the Minis and Masters Tournament at Spotswood College, New Plymouth. There were 65 competitors from all over the North Island – Remuera (Jin Shin), Tauranga, Te Awamutu, Rangitikei, Devonport, Horowhenua and Levin. A fantastic effort from Levin Cubs, who sported 22 competitors and plenty of supporters.

After formalities, patterns began in two separate rings. There was a very high standard from the green belts, and they were very hard to judge according to Mr Livingstone. The competition was so close that they often had to perform an extra pattern, because they were so hard to tell apart.



Rose Cherrington and the Cubs from Levin, best overall club

It was also a great opportunity for some of the students who had recently attended an umpires course, to put their new skills to use judging and refereeing. A special thank you to them, as the tournament wouldn't have happened without them.

Destruction was split into several groups. It was an open event, so you could do any technique of your choice. Robert Page, 8<sup>th</sup> gup, was particularly impressive. He performed a flying front kick through a black board, and a flying side kick over three people (bent over, not crouched). He went on to win his division.

It was neat to see such a wide range of ages competing, from the youngest, Caleb Cherrington of Levin Cubs at 4 years, to the oldest, Dale Copeland of Taranaki Taekwon-Do at 60 years.

One of the most positive comments we received was that this tournament was great for family members who practised Taekwon-Do together. It was a perfect opportunity for them to compete together at a less competitive tournament, compared to the Regionals or Nationals.

Such was the popularity of this tournament, that next year's tournament will be held over two days and become an annual event for Taranaki. We look forward to seeing everyone again.



Breaking competition for the Masters

Sparring was also in two rings, which looked great with the Taranaki black and yellow mats adding to the atmosphere. It was quite obvious that for some competitors, it was their first opportunity to get into a ring. It was terrific they got in there and gave it a shot. Great experience for them.



The Minis showing how it's done

**Best overall**

**Male master**  
Greg Christie, Horowhenua

**Female master**  
Leanne Tomlinson, Levin Cubs

**Male mini**  
Taila Goodyer, Levin Cubs

**Female mini**  
Jessia Walker, Rangitikei Dragons

**Best club**  
Levin Cubs



The best overall winners with their trophies

For further photographs and detailed results, visit

<http://www.taranakitkd.com/MandM2003.html>



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Kelvin Rd Primary School, Kelvin Rd, Papakura  
Tuesday and Thursday, Kids only: 5:00 - 6:15pm
- Ji Shin Taekwon-Do Howick**  
Mr Peter Franich I dan  
Botany Downs School,  
Mirrabooka Avenue, Howick  
Monday and Wednesday, 6:30 - 8:00pm
- Ji Shin Taekwon-Do Manurewa**  
Mr Billy Little I dan  
The Gardens School, Charles Provost Drive,  
The Gardens, Manurewa  
Tuesday and Thursday, 6:00 - 7:00pm
- Ji Shin Taekwon-Do Maraetai**  
Mr Peter Franich I dan  
Maraetai School, Maraetai Drive, Maraetai  
Tuesday and Thursday, Kids 6:00 - 7:00pm  
Adults 7:00 - 8:00pm
- Kidz Kwon-Do Papakura**  
Mrs Angela Dunn I dan  
Elizabeth Campbell Centre,  
294 Great South Road, Papakura  
Mondays, 6:00 - 7:30pm
- Kidz Kwon-Do Clevedon**  
Mrs Angela Dunn I dan  
Clevedon School, 13-17 North Rd, Clevedon  
Kids 6-10yrs Monday 3:30pm - 4:30pm

- Midlands Region**
- Gisborne RTR**  
Mr Kim Bull I dan  
Te Wharau School, Graham Road, Kaiti, Gisborne  
Monday and Wednesday, 5:50 - 7:30pm
- Hamilton**  
Mr Grant Eccles IV dan  
Maeroa Intermediate School Gym, Churchill  
Avenue, Maeroa, Hamilton  
Monday and Thursday, 6:00 - 8:00pm
- Rotorua**  
Ms Chris Davidson, I dan  
Rotorua Intermediate School, Malfroy Rd, Rotorua  
Tuesday and Friday, 6:00 - 8:00pm
- Stratford**  
Mr Ian Hayward I dan  
Stratford Primary School Hall, Regan St, Stratford  
Tuesday and Thursday, 6:00 - 7:30pm
- Taranaki**  
Mr Neill Livingstone IV dan and Mrs Kirsten Livingstone III dan  
Ferndale Hall, Barry St,  
Frankley Rd, New Plymouth  
Monday and Thursday, 5:30 - 7:00pm
- Tauranga**  
Mr James Rimmer VI dan [Profile]  
Tauranga Girls College, Cameron Rd, Tauranga  
Wednesday 6:00 - 7:30pm, Sunday 5:00 - 6:30 pm
- Te Awamutu**  
Mr Evan Davidson VI dan [Profile]  
The Martial Arts Centre, 350 Bond Rd, Te Awamutu  
Sunday 5:00 - 6:30pm, Wednesday 6:30 - 8:00pm
- Waikeria**  
Mr Ross Campbell III dan  
Community Hall, Main St, Kihikihi  
Tuesday 6:00 - 7:30pm, Sunday 5:30 - 7:00pm

- Counties Manukau Region**
- Eastern (I.T.F) Taekwon-Do Howick**  
Mr Ryan van Heerden III dan  
Howick Intermediate, Botany Rd, Howick  
Tuesday and Thursday, 6:30 - 8:00pm
- Eastern (I.T.F) Taekwon-Do Pakuranga**  
Mr Mahesh Bhana VI dan  
Farmcove Intermediate, Butley Drive, Pakuranga  
Monday and Wednesday, 6:30 - 8:00pm
- Infinity Manurewa**  
Mr Steve Pellow V dan  
Greenmeadows Intermediate,  
Greenmeadows Ave, Manurewa  
Monday and Wednesday, 6:30 - 8:00pm
- Infinity Papakura**  
Mr Steve Pellow V dan  
Kelvin Rd Primary School, Kelvin Rd, Papakura  
Tuesday and Thursday, Kids only: 5:00 - 6:15pm
- Ji Shin Taekwon-Do Howick**  
Mr Peter Franich I dan  
Botany Downs School,  
Mirrabooka Avenue, Howick  
Monday and Wednesday, 6:30 - 8:00pm
- Ji Shin Taekwon-Do Manurewa**  
Mr Billy Little I dan  
The Gardens School, Charles Provost Drive,  
The Gardens, Manurewa  
Tuesday and Thursday, 6:00 - 7:00pm
- Ji Shin Taekwon-Do Maraetai**  
Mr Peter Franich I dan  
Maraetai School, Maraetai Drive, Maraetai  
Tuesday and Thursday, Kids 6:00 - 7:00pm  
Adults 7:00 - 8:00pm
- Kidz Kwon-Do Papakura**  
Mrs Angela Dunn I dan  
Elizabeth Campbell Centre,  
294 Great South Road, Papakura  
Mondays, 6:00 - 7:30pm
- Kidz Kwon-Do Clevedon**  
Mrs Angela Dunn I dan  
Clevedon School, 13-17 North Rd, Clevedon  
Kids 6-10yrs Monday 3:30pm - 4:30pm

- Avondale**  
Mr Shaun Tolley IV dan  
Waterview Primary, 19 Oakley Ave, Waterview  
Tuesday and Thursday, 6:30 - 8:00pm
- Chang Hun Raumanga (Whangarei)**  
Mr Derek Coradine 1st gup  
Manaia View School, Murdoch Crescent, Otaika  
Tuesday, Thursday and Friday, 6:00 - 8:00pm
- Devonport**  
Ms Jeanette Joe IV dan  
HMNZS Officer Training School, Narrowneck  
Gymnasium, Vauxhall Rd  
Tuesday, 7-12 yr beginners: 5:00 - 6:00pm  
Adults and seniors: 6:00 - 7:30pm, Sun, 6 - 7:30pm
- Glenfield**  
Mr Vaughan Rae III dan  
Windy Ridge Primary, Seaview Rd, Glenfield  
Monday and Thursday, 6:30 - 8:30pm
- Hurupaki (Whangarei)**  
Mr George Konia II dan  
Hurupaki Primary School, 20 Dip Rd, Kamo, Whangarei  
Monday 6:00 - 8:00pm (5th gup +)  
Wednesday 6:00 - 8:00pm (10th - 6th gup)  
Thursday, Kids 7-12yrs: 6:00 - 7:00pm  
Saturday 9:30 - 11:30am (all grades)
- Jungshin Taekwon-Do Red Beach**  
Mr Vince Pygott IV dan  
Orewa College, Riverside Rd Orewa  
Kids, 7-12yrs: Monday 5:30 - 6:30pm  
Adults, 13+yrs: Monday and Thurs, 6:30 - 8:00pm
- Jungshin Taekwon-Do Rosmini**  
Mr Vince Pygott IV dan  
Rosmini College, Catcheside Building,  
36 Dominion Rd, Takapuna  
Tuesday and Friday, 3:30 - 5:00pm
- Jungshin Taekwon-Do Stanmore Bay**  
Mrs Shirley Pygott II dan  
Hibiscus Coast Leisure Centre, Stanmore Bay  
Wednesday, Kids under 12yrs: 4:00 - 4:30pm  
over 7yrs: 4:30 - 5:30pm
- Ji Shin Taekwon-Do Glendowie**  
Mr Trevor Harbrow II dan  
Churchill Park School, Kinsale Avenue, Glendowie  
Tuesday and Thursday, 6:00 - 7:30pm
- Ji Shin Taekwon-Do Keri Keri**  
Mr Rhys Dempster I dan  
Keri Keri High School, Hone Heke Road, Keri Keri  
Monday and Tuesday, Kids 6:00 - 7:00pm  
Adults 6:00 - 7:30pm
- Ji Shin Taekwon-Do Remuera**  
Mr Hung Nguyen I dan  
Victoria Avenue School, Victoria Avenue, Remuera  
Monday and Wednesday, 6:30 - 8:00pm
- Ji Shin Taekwon-Do Royal Oak**  
Mr Jeremy Harre I dan  
Royal Oak School, Manuaku Road, Royal Oak  
Monday 6:00 - 7:30pm, Wednesday 6:00 - 7:00pm

Official National Association for the International Taekwon-Do Federation







**ITF NZ**

**Taekwon-Do**

# 2004 CALENDAR OF EVENTS



## FEBRUARY

- 20-22/2/04 Junior World Champs 3rd camp - Taupo
- 23/2/04 Submission deadline for April TKD Talk
- 28-29/2/04 Oceania Technical Conference - Sydney

## MARCH

- 5-7/3/04 2nd DEVELOPE Camp
- 6-14/3/04 Stripes on Tour 3
- 6/3/04 Umpires Course - Northland
- 14/3/04 Epsom Under 18 / 1 - AN - Whangarei
- 20/3/04 Umpires Course - Auckland
- 21/3/04 Umpires Course - Midlands
- 21/3/04 General Choi Cup - Sydney
- 27/3/04 Umpires Course - CD / Wgtn
- 28/3/04 Umpires Course - South Island

## APRIL

- 17/4/04 Level 1 Instructors Course - Christchurch
- 18/4/04 Level 1 Instructors Course - Dunedin
- 24/4/04 Regional Tournament - CM
- 26/4/04 Gup gradings start - My grading is at

## MAY

- 8/5/03 Regional Tournament - Wgtn  
Gup gradings finish
- 15/5/04 Level 1 Instructors Course - Wgtn / CD
- 16/5/04 Level 1 Instructors Course - SI
- 16/5/04 Epsom Under 18 / 2 - CD
- 22-23/5/04 Black Belt Grading - Tauranga
- 29-30/5/04 Black Belt Grading - AKD  
Black Belt Grading - CD

## JUNE

- 5-7/6/04 NATIONALS - AN (Queens BDay Weekend, TBC)
- 19/6/04 Level 1 Instructors Courses - CM / AN
- 20/6/04 Level 1 Instructors Courses - Midlands
- 21/6/04 Submission deadline for August TKD Talk
- 27/6/04 Epsom Under 18 / 3 - WGTN

## JULY

- 7-10/7/03 JUNIOR WORLD CHAMPS - ITALY
- 3/7/04 Level 2 Instructors Course - AKD
- 4/7/04 Level 2 Instructors Course - Midlands
- 10/7/04 Level 2 Instructors Course - CD/WGtn
- Umpires Course - Midlands
- 11/7/04 Level 2 Instructors Course - SI
- Umpires Course - Auckland
- 17/7/04 Umpires Course - CD/Wgtn
- 18/7/04 Umpires Course - SI
- 24-25/7/04 First dan fever - New Plymouth

## AUGUST

- 6-8/8/04 ITF INTERNATIONAL INSTRUCTORS' COURSE - Auckland
- 15/8/04 Gup Gradings begin - My grading is at

## SEPTEMBER

- 5/9/04 Gup gradings finish
- 12/9/04 Adult Tournament - Auckland

## OCTOBER

- 3/10/04 Epsom Under 18 / 4 - Midlands
- 9/10/04 Level 3 Instructors' Course - AKD
- 10/10/04 Level 3 Instructors' Course - Midlands
- 9-10/10/04 Minies & Masters Tournament - New Plymouth - Midlands
- 16/10/04 Level 3 Instructors' Course - CD/WTN
- 17/10/04 Level 3 Instructors' Course - SI
- 23-24/10 2ND OCEANIA CHAMPIONSHIPS - AKD
- 31/10/04 Submission deadline for December TKD Talk

## NOVEMBER

- Date TBA 1ST ITF WORLD CUP - Orlando, Florida
- 5-6/11/04 Examiners Course - Taupo
- 6-7/11/04 Level 4 Instructors Course - Taupo
- 14/11/04 Epsom Under 18 / 5 - CM
- 29/11/04 Gup gradings begin - my grading is at

## DECEMBER

- 11-12/12 Black Belt Grading - SI
- 12/12/04 Gup Gradings Finish

*Additional dan gradings may be scheduled - depending on demand*

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## Central Districts Region

Cloverlea  
Mrs Nikki Mantjika I dan  
Cloverlea Primary School,  
Herbert Rd, Palmerston North  
Tuesday, kids 4 - 6: 3:30 - 4:00pm  
Kids 7 - 11: 5:30 - 6:30pm, Adults: 6:30 - 8:00pm  
Thursday, 6:30 - 8:00pm

Horowhenua  
Mr Andrew Salton V dan [Profile]  
Horowhenua College Gym, Nelson St, Levin  
Monday and Friday, 6:00 - 8:00pm

International Pacific College  
Mr Kenny Chiang I dan  
IPC Recreation Centre, Palmerston North  
Tuesday 6:30 - 8:30pm, Saturday 2:00 - 4:00 pm

Milson  
Mr Lawrence Mantjika IV dan  
Milson School Hall, Rutland Place,  
Palmerston North  
Wednesday and Friday, 5:30 - 7:00pm

Palmerston North Academy  
Mr Dave Ballard IV dan  
Chinese Association Hall, Napier Rd,  
Palmerston North  
Monday and Thursday, 6:00 - 8:00pm

Rangitikei Dragons (Marton)  
Mr Daniel Motu I dan  
Marton Wrestling Gym, Wilson Park, Marton  
Monday and Wednesday, 6:00 - 7:30pm

Taekwon-Do Cubs (Levin)  
Mrs Rose Cherrington II dan  
Salvation Army Hall, Durham Street, Levin  
Juniors only: Mondays 4:00 - 5:00pm

Tiger (Palmerston North)  
Mr Michael Lowe IV dan  
Boys' High School Gym,  
Featherston St, Palmerston North  
Monday and Wednesday, 6:15 - 7:45pm

West End (Palmerston North)  
Mr Don Booth II dan  
West End School, cnr College St and Botanical Rd,  
Palmerston North  
Monday 5:30 - 6:30pm, Thursday 6:30 - 7:30pm

## Wellington Region

Avalon  
Mr Byron Cummins I dan  
Avalon Intermediate School,  
1041 High Street, Avalon  
Monday and Thursday, 6:30 - 8:00pm

Berhampore  
Mrs Lena Walton III dan and Mr Ian Walton III dan  
Berhampore School, 106 Britomart St, Berhampore  
Monday and Wednesday, 6:30 - 8:30pm

Brooklyn  
Mr Brett Kraiger II dan  
Vogelmorn Hall, Vennell St, Brooklyn  
Thursday 6:30 - 8:30pm, Sunday 4:30 - 6:30pm

Kapiti Coast  
Mr Greg Trifford I dan  
Memorial Hall, Tennis Court Rd, Raumati South  
Tuesday and Thursday, under 13: 6:00 - 7:00pm  
Over 13: 7:00 - 9:00pm

Khandallah/Newlands  
Mr Graham Patterson V dan  
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

Lower Hutt Academy  
Mr Wayne Ebert II dan  
Dyer St School Hall, Dyer St, Lower Hutt  
Monday and Wednesday, Juniors: 6:00 - 7:00pm  
Seniors: 6:30 - 8:00pm

Miramar  
Mr René Kunz III dan  
Miramar South School, Kauri St, Miramar  
Monday and Thursday, Juniors: 5:30 - 6:30pm  
Seniors: 6:30 - 8:00pm

North Wellington  
Ms Beryl Pimblott III dan  
West Park School, Broderick Rd, Johnsonville  
Monday and Thursday, Juniors 5:00 - 6:00pm  
Seniors 5:30 - 7:00pm

United (Upper Hutt)  
Mr Blair Martin II dan  
St Brandon's School Hall, Trentham, Upper Hutt  
Tuesday and Thursday, 6:00 - 7:30pm

## South Island Region

Dunedin  
Mr Neil Kettings I dan  
St Clair Primary School Hall,  
Richardson Street, St Clair  
Monday and Thursday, 6:00 - 8:00pm

Greymouth  
Ms Sonia Smith I dan  
Greymouth High School, High St,  
Wednesday 6:30 - 8:00pm  
Cobden School, Cobden,  
Sunday 10:30am - 12:00pm

Mosgiel  
Mr Mark Allen I dan and Mrs Teresa Allen I dan  
Taieri High School Gym, Church St, Mosgiel  
Monday and Wednesday, 6:00 - 8:00pm

Nelson  
Mrs Pam Colee I dan  
Scout Hall, Richmond A&P Showgrounds,  
Richmond, Nelson  
Monday and Wednesday 7:00 - 8:30pm

Otago University  
Mr Kris Herbison III dan  
Activities Hall, Clubs and Societies Building,  
Albany St, Dunedin  
Tuesday and Friday, 4:00 - 6:00pm

Redwoodtown (Blenheim)  
Mr Shane Eade II dan  
Redwoodtown Hall, cnr Cleghorn and Weld Sts,  
Redwoodtown, Blenheim  
Tuesday and Thursday, 6:00 - 7:30pm

Riccarton (Christchurch)  
Mr David Oliver I dan  
Villa Maria College, Peer St,  
Upper Riccarton, Christchurch  
Monday and Wednesday, 6:30 - 8:00pm

## Peter Graham, IV dan

by Melanie Tong, I dan

**When did you start Taekwon-Do?**

I think it must have been about 1978; I was 36.

**Why did you decide on Taekwon-Do?**

I didn't! My daughter and her little friend wanted to try it, so I took them along. I sat at the back of the dojang and read the paper. After about the third night the assistant instructor, Mr Francis Kaurati, physically pulled me onto the floor to help my daughter. Mr Kaurati has a lot to answer for! My daughter gave up after three years, and I'm still here 25 years later.

**Where did you start Taekwon-Do?**

The club was the Miramar branch in Wellington, and the Instructor was Mr Evan Davidson – then 1<sup>st</sup> dan, now 6<sup>th</sup> dan.

**When did you attain black belt?**

In 1985 under Master YK Yun at the Pakuranga branch. The instructor there was Mr Rocky Rounthwaite, who now runs RTR Taekwon-Do in the Sunshine Coast of Australia.

**When and where did you start instructing?**

I think it must have been about 1987, when I started the Meadowbank branch.

**What do you enjoy the most about instructing?**

I really get a kick out of training kids and watching them improve their skills as they progress through the ranks. Hopefully up to black belt and beyond. I also enjoy the friendships I've made over the years with some of the greatest people you could wish to meet.

**What are your biggest Taekwon-Do achievements?**

Undoubtedly steering our organization through the stormy period after the master to whom we were affiliated, Master YK Yun, broke away from ITF to start his own style. We had to go, cap in hand, back to the ITF to apply for recognition in our own right. With the help and support of some very strong and able negotiators we were able to achieve this, but it was touch and go for a while there.

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

The Sharp Tournament in Wellington, when we hosted a World Tournament attended by some of the top practitioners from many countries. This was when we forged our affiliation with Grand Master Chuck Sereff and the USTF, who have remained staunch supporters through some pretty hairy political times.

## Instructor Profile

**What are your personal goals for the future?**

To continue training as long as my body allows (I'm 60 now!) and, where possible, help maintain this strong family that is ITFZN.

**What are your goals for ITFZN in the future?**

To ensure that ITFZN is not hijacked politically by unscrupulous interlopers for their own financial and political ends, especially in light of recent developments (the death of the General Choi Hong Hi).

**Which Taekwon-Do practitioners have influenced you the most?**

The General, of course. An amazing man in all respects. Grand Master Chuck Sereff. Master Tom McCallum – a great administrator and a fair negotiator. Messrs Evan Davidson, Paul McPhail, Rocky Rounthwaite – the list is endless!

**How do you think Taekwon-Do has changed in New Zealand?**

We have matured. We have grown from a geographically isolated mushroom, where we were kept in the dark and fed a lot of manure, to an organisation which is respected and admired all over the Taekwon-Do world. Thanks to those intrepid members who have traveled overseas to competitions and seminars in various countries and then returned to share their knowledge and experiences, we can hold our heads high in the world scene.

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

Someone who is prepared to accept the art for what it is. A way of life that promotes fairness, honesty and recognition of others' feelings and aspirations. Not someone who is in it purely for the physical fighting side of the art, and that alone. And certainly not someone who is in it for financial gain and the soul-destroying power trip.

**What are your favourite hand and foot techniques?**

It used to be the flying 360° back piercing kick, but the body now has other ideas! Now I place more emphasis on self defence and releasing techniques.

# www.itfnz.org.nz/clubs

## Executive Committee

**President:** Mr Evan Davidson, 393 College St, Te Awamutu. ph (07) 871 3627, 021 299 4872. [edavidson@itfnz.org.nz](mailto:edavidson@itfnz.org.nz)  
**Secretary:** Mr Vince Pygott, PO Box 457, Silverdale, Auckland. ph (09) H/F 424 2741, 027 496 5947, [vpygott@itfnz.org.nz](mailto:vpygott@itfnz.org.nz)  
**Treasurer:** Mrs Tanya Katene, PO Box 5346, Palmerston North. ph (06) H 357 1845, W 358 0058, [tkatene@itfnz.org.nz](mailto:tkatene@itfnz.org.nz)  
**Auckland North Regional Director:** Mr Andrew Niven, PO Box 7612, Wellesley St, Auckland. ph (09) H 815 3412, W 815 9989, 027 526 3739, [aniven@itfnz.org.nz](mailto:aniven@itfnz.org.nz)  
**Countries Manukau Regional Director:** Mrs Sue Breen, 26 Merton Rd, St Johns. ph (09) 521 3244, 025 277 9210, [sbreen@itfnz.org.nz](mailto:sbreen@itfnz.org.nz)  
**Midlands Regional Director:** Mr Gwyn Brown, 15 Dunrobbin Pl, Greerton, Tauranga. ph (07) 578 6680, [gbrown@itfnz.org.nz](mailto:gbrown@itfnz.org.nz)  
**Central Districts Regional Director:** Mr Mike Lowe, 483 Ruahine St, Palmerston North. ph (06) 358 3171, [m Lowe@itfnz.org.nz](mailto:m Lowe@itfnz.org.nz)  
**Wellington Regional Director:** Mr Nick Lourantos, 91 Hobart Street, Miramar, Wellington. ph (04) H 388 9871, W 802 1483, 021 439 482, [nlourantos@itfnz.org.nz](mailto:nlourantos@itfnz.org.nz)  
**South Island Regional Director:** Mr Graham Patterson, 123 Awarua St, Ngaio, Wellington. ph (04) H 479 0116, W 382 7841, 027 437 8210, [gpatterson@itfnz.org.nz](mailto:gpatterson@itfnz.org.nz)

## Subcommittees

**Technical:** Mr Paul McPhail (Director), PO Box 75-549 Manurewa, Auckland. ph (09) W 268 8552, F 268 8553, [pmpcphail@itfnz.org.nz](mailto:pmpcphail@itfnz.org.nz)  
Mr Evan Davidson, Mr James Rimmer, Mr Mahesh Bhana, Mr Andrew Salton, Mr Gray Patterson, Mr Peter Graham, Mr Mike Lowe  
**Tournaments:** Mr Grant Eccles (Director), 7 Huia Avenue, Forestlake, Hamilton. ph (07) 846 0694, 021 677 085, [geccles@itfnz.org.nz](mailto:geccles@itfnz.org.nz)  
Mr Kevin Joe, Mr Lawrence Mantjika, Mr Darren Ward, Mr Kris Herbison, Mr Geoff Ward  
**Marketing: [Position vacant]** (Director)  
Mr Carl Matthews (AN), Miss Hannah Honey (CM), [vacant] (ML), [vacant] (CD) Mrs Lena Walton (WN), Mr Jake Pearson, Mr Kris Herbison (SI)  
**Standards & Discipline:** Mr Ian Campbell (Director), 99 Elizabeth Avenue, Te Awamutu, ph (07) 871 4036, [icampbell@itfnz.org.nz](mailto:icampbell@itfnz.org.nz) (and Regional Directors)



Peter Graham with Master Tran Trieu Quan, President of the ITF



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## The Challenge of Joong-Gun Tul

by Paul McPhail, VI dan  
Director of Techniques

Pattern Joong-Gun is a big step up from the previous, and relatively easier Yul-Gok Tul. As a blue belt, you must now perform many new and more difficult techniques.

These include:

- Using the reverse knifehand, palm, upper elbow, twin fist and x-fist as attacking or blocking tools.
- Performing upward blocks, pressing blocks and U-shape blocks for the first time in a pattern.
- Performing a side piercing kick without starting from bending ready stance A.
- Performing techniques correctly in slow motion.
- Changing between walking stance and L-stance (and vice versa) by slipping or pulling the foot.

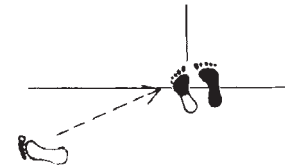
Furthermore, getting back on the spot in this pattern can be tricky.

### Returning to the Spot

If we study the foot diagrams in the 15 volume encyclopaedia we see that there are a few places where placement of the foot is critical to arriving back at our starting point. These are:

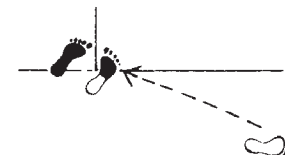
*Movement 17, after the first release and punch*

Bring the left foot slightly inside the right foot.



*Movement 20, after the second release and punch*

Again, bring the foot (right foot in this case) on to line EF, slightly behind the left foot as shown below.



Also, make sure when performing the spot turn at movement 13 (before the x-fist rising block), that it is done correctly. There is a tendency to bring the right foot too far back towards the other foot on this turn. The foot should only come towards you one foot's length.

Lastly, make sure you make proper L-stances on movements 21 and 24 (side punches between the double forearm blocks and the side piercing kicks). Because you have done a walking stance in the previous movement, it is easy to make these L-stances too long.

### Common mistakes in Joong-Gun

Keep an eye out for these points, as they are very common mistakes when performing this pattern:

- The ready stance! Check your fists are approximately 15cm in front of the navel. Many have the fists too low.
- The intermediate position of the first movement is often done with the fists lower than the elbows. You should lift the fists to cross in front of the chest with elbows down.



- It is common to see movement 3 done front on, or in a full facing position. The rear foot stance should be half facing. Make sure you lower your foot to the ground at the same instant you complete the block. Also, make sure you are using both arms – it is



common to see the non-blocking arm already back on the hip while the block is being executed.

- Between movements 7 and 8 (guarding block and upper elbow strike), make sure you foot moves backward (toward you) before

moving forward to the walking stance. This is also the case for movements 9 and 10.



- Movements 16 and 19 (after the releases) should be high punches. Lots of people punch middle here.
- Movements 20 and 23 should be double forearm HIGH blocks. Don't block middle.

With all the slow motion movements (27, 29 and 30), make sure the foot stops at the same time as the hand.



- Especially with the angle punch, it is very common to see the feet already together and the punch still moving.
- On the pressing blocks, don't bend the wrists - only bend at the elbow.

Well that's it! Good luck with Joong-Gun Tul – a difficult pattern but a good one. Put a lot of effort into working on these key points and I'm sure the examiner at your next grading will be impressed.



Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison in 1910.

It's  
Teddy-Kwon-Do  
time!



By Shirley Pygott, II Dan

# Kicks for Kids

## Mathew Brunton Junior Black Belt



**Age at starting TKD?**  
5 years  
**Who is your Instructor?**  
Mr Rene Kunz  
**Where do you train?**  
Mirimar Club in the Wellington Region  
**Hardest thing to learn?** Chon-Ji -Crossing of arms during intermediate position  
**Favourite Part of TKD?** Patterns, fitness, friends and discipline  
**Favourite Technique?** Definitely Turning Kick



**Age at Black Belt Grading?**  
9 years 10 months

**Who has inspired you most?**

Mr Rene Kunz, Mr Graham Patterson, Mr Jake Pearson, Gen Choi Hong-Hi

**Tournaments :** 8  
**Medals :** Gold 1  
Silver 4  
Bronze 3

**Awards:**  
Francis Karauti Trophy  
For most improved student (Mirimar Club 1999)



**Goals for the future?**

NZ Junior Team (when a bit bigger)  
2nd Dan Grading (when old enough.  
Pretty happy to have learnt Gae-Bek already)

Co-instruct and help out with Mirimar Juniors training....want to see all current students/friends reach potential and black belt.

**Has TKD affected any other aspects of your life?** Definitely fitness and sporting ability. Talking to people and thinking about the tenets, eg: I need self control sometimes with my little brother Jamie who has started training with me.

In this issue, we have some great shots and results from the Devonport Peewee Tournament, a profile on Junior Black Belt Mathew Brunton and another article from Chloe Parsons. If you have something you would like to see here, send it to KICKS FOR KIDS P.O.Box457 Silverdale Ak 1462, or E-mail us at tkdtk@itfnz.org.nz.

Last Issues Mystery Kid was Megan Matsuoka.

### WHAT MY GREEN BELT MEANS TO ME

I started going to the Kapiti Coast Taekwon-Do club on Nov 1st 2000. I was 9 and 1/2 years old. From the first night I was hooked. I wanted a set of those funny white pyjamas and the belt that took my eye was the green one. It seemed like it would be a long time before I would be that good.

My instructor, Mr Trilford, has lots of little sayings like "Your belt is only there to keep your pants from falling down", "It's not the end result that is important, but the journey you take to get there", "The more you put in, the more you get back" and "Taekwon-Do is not just about kicking and punching, it's about who you are". I didn't exactly understand everything he said back then, I just wanted to learn all those moves and get that green belt.

I did work hard and I passed my first grading. Then I worked harder and I passed my second. I entered a few tournaments and won a few medals. By noe I was yellow belt and then suddenly everything Mr. Trilford had been saying meant something. I felt something I had never felt before. I began to understand what the tenets of Taekwon-Do really meant. I FELT the oath as I said it, they weren't just words.

I have met so many amazing people through Taekwon-Do I would never have met anywhere else. I have made amny friends and had some incredible experiences. I've learnt a lot about myself and now I know what Mr.Trilford meant by the journey being more important. On August 12th, Mr. Trilford congratulated me and handed me my green belt. I haven't stopped smiling since!! Although I now have my green belt, it isn't the end of my journey, it's the beginning of another one.

**CHLOE PARSONS 6TH GUP**  
Kapiti Coast Taekwon-Do Club  
(The best club in New Zealand!)



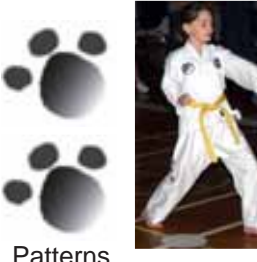
## Devonport Peewee Tournament 31/08/03

### Sparring Results

**Boys Microweight**  
1st Robert Meleisea (Pap)  
2nd Mitchell Leong (Pap)  
3rd= Christopher Harland (Dev)  
Liam Degenkolbe (JSG)

**Boys Lightweight**  
1st Connor Savage (Inf)  
2nd Nicholas Fuller (Pak)  
3rd Darren Ganley (Hur)

**Boys Middleweight**  
1st Nicholas James (PPK)  
2nd Edward Fuller (Pak)  
3rd Harley Tahau (Wai)



### More Sparring Results

**Boys Senior Middleweight**  
1st David Clencie (Wai)  
2nd Joshua Little (JSH)  
3rd Gordon Lau (JSH)

**Girls Lightweight**  
1st Nicole Cooper (Pap)  
2nd Carolin Fleissner (Dev)  
3rd Amy Mariner

**Girls Middleweight**  
1st Bella Piper-Jarrett (Dev)  
2nd Emma Pygott (SB)  
3rd Melissa Timperley (PPK)

### Patterns

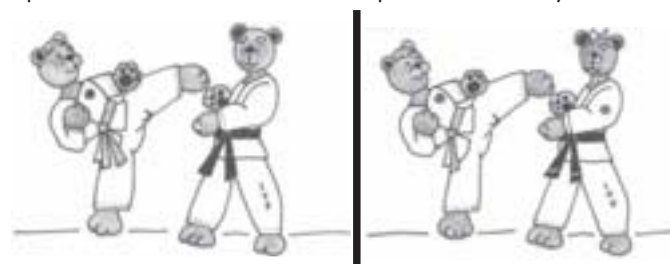
**White**  
1st Robert Meleisea (Pap)  
2nd Mitchell Leong (Pap)  
3rd Zane Kendall (PPK)

**Yellow**  
1st Nicole Cooper (Pap)  
2nd Nicholas James (PPK)  
3rd Brittany Thomson (PPK)

**Green/Blue**  
1st Melissa Timperley (PPK)  
2nd Bella Piper-Jarrett (Dev)  
3rd Hannah Kendall (Wai)



Spot the differences in these two pictures of Teddy-Kwon-Do



Little teddy bears were sold at the tournament, and given to officials and first place winners. A number were also donated to Starship Children's Hospital.

continued from p4

Mathew and I are honoured and humbled to have incorporated Taekwon-Do into our lives and to have acquired the rank, skills, knowledge and relationships that would not have been possible without Taekwon-Do and ITFNZ. I commend all of our previous and current ITFNZ pioneers, who have contributed to where we are today.

I would like to acknowledge the support provided to both of us over the years by the following, particularly in the lead-up to our first 1<sup>st</sup> dan grading.

Francis Karauti, my initial Instructor whose instruction, inspiration and “way” still motivate me today. We are grateful for support and instruction over the years from Mr Garry Hastings, Mr Ian Walton and Mrs Lena Walton. A special thank you to our current Instructor, Mr René Kunz for guiding us throughout the journey, my training partner Mr Nick Larountos, and all Miramar club members for their friendship and help in making training fun.

Our sincere gratitude and acknowledgment of the dedicated support and inspiration provided by the following in facilitating regular weekend and supplementary trainings during the lead-up to our grading: Messrs Jake Pearson, Darren Ward, Graham Patterson, and Blair Martin... all truly talented and inspirational gentlemen!

Finally, we should all acknowledge the time and support provided by all of our instructors, administrators and families. Taekwon-Do is little without these primary components.

Lance Brunton, 1st dan  
Miramar

Dear Editor

This letter responds to Mr Ivan Simpson's article in the last issue of TKD Talk about the level of contact allowed in free sparring bouts.

This issue has also concerned me in the past. A few years ago, members from my club attended the National Tournament in Palmerston North. One of my students received a fractured eye socket and another was generally beaten up. I also witnessed behaviour that I believe is unacceptable from a martial artist.

I have not been back to a National Tournament since. Having said that, I do attend the Midlands Regional Tournaments. These tournaments are well run and sparring controlled, which is a credit to the referees and judges within the region.

The rules clearly state that a point is scored with a light controlled touch. If these are the rules why are so many students getting injured? I don't think that the blame solely lies with the referee, although it is their responsibility to not only control the bout

but also ensure the competitors safety.

I believe there are a number of areas that need to be addressed.

*Instructors should be teaching students the art of tournament free sparring.*

1. Fast and controlled (no body weight behind techniques). All too often we see students go for it, trying to gain the advantage with a few hard hits. I guess within the world champs circles this is acceptable for some instructors. What we have to remember is the students involved with world champs only represent a small portion of ITFNZ members.
2. Fitness. Two of two-minute rounds don't sound long, but when you are in the ring it seems like a lifetime. If you're not fit enough, your techniques become sloppy, you are unable to defend yourself and you get hit it tends to hurt more.
3. Attitude. How often have we seen bigger or more experienced students take advantage of lesser opponents? As an instructor and a parent this is quite alarming to see. There is no skill in knowing you have the advantage and ramming it home. As a competitor you have a responsibility to your opponent not to hurt them but to win through skill.

*Tournament Sub-committee.*

Tournament rules say a point is scored with a light controlled touch. The biggest problem is there is no consistency on the level of contact allowed. What one referee considers heavy, another referee may think is okay and let it go. The only thing this does is confuse the student. The Tournament Sub-committee needs to make a decision on the level of contact permitted. Either world champs contact (quite heavy), or catered for the majority of ITFNZ (touch contact, as in the rules). If it is the latter, referees need to get tough. Don't hesitate to hand out deductions. If a competitor looks as if he or she may harm the opponent, they receive an instant disqualification. I have done this on a few occasions in local tournaments; once I disqualified both competitors in a bout. My decision may not have been consistent with the tournament rules but there were no complaints, only compliments, on my actions.

If we continue as we are, someone will get seriously injured. It's only a matter of time. You may not think so, but what if it is? A few years ago a Russian karate practitioner was killed at a local tournament after receiving a blow to the neck.

Who would be held responsible if this happened in one of our tournaments? Would it be the ITFNZ Executive, the Tournament Sub-committee, the tournament organiser, or the opponent who inflicted the injuries? A lawyer once told me that the disclaimer on the bottom of our tournament entry form

would not hold up in a court of law.

Think of the recent case of the cycle race organiser who was prosecuted over the death of a participant who was killed by an oncoming car. She failed to meet the required safety standards, was fined \$10,000 and spent \$65,000 defending the case. Many sporting codes are now reviewing their safety practices, and maybe it is time we did the same.

My favourite quote is, “Tournament free sparring is an exchange of skill between two competitors”. Every member of ITFNZ should be able to enter a tournament without fear of injury, and if we all work together with the same attitude, it can be achieved.

Neill Livingstone IV dan  
Co-instructor Taranaki

Dear TKD Talk

“Alive and Kicking” takes on a new meaning as you reach an age when your friends are dying or having hip transplants, giving up gardening because it's too energetic and having to sit down to lace up their shoes. And you're still putting on your dobok and in training for your first black belt grading.

I'm 60. I took up Taekwon-Do when I was 56 because my daughter was too young to drive and we live out in the jungle – 20 minutes away from where Mr Murray Smith started a club in Oakura. When he left to live in Australia we started driving further, into New Plymouth where Mr Neill and Mrs Kirsten Livingstone run the Taranaki club. We're both keen (fanatical?) and have kept pace through the coloured belts. And now we are both working hard to grade to 1<sup>st</sup> dan in May.

I can't kick as high or run as fast as I'd like, but I'm working on it.

I recommend Taekwon-Do to everyone from bullied children to unfit adults; for confidence, for fitness, and for self-defence. But mostly for something less tangible: the humility of knowing how little you know, how far there still is to travel, of seeing people who've achieved the skills that you want, and knowing how hard you have to work to get them yourself.

Through the years I've acquired several degrees and such, but have never felt so proud as when I got my yellow belt. Then I made the usual mistake of feeling bombproof and ten feet tall. When I had my green belt I had to spend a couple of weeks in New York and I really hoped a mugger'd attack me so I could beat him up! Now, although there are still the occasional daydreams of the little-old-lady-foils-bank-robbers type, I'm much more realistic. Glad to have some of the skills of sparring, of destruction and of self-defence, but hoping I never have to use them in anger.

Dale Copeland, 1st gup  
New Plymouth

## Around Taekwon-Do with 80 people

by Julia Palmer, 1st gup,  
Camp Organiser

AN/CM Combined Regional Camp,  
Carey Park, Henderson, 3-5 October 2003

Six teams of Taekwon-Do students, six odd-looking packages, three judges, and Mr Tolley, looking mischievous. Minutes later those six packages were opened revealing a haphazard selection of items – balloons, toilet paper, rubbish bags, feathers, just to name a few. The objective: design an outfit for the most senior ranked person in your team, using all materials in the package.

Thirty minutes later final products were unveiled; Mr Konia was stunning in a toilet paper evening dress; Mr Cain demonstrated how versatile balloons are, Miss Doogan gave new meaning to the term 'bag lady', Mr Breen dazzled in a newspaper gown complete with four metre train, and Dr Snelling modelled like a professional in nightwear of bubble-wrap and feathers. The winner, however, was Mr van Heerden. He stole the show, sashaying across the hall with elegance, poise and grace, looking tremendously comfortable in an eye-catching strapless, black, rubbish bag evening dress.

So began the Auckland North / Counties Manukau Combined Regional Camp.

Saturday morning my calm demeanour was shattered by an early phone call from a vomiting Les Mills instructor due to take the 9am cardio session. Never mind – Miss Nicola Tse and I were quickly volunteered to take our own version of Taekwon-Do aerobics. By five to nine we'd come up with two routines when Mrs Breen had a brainwave – get the students to come up with their own routines and have them teach the class – brilliant. In all, we ended up with thirteen pretty awesome routines.

Following this, special guest instructor, Mr Paul McPhail, taught an holistic session, including work on stances, basics, patterns, and partner work, while incorporating the camp's team-building theme. The session was informative and stimulating, providing useful tips and practise for students of all ranks.

After lunch we had the first elective. Mr McPhail took an informative and incredibly beneficial session for club instructors. Messrs Jackson and Ormsby took 'back-to-basics', covering many of the basic elements of the ITFNZ syllabus. Dr Snelling, whose vast knowledge of the body added

substantially to the practical nature of the class, took jumping and flying techniques. Power breaking legend, Mr Sawden, taught breaking. His knowledge of technique, coupled with multiple experiences at world champs level, provided expert knowledge.

The second elective got underway around 3:30pm. Mr Bhana took patterns for students 1<sup>st</sup> gup and above. The power he had when demonstrating techniques was so incredible that he shook the room – literally. Sparring with Mr Konia provided a good work out, whilst catering to differing ability levels. Messrs Pellow and Gillon took self-defence. These two are synonymous with self-defence, giving many students their first experience in defence against weapons. Mr Breen took the children for jumping and flying techniques where they enjoyed themselves immensely, and benefited from his extensive knowledge.

Dinner over, it was time for war games – Taekwon-Do style. Miss Joe led the games, giving a quick history lesson before breaking off the teams. Not surprisingly, Silla won most of the games.

Sunday Mr Head got everyone's blood pumping early, with the day's first session – sparring. For those who had never been in a regional team, it provided some idea of what regional team training is like, hopefully encouraging more participation in next year's regional teams.

For the third elective, with Mrs Pygott took the children for a session, teaching accuracy and speed in basic techniques, through the physical abuse of defenceless soft-toys. Offensive sparring with Mr Rae taught students simple, practical techniques for attacking in sparring, while Mr van Heerden taught useable self-defence techniques for real-

life situations. Meanwhile, Miss Joe confirmed that one doesn't need brute strength to break boards, rather good technique, confidence, and practice.

The last elective had Mr Tolley taking an enthusiastic break-falling session. Soft mats, combined with Mr Tolley's experience, gave students the necessary confidence. Mr Breen gave an informative pseudo-lecture on the 19 stances, providing both theory and practice. Messrs Niven and van Roon ran slightly late for the specialty session, but Captain Cam to the rescue and the class was away flying when they arrived. Watching Mr van Roon, the current world specialty champion, was awe-inspiring, with many an 'Ohmygoodness, how does he do that?' demonstration.

With only the patterns competition to go, the camp was drawing to a close. Throughout the camp, rooms created their own team pattern to perform to on the last day – team places determining clean-up duties. Mr Tolley judged the competition and it proved a thoroughly entertaining end to the camp, with much creativity and originality demonstrated by participants.

The AN/CM Combined Regional Camp catered for ITFNZ students of all ranks, ages and abilities through the provision of a range of options. It was a well-planned event, enjoyed by both participants and instructors. Within all individual regions in New Zealand there is a wealth of talent and knowledge and the camp focused on this, selecting instructors only from the two regions. This encouraged students to meet and experience working with instructors outside their own club, while presenting students with multiple opportunities to enhance their skills in Taekwon-Do.



Mr Van Heerden shows off his award-winning eveningwear

<http://www.itfnz.org.nz/events/camps/2003regionalcamp.html>

## Power Breaking, part 2

by Gray Patterson, IV dan  
Part 2 of 2

### Power breaking for tournaments

With competitive power breaking (breaking in tournaments), there are usually pre-defined techniques you must perform.

In terms of ITF World Champs there are five techniques for males (forefist punch, knifehand strike, side piercing kick, turning kick and reverse turning kick) and three techniques for females (knifehand strike, turning kick and side piercing kick).

ITFNZ uses the same techniques with the exception of the forefist punch for males, which is replaced by a front elbow strike (something I would personally like to see changed).

Obviously you may use any Taekwon-Do technique to power break, not just the techniques used in competition, but the next few paragraphs focus specifically on suggestions for developing tournament techniques, otherwise I'll never get to the end of this article. However, you should be able to take principles from these techniques and apply them to others you may choose to try.

Bear in mind that besides actually breaking the targets, you also need to adhere to the tournament procedure for power breaking. Every technique needs to begin from a guarding block and finish with a guarding block, you must break with the correct attacking tool, and one foot must be on the ground throughout the break. Miss one, no points.

### Forefist punch

Hands are full of little bones and are not really suited to hitting solid objects, so this is a technique where it really pays to spend time conditioning the fist.

I use a reverse punch. Starting in an L-stance I simply draw my front foot back as I gather all of my body weight onto my back leg. I then quickly extend the back leg to launch myself towards the target, stepping the front foot out past its starting point, into a walking stance.

To get maximum power out of my punch I found that I need to punch to my shoulder line, rather than my centre line, and the punching arm's shoulder needs

to be extended beyond that of the reaction arm's shoulder at the point of impact (so the body is not square when you hit the target). The fist should strike the target before the front foot hits the floor, as this will help to use as much body weight as possible (as soon as your front foot hits the floor you effectively put the brakes on your technique).

### Knifehand strike

The knifehand can be done as an inward strike or an outward strike. I use an outward strike (a knifehand side strike). This is fundamentally the same as the punch.

I start in an L-stance, then lift my front leg and bring it right across my body as far as I can until I have effectively turned my back on the target, with all my bodyweight on the rear leg. I then twist back towards the target as quickly as possible, pulling my arms in opposing directions, concentrating on pivoting on the supporting leg rather than extending it.

Extending the supporting leg towards the target causes the body to overreach the target and means the impact is not perpendicular to the surface of the boards. Again, the impact should occur just before the front foot hits the floor to

ensure the maximum amount of body weight is used.

### Side piercing kick

The main thing to remember with a side piercing kick is that it needs to penetrate the target. One way of making sure this happens is to start a reasonable distance from the target – I line the kick up, place the kicking leg a full walking stance away in the opposite direction, and then actually form a diagonal stance (like a sitting stance, but the heel of the foot closest to the target is in line with the toes of the other foot).

I form the required guarding block at the start of the technique in the diagonal stance (it just looks like I've got a bad L-stance). Being a walking stance away from the target means that I need to use a long step with the back leg to get close enough to hit the target with the front foot, which creates momentum.

If you find you can step and kick without a target, and hold your leg out without falling sideways, then you have no momentum, and therefore no significant bodyweight contributing to the kick. You need to step in far enough so that you have no choice but kick out so that the momentum prevents you from holding the kick in the air – your body should end up continuing in the direction of the target.



Just like that.

### Turning kick

Turning kicks are a type of smashing kick, and smashing kicks are not generally good for breaking hard stuff.

Smashing kicks are designed to break bones – kicks like the turning kick and front snap kick are extremely effective when used on people, but don't fare so well against objects that are harder.

When breaking boards with smashing kicks, I suggest taking a little creative license and executing them in a 'piercing kick' fashion. Turning kicks are a classic – the method in which we practice turning kicks, where the leg fully extends very quickly, and then equally quickly recoils, causes many people to 'bounce' off the front board (occasionally breaking just the back board of the stack).

When breaking multiple boards with a turning kick the technique needs to be adapted so it fully penetrates the target in the same fashion as piercing kicks do, without the fast recoil.

Imagine swinging a baseball bat – the bat starts chambered on one side of the body, then the elbows lead, extending to their fullest to strike the target (at which point the tip of the bat is moving at its fastest), and then momentum carries the bat through to the other side of the body.

The turning kick can be executed in the same fashion – chamber the kick by raising the knee to the side of the body, then bring the knee around towards the target and extend the leg as quickly as possible. The ball of the foot should reach the target when the leg is almost fully extended, and momentum should carry the leg through to the back of the target, rather than having the knee flick the foot back to its starting position shortly after impact.



Master Dale Burkhart shows how it's done



Reverse turning kick – set the board at the right height, and just throw it as hard as you can...

### Reverse turning kick

One major hurdle to breaking with the reverse turning kick is that it is difficult to focus the kick and ensure it hits the target – your back is turned for the better part of the execution.

Fortunately I have discovered that my reverse turning kick always hits the same spot whenever I throw it with full power. It always sails up to around face height. If I don't try to direct it anywhere else, and throw it as hard as I can, it will always go to the same spot. I'm not sure if this is the same for everyone, but it's certainly something that can be tested on a pad or a punching bag, so give it a go.

I perform the kick from an L-stance and use a fairly acute angle, rather than the commonly used 180°. I find this makes the kick short and sharp with explosive power. Turning too far can mean the kick actually slows down just before the moment of impact.

### Breaking at gradings

Breaking at gradings always takes a considerable amount of time, so I've got a little advice for the procedure that you should follow to get through your breaks efficiently.

When your name is called you should present yourself to the examiner and bow.

You are told which technique to perform. You line up (you can adjust the height of the target to your requirements), and execute in your own time.

You do not need to bow again after you have lined the target up. If you line the target up and then turn to the front to form an attention stance and bow, and then turn back to the target, chances are you are no longer lined up correctly for your break.

Once you have 'bowed in' for your breaks, you don't need to bow again until you have completed all of the breaks the examiner asks you to perform and you are dismissed.

Righto, if you've read this far you've done well. That's about all I've got to say about breaking for the time being, so I hope you found some of it useful. Please remember that none of this is gospel, it's just what I have personally found effective. There's always more than one way to do anything.

If you have any questions in relation to anything I've said in this article, please come and talk to me, or send me an email at [gpatterson@itfnz.org.nz](mailto:gpatterson@itfnz.org.nz) and I'll try to help. Have fun, and go hard!

# Hurupaki Self Defence and Fitness

by George Konia, II dan

Wow! What twelve months has done when the doors are opened fully.

Hello to the people of ITFNZ and a great big thank you to you all. Whether we have met or not, you have given the Hurupaki students and I something one might take for granted – if one had not been in the black hole of held-back knowledge in which Hurupaki club had been.

Officially, 24<sup>th</sup> May 2002 was the day Hurupaki Self Defence and Fitness became part of the ITFNZ family. This resulted from many events over the preceding weeks.

I don't want to be negative, but I feel you should know this. Hurupaki club was strangled for knowledge; I was unable to get answers to questions from my students, and I didn't know how I could progress. I had knowledge, I believed I already knew it all, and I didn't get anything from my seniors. I knew this was wrong and after meeting with Mr Rikki Lawrence, who was of the same mind, his Russell club and my own club members decided to look somewhere else for the answers we needed.

We found the ITFNZ website, and through Mr Lawrence we set in motion the process of joining ITFNZ.

From then on things just got better and better. I did go through a stage of reality checks, as to what I really was. As I mentioned before, I thought I knew it all. I soon found myself in the middle of Mount Albert club, training with students who could jump and fly through the air, stick legs out in all directions, and have time to land on both feet. They could also throw legs out at any height and leave them there without wobbling over – just amazing. I have not told anyone this before, but I used to pinch myself while driving back to Whangarei to make sure I was not dreaming!

After further club training at Mount Albert, and more questions answered, a meeting was arranged. This was held at Mr Vince Pygott's house in Orewa. Well, here I was, sitting in the middle of what I thought could never happen – a chance to discuss with a bunch of 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> dan how things would progress from here.

Things progressed at a rapid rate. Coming to terms with Korean words I had never heard, finding out there is no such thing as an axe kick, and oh! Did I mention sine

wave? Here I was, reading about going backwards before I could go forwards, only to find out that I had to go forwards first. Then to go up and down like an ocean wave as it breaks on the sand. One might understand if I got a bit car sick standing in my lounge at home trying to make sense of it all.

Then all of a sudden there we were, straight into tournaments, which previously we had not been allowed to mention or enter. The first tournament for Hurupaki was the Auckland North Regionals and the first lesson was a leg in the guts – thanks to Mr John Matsuoka for that introduction to 'touch contact'. By the way – for those out there entering your first tournament, you are not allowed to strangle hold your opponent (sorry John). During those first twelve months I encouraged all students to get involved with tournaments, and the best way was for me to lead by example. Whether it was good to watch me or not, it is best to give it a go, and that way you improve. The Hurupaki club travelled many kilometres in the first twelve months, from Whangarei to Auckland and as far as Taranaki.

Another area in which the club was suppressed was getting our own safety training equipment. Since joining ITFNZ we have been actively fundraising through many avenues to ensure that equipment was accessible for every student – all ages, heights and abilities. Our safety-training mats have become a frequent part of our luggage travelling to tournaments.

There have been a number of personal achievements over the first twelve months. In no particular order they are: biggest club in a grading round, my second dan, Instructor of the Year, highest points in a grading round, my umpire certificate and my instructor certificate. In addition, organising the 2003 combined Auckland North and Counties Manukau instructors' course, and seeing two students from Hurupaki club have the confidence to go out and open their own clubs: Mr Mike Smith with Tikipunga and Mr Derek Coradine with Chang Hun Raumanga.

Getting my second dan within the first twelve months was awesome. I had heard a lot about ITFNZ black belt gradings and a key point in every conversation was the training that must be done to prepare for it. I first set a target of eighteen months before I would attempt to grade. Given the new syllabuses that I



Mr Konia makes a point before his class

had to take on (in the ITFNZ techniques handbooks), and the program to reduce my weight and get fit for it, this seemed to be a good time frame to which to work. As I kept competing in tournaments, I soon found that I approached my goals sooner than I expected. I reset my target to within twelve months, and increased my training schedule to daily, studying theory at night. The weekend of 3<sup>rd</sup> and 4<sup>th</sup> May arrived quickly in the end, but felt I was ready. I will not say much about the grading, so that black stripes preparing for theirs will remain guarded leading into it. What I will say: make sure you set aside a couple of days after it for a well-earned rest!

The first twelve months were topped off when I received the Instructor of the Year award at this year's National Tournament in Dunedin. This is a special honour not taken lightly. I believe all instructors are something special, to do what we do as we prepare each of our students for whatever they wish of Taekwon-Do. The path they lead stems from their instructor.

Just three more things write. Firstly, on Hurupaki club's first anniversary with ITFNZ, it was interesting to travel with Mr Andrew Niven to the Ji Shin club in Kerikeri – 24<sup>th</sup> May 2003. Definitely a great end to the first twelve months, to be part of the beginning of a new group as they start their way with ITFNZ. Welcome to all the Ji Shin clubs.

Second, to mention a few of people who have been a great part of this turning point for Hurupaki club and its students. Mrs Sue Breen and Mr Andrew Niven for being real rocks, answering many emails and phone calls with advice for getting established. Mr Vince and Mrs Shirley Pygott for putting up with me coming down to their club during the period before my 2<sup>nd</sup> dan grading. To everyone else who helped, you know who you are, a very big thank you again.

Finally, the biggest thanks to my family: Wendy, Xian and Brook.

# Development Camp

by Paul McPhail, VI dan  
Director of Techniques

In 1999 a camp broke new ground – taking the “best of the best” for a weekend of intensive Taekwon-Do training.

Most described the weekend as one they will never forget. It was hard, both physically and mentally.

We flew the best instructors in from around the country to teach this remarkable group. The instructor line up was as follows:

Mr Paul McPhail, Chief Instructor; Mr Evan Davidson, self defence, team building and ground work; Miss Jeanette Joe, tournament sparring; Mr Lawrence Mantijika, ki, kihaps and patterns; Mr Matthew Breen, flying techniques; Mr Mark Banicevich, Taekwon-Do composition and terminology; Mr Greg Trilford, goal setting and motivation; and special guest Dr Gerald Woollard, everything biology and science.

To qualify for participation at the camp, members had to be recommended by their instructor as having special talent. Those who had achieved an unrequested double grading automatically qualified. Twenty-nine ITFNZ students were invited to attend.

The camp got under way with a general training session in the main gymnasium on Friday evening, 16th April 1999. Everyone was nervous and many didn't

*“Every so often something special happens when a group of extraordinary students get together for some extraordinary training. This was one of those occasions.”*

.....

**Dr Gerald Woollard, 2<sup>nd</sup> dan**

know each other. The class were put through a very physically demanding training session including basis, patterns and flying techniques.

From that first session, they hardly got time to catch their breath, as they had class after class with top coaches and instructors. Every session was challenging and geared to top-level performers.

It soon became apparent that this was no ordinary group, as just about everything the instructors asked, the class performed with ease. It was interesting to see the enthusiasm of the

instructors, as they had the opportunity to teach a group like this. The experience was equally fulfilling for them and the students.

Nearly five years has passed and we feel it is time to do it all again – with the 2<sup>nd</sup> I T F N Z Development

Camp. Instructors have been notified and a date has been set at 5<sup>th</sup> – 7<sup>th</sup> March 2004.

The aim of the camp is to provide motivation and direction for those who excel in Taekwon-Do, and to push them to their limits.

Watch out for your invitation early in 2004. 🐼



Dr Gerald Woollard and Matthew Breen



## DEVELOPMENT CAMP NOMINATION

It is not too late for Instructors to nominate students for the 2004 camp. Surf to: [www.itfnz.org.nz/events/camps/2004\\_development.html](http://www.itfnz.org.nz/events/camps/2004_development.html) and fill out the online form.

Details we need are:

- Instructor name and email address
- Person you recommend
- Their current rank
- Their email address
- Reason you recommend them



## Well Done Bruntons

by Lena Walton, III dan  
Co-instructor, Berhampore

There are not many activities where a parent and child are measured on equal footing. The quality of ITFNFZ instructors means Taekwon-Do is available to all ages.

Father and son, Messrs Lance and Mathew Brunton of Miramar club, are among the many parent and child combinations who are fortunate enough to train together within our organisation. Mr Lance Brunton – Dad – started Taekwon-Do at Miramar club in 1989. After attaining 5<sup>th</sup> gup, Dad had a seven-year break from Taekwon-Do. During this time he and Shona started a family and Mathew arrived in 1993.

When Mathew was five years old, Dad decided it was high time to re-visit his old pastime. In 1998 the Bruntons' training



In May 2003 the pair successfully graded to 1<sup>st</sup> dan. In addition, Mr Lance Brunton co-instructs Miramar junior class with Mr Nick Lourantos, and was recently voted in as the Wellington Taekwon-Do Regional Treasurer.

At nine years old, Mathew is the youngest ITFNFZ member to grade to 1<sup>st</sup> dan and currently helps instruct the Miramar junior class. People who have inspired Mathew within Taekwon-Do are Messrs René Kunz, Graham Patterson and Jake Pearson, and General Choi Hong Hi. With inspirations like these it is not difficult to believe that he would like to make the NZ Junior Team when he "is a bit bigger".

began at Miramar club under Mr René Kunz. For the next five years they stretched, kihaped, sweated and broke boards together.

But wait! There is another Brunton. Jamie is five years old, and has started training. If he is anything like his Dad and big brother, he's going to be keen as mustard.

## Next Issue

### National Juniors' Camp

Kids came from all over the country to attend our first National Camp just for them. Just what did Mr Brown put them through? Find out next issue!

### Epson Under 18s Series Winners 2003

After four tournaments, it was too close to call in all four categories. Read about the 2003 winners in our next issue.

### Development Camp

It is four years since the first Development Camp – a camp like no other. Read about this amazing weekend of Taekwon-Do, just after it happens.

### Three things must ye know about patterns

Patterns are easy. There are only three things you have to know about each movement. What are they? Mark Banicevich reveals all...

### ...plus our great regulars

Mr Fitzgerald shows us yellow belt self defence, our Technical Director discusses the composition of Taekwon-Do, more Kicks for Kids, and much more!



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