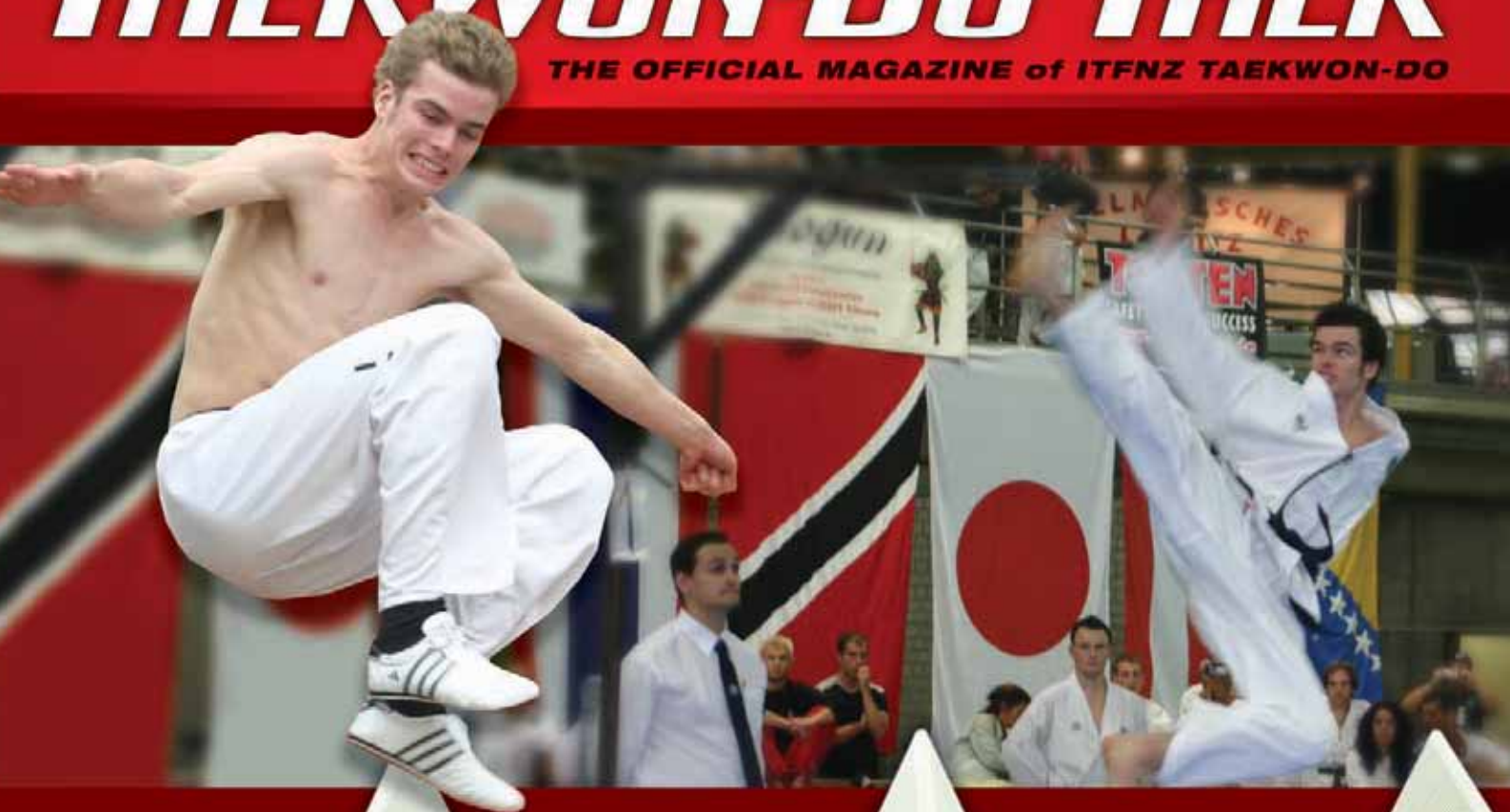


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# TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



## WORLD CHAMPS GERMANY 2005



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#### 14th WORLD CHAMPIONSHIPS IN DORTMUND

Plus The Nation's Best in Levin, Motion and Sinewave, A Brief History of ITFNZ Taekwon-Do part 1, and much more!

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## About the Cover



Cover photographs from the 14<sup>th</sup> ITF World Championships in Dortmund, Germany. Mr Carl van Roon successfully defended his title in special technique. The team is shown outside the training hall near the stadium. Photographs by Neil Breen. Layout by Trudie Malone.

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## Editorial

Welcome to the August 2005 issue of Taekwon-Do Talk – the official magazine of ITFNZ Taekwon-Do.

This issue is full of great articles. Our cover story, by Mr Neil Breen, is the inside scoop on the recent World Championships in Dortmund, Germany. The highs, the lows; the training, the competition, the fun – read all about it on page 16. It was a fantastic event, and on behalf of those there, I would like to thank and congratulate Master Paul Weiler and his team for a fantastic job. I umpired at the competition, so I was very fortunate to experience the spirit of friendship that exists internationally within Taekwon-Do. My greetings and thanks to the umpires from Sweden, Jamaica, Finland, Germany, Belgium, Thailand, Ireland and many other countries who made this a brilliant experience for me.

You may not know that we bid to host the 2009 World Championships at the ITF Congress

held during the World Championships. We lost to Argentina 25 votes to 21 (with 7 abstentions), but I am pleased to report that many countries are very keen to come here. I believe we are preparing our bid to host the 2011 World Championships already. We will compete against Australia, so we must be sharp!

On page 6, read about our National Tournament in Levin. We have a great article from Mr Lance Brunton, and a bundle of photos to accompany it. Full results from the tournament are on page 8. Many who were there are already planning for the 2006 Nationals in Wellington. See you there!

This year's National Awards dinner was a great night. I admit I was skeptical when I heard we would be eating in shifts because the venue couldn't cope with us all. Fortunately Mr Salton and Mr Kessell had it all under control. It was a brilliant night! Read about it on page 13.

If you want to know what's going on in ITFNZ, we have two great articles for you this issue. Read about our future in a report on our second Strategy Planning Day on page 23. We will have 10,000 members by 2015. Believe it! Be part of it!

Read about our past in the first part of a three part article on the history of ITFNZ, on page 20. The article is printed with the kind permission of Master Paul McPhail, who wrote the article for his book, "Taekwon-Do Training Manual" (available from [www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd)).

That's not even half of it. I hope you enjoy this issue. As always, don't forget to send us your articles, letters and photos – and be sure to enter this year's photo competition, see page 15. We have some fantastic prizes, thanks to FujiMAE New Zealand (visit [www.fujimae.co.nz](http://www.fujimae.co.nz)) and Paul M Taekwon-Do (visit [www.paulm.co.nz/tkd](http://www.paulm.co.nz/tkd)).

Mark Banicevich, Editor.



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# Letters to the Editor

Dear Taekwon-Do Talk

I want to express my thanks to the members of the World Champs team who spent the day meeting, and mentoring many of ITF NZ's young students at the recent U18s tournament in Auckland. We have had members of previous teams attend tournaments to be introduced, be officials and do demonstrations before, but this time it was very special. The team members began the day armed with felt tip pens, so that they could sign specially provided Top Ten t-shirts for every single competitor (I bet they had sore hands after signing somewhere around 144 t-shirts!). Most of them spent the rest of the day as impromptu coaches for any competitor who asked them. It was really neat to see an 8 year old yellow belt given the same earnest advice and attention from their World Champ second, as you would see given to a black belt at a National or International tournament. In most cases these were not fellow club members, they were just adoring fans who asked their heroes to help them out. I would like to thank each one for their efforts. It meant more than they probably realise to their young fans, and I am sure some will be inspired to be world class competitors in the future, as a result of this day. Thanks again to Mark Trotter, Dan Jackson, Steve Morris, Renee Richardson, Lipi Shukla, Sam Skinner, Chuan-Whei Lee, Luke Thompson, Carl van Roon, Clint King, Toni Moki, Cameron Snelling and Cedar Brown.

Shirley Pygott, II dan  
Instructor, Jungshin Stanmore Bay



Dear Taekwon-Do Talk

I must have been quiet in February, when I noticed that Counties Manukau had a peewee tournament pencilled in! I got to thinking. Peewee tournaments usually have about 25 competitors. I could organise one, no problem (first mistake). I talked with Mrs Olesen, Paul M Botany Assistant Instructor, and we decided to give it a go. Wondering how to get officials, we had another brilliant idea – let's run a referee and umpires course in the morning for around 20 to 25 officials (second mistake).

I contacted Mrs Angela Dunn (Ardmore Taekwon-Do, Martial Arts Apparel owner, and my son's instructor) who kindly offered sponsorship from Martial Arts Apparel – great! I contacted my seniors for approval to hold these events, then sat back and didn't relax. We Taekwon-Do types don't stand still, do we? I visited local clubs to promote the events; Master McPhail posted the events on the website; we took many entry forms to our regional meeting for each instructor; and we used many other promotional opportunities that arose.

The hall was booked, Miss Honey booked St John (thanks) and Mr Neil Breen and Mr Mathew Breen volunteered to run the morning seminar (or maybe "volunteered"). A big thank you to Master McPhail and Mrs Sue Breen.

After a lot of promotion and phone calls the

entries began arriving. Numbers reached 25 and we thought, "good, 25 is workable", but they kept coming. We ended with 60 for the tournament and 62 for the umpire seminar (never assume numbers). Sunday 24 April came quickly. The umpire seminar was great. Messers Breen have a well-rehearsed teaching routine and at the end of the morning we were all ready to take on the real thing. Botany Primary School hall is not big, but we squeezed in four rings, which was essential to end at a reasonable time. Mr and Mrs Dunn helped us organise small, evenly matched sparring divisions, but some pattern groupings were quite large. The draw was quite time consuming, but often paperwork is! We decided to offer certificates for first, second and two third places so that most children would leave with a certificate. There was an extra bonus for first place winners: a chocolate fish – the way to most children's hearts! Everything ran smoothly and all children had fun. There were lots of positive comments from children, parents and officials which was a wonderful boost after a tiring but thoroughly enjoyable day.

The day went so well because everyone put their hand up to help. There are too many people to thank and I may unintentionally miss someone, so to all of you I would like to say a huge thank you for your time, enthusiasm, motivation and commitment to our younger Taekwon-Do generation. Would we do it all again? You bet we would. See you all next year!

Dave Butchers, I dan  
Instructor, Paul M Botany



Dear Taekwon-Do Talk

First off, thanks to all those who compile this magazine. It's always a great read and truly reflects the effort that you make - I'm continually looking forward to the next issue.

I want to comment on the lack of participation in sparring at tournament, especially when compared to participation in patterns divisions. Is the fear of being hurt in sparring only part of it? All the tournaments I've attended have been run extremely responsibly, and despite the odd blood nose, no one was "hurt". I suppose I'm comparing reality against "very real" perceptions that so many Doin have – that there is a high risk of serious injury.

I wonder if there is an intermediate step to sparring that ITF NZ can implement so Doin can have a "taste" of what sparring is like without fearing that they could be on the receiving end for four minutes.

What about a points system, run like the first point sudden-death minute following a draw – judged the same way (ie, if two or more judges simultaneously see a clean controlled contact, the point is awarded)? This could be scored as one contact is one point, and first to three points wins, or keep the same point scoring system in sparring and have the first to five (or highest score at the end of a time limit). Each time a point or points are scored you return to

junbi in the middle of the mat. The point is that it can end very quickly, and no competitor is going to be hit or scored against more than (in this scenario) three or five times. I also wonder if this might eliminate the "chicken-fighting" that tends to happen during sparring. Points are vital and you can't risk getting struck, so it places an increased importance on blocking – where a point could also be awarded.

Anyway, without going into detail, the idea is to get participation in sparring and tournaments by offering a "step" which isn't so far from the comfort zones of fellow Doin. With more events, this might increase participation in tournaments, rather than having many potential competitors decide between only doing patterns or not competing at all.

An organiser's nightmare, but I'll be the first to put my hand up if we need to beat out the rules for such a discipline. These are, of course, only my views from a handful of Wellington regional tournaments, and the last Nationals – maybe participation rates are higher in other regions.

Thanks and keep up the great work.

D'arcy Mellsop, 2<sup>nd</sup> gup  
Brooklyn, Wellington



Dear Taekwon-Do Talk

Our club just had its tenth anniversary as United Taekwon-Do.

1986: I started practicing the Taekwon-Do in Palmerton North

1995: as a 1<sup>st</sup> dan black belt I moved to study in Wellington. I located Mr Harry Hemana at Rimitaka Taekwon-Do Club, South Pacific Taekwon-Do. After a short time with the club I was handed the leadership – at 19 years old – to run it. Mr Hemana would drop in for a military session, then leave again.

1996 – 1998: I opened two more schools in Kelson and Lower Hutt. The names were not working so I combined all clubs together into United Taekwon-Do, now based in Upper Hutt. We are the only club in New Zealand with direct roots to Mr Hemana.

After a few political changes we returned to ITF NZ, of which we are proud to be part.

We still have our senior students from 1995 – all of whom gained their black belts with United.

Our students were well ranked in the WTF and ITF tournament arena. Kylee and Kayne both gained New Zealand black sparring titles in both styles. Today WTF do not invite us back, because we take all the gold!

Our black belts are:

Blair Martin, Kylee Martin (twice NZ team member, Russia 1997, Italy 2001), Kane Baigent (NZ junior team member, Italy 2004), Curtis Baigent, Jeremy Collins, Amy Collins. Clearly a family senior leadership team.

Blair Martin, II dan  
Instructor, United





# The Nation's Best in Levin

by Lance Brunton, 1 dan  
Miramar

*E nga manuhiri,  
E nga tangata whenua,  
Nau mai, haere mai, haere mai*

*To the visitors,  
To the home people,  
Welcome, welcome, welcome*

This was a fitting greeting for those arriving at the Horowhenua town of Levin for this year's ITFNZ National Tournament.

The Tournament was held over Queens Birthday weekend and was hosted by Central Districts. Tournament organizer, Mr Andrew Salton 5<sup>th</sup> dan, who is the Horowhenua Taekwon-Do club instructor, had his hands full coordinating the draw as well as all the other logistics necessary for a smooth running tournament. This year saw record numbers of competitors for a national event... 385 entries!

It was an early morning rise for most as competitor weigh-in commenced at 6:30am on the first day with 8:00am form-up on both Saturday and Sunday. This early start may have been an issue for those competitors that chose their accommodation nearer to the Tararua Rangers than was wise, given the icy conditions prevailing at this time of year!

The Tournament venue was the local Showground complex. It provided a pleasant and relaxed environment and was fitted out with five match rings, all with mats underfoot. A central video recording platform was utilized by a number of camera operators over the weekend to capture and send real time video footage onto a large video screen for ease of spectator and competitor viewing.

Communication was aided by a roving Mr Brett Feehan who did an excellent job on the microphone, keeping everyone either informed of happenings or providing prompts to those who required reminding of timeliness to get to the ring.

The day's events were tightly scheduled with coloured belts competing on Saturday and black belts on Sunday. Mr Salton highlighted the

importance of adhering to the programme to get through the events in a planned and timely manner. His mission was clearly accomplished!

Saturday's events highlighted the depth and strength of talent that exists in coloured belt competitors across all regions. This reflects a high standard of instruction and considerable personal effort.

From my position as a jury member, I was impressed with the knowledge, experience and critiquing ability of our senior dans. They were able to judge two competitors' patterns that, at times, appeared to me to be of an equally high standard.

During Saturday's lunch break we were all treated to a captivating and emotive Maori cultural performance by members of the local iwi. This was very well received by all.

Sunday's black belt events were a personal highlight, with competitors again displaying a very high standard of abilities and techniques. To be able to witness senior dans perform what I consider complex patterns with such fluidity and grace is a credit to those who have attained such mastery. These senior dans are clearly role models for the "up and coming".

The black belt sparring events proved to be of high energy and impact, leaving a few hardened competitors a tad shaky at the knees at times during some of the bouts. The friendly First Aid personnel were treated to a steady stream of "customers" over the tournament duration, however no serious injuries were sustained. As Taekwon-Do exponents, injuries are certainly not unknown to us, so it was really pleasing to see everyone taking care of themselves and warming up appropriately to reduce this risk.

The standard and speed of many competitors' techniques hugely impressed me, both in the junior and senior events. It was also great to see a number of Taekwon-Do "legends" competing, including Mr Steve Pellow, Ms Rose Cherrington, Mr Laurence Mantjika and Mr Mark Trotter, to name but a few.







Team Events		Gold	Silver	Bronze
Sparring Male	CM	AN	SI	
Sparring Female	CD	CM		
Patterns Male	AN	CM	SI	
Patterns Female	AN	CD		
Power Male	CM	SI		
Power Female	CD	AN	CM	
Special Techniques Male	AN	CM		
Special Techniques Female	CD	AN		
Best Overall Team	CD female			
Best Overall Female Team	CD			
Best Overall Male Team	CM			
<b>Best Overall Belts</b>				
Yellow	Chris Morton	Wellington		
Green	Kunihiko Kaneko	Central Districts		
Blue	Lizzie Fa'afili	Counties Manukau		
Red	Daniel McMillan	Counties Manukau		
Junior black	Lipi Shukla	Auckland North		
Black	Steve Morris Carl van Roon	Counties Manukau Auckland North		
<b>Best Overall Region</b>				
Counties Manukau	173 pts			
Auckland North	150 pts			
Central Districts	137 pts			

Many regions had large teams of supporters present, recognizable by very smart coordinated team jackets and energetic, high volume ring support - all good stuff!

One team chant that stood out as it seemed to permeate and provide presence across the venue was Auckland North's, "we are Auckland, mighty mighty Auckland, if you can't hear us we'll shout a little louder", etc. Mighty they were, finishing second place to Counties Manakau, who earned the honour of being the best overall regional team. Central Districts were the third best overall regional team.

The prize-giving ceremony was split, with coloured belts receiving their medals on Saturday at the end of proceedings. Black belt prize-giving was held on Sunday at the end of the tournament. I must say that the medals looked pretty cool and a suitable reward for those who earned them.

It would be fair to say that Mr Salton, Mr Wayne Kessell (Central Districts Regional Director) and their large team of helpers did an excellent job of organizing and hosting a very successful and memorable tournament.

We commend and thank Central Districts for their dedication, time and effort, which contributed to the success of the tournament.

<http://www.itfnz.org.nz/events/tournaments/nats2005/index.htm>



To watch junior black belts performing techniques in sparring such as flying reverse turning kicks with amazing reaction, control and speed was certainly a highlight. All National junior and senior team member competitors clearly displayed their ability, worth and justification in being selected to represent their country - wow! They are all very focused individuals producing very sharp performances indeed! Mr Andrew Niven must be very proud of his charges.

The black belt destruction and special technique events were certainly worth watching. We have amongst us quite a number of extremely capable and talented individuals with the ability to harness and unleash an impressive amount of power (destruction), and flexibility, "air time" and height (special technique). Many New Zealand team members represented themselves well and displayed exactly why they have been selected for the national team. These included Ms Antje Hollander, Ms Sandi Galpin and Mr Rene Kunz, just to name a few. Mr Jeremy Collins also impressed with his winning performance in special technique.

# National Tournament Results

	Gold	Silver	Bronze	Bronze
<b>Patterns</b>				
4th dan male	Lawrence Mantkijika, CD	Matthew Breen, AN	Andrew Niven, AKN	Dave Ballard, CD
3rd dan male	Daniel Jackson, CM	Mark Trotter, AN	Grant Evans, SI	Cameron Snelling, AN
3rd dan female	Francis Fong, AKN	Luke Thompson, CM	Matthew Keirnan, WN	Royston Lim, AN
2nd dan male	Steven Morris, CM	Thomas Young, CD	Chris Clencie, CM	Shane Black, ML
2nd dan female	Toni Moki, CM	Sandi Galpin, CD	Suzzane Main, WN	
1st dan male	Lipi Shukla, AKN	Rose Cherrington, CD	Rebecca Doogan, CM	Kirsten Vaughan, CM
1st dan female	Meagan Matsuoka, AKN	Chuan Whei Lee, AN	Alicia Yates, CD	Jessica Walker, CD
Red belt senior male	Stephen Murray, AKN	Andrew Walker, CD	Andrew McLeod, SI	Darcy Mellsop, WN
Red belt senior female	Daniel McMillan, CM	Yimu Wang, SI	Cameron Casson, MDL	Ethan Parker, CM
Red belt junior male	Sharlene Clark, WN	Natalie Walker, SI	Cher BroWN, CM	Sheri-Jane Lander, ML
Red belt junior female	Melissa Timperely, CM	Paige Moki, CM	Alicia Chapman, WN	Eliza Buckland, CD
Blue belt senior male	Don Leong, CM	Afi Meleisea, CM	Daniel Chambers, AN	Steve Pussell, ML
Blue belt senior female	James Hunt, CM	Gary Fyfe, AN	Sam Ricketts, ML	Ryan Harris, AN
Blue belt junior male	Lizzi Faafili, CM	Selena Goh, WN	Lisa Zuydendorf, AN	Sarah Bridgens, ML
Blue belt junior female	Kristy Leong, CM	Jessica Harris, AN	Courtney Meleisea, CM	Rebecca Logan, ML
Green belt senior male	Kunihiko Kaneko, CD	Mitch Rae, CM	Teio Teio, WN	Ulric Ferner, AN
Green belt senior female	Rees Skiff, CM	Alan Grimstrup, CD	Clinton Hunt, CM	Martin White, AN
Green belt junior male	Mary Jane Riddle, CM	Danielle Drylie, AN	Maida Akurangi, ML	Hedy Shek, AN
Green belt junior female	Natasha Ganley, AKN	Vickey Dillen, AN	Adele Tohiariki, CD	Emma Lafeta, WN
Yellow belt senior male	Peter Parata, CD	Micheal Butcher, CD	Lou Horua, ML	Andrew Craig, WN
Yellow belt senior female	Timothy Tato, WN	Mitchell Craig, WN	Raine Mcfarlane, CD	Kosmo Pool, ML
Yellow belt junior male	Chris Morton, WN	Karajane Chapman, ML	Jeslca Lewis, AN	Kim McGill, WN
Yellow belt junior female	Erica Germaine, CM	Annaliese Kerkvliet, WN	Kate McGregor, AN	Charlotte Feehan, CD
<b>Free sparring</b>				
Veteran dan male hyper+	Peter Chapman, WN	Tim Couling, AN	Phillip Dunn, CM	
Veteran dan male hyper	P Wightman, MDL	Dave Ballard, CD	George Konia, AN	
Veteran dan male heavy	Steve Pellow, CM	Bryon Cummins, WN		
Senior dan male hyp/hyp+	Cameron Snelling, AKN	Brian Tietjens, CD	Peter Doile, WN	Luke Thompson, CM
Senior dan male heavy	Carl Van Roon, AKN	Rene Kunz, WN	Campbell Gold, SI	Kim Bull, ML
Senior dan male middle	Richard Lavin, SI	Thomas Young, CD	Richard Burr, CD	Kenneth Clancie, CM
Senior dan male light	Steve Morris, CM	Mark Trotter, AN		
Junior dan male hyper	Chris Clencie, CM	Sam Campbell, ML	Thomas Pygott, AN	Regan Diggelman, ML
Junior dan male heavy	Greg Dyson, MDL	Hayden Stevens, ML		
Junior dan male middle	Chris Broughton, CM	Kane Baigent, WN	Mark Hanna, AN	David Burr, CD
Junior dan male light	Gary Sawyer, AKN	Carlos MacDiamid, ML	Jamie Smith, CD	Shane Black, ML
Veteran dan female light	Deborah Olson, CM	Michelle DeKoster, SI		
Senior dan female heavy	Antje Hollander, AKN	Rose Cherrington, CD	Cedar Brown, AN	Rebecca Doogan, CM
Senior dan female middle	Amanda Cleland, CD	Sandi Galpin, CD	Natalie Ewen, SI	Kirsten Vaughan, CM
Senior dan female light	Suzzane Main, WN	Toni Moki, CM	Elly Sekikawa, AN	Janeen Churchill, SI
Junior dan female heavy	Renee Richardson, AKN	Cori-Jean Topia, CM	Alicia Yates, CD	Natasha Kettings, SI
Junior dan female middle	Lipi Shukla, AKN	Alisa Parker, CM		
Junior dan female light	Rebecca Walthall, AKN	Xian Konia, AN		
Veteran 1-4 gup male hyper+	Afi Meleisea, CM	Gregory Clancie, CM	Andy Hardwick, WN	Jim McKenzie, WN
Veteran 1-4 gup male hyper	Don Leong, CM	Paul Bull, ML	Ian Watkins, ML	
Veteran 1-4 gup male heavy	Kevin Cale, MDL	Andy Walker, CD		
Veteran 1-4 gup male mid/light	Fergie Tearikiaua, WN	Bill Stephens, WN	Andrew McNaughton, AN	Paul Easton, CM
Senior 1-4 gup male hyper+	Peter Guptil, CM	Karl Findlayson, AN		
Senior 1-4 gup male hyper	William Shearman, SI	Micheal Hoy, AN	Cameron Head, AN	
Senior 1-4 gup male heavy	Ewen Atkins, MDL	Steven Pussell, ML	Darcy Mellsop, WN	Sean Lukken, WN
Senior 1-4 gup male mid/light	Sean Hammond, CD	Phillip Sanders, AN	Andrew McLeod, SI	Daniel Chambers, AN
Junior 1-4 gup male hyper	Josh Parker, CM	Andrew Watson, AN	Joel Hardwick, WN	Ross Black, ML
Junior 1-4 gup male heavy	Daniel McMillan, CM	Robert Page, CD	Ryan Stevens, ML	Lawrence Lynn, CD
Junior 1-4 gup male middle	Wade Salton, CD	Yimu Wang, SI	Jason Fraser, ML	Ravi Dissanayake, AN
Junior 1-4 gup male light	James Hunt, CM	Bradley Wickman, CM	Sam Rickett, ML	Stuart Madden, WN
Junior 1-4 gup male micro	Luke Mehlpoh, CD	Brad Thompson, CM	Nicholas, James, CM	Dale Daborn, ML
Peewee 1-4 gup male middle	Michael Whiley, CD	Alex Whiley, CD		
Peewee 1-4 gup male light	Taila Goodyer, CD	Jake Lowe, ML	Trivette Murray, CD	Ronan Gallagher Forbes, CD
Peewee 1-4 gup male micro	Robert Meleisae, CM	Jarrold McPhail, CD	Mitchell Leong, CM	
Vet/sen 1-4 gup female hyper+	Cher Brown, CM	Jen Iti, CD		
Vet/sen 1-4 gup female hyp/hvy	Mary Daborn, MDL	Mera Horton, CM	Trish Plunket, SI	
Vet/sen 1-4 gup female middle	Lisa Jack, AKL	Anita Ferner, AN	Lisa Zuydendorp, AN	
Senior 1-4 gup female heavy	Lizzie Fa'afili, CM	Claire Overton, AN	Desiree McNie, AN	Sarah Williamson, CM
Senior 1-4 gup female light/micro	Mereana Kajavala, MDL	Natalie Walker, SI	Sarah Brigdens	Katherine Gilmore, WN
Junior 1-4 gup female hyper	Sasha Millar, CM	Candice Millar, CM	Rosa Devadas, WN	Sheri Jane Lander, ML
Junior 1-4 gup female heavy	Claire Kendall, CM	Stacey Baigent, WN	Rebecca Logan, ML	Eliza Buckland, CD
Junior 1-4 gup female middle	Christine Topia, CM	Amy Reeder, AN	Courtney Meleisea, CM	Kirsty Leong, CM
Junior 1-4 gup female light	Paige Moki, CM	Hayley Rosser, ML	Hanna Kendall, CM	Chloe Parsons, WN
Junior 1-4 gup female micro	Caitlin Hunt, CM	Jessica Harries, AL	Mellisa Timperley, CM	Jamie Teasdale, ML
Peewee 4-6 gup female mdl/ltg	Patrina Guptil, CM	Clara Ibrahim, CD	Jasmine Pene, CM	Nicole Cooper, CM
Peewee 1-4 gup female micro	Brante Marquet, AKN	Sonja DeKoster, SI	Anna Yates, CD	Natalie Cale, ML
Veteran 5-8 gup male hyper+	Andrew Craig, WN	Steven Fox, WN		



	Gold	Silver	Bronze	Bronze
Veteran 5-8 gup male hyper	William Manuel, MDL	John Rosser, ML	Peter Goodyer, CD	David Powell, CM
Veteran 5-8 gup male heavy	Teio Teio, WN	Richard Beddeck, AL		
Senior 5-8 gup male hyper+	Shane Pahi, CM			
Senior 5-8 gup male hyper	Peter Parata, CD	Frank Frinking, ML	Bendon Stads, CD	
Senior 5-8 gup male heavy	Micheal Butcher, CD	Andrei Pikari, CD	Victor, Watkins, WN	Luke Tearikiaua, WN
Senior 5-8 gup male middle	Mitch Rae, CM	Jock Young, CD	Ulric Ferner, AN	Rey Okada, CD
Senior 5-8 gup male light	Tao Ye, AKL	Luke Dean, SI		
Senior 5-8 gup male micro	Kunihiko Kaneko, CD	Kieto Mori, CD		
Junior 5-8 gup male hyper	Joseph Cant, CD	Scott Timperley, CM	Blair Drinkwater, AL	
Junior 5-8 gup male heavy	Alan Grimstrupp, CD	John van Nistelroy, CD	Daniel Gold, SI	Joseph Fleming, CD
Junior 5-8 gup male middle	Adam Harvey, SI	Rees Skiff, CM		
Junior 5-8 gup male light	Shiloh Walsh, SI	Ayden Holland, CD	Duncan Chisholm	Cole MacGilvray
Junior 5-8 gup male micro	Philip Ibrahim, CD	Tamehana Riddell, ML	Clinton Hunt, CM	Chayse Gorton, ML
Peewee 5-8 gup male middle	Martin White, AKN	Mitchell Craig, WN		
Peewee 5-8 gup male light	Ian Abel, AKN	Ainslie Bailey, SI	Rawiri Riddell, ML	Kirk Geisler, ML
Peewee 5-8 gup male micro	Zane Kendall, CM	Luke Cherroington, CD	Kosmo Pool, ML	Raine Mcfarlane, CD
Senior 5-8 gup female hyper	Chris Morton, WN	M. Akurangi, ML		
Senior 5-8 gup female hvy/mdl	Grace Jones, MDL	Jessica Lewis, AN	Jennifer Fayerman, SI	Dannille Drylie, AN
Vet/sen 5-8 gup female open	Kim McGill, WN	Rajane Chapman, ML	Hedy Shek, AN	
Junior 5-8 gup female hyper	Charnell Tearikiaua, WN	Kelsie Pottinger, ML	Adele Tohiariki, CD	Minette Steyn, ML
Junior 5-8 gup female heavy	Erica Germain, CM	Zoe Clayton, AN	Krystal Hanson, WN	Vickey Dillen, AN
Junior 5-8 gup female middle	Annaliese Kerkvliet, WN	Charlotte Feehan, CD	Melissa Hancox, CD	Shannon Williams, WN
Junior 5-8 gup female light	Amy Bullen, CD	Melanie Fairweather, AN	Natasha Ganley, AN	Kate McGregor, AN
Peewee 5-8 gup female micro	Rachel Reeder, AKN	Grace Coffey, AN	O'Shea Bailey, SI	
<b>Special technique</b>				
Senior male	Carl van Roon, AKL	Dan Jackson, CM	Cameron Snelling, AN	
Junior male	Jeremy Collins, WN	Shane Black, ML	Chris Clencie, CM	
Senior female	Nikki Galpin, CD	Sandi Galpin, CD		
Junior female	Estelle Speirs, CD	Lipi Shukla, AN	Renee Richardson, AN	
<b>Power</b>				
Male	Rene Kunz, WN	Luke Thompson, CM	Clint King, ML	
Female	Lorraine Eade, SI	Helen Kettings, SI	Antje Hollander, AN	

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# George Konia, III dan

by Steve Pallant, I dan  
Hurupaki

*Mr George Konia is instructor of the Hurupaki club based in sunny Whangarei. Many of you will, no doubt, have met Mr Konia, either at seminars, training camps, regional or national tournaments. He is a 'get out and do it' kind of person with great drive and energy. This profile may help to discover what makes this 'Northland Dynamo' run.*

## When did you first become involved in martial arts?

I was fifteen, martial arts were a mystery, and I wanted to know more. Bruce Lee movies helped light the candle, as they did for a lot of people back then.



Mr Konia and his fellow students about to grade for shodan (1<sup>st</sup> dan) in Seikukan Karate, December 1985. Mr Konia is on the right – and his hair isn't grey!

In 1974 I joined the Budokan Karate-Do club. The instructor was Mr Ian Hodgkinson and the dojo was at the Three Mile Bush Rd scout hall in Kamo. I had no transport at the time and would run everywhere. My normal working day would start with a 5km run from home in Onerahi to work in the Whangarei town centre, and then a 5km run home at night. Twice a week, on training nights, I would add to this a 5km run from work to Kamo, train for one and a half hours and then run the 10 kilometres home. We would attend grading in Auckland

once a year. The examiners were Sensei Silver Sargent and sensei Carl Sargent – both of whom were 4<sup>th</sup> dan, which was considered to be a very senior rank at the time. They were also the heads of the Budokan Karate-Do in New Zealand.

In 1977, I joined the Kyokushinkai Karate-Do club, where the dojo was in Vine Street Whangarei, and the instructor was Sensei Gary Uravich, 1<sup>st</sup> dan. Gradings were also held once a year in Auckland. The examiner was Sensei John Jarvis, 4<sup>th</sup> dan. I continued my training regime of running and that year I also joined the Whangarei rowing club, training twice a week. We would start training at 6am, either with weights, rowing or a 25km run before heading off to work. You may not know this, but Karate-Do has ten grading levels from beginner to advanced student (before achieving a 1<sup>st</sup> dan) these are called "kyu" and at this stage of my Karate training I had achieved the level of 6<sup>th</sup> kyu.

My instructor, Sensei Uravich, had to move from Whangarei due to work commitments in 1980. So, after a short break, I joined Seikukan Karate-Do in 1981. My new instructor was sensei Bob Dalton, 4<sup>th</sup> dan.

Due to the difference in syllabus, I reverted back to 10<sup>th</sup> kyu (white belt) with my new club. However, I was very quickly elevated to my previous grade and continued until I achieved 1<sup>st</sup> kyu in 1984.

In January 1985, my instructor advised me to prepare for my 1<sup>st</sup> dan grading, which was to be held in December that year. I successfully achieved 1<sup>st</sup> dan, and continued to train and participate in inter-club and regional tournaments. Because of my involvement in club training and tournaments, in November 1986 my instructor advised me to prepare for my 2<sup>nd</sup> dan grading, to be held the following month. This may sound like very short notice,

but I had trained really hard and was ready for the grading. The grading was extremely hard. I was promoted to 2<sup>nd</sup> dan.

I continued to train and instruct with Seikukan Karate-Do until 1989.

## What led you to consider training in Taekwon-Do?

I had been involved with Karate for some fifteen years when the kids came on board, and going down to a single income family, some things had to be put on hold. Martial arts was one. It was not until 1998 that I would don a dobok. I got talking to a work colleague, Mr Phil Thompson, who I hold in high regard as a practitioner of Taekwon-Do. I went along to train and liked what I saw.

At the time it was more for the kids to get involved with martial arts – as they did and still are. Within a very short time I was hooked on all aspects of Taekwon-Do.

## When did you receive your 1<sup>st</sup> dan in Taekwon-Do?

November 2000, in Pacific Sun Taekwon-Do, which is an arm of Pacific International Taekwon-Do, Australia.

I was very proud of my achievements. It must have been interesting for onlookers. It was meant to be a non-contact style, but at the end of the grading I was black and blue, and my dobok changed from white to very red from my rearranged nose.



Results of the non-contact sparring that wasn't: 1<sup>st</sup> dan grading under Pacific Sun Taekwon-Do (November 2000).

## How did your club cope with the transition from Pacific Sun to ITFNZ?

Hurupaki club's transitional period was great, because many meetings with ITFNZ officials took place prior to joining. Any questions that members may have raised were covered already by the club's committee and the ITFNZ Auckland North Region instructors.

Our club members were consulted about the changes and things went ahead without a hitch. Members were very impressed with the 2001 "ITFNZ grading syllabus video", which we showed on the initial changeover night.

Forefoot downward punch. One of five destruction requirements as part sitting for 1<sup>st</sup> dan with Pacific Sun Taekwon-Do.







Forefirst punch break at 2005 Auckland North Regional Tournament in Whangarei. Onlookers Mr Mark Trotter and Miss Nicola Tse.

**From what aspects of being part of ITFNZ have you and your students benefited most?**

Well, where do I start? I would have to say the huge depth of dan grades ITFNZ has, and their knowledge is a very good start.

Secondly, the high standard placed on students' technique and understanding of what they are doing, plus the reassurance that, if you do get stuck for answers, someone will help. "You need only ask the question".

Third would have to be the website. From an instructors / students point of view, all one needs to know is there, to further one's understanding of Taekwon-Do in New Zealand.

Last, but by no means least, General Choi Hong Hi's encyclopaedia of Taekwon-Do.



Mr Konia performs a side piercing kick during his 1<sup>st</sup> dan grading with Pacific Sun. Note that Mr Derek Coradine is the boardholder on the right.

That about covers it. These things resulted in members being able to participate at seminars and tournaments, and enabled them to get other qualifications such as umpire certificates.

As for myself, just to be able to stand and train in the same room with 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> dan black belts is amazing!

**What are your short, medium and long term goals in Taekwon-Do?**

Having been a member of ITFNZ for nearly three years has seen some of my short term goals come to fruition:

- To maintain the student roll numbers, given the higher standard of the organisation. We have done this and the current active training membership stands at 55.
- To gain my 2<sup>nd</sup> dan (achieved 4 May 2003).
- To host a tournament in Whangarei (achieved February 2004).

Medium term goals are:

- To achieve 4<sup>th</sup> dan before I turn fifty.
- To have a student roll of one hundred members by the end of 2006.
- To have separate classes for coloured grades 10<sup>th</sup> / 9<sup>th</sup> / 8<sup>th</sup> / 7<sup>th</sup>, and so on by 2008.
- To host a National Tournament in Whangarei.

Long term goals are:

- To achieve 6<sup>th</sup> dan before I turn sixty.
- To be an area examiner for grading
- To host an International Tournament in Whangarei.

Also, to visit all ITFNZ clubs throughout New Zealand and train with them.

**Who has influenced you the most within Taekwon-Do, and why?**

This is a very hard question to answer, as there are many I have to mention.

First, without a doubt, is the late General Choi Hong Hi. Having never met the great man, but talking to others who have, and seeing the impression he left on them, as well as knowing

that millions of people around the world practise Taekwon-Do, is truly incredible.

Secondly, I would have to mention Mr Phil Thompson again, without whom I would never have taken the first steps toward Taekwon-Do, and what it has to offer and helped me achieve.

Thirdly, Mrs Sue Breen and Mr Andrew Niven for putting up with my never-ending phone calls, email and following them along like a shadow, asking the many questions I had in the early days of joining ITFNZ. Fourthly, Master Paul McPhail and Mr Mahesh Bhana whose very honest answers after coloured-belt gradings regarding the results and concerning students' techniques, have helped me become, I hope, a better and more understanding person within the world of ITFNZ.

Last, but not least, the Hurupaki club. Everyday gives me more reason to practise something that has become very much a family affair with my *great* wife Wendy (1<sup>st</sup> dan) and my two kids (Xian, 1<sup>st</sup> dan and Brook, 4<sup>th</sup> gup).

And to Mr Steve Pallant: thank you, Sir, for giving me the chance to answer these questions. As always, Taekwon.



Mr Konia performs one-step sparring and pre-arranged free sparring during his 3rd dan grading in May 2005, with partner Mr Gary Fyfe. Mr Fyfe stepped in at the last minute, when Mr Konia lost both partners to injuries. His performance on such short notice was superb.

Thank you Mr Konia for this insight into your Karate and Taekwon-Do history.

I conclude by congratulating Mr and Mrs Konia, on behalf of all Hurupaki students, on receiving the Presidents Award for their outstanding contribution to ITFNZ, and we thank you for your dedication to your students.

Congratulations also on your promotion to 3<sup>rd</sup> dan.



# Motion and Sinewave

by Brendan Doogan, II dan  
Dragons Spirit Papatoetoe



The high turning kicks in Hwa-Rang are in fast motion with no sine wave

One thing that sets Taekwon-Do apart from other martial arts is our system of Tul. There are thousands of techniques available to the Taekwon-Doin, many of which are in Tul. However, it is not just the techniques themselves that are different, but also the way we do them. Sine wave is an example. To gain power we drop our bodyweight into our attacks and defences. In addition, some movements are done quickly, others slowly, and some non-stop. When I graded from first gup to first dan, I learned new Tul which have lots of these fast, slow, continuous and connecting motions, so I decided to try to get my head around it all. Drawing on an article written by Master McPhail in September 2004, this is what I came up with. (If there is anything inaccurate about what I've written please let me know so that I can make corrections!).

## Slow motion:

*"Slow motion – movement is performed slowly with slow breathing. This is used to emphasize an important movement and to check balance and control".*

Extend the front foot smoothly into walking or low stance by placing your bodyweight over your rear foot.

Ensure your technique comes out evenly, with no jerk or acceleration at the end.

Your hands, feet, eyes and breath must move in a coordinated motion, and finish together.

Show the best technique you can. Ensure you use the correct tool, angle, height, distance, application, and so on.

Slow motion movements should all take the same length of time to execute.

## Fast motion:

*"Fast motion – urgent and aggressive, normal breathing. Fast motion is nearly always attacks – mainly two punches. Short-cut your sine wave – spring straight from the first movement into the next".*

These movements must be done fast, *"with urgency"*. There must be an obvious difference from normal speed.

Paired fast motion punches all use 2/3 sine wave (Do-San, Yul-Gok, Ge-Baek, Choong-Jang, So-San, Tong-Il). This means you rise up as soon as you complete the first technique, without a downward motion in your sine wave.

Paired kicks (that is, consecutive and combination kicks) are all fast motion and have no sine wave (Hwa-Rang, Choong-Moo, Ge-Baek). The guarding block after the combination turning kicks in Hwa-Rang, however, has full sine wave and fast motion.

Where two fast motion techniques are the same (eg, left punch, right punch, or right high turning kick, left high turning kick) ensure that they are both well executed, even if you're better on one side than the other (we should be practising especially hard on our weaker side anyway).

The release and punch in Joong-Gun, the pressing blocks in Choi-Yong, and the knifehand side block and punch in So-San are fast motion with 2/3 sine wave.

Ensure techniques are performed properly even though they are fast. Think about the tool, angle, height, distance, application, and so on, just as for normal speed. Try to keep each technique distinct and separate from the next by stopping it sharply.

## Continuous motion:

*"Continuous motion – link the movements together with no pause between the end of one movement and the start of the next. Breathe in once then out in a continuous flow of air but emphasizing each movement. Try to link the moments smoothly, with grace and beauty. (Continuous movements always start with a block)".*

Continuous motion is executed with full sine wave. The only exceptions are in Po-Eun and Yoo-Sin (which include seven and four

consecutive movements in continuous motion respectively).

Each technique is still distinct from the next – sharp and clear, well executed – but the two are done without the usual pause between, and are completed with a single breath.

Single breath should be 'pulsed', ie, the abdomen should be tensed at the completion of each technique, whilst saving enough breath for the next movement(s). The ultimate test of this is in Po-Eun, movements 6-12 and 24-30!

## Connecting Motion:

*"Connecting motion – complete the two movements with one breath and one sine wave. Connecting motion is always with two movements using opposite arms".*

Connecting motion is always applied with 1/3 sine wave on the second movement. This means that at the completion of the first technique you are 'up', and you drop during the second technique to 'down'. In Yul-Gok this means that the palm hooking block is executed with the rear heel raised off the ground. (This is one of the exceptions referred to when stances are described as always having the rear heel on the ground at the moment of impact).

To clarify using Yul-Gok as an example, we have just completed the first palm hooking block, using the right hand on a right walking stance. The next two movements are done in the space of a single sine wave; the palm reverse hooking block as we bend the rear (left) knee (ie, 'down') and then straighten it again, rising onto the ball of the foot (ie, 'up'), and the front punch extends as we drop down into the walking stance.

All quotes come from the following reference:

McPhail, Paul (2004). "Pattern Speeds and Sine wave Study". <http://www.itfnz.org.nz/ref/documents/index.html>

Movements 13 and 14 of Dan-Gun are performed in continuous motion, with grace and beauty





# Honouring Those Who Serve

by Jamie Smith, 1 dan  
Palmerston North Academy

How is it possible to sum up the ITFNZ annual awards dinner in a short article? Put simply it's not, but I'm going to try anyway. The dinner is always a jovial affair where competitors can catch up with friends from other regions without the stress of the competition upon them, enjoy a meal and celebrate the tall poppies of our Art. The evening started with a delicious meal put on by the Levin branch of the RSA. After an



Top: new ITFNZ Taekwon-Do life members pictured with Masters Davidson and McPhail.

Middle: nominees for Junior Student of the Year, pictured with presenter Mr George Konia.

Bottom: nominees and winner of Dan Student of the Year, with presenter Mr Jake Pearson.

hour of solid eating by certain members of the crowd, the awards got underway. The MCs for the evening were the hilarious Mr Mark Banicevich and Mr Hayden Breese who made the evening fly by. Interspersed with anecdotal comments and witty humour by the presenters, the winners were announced.

The first award presented was the Paul M Taekwon-Do Dan Student of the Year award. The nominees for this event were; Todd Drinkwater, Shaun Skedgwell, Sandi Galpin, and Lance Brunton. The winner was Johnny Ormsby Jnr. The next award was the Web World Gup Student of the Year award and the students nominated for this were: Kristy McRae, Sarah Bridgens, Shiloh Walsh, Steve Fox and Afi Meleisea. This award was taken out by Amanda Cleland of Palmerston North Academy.

After Amanda's brief speech came the Nibun ITF Junior Student of the Year. The students nominated for this category were: Rebecca Walthall, Melissa Timperley and Natasha Kettings. Melissa Timperley was the winner of this award.



Mrs Helen Kettings accepts Instructor of the Year for Mr Neil Kettings. Pictured here with presenter and South Island legend, Mr Grant Evans.

Next was the Epsom New Zealand Instructor of the Year award. Nominees for this were Messers George Konia, Kim Bull, Brett Kraiger, Dave Ballard, Kane Raukura and Neil Kettings. It was won by a very special man, Mr Neil Kettings, from all the way down in Dunedin. Mr Kettings has just recovered from cancer and the audience was clearly moved by his perseverance.

It was at this point that one of the most heavily contested and valued award was presented - the Martial Arts Apparel Club of the Year. Clubs nominated for this award were; Horowhenua, Hurupaki, Gisborne RTR, Dunedin, Porirua and Paul M Waiau Pa. This prestigious award was won by the Gisborne RTR.

Finally, the Presidents Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do was awarded to George and Wendy Konia. The other nominee for this award was Miss Hannah Honey.

Last but not least, the Special Awards were presented. The first ones awarded were a real first for ITFNZ. Master McPhail and Master Davidson were unexpectedly presented with the first ever ITFNZ Masters Certificates. ITFNZ certificates are normally signed by our President (Master Davidson) and the signing overseen by the Director of Gratings (Master McPhail). To keep it a surprise, Mr Bhana had thoughtfully organised for them to be signed by the President of ITF Master Trần Triều Quân, Master Hector Marano, Master Pablo Tr ajtenberg and Master Wim Bos during the Masters' seminar and grading last year. Life memberships were then awarded to Mrs Shirley Pygott, Mr Vince Pygott, Mrs Sue Breen, Mr Neil Breen and Mr Andrew Salton. Umpires certificates and International Instructor certificates were also awarded.



Master Davidson addresses the troupes

To sum up the evening ITFNZ President Master Evan Davidson made a speech wishing the New Zealand Senior Team good luck in Germany. I would like to thank Mr Salton and his club for organising such a fantastic evening and congratulate all nominees and winners of the 2005 Awards.

See you all in Wellington in 2006.



Masters Davidson and McPhail receive special ITFNZ Taekwon-Do Masters Certificates

Every year some incredible people in our organisation are celebrated and this year was no exception. Professionally hosted by Mr Mark Banicevich and Mr Hayden Breese we were treated to an entertaining presentation of the ITFNZ National Awards where we were introduced to this year's nominees and winners. Going beyond their call of duty, these people have left their imprint on ITFNZ. They are our future and when we applaud them we are applauding all they have done for us. Their committed passion has become our inspiration.

This year's winners were:

*Amanda Cleland – Webworld Gup Student of the Year*

An excellent role model, Amanda has made a valuable contribution to her club, including taking on the role of treasurer. A committed student, she trains hard and has the tournament results to show for it.

*Johnny Ormsby – Paul M Taekwon-Do Dan Student of the Year*

Leading by example, Johnny has put himself out tirelessly to help improve the students in his club. He has also partnered senior members for their black belt gradings and been instrumental in club fundraising.

*Melissa Timperley – Nibun ITF Junior Student of the Year*

Mr Pellow would like to clone Melissa and place her amongst clubs throughout New Zealand. This would be an innovating way to increase membership. Melissa's involvement has been instrumental in raising the standards of other young students and is an awesome role model.

*Neil Kettings – Epsom New Zealand Instructor of the Year*

"Go hard or go home" is Mr Kettings' favourite phrase and perhaps sums up his inspirational attitude towards training and life. Neil has kept up his training even after being diagnosed with non-Hodgkins cancer and attends and supports all ITFNZ events.

*Gisborne RTR – Martial Arts Apparel Club of the Year*

Although he lived in Australia for many years, Mr Bull is an exceptional exponent of Taekwon-Do and his club in Gisborne has continued to flourish and grow since its onset in 2001. Starting with only white belts he now has black stripes ready to grade and always has a large amount of students grading at every grading round.

*Mr and Mrs Konia – The President's Award*

Working as a team, Mr and Mrs Konia have made an outstanding contribution to ITFNZ. They have been involved heavily at the organisational level, being key members in the organisation of regional tournaments and the upcoming Masters Seminar. Living the philosophy of Taekwon-Do, they are inspirational leaders and truly deserved of this prestigious award.

*The following Special Awards were also presented:*

Masters Certificates: Masters Davidson and McPhail were presented with framed ITFNZ certificates for their masters' gradings.

Life Memberships: Mrs Shirley Pygott and Mr Vince Pygott, Mrs Sue Breen and Mr Neil Breen, and Mr Andrew Salton were made life members of ITFNZ.

ITF Umpires Certificates, A Grade: Master Evan Davidson, Mr Andrew Salton, Mr Mark Banicevich.

ITF Umpires Certificates, B Grade: Messers James Rimmer, Vince Pygott, Andrew Niven, Darren Ward, Shaun Tolley, Gwyn Brown, John Matsuoka, Shaun Skedgwell, Phil Dunn, Mrs Angela Dunn.

International Instructor Certificates: Messers James Rimmer, Andrew Salton, Vince Pygott, Andrew Niven, Shaun Tolley, Ian Campbell.

Dan Certificates: Mr James Rimmer VI dan, Miss Jeanette Joe V dan, Mr Kevin Joe IV dan, Mrs Lena Walton IV dan, Mr Kane Raukura IV dan

# Three Principles for Releasing Techniques

by Mark Banicevich, IV dan  
Instructor, Paul M Glendowie

Apparently the average person remembers things most easily in groups of five plus or minus two – so three is the lowest common denominator, and seems to work for me. Good rule sets come in threes. It took me ages to work these principles into three:

1. Use your mass and breathing
  - a. Relax and use breathing
  - b. Use hip then hand to move large muscles then small
2. Maintain your centre
  - a. Elbows in and keep technique in your centre
  - b. Keep centre of gravity between your feet
3. Use the angles
  - a. Move off the line to avoid attack
  - b. Use your opponent's third point to break their balance

These three things help me to understand and generate as much power and effectiveness as I can when releasing from a grab. They may help you, too. I do not suggest that this list is complete. I would love to hear ideas for principles I missed. For now, this is what I have, based on my own learning and experience.

Over the next few issues, I will explain these three principles and introduce exercises to practise them. Later I will apply them to a releasing technique, as an example of their application.

In this issue, I introduce the releasing technique we will use later to practice these three principles. In Aikido it is called "nikyo", which means "second teaching". In Korean, we call it "jappyosul tae", "release from a grab". Forgive me for using Aikido terminology; it is useful because it has different names for different types of releases.



"Nikyo" simply refers to a lock applied to the wrist, as pictured. The elbow and wrist of the opponent are each bent about 90°, with the thumb pointed downward. The hand is pushed back towards the forearm, and the wrist twisted upwards.

The technique can be applied to almost any release or attack, not just the one commonly taught in Taekwon-Do, shown opposite. We will return to this point in a later issue.



## Stretching for nikyo

As with all Taekwon-Do techniques – indeed, with all forms of exercise – it is important to warm the joints and muscles before progressing to intense movement.

To stretch the right hand for *nikyo*, stand in parallel stance and extend the right arm straight forwards, rotated inwards with the thumb pointed towards the ground.

Grip the right hand with your left hand, by placing your left palm on your right knifehand. Then grip your right palm with your left thumb, placing all four fingers of your left hand on the back of your right hand.

Bring your right hand back toward your navel, bending the elbow and wrist each about 90°. Apply gentle pressure to the back of the right hand, pushing it towards the right forearm, and twist the right hand up towards the ceiling. Hold for about 20 seconds.

Stretch the left wrist. Repeat, so each wrist is stretched twice.

## Nikyo applied to a cross grab

This section illustrates the technique of *nikyo* applied to a cross grab. It is incomplete, because the three principles to which this article refers have not been applied. By the conclusion of this series of articles, we will have a more complete *nikyo*.



1. Stand facing your opponent, both standing in parallel stance. Opponent grabs your right wrist with his or her right wrist.

2. Place your left hand upon your opponent's right hand, to stop the opponent from releasing his or her grip.

3. Circle your right hand clockwise under your opponent's arm, then up towards his or her face. This bends your opponent's arm about 90° as required for *nikyo*.

4. Complete the arc with your right palm facing outwards before your partner's face. This bends your opponent's wrist about 90° as required for *nikyo*.



2



3



4



5



Mr Ian Atkins of Gisborne takes a short holiday while Mr Kim Bull tries to apply nikyo without breaking Mr Atkins' balance.



Although Mr Atkins feels no pain, Mr Bull effectively applies nikyo by breaking Mr Atkins' balance.

By the end of this series of articles, the secrets of applying releasing techniques against such opponents will be revealed!

5. Maintain your grip on the opponent's right hand with your left hand. Rotate your right hand forward and over your opponent's wrist, pushing your right knifehand diagonally into his or her right wrist joint. This applies pressure to the opponent's hand towards his or her wrist, and twists his or her hand upwards towards the ceiling.

*Nikyo* is applied. Most people feel intense pain in the wrist, and their knees often collapse beneath them to relieve the pressure.

A small number of people feel no pain with this technique (until their wrist is broken, before which they will at least punch you in the face with their free hand, which may distract you from completing the technique). Mr Ian Atkins of Gisborne is one (pictured above). By the conclusion of this series of articles, you will be able to apply *nikyo* so even Mr Atkins can be successfully repelled!



## Is this the 2005 Taekwon-Do photo of the year?



If you have something better, send it to us and you could win some fabulous prizes – and have your photo printed in full colour in our December issue!

1<sup>st</sup> prize: Fuji Mae Taekwon-Do Nylon Gear Bag, retail value \$110.00

2<sup>nd</sup> prize: Fuji Mae Focus Paddle, retail value \$45.00

3<sup>rd</sup> prize: Taekwon-Do Pioneers DVD from Paul M Taekwon-Do, retail value \$29.95

### Rules

- The competition is open to registered members of ITFNZ Taekwon-Do only.
- Entries must be new original photographs of registered members of ITFNZ Taekwon-Do.
- Entries must be still photographs (digital or film); they may not be captured video clips (vidcaps).
- Entries must include the names of the people in the photograph and the name of the photographer, together with a couple of sentences about where and when the photograph was taken.
- Entries must be received by 15 October 2005.
- Entries may be posted or emailed:
- Post to TKD Talk Photo Competition, 26 Merton Rd, St Johns, Auckland 1006. Include a stamped, self addressed envelope with your entry if you would like your photo returned.
- Email to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz), subject Taekwon-Do Talk Photo Competition. Entries must have sufficient resolution to be printed clearly at A3 size.
- Winners will be selected at Stripes 1 to 1. Judges' decision is final, and no correspondence will be entered into.

## News in Brief



It is with sadness that we farewell Mr Andrew Niven and Dr Antje Niven, who recently relocated to Germany with their son, William.

Mr Niven has been heavily involved in ITFNZ for well over ten years, and has been instrumental in a number of our major achievements. He taught the Nibun clubs, and was New Zealand coach for two senior and one junior World Championships.

Dr Niven is a more recent addition to our organisation, and has represented us at two World Championships.

Mr Niven is the first to admit that many will not mourn his departure, but a larger majority will miss his vast contribution, and many will miss the friendship of Mr and Dr Niven.

We look forward to their continued association with ITFNZ, and hope to see them return home in the future.



# 14th World Championships in Dortmund

by Neil Breen, 11 dan  
ITNFZ Correspondent to Dortmund

## Transit, Saturday 23 July

Departure for Dortmund for the 22 members of the NZ team, plus the coaches, manager, and travelling supporters. Small groups arrived at Auckland airport from Midlands, Central Districts, Wellington and Dunedin.

It took a lot of hard work to get there. Not only training, but hard saving, and maybe knocking on doors for sponsorship. It cost four to five thousand dollars to make the trip. Competitors also had the best part of another thousand for tracksuits, gear bags, competition dobok, blue and red sparring gear... Team manager Greg Skinner achieved sponsorship for the majority of this part, thankfully.

Boarding time arrived. There were emotional goodbyes – not just for those heading away for ten days, but for coach Andrew Niven, who didn't return from Germany.

The first leg of the journey was 10 hours to Singapore. Most of the team caught up on movies. Singapore is one of the more pleasant airports in the world to spend a few hours in transit. A number of team members headed for showers available at the transit lounges. After a few hours there, we were back on board for a 12 hour hop across Asia to Amsterdam.

## Amsterdam, Sunday 24 July

Fears of a wiltingly hot Europe are laid to rest as we exit Schiphol airport at 7am. It has been overcast as we cross Western Europe, and admittedly it is still early morning, but it is quite cool.

A bit over 24 hours will be spent in Amsterdam. Some teams tend to arrive at the tournament city with minimal time to go. By arriving a few days early, we got to both adjust the body clock better, and also make a little more of the opportunity the trip offers, to see exotic sights, and sample some of the atmosphere on the other side of the world.

The first unusual aspect of Amsterdam is the bicycles. Apparently the majority of the population own two bicycles. A good one for weekends, stored inside, and a dunger used for riding to work, etc, which gets chained up

Photos from left:

1. Carl van Roon, gold medal, male individual special technique
2. Female team, bronze medal, female team power test
3. Luke Thompson, silver medal, male individual power test
4. Female team, bronze medal, female team special technique
5. Male team, gold medal, male team special technique
6. Steve Morris, silver medal, male 1<sup>st</sup> dan pattern
7. Laurence Mantjika, bronze medal, male 4<sup>th</sup> dan pattern
8. Male team, bronze medal, male team power test



The New Zealand female team have perfected the art of synchronised falling

outside. In every street there are hundreds of chained bicycles. Many aspects of the city reflect its centuries-old origins, such as the narrow buildings, some of which have disturbing leans to them. (Apparently they used to pay rates on their house-width, so they are tall and narrow).

We stayed at Hotel Eden, very close to the city centre. The rooms reflect the historic area – they are rather small, and without air-conditioning. The team fans out for the day, some for cafés, some for cultural highlights, like the museum of torture, or the Heineken museum.

## Dortmund, Monday 25 July to Wednesday 27 July

We toured the sights of Amsterdam, ending with a visit to a farm on the outskirts, where cheese and clogs are made. By lunchtime we were on the road for Germany. The trip reminded me a little of the route from Auckland to Taupo. Rolling green or flat farmland in some areas; woodland or forest in others. A very common sight in Germany is giant wind turbines, which brought to mind "War of the Worlds" – tall metal monsters striding across the countryside!

We arrived at Dortmund at 4pm, pulling up to the Hilton hotel. Master Weiler, the tournament organiser, came out to greet us. It seemed we were the first visitors to arrive. His admin team were decked out in bright orange T-shirts. We checked in; the rooms were quite modern, very similar to what you'd find in NZ (and they do have aircon!)

It was decided to trek to the stadium before dinner. The area is called "Westfalen". The

hotel is in the middle of a large green area. On the eastern edge is "Westfalenpark", and to the west is "Westfalenhallen" – the stadiums. (Germans really like to cram as much as they can into one word!)

It was a 25 minute stroll to reach the stadiums, without homes or businesses – it was all greenery (through which the motorway and trains pass – and we pass two underground train stations).

The first stadium we saw was huge – and not the biggest in the complex. When we got to the tournament venue, initially it was something of an anti-climax. It started to pour with rain, and as we all sprinted past what looked like garden sheds, someone opened a door and beckoned us in. We filed gratefully, and it's a bit like Dr Who's Tardis. There was a complete track and field layout in there! (This stadium was set into a slope; the other side reflected the true size). There weren't any rings set up yet, and some of the guys felt the need to run a few laps.

On Tuesday and Wednesday, the team had a morning and an afternoon training, with time after to do as they liked. The local underground train system was soon checked out. It was great – 15 minutes from hotel to city centre, half of which was the stroll to the train station. The trains were very regular, with an average wait of three or four minutes.

Greg Skinner came down with a cough, headache and bodyache, and got packed off to the doctor, with Antje as a translator. Turned out he had a viral and bacterial infection, for which he was given suitably vile tasting medication.







### Thursday – competition day 1

The first day of competition was patterns and special technique – but the sparring for Friday weighed in as well. Although not the drama some prior champs teams have been through, it was still a relief to hear that they all flew through.

It was the best looking day so far, with blue sky and sunshine. Transport was handled by an odd little fleet: a car that sat four, a nine-seater mini-bus, and a medi-bus that sat about 20. They shuttled round at about 15 minutes per trip.

Individual patterns started at 9am. Four of our seven individual patterns competitors had their hopes dashed in the first round: 2<sup>nd</sup> dans Richard Lavin vs Romania and Lipi Shukla vs Scotland, and 3<sup>rd</sup> dans Toni Moki vs Russia and Dan Jackson vs USA. All looked good. There was



Carl van Roon's opponent proved too elusive in male individual heavyweight sparring

some surprise when USA beat Dan Jackson. However, sometimes it's hard to be certain what the judges are picking, as was exemplified when USA went through to win the division.

Chuan-Whei Lee beat Slovenia in the first round of female 1<sup>st</sup> dan patterns, then fell to Poland.

Steve Morris set the team on track in male 1<sup>st</sup> dan patterns, when he worked his way through Kyrgyzstan, Czech-Republic, Canada, and USA. This put him in the final against Japan on Saturday.

Lawrence Mantjika made it to a bronze medal in 4<sup>th</sup> dan patterns. He defeated Finland and Uzbekistan, and in the semis lost to the well-known Jaroslaw Suska of Poland.

Team patterns were somewhat disappointing. However they may have otherwise looked, some unfortunate fluffs on both teams sealed their fates. The male team lost to Italy; female team to Canada.

In special technique, Carl van Roon soared through to a perfect score, giving our first confirmed gold – and making him twice World Champion!

Renee Richardson had a frustrating time with disqualification rules on both the turning kick and overhead kick. (In particular, an obscure “implication” that not doing the turning kick at 45 degrees “must have meant hitting with the toes”?)

For power test, Luke Thompson also achieved a perfect score, but was tied with Poland, Russia and Romania. After two tie-breaker techniques, Luke had a silver medal, with Romania taking the gold.

Rose Cherrington powered through the sidekick, but suffered from the common problem on the turning kick of the back foot leaving the ground.

### Friday – competition day 2

NZ did not medal in sparring this year. Some lost in the first round. Cameron Snelling vs Jamaica, Mark Trotter vs Slovenia, Lipi Shukla vs Greece, and Suzanne Main vs Argentina. Steve Morris won two rounds, vs Hong Kong and Slovakia, then lost to Poland in the quarter final.

Coach Andrew Niven's description of the Polish was “clinical”. Any gap in your defense, at all, and they're in. (Conversely, I'd call the Argentinians “passionate”).

In female team special technique, Estelle Speirs took 2 pts for the flying side kick. This put six teams tied for third: Ireland, Germany, England, Canada, Romania, and NZ. The only one to get the turning kick tie breaker was Renee Richardson – adjusting her run-up following feedback from the individual competition, giving a bronze to NZ.

For male team special technique, Carl van Roon took out the high front kick, Cameron Snelling the flying turning kick, and Rene Kunz the overhead kick. This left us tied with the Brazilians for first place. It took two tie-breakers, with Carl van Roon doing the honours, to bring the second gold to NZ.

NZ had three members officiating at this champs as corner referees and jury members: Master Evan Davidson and Mr Vince Pygott, (primarily here to attend the ITF congress that took place this day), and Mr Mark Banicevich.

The organisation of the tournament at the competition level is as flawless as one would



A light training session in the hotel pool  
Nothing like overs and unders in the water!

### Refereeing at the World Championships

The best handful of New Zealand referees are world class. The majority of New Zealand referees are not yet at this level.

We would benefit significantly from having an umpires course in New Zealand taught by the ITF Tournament Committee. This should be used by the ITFNZ Tournament Committee as a basis for our own courses. Unfortunately, my fear is that we would not have many people willing to pay for an ITF umpires course.

Key learnings from the World Championships:

- We teach referees how to judge and complete pattern scoring forms correctly (note: half points should *not* be awarded).
- When completing sparring scoring forms:
  - Write “1” in the appropriate box for 1, 2 or 3 points; do not write “2” for 2 points or “3” for 3 points.
  - Do not enter warnings during the bout – enter total warnings from the scoreboard at the end of the bout.
  - Circle the winner at the bottom of the form, not the top.
- Pattern and sparring scoring forms should include referee chair number. In patterns, referee chair numbers are 1 to 5 from the left; in sparring, chairs are numbered 1 to 4 clockwise from the chair closest to the jury's left.
- When centre referees give warnings and minus points:
  - Stand in closed stance, face the offender and point to him or her.
  - In closed stance, give the appropriate signal.
  - Step back to walking stance, and signal warning or minus point.
- A couple of signals that those of us using current signals are not performing correctly (many are still using signals over two years old):
  - Holding / grabbing / pushing, the signal is like a forearm inward block.
  - Faking a blow, the signal is like a downward elbow thrust.

It is important for all umpires to be taught to referee power test and special technique. Many of our umpires do not know how to referee these events.

At the World Championships, each ring had two centre referees, who worked three bouts each. Each time they changed, corner referees were rotated around their seats. The centre referee not presently in the centre was responsible for checking competitor equipment before the bout, so the referee in the centre did not have to check equipment before the bout began.





expect. This year, the surrounding organisation of accommodation, etc, was also excellent.

### Saturday – competition day 3

This day was middle and heavyweight sparring. Carl van Roon vs Brazil, Amanda Cleland vs Finland, and Antje Hollander vs Slovenia, were all out in the first round. Sam Skinner won two rounds, vs Bosnia Hertzegovia, and then the Netherlands. He met his match this time vs Sweden in the quarter finals.

On Saturday evening were the individual event finals. For us that meant Steve Morris in 1<sup>st</sup> dan patterns. It was very hard to pick, and went to a draw. After the tie breaker of Won-Hyo, the decision went to Japan – silver for NZ.

Later, a gracious message was posted by the Japanese competitor's instructor, Mr Taizo Sugaya: "I started Taekwon-Do in New Zealand. Also, I have got 1<sup>st</sup> degree of black belt (in NZ) too. New Zealand, please be proud of yourself. One of your students raise the World Champion. You are not losing anything at that final."

As all individual events were now complete, the individual grand champions were announced. Best female was Julia Cross of Scotland, the only competitor (male or female) with two golds. There were 11 males with one gold and nothing else, so no male grand champion. Another year at the top for Gray Patterson!

### Sunday – competition day 4

Team sparring. Luck of the draw, NZ's first round for both male and female teams is against the eventual gold medallists, Poland.

For the female team, Amanda Cleland, Renee Richardson, and Antje Holländer Niven go in. As the match is decided once one side has three wins, the other team members did not get a chance to show their stuff.

For the males, it was Dan Jackson and Campbell Gold, then Carl van Roon pulled a win, followed by Clint King.

Male team power: Carl van Roon, punch, 6 points; Rene Kunz, knifehand, 6 points, Luke Thompson, side kick, 8 points. Total of 20 points gave bronze with Argentina.

Female team power: Amanda Cleland, knifehand, 4 points; Rose Cherrington, side kick, 3 points. Total 7 points gave bronze with Germany. (In both the male and female power teams points were lost for the rear foot lifting).

Suggestion for future coaches: run a workshop with former champs competitors, and try to list all possible disqualifying conditions – some imagination may be needed!

The tournament drew to a close. Best male and female teams were announced. Poland and Poland! (NZ male team is second, with their special gold, and power bronze. Female team was 6<sup>th</sup>, with their power and special bronzes.)

Best country – Poland with 10 golds, followed by Argentina (five gold), Germany 3<sup>rd</sup>, then NZ 4<sup>th</sup>, both with two golds, but Germany were up by one silver.

After the last (almost) award – Master Weiler called up the kiwis for one last haka. He also requested Greg Skinner to come with them – much to his puzzlement. I don't know how the guys did it – most of them had been croaking all day, throats blown away by "cheering and the haka", yet they go out there and raise the roof again! Then Master Weiler called Greg Skinner forward, and presented a special award for the "most co-operative and best organised team management". It was great to see a formal plaudit for someone who seldom gets recognition for months of time and effort.

Before we left the stadium, and everyone switched into party mode, there was a gathering where coach Andrew Niven said his farewells. He stayed in Germany, with German wife Antje, and son William. A number of the team members were under Andrew's coaching through the last three World Champs, and some of us have known him for a lot longer than that. There may have been ups and downs, but there is little doubt that he has left a memorable stamp on Auckland North in particular.

Most of the team headed for the competitors' party, and a long night of socialising. At midnight there was a sub-celebration – Ian Walton's 40<sup>th</sup>!

### Transit, Monday 1 August to Wednesday 3 August

Monday came, reluctantly (I noticed the hotel was very co-operative, leaving room cleaning until much later than usual). Only about a quarter of the NZ group headed home – the rest off to assorted parts of Europe. We said our farewells to each other at the hotel, or at Frankfurt Airport. It was a much more subdued team on the return flights to Auckland – and a pleasant surprise to find television crews from TV3 and Maori television waiting for us.

#### The team

Steve Morris, Richard Lavin, Dan Jackson, Lawrence Mantjika, Mark Trotter, Samuel Skinner, Carl van Roon, Cameron Snelling, Luke Thompson, Rene Kunz, Campbell Gold, Clint King  
Chuan-Whei Lee, Lipi Shukla, Toni Moki, Suzanne Main, Amanda Cleland, Antje Hollander, Renee Richardson, Rose Cherrington, Estelle Speirs, Cedar Brown

#### Left column:

1. Your friendly correspondent, Mr Neil Breen.
2. The New Zealand team marches into the opening ceremony.
3. Oceania's umpires (from left) Master Evan Davidson, Master Michael Daher, Mr Mark Banicevich and Mr Vince Pygott.
- 4 & 5. The haka is always a crowd-pleaser, and it is often requested by ITF VIPs.
6. Steve Morris proved too much for his Hong Kong opponent. He lost to Poland in the quarter finals, just short of a medal.
7. Not all points went our way. Mark Trotter was unfortunate to draw the world champion in the first round.
8. Team training in the mild German summer.

#### Right column:

- 1 & 2. Martial arts demonstration at the opening ceremony.
3. A member of the Polish demonstration team breaking concrete slabs with his shin.
4. Referee Örjan Eriksson raises Sam Skinner's arm in victory in male individual middleweight sparring. Mr Skinner was just shy of a medal, losing in the quarter finals.
5. Dan Jackson competes in male individual 3<sup>rd</sup> dan patterns.
6. Richie Lavin competes in male individual 2<sup>nd</sup> dan patterns, with Mark Banicevich umpiring.
7. Coach Andrew Niven talks with Steve Morris during the sparring competition.
- 8 & 9. Jaroslaw Suska of Poland proved unbeatable in male individual 4<sup>th</sup> dan patterns.
10. The flag that has travelled with every New Zealand team since the Russian World Championships in 1997.



<http://www.itfnz.org.nz/events/tournaments/worlds2005/index.html>



# Theory of Power

by Master Paul McPhail, VII dan  
Director of Techniques

In this issue we look at the final two factors that make up the Taekwon-Do Theory of power: concentration and breath control.

## Concentration

Concentration in the Theory of Power refers to using the attacking or blocking tools correctly. Many students clench their fist and punch, but fail to realise it is only the first two knuckles of the forefist that should make contact with the opponent. By concentrating the force of the blow into this smaller area, the effect of the technique is dramatically increased.

As an experiment, you could try two versions of a side piercing kick on a (willing) training partner or kick bag. The first time, kick with the whole flat underneath surface of your foot. The second time use only the edge of your heel, called the footsword.

The first kick may push your partner or bag back further, but the second will be much more effective because the power is “concentrated” into a smaller area. It will be a sharper, more effective attack. By making a simple adjustment to your techniques in this way, it makes you more effective and more powerful.

It is also important to understand what the vital spot is that you are aiming for, as this determines what attacking tool to use. One of our smallest attacking tools, the fingertip, has a very



Middle knuckle fist



Exhaling at the moment of you execute a blow can also help to prevent injury to yourself.



The formation and positioning of attacking and blocking is critical to being able to achieve maximum concentration of power.

concentrated point of contact. Because the fingertips are not particularly strong however, you would only use it against specific target areas such as the eyes or the throat. The foreknuckle fist is another example of power being concentrated into a tiny area, making it devastating against a vital spot such as the philtrum.

There are other tools that use a less concentrated or larger surface area, like the backhand or palm. These can be used effectively for targets such as the face or to push someone off balance. In general though, most attacking and blocking tools make use of a small surface area, to increase the concentration of force which will maximise power. When you execute a backfist strike, contact only with the back of the knuckles,

not the whole back of the hand. With the knifehand, just hit with the bone along the outside of the hand by angling slightly.

## Breath Control

Correct breathing helps us in many ways in Taekwon-Do, not least importantly to increase power. We were always taught to exhale at the moment of impact, but in the early 1980s, the Founder of Taekwon-Do, General Choi Hong Hi was not convinced that Taekwon-Do students were actually breathing correctly, so he introduced the

method we use now, which is to sharply exhale so it can actually be heard by the instructor. This type of breathing tightens the abdomen which not only helps to focus power but also prevents injury to yourself if you are struck at that moment.

The same method of breathing should be used when you kihap (yell), but it takes practice to develop this technique. Not unlike a trained singer, the power must come from the abdomen and diaphragm, rather than the throat. This type of breathing, concentrating on the lower abdomen, will help to keep you “centred”. Centring is a technique developed in martial arts and now used in many sports, and involves visualising lowering your centre of gravity, breathing correctly and relaxing the shoulders. This increases focus and stability as well as speed and power.

Correct breathing should not be under-estimated as a critical factor in the generation of power. It has an instant effect on the body in terms of stamina, and with practice it may give you an added 10% or more power, which could make all the difference.



## Taekwon-Do Theory of Power

Reaction Force  
Concentration  
Equilibrium  
Breath Control  
Mass  
Speed

# A Brief History of ITFNZ Taekwon-Do

by Master Paul McPhail, VII dan  
Director of Techniques

## Part 1 of 3

### The pioneer years

Many martial arts were introduced into New Zealand by military servicemen returning home after receiving their training overseas. Judo (considered as more of a sport rather than a martial art), was the first to form a national organisation in Easter 1957. Karate was started in the early 60s by pioneers such as Jack Simms (Auckland) and John Jarvis (Wellington). The first Korean art to start was Tang Soo Do, which began in a Petone garage in 1965. Al Powers and Frank Bauer had learnt Tang Soo Do in Korea as a part of their armed forces service. The art was originally known as Su Bak Do and was basically the same as Shotokan Karate. Al Powers moved the club to the Petone Junior School in 1967.

The first groups of Taekwon-Do exponents got together in 1969.

One group was at Palmerston North's Massey University under a Malaysian, Raymond Yap who trained others on the campus being mainly his countrymen.



Mr Evan Davidson with his instructor Mr R Jayaraman and other black belts in Singapore.

The other group was in Auckland under John Jarrett, an Australian who was one of the early pioneers of Taekwon-Do in Australia. John Jarrett trained in both Malaysia and Vietnam while on a tour of duty with the RAAF.

Jarrett's group became the first public Taekwon-Do club with the arrival of three Malaysian students, Lim, Mak and Yeoh. With encouragement and help from John Jarrett they started a class in April of 1970 at the premises of the then Auckland Judo Academy. They began with a membership of about thirty people. Shortly after, Charles Wee started another class at Selwyn College in Auckland but the two clubs soon merged into one. The Malaysian students were soon posted to different parts of the country. Mak and Yeoh went to Wellington, Wee remained in Auckland and Willie Lim moved to Hamilton and opened a club at Waikato University in April 1971.

The first club in Palmerston North began in 1970. Norman Ng, a naturalised New Zealand citizen, learnt Taekwon-Do from Low Koon Lim and Nam Tae Hi (8<sup>th</sup> dan) when he was lecturing at the University of Malaysia in Kuala Lumpur. In December 1969, after three years training, he was awarded a 1st degree black belt, returned home and settled in Palmerston North.

Raymond Yap made contact with him and invited him to take some trainings at Massey in March 1970. At one of these sessions he met with Jack Simms who was visiting from Auckland and conducting Karate classes. In March 1970 a group of local Chinese approached him to take them for lessons. In August 1970 the club was opened to members of the public and the Palmerston North Taekwon-Do club was born.

Between 1971 and 1974 Norman Ng and Willie Lim began to make contact and discuss the idea of getting together to conduct gradings. Norman Ng had been grading his own members until this time and Willie Lim had periodically invited overseas examiners for his gradings. They did get together occasionally, but in the main kept contact through correspondence only.

In 1974 servicemen returning home from overseas and students studying here began opening clubs. These included Ben Mose (Upper Hutt and Porirua), Franky Yeo (Victoria University), Padre Tairea (Auckland), Tere Maorikava (Auckland), Evan Davidson (Wellington) and John Tay (Wellington). John Tay trained in Singapore and started a club in the Petone Judo premises, calling on the services of Al Powers (Tang Soo Do) to assist him. He later started the Wellington One club.

Evan Davidson had learnt Taekwon-Do in Singapore. He returned from his army training and formed the Miramar Taekwon-Do club in 1974. He established contact with the other instructors throughout the country and it was largely due to his enthusiasm that clubs started getting together for trainings and demonstrations.

A Korean student, Lee Sung Yoon, was also instrumental in bringing many of the Taekwon-Do people into contact with each other. Lee, who later became the Vice President of Han Nam University in Korea, was a 3rd dan (Korean Taekwon-Do Association) who did not actually have a club but assisted local instructors



Early photos from Palmerston North.

Top: Mr Evan Davidson marshalling at an early gup grading.

Above: Mr Ben Mose instructs an outdoor training session. Front row: Messers John Tay, Norman Ng and Evan Davidson.



The Grey Lynn Taekwon-Do Club, circa 1975. Master Young-Ku Yun is seated in suit, with club instructor Mr Padre Tairea to his right. Mr Mike Lowe is second to back row, second from left.

in any way he could. It was he who rang Evan Davidson informing him that a Korean, Young Ku Yun, was coming to Hamilton.

Young Ku Yun was a 6<sup>th</sup> dan international instructor who had set up in Sydney in 1971. He had learnt Tae Su Do in Korea and came to know of General Choi Hong Hi while serving his National Army Service. He learnt the Taekwon-Do patterns and became a member of a demonstration team touring Indonesia, Singapore, Malaysia, Thailand and Hong Kong. He had planned to move to the United States but was unable to get a visa so decided to settle in Australia.

Willie Lim had organised Young Ku Yun to come to Hamilton for a grading and students from Palmerston North and Wellington were invited to watch. At this time Norman Ng was looking for an examiner to grade his 1<sup>st</sup> gups, Ian McDonald and Robert Moar. Unfortunately an amicable arrangement was unable to be reached. However this opportunity provided a meeting between Young Ku Yun and Norman Ng, a meeting that would begin communication between Yun and the New Zealand instructors.

1975 also saw the arrival of World Taekwondo Federation (WTF) in New Zealand. The WTF was formed in 1973 as a rival organisation to General Choi's International Taekwon-Do Federation (ITF). Lee Jung Nam had been an examiner in Singapore (he graded Evan Davidson and Ben Mose as coloured belts), and he arrived in New Zealand to set up clubs under the WTF.

The Korean Embassy contacted Evan Davidson and arranged a meeting with Lee Jung Nam and some other members. Lee wanted assistance to get established. However Evan Davidson did not want to be involved as it meant learning new patterns and changing to WTF. Lee's influence on other members including Ben Mose, Sonny Ooi and the chairman of the New Zealand Martial Arts Council, Graham Dellow, meant he was eventually sponsored to live in New Zealand, thereby setting up WTF. In December, Young Ku Yun came to Wellington and apparently had quite a heated discussion with Lee Jung Nam at a Wellington hotel. Although no-one knows what was said, it was all in high volume Korean!





From left: YK Yun, Willie Lim, Harry Hemana, General Choi, Evan Davidson, Padre Tairea and Chan Seng Chee.

A newspaper article from May 1976:

An unexpected visit to New Zealand by the world head of the International Taekwon-Do Federation, General Choi.

Grand Master of Taekwon-Do, and President of the International Taekwon-Do Federation, General Choi Hong Hi, 9<sup>th</sup> dan, paid a sudden and unexpected visit to New Zealand at the end of May.

General Choi was accompanied by Mr Young-Ku Yun, Director of the Australian Taekwon-Do Academy. Most of the New Zealand Instructors were able, at short notice, to be present in Auckland to meet General Choi and attend a conference for the evening of May 26<sup>th</sup>.

#### Affiliation to Australian Taekwon-Do Academy

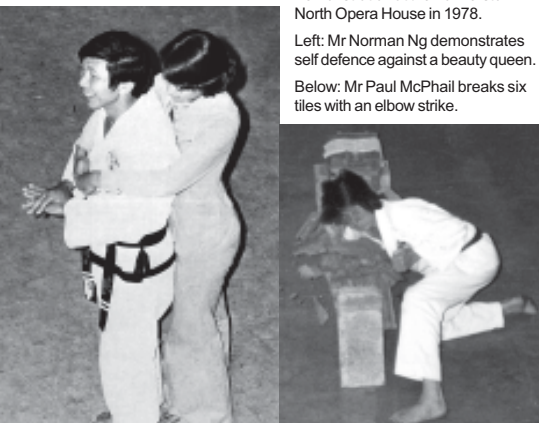
By this time Mr Young Ku Yun of the Australian Taekwon-Do Academy, had established good contact with local instructors and had arranged to come to conduct gradings in Wellington and Palmerston North and also run a seminar at Victoria University. Instructors then began teaching Young Ku Yun's style of Taekwon-Do.

By early 1976 all ITF clubs in New Zealand were unified under the Australian Taekwon-Do Academy (ATA). However Willie Lim and Charles Wee (Auckland University) then became independent. In a letter to Evan Davidson he explained that he was not happy with some of Young Ku Yun's grading results, some of the politics, and that he would prefer to organise his own examiners as he needed them.

Demonstration at the Palmerston North Opera House in 1978.

Left: Mr Norman Ng demonstrates self defence against a beauty queen.

Below: Mr Paul McPhail breaks six tiles with an elbow strike.



It was unfortunate that General Choi had to return to ITF Headquarters in Toronto, Canada the following day to supervise the North American Open Taekwon-Do Championships which commenced on May 29<sup>th</sup>.

However the conference enabled the New Zealand instructors to discuss first hand the art of Taekwon-Do with its head and this also helped to forge stronger ties between each of the local instructors and the ITF.

Instructors present were Willie Lim 3<sup>rd</sup> dan, Hamilton, 'Padre' Tairea 2<sup>nd</sup> dan, Auckland, Charles Wee 2<sup>nd</sup> dan, Auckland, Evan Davidson 1<sup>st</sup> dan, Wellington, Harry Hemana 1<sup>st</sup> dan, Upper Hutt, Chan Seng Chee 1<sup>st</sup> dan, Christchurch, and Tere Maorikava 1<sup>st</sup> dan, Auckland. Those absent were Norman Ng 1<sup>st</sup> dan, Palmerston North and John Tairea 1<sup>st</sup> dan, Waiouru.

On 26 May 1976 General Choi Hong Hi visited New Zealand to meet instructors.

Gradings continued throughout 1976 and some members attended training in Sydney. In 1977 most of the New Zealand instructors attended a week-long seminar in Sydney.

In 1977 demonstrations were planned to promote Taekwon-Do. Regional and national committees were set up to organise them. A team from Australia assisted with the demonstrations. They were held at venues such as the Palmerston North Opera House in January 1978.

In conjunction with the demonstrations, the first training camp was held at Massey University from 9 – 14 January 1978. The first South Pacific Taekwon-Do Championships were held in Wellington on 22 January with competing teams from New Zealand, Australia and Fiji. General Choi Hong Hi was in attendance and promoted Young Ku Yun to 7<sup>th</sup> dan.

In 1978, an Australian, Bernie Korent moved to Auckland to establish a national headquarters for Taekwon-Do. It was officially opened on 17 August 1978 and located on the first floor of the Eden Buildings, 117 Albert Street, Auckland. The first goal was to run a National tournament and on 19 August members from all over New Zealand gathered for this event which was held at the Auckland YMCA.

Unfortunately the national headquarters was to close by the end of November 1978 and Bernie Korent returned to Australia.

Between 1979 and 1981 some noted events

#### Key dates in ITFNZ Taekwon-Do history

- 1970 First of our member clubs established in Palmerston North by Mr Norman Ng.
- 1974 Newly established clubs in Wellington joined together with Palmerston North to form grading panels and demonstrations.
- 1975 New Zealand ITF clubs joined the Australian Taekwon-Do Academy (ITF) with Master YK Yun.
- 1976 26 May, General Choi visited New Zealand to meet with the instructors.
- 1978 9 January, South Pacific Training Camp held at Massey University conducted by Master YK Yun.  
  
22 January, South Pacific Taekwon-Do Championships held in Wellington with General Choi Hong Hi in attendance.  
  
20 August, National tournament held in Auckland.
- 1979 16 June, first Regional tournament, organised by Central Districts.
- 1981 5 January, New Zealand members attended seminar and championships held in Brisbane, General Choi Hong Hi in attendance. General Choi requested New Zealanders to return home and register their own national organisation with their government.

took place. The first Regional Taekwon-Do tournament was held in Palmerston North on 16 June 1979 and later that year Young Ku Yun moved his Headquarters from Sydney to Brisbane. In January 1981, New Zealand members travelled to Brisbane to attend the second South Pacific Taekwon-Do Championships in the presence of General Choi and Master CK Choi. The tournament was preceded with a week long seminar attended by members from New Zealand, Australia, Papua New Guinea, Fiji and Indonesia. A meeting was held and General Choi asked all instructors to return to their countries, form national bodies and register them as Incorporated Societies.



Top: a Taekwon-Do guard of honour at the marriage of Mike and Jenny Lowe, Palmerston North 1978. Left row, front to back: Robert Corski, Andrew Salton, unknown; right row, front to back: Richard Hall, Paul McPhail, George Follas.

Above: New Zealander black belts at the 2<sup>nd</sup> South Pacific Championships and seminar in Brisbane, 1981. Spot Messers Paul McPhail, Rocky Routhwaite, Harry Hemana and Evan Davidson.

<http://www.itfnz.org.nz/about/history.html>

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# We will have 10,000 Members by 2015

by Mark Banicevich, IV dan  
Auckland North Regional Director

That's it. That's our target. Subject to feedback from our instructors and members.

"We will have 10,000 members by 2015."

We have around 2,000 members now. It's quite a target. Five times our current membership. We currently have about 75 clubs with an average of a little over 25 members per club. 10,000 members could be 250 clubs with an average of 40 members, or 200 clubs averaging 50 members, or some other combination. That's detail we haven't determined yet.

Wouldn't that be awesome! More events, bigger tournaments and camps, Taekwon-Do on television, more clubs to visit...

Can we do it? We think we can. *How* can we do it?

That's where our strategy comes in to play. Before we get to that, however, how did we decide on the target?

On 19 June, nine people from around the country congregated in a conference room near the Auckland Domestic Airport. Participants were senior members of ITFNZ, members of the Executive Committee, and members of other ITFNZ committees.

We started with our vision (see the sidebar right). Recall from our strategic framework (Figure 1) that our vision determines our strategy, using the foundation of our mission statement and values. The key question we had to answer: what major target can we set, to enable us to achieve our vision?

That's when we came up with, "we will have 10,000 members by 2015." Through various strategic thinking exercises, it became clear to us that growth is the key to becoming "among the most popular arts and sports in every town in New Zealand." Of course, this growth is tempered by our values – we will not sacrifice the quality of our Art to increase membership. We have to find other ways.

Once we had our target, we had to decide how we can achieve it. We examined the needs of our members and our instructors, we thumped around various ideas, and we agreed on a small number of goals, together with a timeline to achieve them (Figure 2).

We have three short term goals. These are things we want to have underway in the next year.

- Develop our instructors
- Retain our students
- Restructure ITFNZ

*Develop our instructors.* We need to develop our current and future instructors. Developing current instructors will enable us to increase the membership in current clubs, and developing future instructors enables us to open more clubs. This means developing their Taekwon-Do, and also their other skills, such as instructing, and club administration (making it easy to open and run a club). This could include ideas like mentoring, and other systems for instructors to support each other.



Figure 1: The strategic framework

*Retain our students.* Like many activities – particularly martial arts – we have a very high student turnover. We lose about 40% of our members every year! We want more of our students to want to stay. Developing our instructors will help, but there is more we can do. Ideas may include specialised courses for particular student subgroups, developing social networks, and collecting and using information from students who stop training.

*Restructure ITFNZ.* Our current structure has managed well until now. However, it will not cope with 10,000 members. We need to examine our administrative efficiency, and develop a structure that will effectively support our growth – our target and future size.

We have five medium term goals. As we achieve our short term goals, our focus will change to new goals, as illustrated in our timeline (Figure 2).

- Develop key relationships
- Open national and regional headquarters
- Develop a school programme
- Open more clubs
- Host a World Championships

We have some ideas for each of these goals, as well, but there is a lot to be done.

If there is one thing we will need to achieve these goals, it is help. Your help, if you are interested. Don't think, "I won't be able to do anything." You can. The only thing you need to help us, is to want to help. We will take it from there – work with you to find something that suits your skills, and your schedule. If you would like to be involved, please email me: [mbanicevich@itfnz.org.nz](mailto:mbanicevich@itfnz.org.nz).



#### Attendees:

Master Paul McPhail, VII dan, Technical Director of ITFNZ  
Mr Mahesh Bhana, VI dan, Senior Examiner  
Mr Vince Pygott, IV dan, Secretary of ITFNZ  
Mr Andrew Niven, IV dan, New Zealand Team Coach  
Mr Kris Herbison, III dan, South Island Regional Director  
Mr Hayden Breese, III dan, Director of Marketing  
Mr Nick Lourantos, I dan, Wellington Regional Director  
Mr Greg Skinner, major contributor to ITFNZ and CEO of Epson New Zealand  
Mark Banicevich, IV dan, Auckland North Regional Director (facilitator)

#### Invitees unable to attend:

Master Evan Davidson, VII dan, President of ITFNZ  
Mr James Rimmer, VI dan, Senior Examiner  
Mr Mike Lowe, IV dan, Central Districts  
Mr Gwyn Brown, III dan, Midlands Regional Director  
Mrs Helen Miller, I dan, Treasurer of ITFNZ  
Mr Carl Matthews, I dan, Marketing Committee  
Mr Wayne Kessell, I dan, Central Districts Regional Director  
Mrs Sue Breen, Counties Manukau Regional Director

**Vision:** ITFNZ will grow the original Taekwon-Do to be among the most popular martial arts and sports in every town in New Zealand.

**Mission:** ITFNZ Taekwon-Do teaches its members to develop mind, body and moral character through the Art of Taekwon-Do.

Our mission is based on the following **values**:

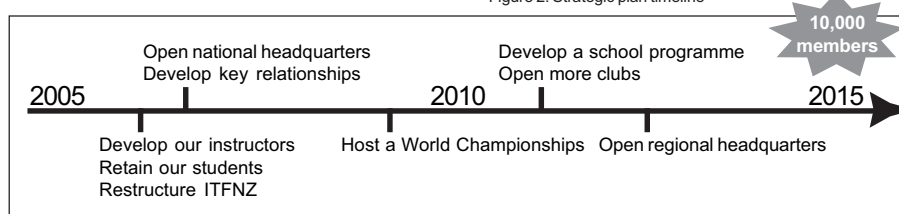
- the philosophy and Moral Culture of the founder, General Choi Hong Hi
- preserving the Art of original Taekwon-Do, and its quality
- operating on a non-profit basis, for the benefit of our members
- peace, community, and family
- the tenets of Taekwon-Do:
  - courtesy
    - respect for all people and all cultures
    - to live according to etiquette
  - integrity
    - not to compromise our teaching quality or standards
  - perseverance
    - to pursue our vision is our one goal whatsoever
  - self control
    - our actions for ITFNZ will be for the good of the ITFNZ
  - indomitable spirit
    - to stand against adversity in the pursuit of our vision.

Two changes were made from the original versions of these statements, based on feedback from instructors.

First, the word "arts" in the vision, was changed to "martial arts".

Second, the words "is a non-profit organisation" were removed from the mission statement. Instead, our non-profit nature was added to our values.

Figure 2: Strategic plan timeline





# Kicks for Kids

by Shirley Pygott, II dan

Welcome to Kicks for Kids issue #13. Winter definitely made an impression on this year's Nationals, so we look at how snow can improve your Taekwon-Do. Anything you have to contribute can be sent to PO Box 457 Silverdale Auckland, or [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz)

## The Secrets of Snow Training

Ask Mum or Dad if it's okay to try these next time you are in snow. Maybe you can think of some more?

**General Choi said:**

*Students who exercise in bare feet on snow-covered ground will develop tenacity and pride.*



Get your friends to fire heaps of snowballs at you, and you kick or punch each one away before you get hit. You will really improve your timing and accuracy.

*Snowmen make really nice flying kick targets*



**Philosopher Cai Qen Tan said:**

*Carefully crossing snow covered bridges teaches you to live in our dangerous world with patience and caution*



## Meet the Founder Part 4... Army Life

As we saw in the last issue, near the end of World War II, General Choi was forced to join the Japanese Army. Like most of the other young Korean conscripts, he knew he had almost no chance of coming back alive, because Japan was definitely losing their part of the war, and the Koreans were always put in the most dangerous battles. Choi Hong Hi was determined to come back alive, and he was prepared to do almost anything to succeed. He also hated the way junior soldiers were treated like slaves by their seniors. He refused to be treated badly and let his karate

skills do his talking for him. He was able to avoid the worst of the bullying this way, but there was one thing he couldn't avoid... looking after the horses. The horses were treated much better than the soldiers; they got better food, nicer beds and soldiers to clean up all their little (and not so little) messes. Choi Hong Hi thought he was pretty clever with the horses, because he could make them do what he wanted all the time. When he was showing off in front of some officers, one horse taught him a lesson though. Even though it was usually very obedient, it kicked him and broke some of his ribs! The General said the horse was getting his revenge on him. Ouch! The only good thing about the army was that it got a whole lot of very unhappy young Korean men together. They decided that something had to be done, and together made a plan to help Korea to be free forever from the cruel Japanese rule. More about that in the next issue...





# PEEWEEES AT THE NATIONALS LEVIN 2005



## National Junior Camp # 3 is coming soon!

November 25<sup>th</sup>-27<sup>th</sup> at Aongatete Lodge, Bay of Plenty

Yes kids, it's on again! Mr Brown and his team are arranging more cool instructors, dreaming up more wierd challenges, collecting daft jokes and puzzles, and buying in lots of eggs and pegs. Why eggs and pegs? ... Ask someone who has been to the other camps ... maybe they'll tell you!

The food is going to be better than ever before, and the weather as good as last year. It's available to 14yrs and under; mainly coloured belts. The application forms will be available on the website in late September, so get in quickly. There are only 90 places, and first in gets to go.

There is a **Poster Competition** for the camp again this year. The website will have the details soon. Any student under 15 can enter; you could win some cool stuff, see your work on the website and in the next Kicks for Kids issue. We want lots of entries this year, so here are some hints to give you a bit of help:

1. Think of a theme. It needs to be short, and snazzy. Last year it was "Reaching New Heights".
2. Draw a cool Taekwon-Do picture to go with your theme. Last year's winner by Cameron Casson is on the left. You cannot use clip-art on your poster - you have to draw it by hand yourself. On the right of this page is one way I use to draw Taekwon-Do pictures, but you might have a better way.
3. Design the layout of your poster. You must include the words "ITFNZ 3rd NATIONAL JUNIORS CAMP" on it. You can use a computer to do the lettering if you want to.
4. Decorate it. It needs colour to make it eye catching, but choose colours that go with the theme you have chosen.
5. Send it in on time.

HAVE A GO... WHAT HAVE YOU GOT TO LOSE?

Choose a clear photo.

Use tracing paper to draw carefully around the outline. Ordinary paper is too thick.



Draw in the belt, then the creases and edges of the dobok. Look carefully at the photo for help.



Put in the head, feet and hands. Gloves and boots are easier than fingers and toes. Go over it with a fine black pen and shade in the details.



## President's Corner

by Master Evan Davidson, VII dan  
President, ITFNZ Taekwon-Do

A question that I hear asked at various times is: **"What benefits do I get for being a member of ITFNZ?"** The answer to this is different things to different members and clubs, and possibly depends on the members' level or position within the organisation (ie, beginners, black belts or instructors).

At a recent black belt grading I posed this question to some of those grading, and the answers were certainly varied. For example:

1. Strong organisation. The support that I get and the ability to access information as required. The structure is easy to explain to parents. It has good administration and is well organised.
2. Its structure and networking reliability.
3. Everything is structured. The people aspect and sharing of ideas is great.
4. It belongs to its members. It has a well-structured nature.
5. Any good organisation has to have money to run efficiently and properly. I enjoy the camps, seminars and tournaments, and the access to information as required.
6. The strength of the organisation. Its user pays system and the technical information available.

Clearly the benefits are different for different people. Some benefits are tangible; many are not. Having good support from all the members



Master Evan Davidson  
President of ITFNZ Taekwon-Do

in the organisation is most important. The organisation will work for you if you work for your organisation.

**Communication:** this has also been discussed at various levels. The strength of communication between member clubs, instructors, directors and the Executive is an area we are constantly trying to improve. Communication can take many forms: face to face, telephone, snail-mail, and via the internet with email, the web site, and the instructors' forum. Remember that when communicating you must take heed of proper etiquette and show the necessary courtesies and respect. (Our Taekwon-Do tenets and oath apply at all times).

News from the ITF is available on their web site: [www.tkd-itf.org](http://www.tkd-itf.org). This is hot off the wire:

*On June 21st 2005 the Police Registry Office for Corporations in Vienna (Austria) removed*

*the names of the Chang Ung group from their records and reinstated your ITF team. The members of the ITF who were democratically elected in accordance with the ITF Constitution, at the Congress Meeting held in Terracina (Italy) on April 24th 2005 are:*

*President, Master Trần Triều Quân  
Senior Vice-President, Master Pablo Trajtenberg  
Vice-President, Master Paul Weiler  
Vice-President, Master Juan Ferrando  
Secretary-General, Master Tom MacCallum  
Treasurer, Master Willem Jacob Bos*

*Readers will recall that the Chang Ung group had changed the legal registration in Austria by falsely claiming to be the legitimate representatives of the ITF. Although the change had no effect in countries other than Austria, as a matter of principle the ITF took legal action to reclaim the registration.*

**Finally,** I wish the ITFNZ team attending the 14<sup>th</sup> Senior World Champs in Germany all the best. It is through this international event that New Zealand is now certainly well-known and has become a force to be reckoned with.

Mr Pygott and I will be attending the ITF's 1<sup>st</sup> Administrative Seminar and the ITF Congress meeting. We look forward to reporting back on this in due course.

Master Evan Davidson  
President



## Meeting Snippets

by Vince Pygott, IV dan  
Secretary, ITFNZ Taekwon-Do

1. Welcome to Mrs Helen Miller who took over from Mrs Tanya Katene as Treasurer. Thank you to Mrs Katene for all the hard work she put in as Treasurer.
2. ITFNZ put together a proposal to hold the 2009 ITF World Championships in NZ. Thank you to Mr Breese for putting the proposal together.
3. A special memento to commemorate the 50th birthday of ITF & the 25<sup>th</sup> birthday of ITFNZ is being organised. All instructors who attend the Instructors Conference later in the year will be gifted one of these mementos. After the conference anyone else wanting one may purchase it from ITFNZ Sales (Mr Konia).
4. The Marketing Committee will look at possible recipients for Queen Service Medals in the future.
5. ITFNZ had a successful 2<sup>nd</sup> Strategy Day. The next step is to write a Strategic Plan based on the output from the day. See page 23 for information about our strategy.
6. Next year's Nationals will be held in Wellington.
7. ITFNZ is subsidising the cost of attending



Mr Vince Pygott  
Secretary of ITFNZ Taekwon-Do

this year Instructors' Conference for all instructors and masters who attend. This year's conference is free for instructors (travel not included).

8. We have new directors:

Mr Grant Eccles retains his position as Tournament Director for another term.

Mr Andrew Salton is the Coaching and Selection Director.

Mr Carl Matthews is the inaugural Sponsorship and Funding Director.

Mr Kane Raukura steps in as Acting

Standards and Discipline Director as Mr Ian Campbell stepped down.

Many, many thanks go to both Mr Greg Skinner and Mr Ian Campbell for all their hard work and effort in their respective roles as Coaching and Selection Director and Standards and Discipline Director.

ITFNZ really appreciates everything both gentlemen have done for our organisation.

9. The National Awards were given specific dates to which they will apply. All future awards (including next year's) will be presented for activity between 1 July and 30 June.
10. ITFNZ has developed a Sexual Harassment Policy. See the article on page 28.
11. It is important that instructors register their students by the appropriate due date (7 days prior to the AGM). If a member is not registered before this date they will be required to pay the registration fee, rather than the re-registration fee.
12. ITFNZ is looking into the possibility of making the cost of re-registration free for instructors.





## Countering the Counter

by Dr Cameron Snelling, III dan  
Nibun Mt Albert

This issue, we have a couple of great techniques from Dr Cameron Snelling. Dr Snelling competed in Germany as our hyperweight sparrer, and competed in team event. He has a lovely picture in his office of his arm raise in victory over a Polish opponent in team sparring.

Next issue, Mr Carl van Roon has two techniques for us. Mr van Roon won a gold medal in special technique at the World Championships in Poland. In Germany, he competed in heavyweight sparring, individual special technique and team event. Read about their results in Germany on page 16.



### Photos on the left

1. Mr van Roon likes to use back kicks. Dr Snelling puts himself in range for Mr van Roon to lead the attack...

2. Mr van Roon takes the bait. Dr Snelling sidesteps to prepare a counter while keeping his left hand low as cover.

3. At full extension Mr van Roon is fully committed and off balance. Dr Snelling cannot reach Mr van Roon's head, so he lines up a reverse punch to score on the open body.

4. The impact of the successful counter-punch knocks Mr van Roon off balance, setting up more potential attacks.

### Photos on the right

1. Mr van Roon is a sparrer who likes to counter-attack with reverse turning kicks. Dr Snelling knows this...

2. Dr Snelling fakes a left turning kick to draw the classic reverse turning counter. Mr van Roon takes the bait and begins to spin...

3. Dr Snelling bails out of his fake by swapping legs and leaning away, forcing Mr van Roon to commit.

4. Mr van Roon is at full extension and finds it difficult to defend against the cheeky half-turning counter-kick delivered under his leg to the open side.



# ITFNZ Sexual Harassment Policy

by Gwyn Brown, III dan  
Midlands Regional Director

This policy was written to guide members of what to do if they feel they have been sexually harassed within ITFNZ. Most organisations, workplaces, large clubs, etc have a policy of this nature. Sexual harassment will not be tolerated in ITFNZ.

## Rationale

To establish a Sexual Harassment Policy for use within ITFNZ.

## Purpose

To formulate a policy with guidelines outlining the options available to members of ITFNZ should they feel they have been sexually harassed.

## Guidelines

This policy is based on the New Zealand Police's Sexual Harassment Policy (provided by Master Davidson) and the Sexual Harassment Policy written by Mr. Luke Thompson which can be found in the Black Belt Reference Section on the ITFNZ website at: [http://www.itfnz.org.nz/ref/essays/sexual\\_harrassment\\_policy.html](http://www.itfnz.org.nz/ref/essays/sexual_harrassment_policy.html)

Sexual harassment consists of, but is not limited to, the following:

- Unwanted attention of a sexual nature from or to an individual or a group.
- Sexual orientated comments, jokes, cartoons, posters, or pin-ups.
- Offensive questions, comments, abuse, or leering behaviour.
- Unwanted, unnecessary, deliberate physical contact, touching and/or gestures.
- Questions and comments about private life.
- Request for sexual favours implying promises of favourable treatment or threats of unfavourable treatment.

## Procedures to follow if you feel you have been sexually harassed

There are two processes for you to follow: *internal* and *external*. Simply put, the internal process involves sorting out the matter within ITFNZ, possibly through mediation; while the external process involves taking the matter straight to the police. It is extremely important to note that:

*"At any time a complaint can be referred to the police"*

### Internal Process

This involves the complaint being handled within ITFNZ by an instructor, Regional Director, or Standards and Discipline Committee. In other words the complaint is not taken to the police, Human Rights Commission or another outside organisation. The complainant (the person making the complaint) can elect to either:

1. Take no action
2. Deal with the matter themselves
3. Request a mediated outcome.

### 1. Take No Action

After receiving advice, a complainant may decide to take no further action. Advice can be sought from whomever the complainant is comfortable with asking, a family member, their instructor, Regional Director, etc.

### 2. Deal with the matter themselves

The complainant may choose to communicate with the respondent (the person or persons the complaint is against) themselves either on their own or with a support person, who may be a family member, friend, their instructor, or someone else. They may also wish to take the matter straight to the Standards and Discipline Committee.

### 3. Request a mediated outcome

A complainant may be unwilling or find that they are unable to resolve the matter alone. In this case they can request to have a mediated outcome between themselves and the respondent. The request can be made directly to the respondent, their instructor, a Standards and Discipline Committee member, or another.

Before mediation can occur, *both* parties must agree that they wish to pursue mediation as an option. *Both* must also agree who shall be the mediator. If there is no agreement by the respondent to this process, or the respondent does not admit to the allegation, or does admit it but the parties cannot agree to an outcome, then the matter is unresolved.

The complaint is deemed resolved when the complainant either decides to take no further

action, or *both* parties agree that the behavior complained of occurred and the agreed actions to redress the complaint have been carried out.

The agreed action to resolve the complaint must also be within the respondents power to carry out (such as a verbal or written apology, and a commitment that the behavior will not happen again).

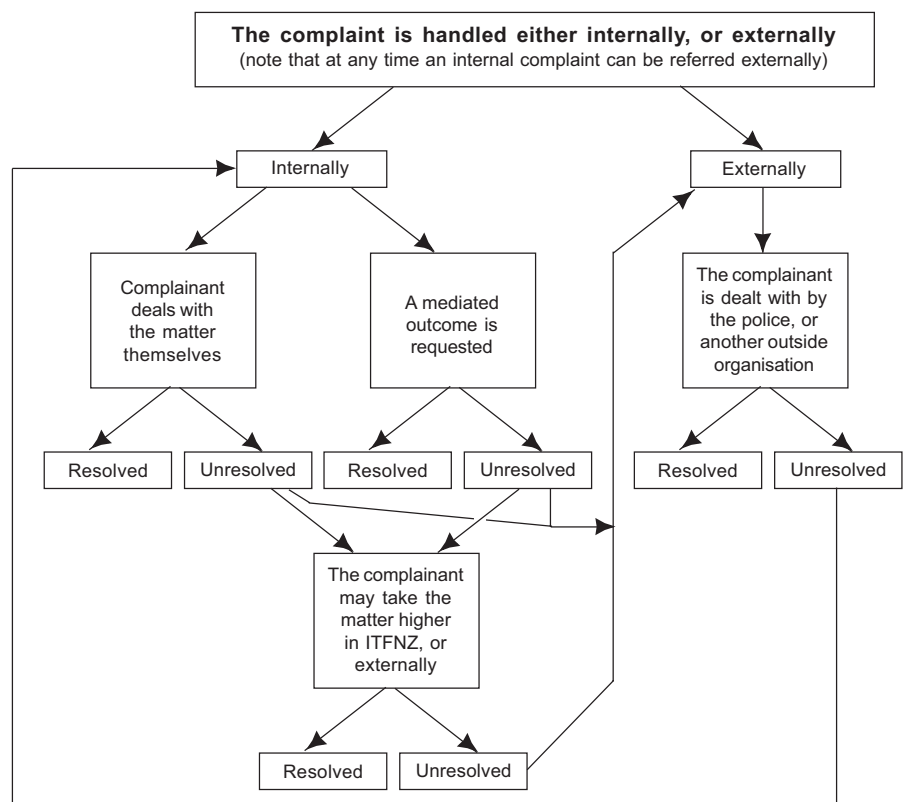
If the matter remains unresolved, the complainant may take the matter higher in ITFNZ, to the Standards and Discipline Committee or the Executive Committee, Regional Director, etc if they haven't already been involved in the process. They may also take the matter externally to a lawyer, the police or the Human Rights Commission, etc.

### External Process

This involves the complaint being referred straight to an outside party, such as the police or the Human Rights Commission. In the case of the police, they may investigate the complaint and decide if the issue is of a criminal nature or not. If the complaint is deemed to be of a criminal nature then the matter is taken out of ITFNZ hands. This, however, does not preclude ITFNZ undertaking internal discipline procedures through the Standards and Discipline Committee, as well as any resolution the courts may impose.

If the complaint is deemed *not* to be of a criminal nature, then the complainant can still have the complaint addressed back through the internal complaint process, or to the Human Rights Commission, etc.

Figure 1: Flow chart of the ITFNZ sexual harassment procedure





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# TOP TEN



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HOLLÄNDER**

Gold & Bronze Medallist  
*Poland World Champs 2003*

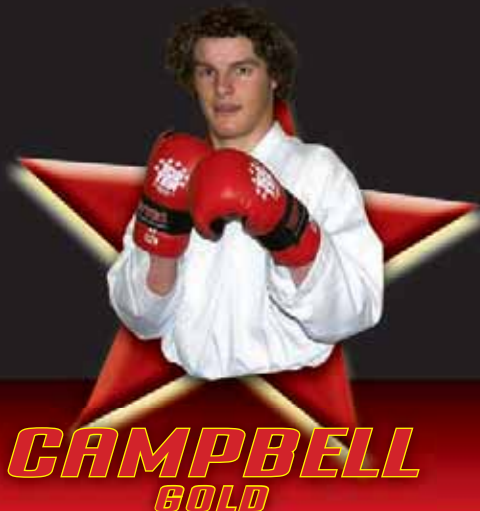
NZ Heavyweight Sparring  
*Germany World Champs 2005*



**CARL  
VAN ROON**

Gold Medallist  
*Poland World Champs 2003*

NZ Heavyweight Sparring  
*Germany World Champs 2005*



**CAMPBELL  
GOLD**

Silver & Double Bronze Medallist  
*Italy World Champs 2004*

NZ Team Sparring  
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## Directory Changes

### Instructor changes

#### *Nibun ITF*

*Auckland Grammar and Mt Albert*, Mr Francis Fong II dan

*Baradene*, Miss Renee Richardson I dan

*Diocesan*, Miss Lipi Shukla II dan

Thank you to Mr Andrew Niven for all his work with ITFNZ over more than 10 years.

*Te Awamutu*, Mr Ian Campbell IV dan

Master Evan Davidson continues to be a key part of ITFNZ.

*Stratford Scorpions*, Ms Natasha Bibby I dan

Thank you to Mr Ian Hayward for his time and commitment to ITFNZ over many years.

### Club merger

#### *Ji Shin Remuera*

This club has merged into *Ji Shin Royal Oak*. Mr Hung Nguyen II dan while its hall is being refurbished.

Royal Oak School, Manukau Road, Royal Oak  
Monday and Wednesday, Kids 6:00 - 7:00pm  
Adults 6:30 - 8:00pm

### Time and venue changes

#### *Whangarei*, Hurupaki

Mr George Konia III dan

Hurupaki Primary School, 20 Dip Rd, Kamo  
Monday and Wednesday 6:00pm - 8:00pm;  
Thursday 7-12yr 6:00pm - 7:00pm; Friday  
6:00pm - 8:00pm (dan only);  
Saturday 9:30am - 11:30am

One Tree Point Primary School, RD 1 Ruakaka  
Tuesday 6:00pm - 8:00pm

#### *Shore City*, Devonport

Miss Jeanette Joe V dan

HMNZS Officer Training School,  
Vauxhall Rd, Devonport

Sunday 6:00pm - 7:30pm;

Monday kids 5:00pm - 6:00pm

Hauraki School, 82 Jutland Rd, Takapuna

Wednesday 7:00pm - 8:30pm

#### *Waitakere*, Gurusports West City

Mr Paul Hicks I dan

Kelston Community Centre Main Hall

cnr Great North Rd & Awaroa Rd, Kelston

Monday and Wednesday 6 - 7.3

#### *Auckland*, Gurusports Onehunga

Mr Paul Hicks I dan

Fergusson Hall, Fergusson Park, Olea St, Oranga

Tuesday 4:00pm - 5:30pm;

Thursday 4:30pm - 6:00pm

#### *Manukau*, Dragons Spirit Papatoetoe

Mr Kane Raukura IV dan

Papatoetoe High School gym, Carlie Street,

Papatoetoe (right gate)

Monday and Thursday 6:30 - 8:30

Papatoetoe Intermediate,

Motatau Rd, Papatoetoe

Sunday 9:30 - 11:30am (call instructor, \$2)

#### *Wanganui*, Dragons Spirit Wanganui

Mr Darren Andrews I dan

Wanganui East School, Patapu St, Wanganui

Tuesday and Thursday 6:00pm - 8:00pm

#### *Wellington*, Khandallah

Mr Graham Patterson V dan

Onslow College New Gym,

Burma Rd, Johnsonville

Monday 6:30pm - 8:00pm

Paparangi School Hall, Beazley Ave, Paparangi

Tuesday 6:30pm - 8:00pm

Khandallah School, Clark St, Khandallah

Thursday 6:30pm - 8:00pm

#### *Dunedin*, Threshold

Mr Hayden Breese III dan

Level 2, 169 High St, Dunedin

Monday and Wednesday 6:00 - 7:30

### New club

#### *Rodney*, Nibun ITF Orewa College

Mr Francis Fong II dan

Orewa College, 76 Riverside Rd Orewa

Tuesday and Thursday 7:00pm - 8:30pm

Congratulations to Messers Fong and Sawyer for opening this club.

New club!



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

## Next Issue

It's the Christmas issue, and you know what that means!

### A full colour poster of the photo competition winning photo

We might even put a few dates on it to let you know the major events for 2006. You can pull it out and put it on your wall. You can put it in your Taekwon-Do bag – it will have a full ITFNZ Taekwon-Do directory on the back!

### Who will be our Epson Under 18 champions?

Competition is heating up! With two tournaments to go, a handful of competitors are leading each pack. Who will reign supreme? Keep your eye on <http://www.itfnz.org.nz/events/tournaments/epsonunder18/2005.htm>, and watch out for profiles of the winners in our next issue.

### Instructing the instructors

Read about the second ITFNZ Instructors' Conference. Instructors get to go for free, so this is shaping up to be a fantastic event!

### How did we get here?

In part two of the history of ITFNZ, we read about the formation of our organisation, the famous Sharp International Tournament of 1985, the World Camp in Palmerston North in 1992, and a number of other events through the 1990s.

### Plus more of our great regulars...

More about General Choi's amazing life in Kicks for Kids, Mr van Roon gets back at Dr Snelling in our free sparring column, and Mr Banicevich discusses the first principle of releasing techniques. What will the Technical Director say in Technical Tips? Maybe you could send in your ideas! [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz)



Mrs Ng, wife of Mr Norman Ng, firewalking at the World Camp in Palmerston North, 1992



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