

# TAEKWON-DO **Talk**

## Becoming a BLACK BELT

- Story of Personal Journey
- From White to Black
- Black Belt Training through Kumsong

WINNIE MELLEIS



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Taekwon-Do

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## FROM THE PRESIDENT



### Master Evan Davidson

VII Dan, President

Welcome everyone to the first Taekwon-Do Talk for 2012. Another big year for International Taekwon-Do. Already our activities and programmes are in full swing. Please check out the International Taekwon-Do calendar on the website. Get your planned activities, including gradings, booked and entered.

Well done to the organisers of the two major events held over the last few months. Firstly the Instructors Conference held in Rotorua in November and the recent 'National Camp' also held near Rotorua at Tui Ridge Park. A great turnout from our Instructors, seniors and members.

We are very excited at the enthusiastic uptake of our KiwiSport programme in Auckland Schools. Our CEO, Mr Mike Thompson, was successful in gaining funding to teach International Taekwon-Do, initially at schools in Counties Manukau. Master McPhail developed a special syllabus and co-ordinates a team of Instructors throughout the region. In term one alone they have delivered classes to around 500 children, (delivering 6456 participant hours) with teachers reporting a positive spin-off of improved behaviour in children that are taking the course. It has also culminated in the opening of a new club in Otara to cater for the new demand.

Central Auckland was next to be approved and is now also underway. We are pleased to announce that we are also in negotiation with Sport Wellington, so hopefully this will be our third region approved for KiwiSport. Anyone interested in instructing, assisting, or to have KiwiSport at your school in Wellington, please contact Master McPhail (pmcphail@itkd.co.nz).

The new gup grading system is well underway and our examiners are now being well utilised. All grading, other events and member club registrations are done on-line through the website database at [www.itkd.co.nz](http://www.itkd.co.nz). Mr Neil Breen does a fantastic job behind the scenes keeping this running smoothly. Big thanks to Neil and also to Mrs Shirley Pygott, the dBase administrator for their dedication.

Keeping good two way communication is most important to ensure the organisation runs efficiently. Your Instructors, Regional Directors and our Operations Executive are there to assist clubs and members and to coordinate operational activities. Please use them wherever possible. I am also available to anyone and everyone if you need any guidance, assistance or advice. Email: [president@itkd.co.nz](mailto:president@itkd.co.nz)

2012 is another Olympic Year (London) and you will be seeing the word 'Taekwondo' (different spelling) covered in many media circles, both nationally and internationally. This of course relates to the World Taekwondo Federation (WTF) system. This system has no bearing on what General Choi Hong Hi, our founder, had developed and named and what we practise in the International Taekwon-Do Federation (ITF).



KiwiSport Instructors Ethan Parker and Lianna McCartney

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Taekwon-Do Talk delivers articles relating to International Taekwon-Do in New Zealand and associated activities of fitness, nutrition and health. The goal of Taekwon-Do Talk is to inform, motivate and promote communication throughout International Taekwon-Do.

Your region not represented in this issue? To submit an article please post to: Taekwon-Do Talk Magazine, P O Box 75 -549, Manurewa, Auckland 2243 or email to: [tkdtalk@itkd.co.nz](mailto:tkdtalk@itkd.co.nz).

For submission guidelines and advertising enquires please visit our website: [www.itkd.co.nz/tkdtalk](http://www.itkd.co.nz/tkdtalk).

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Photo courtesy of Dane Canton

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## OUR EXPERTS



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MISS CAROLINA DILLEN



**TECHNICAL**  
MR. BRENDAN DOOGAN



**SPORTS MEDICINE**  
DR. JAKE PEARSON



**KIDS**  
MRS. SHIRLEY PYGOTT



**STANDARDS**  
MR. KANE RAUKURA



**FITNESS**  
MRS. SONYA ROBINSON



**SELF DEFENCE**  
MR. PHIL THOMPSON

## COVER



Cover photo by Paul McPhail



# NEW SCHOOLS

## Welcome to our new schools and instructors

### Awa City - Wanganui

Instructor: Mr Matt Andrews II dan  
Trinity Methodish Church Hall  
183 Wicksteed St, Wanganui

Monday and Wednesday  
6-8pm

*Awa City Taekwon-Do is suitable for all ages and fitness levels. We believe in maintaining good discipline and having a well rounded training where students are challenged both physically and mentally. We welcome all students with the desire to learn as we are passionate about Taekwon-Do.*



### Jungshin Warkworth

Instructor: Mr Adam Herbison I dan  
Warkworth Primary School, 35 Hill St,  
Warkworth

Mondays and Thursday  
Kids: 4pm-5pm  
Adults: 6.30pm to 8pm

*The club has a kids class that caters for children aged 8-12yrs, as well as an Adults class catering 13yrs and up.*



### Pil Sung Taekwon-Do

Instructors: Mr Graham Patterson VI dan  
& Mrs Suzanne Patterson V dan  
Petone Central School, 16 Britannia  
Street, Petone, Lower Hutt

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

*Pil Sung Taekwon-Do is run by husband and wife instructing team, Graham and Suzanne Patterson. The Pattersons have many years experience teaching all aspects of ITF Taekwon-Do, and both have had success competing as national representatives.*



### Tribal Taekwon-Do Otara

Instructor: Mr Richard Iotua IV dan  
Sir Edmund Hillary Collegiate,  
2 Franklyne Road, Otara

Wednesday 5.30 - 6.30pm  
Friday 6.00 - 7.00pm

*Richard Iotua started 1978 under South Pacific TKD then joined ITF NZ in 2000. Head Instructor of Tribal Taekwon-Do Otahuhu and Otara, Mr Iotua loves watching students achieve their full potential in a martial art that cannot be compared with another.*



**Also recently approved:** Phillip Hayward as Instructor of Mosgiel, Jake Pearson and Sheryl Chase approved as Co-Instructors of Khandallah, Helen Caley as Co-Instructor at Riccarton TKD, Kara Timmer as Instructor of Elite Kids, and Kavita Jaduram approved as Instructor of Nibun Diocesan.

**New Assistant Instructors approved:** Mrs Rebecca Smith at Meadowbank, Natlie Cale at Te Karaka, Paul Dagger at Kapiti Coast, Eun-Byul Yu at Ellerslie, Luke Jackson approved as Pulse Kids, Tomonori Shibata at Riccarton, Lily Mason-Mackay and Sona Bimler at Spirit Kids, Haydan Cain at Botany, Ryan van Heerden and Rebecca Styles at Paul M. Glendowie.

# COLLAPSIBLE BOARD HOLDER

Students can practice on their own, or have parents, siblings or friends hold boards without risking their fingers, and still provide a strong, stable breaking platform.

Because most clubs train out of a school gym you need to have equipment that is portable. This board holder meets these needs very well as it is durable, very quick to set up and easily transported. At home strap it to a heavy punch bag so you don't even have to mount it on the wall.

**Collapsible** – Weighs under 6kgs and fits into a "carry on" sized bag

**Train on your own** – The 5-1 Board Holder is excellent for training, competitions, and demonstrations. No need for a partner.

**Easy to use!** – No more injured fingers, failed breaks, or difficulty to adjust or move.



As World Champion Power Breakers we recommend the Collapsible Board Holder for practice.

It worked for us!!!

ITF World Championships 2011

**Kristy Leong 2<sup>nd</sup> Degree Black Belt (TKD) - New Zealand**

*So user friendly, compact and not intimidating. I'm able to set up anywhere and from. Enjoy free and go lightweight. I use the "Collapsible Board Holder" when I teach junior students how it builds great confidence". I love it.*

**GOLD: Female Senior Team Power Breaking - Kristy Leong, Nikki Galpin, Amanda Cleland, Alisa Parker**  
**Bronze: Female Senior Team Patterns - Kristy Leong, Courtney Meisner, Alisa Parker, Melissa Timperley, Amy Reader, Caroline Dillen**

**Petrina Gupta 2<sup>nd</sup> Degree Black Belt (TKD) - New Zealand**

*A great training apparatus. I can use it anywhere, anytime. Easy to set up and so easy to use. So light I can travel with it throughout New Zealand. It's a one stop shop when getting ready for the World Champs. Hard and durable and easy to clean. Awesome product.*

ITF World Championships 2011

**GOLD: Female Junior Team Power Breaking - Kara Timmer, Petrina Gupta, Umakaloo Goodyer, Philipp Henry**  
**GOLD: Female Junior Team Sparring - Umakaloo Goodyer, Petrina Gupta, Philipp Henry, Pajin Maki, Vanshika Sudhakar, Kara Timmer**  
**Silver: Female Junior Power Breaking - Petrina Gupta**

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# LAND OF ADVENTURE

By Rod Johnson VI dan, Vancouver Canada

Ahhhhhhh New Zealand, the land of adventure, exquisite beauty, endless beaches, flat whites, netball, universal suffrage, the Topp Twins, the Finn Brothers, the Coromandel, Waihi Beach, Mount Doom, the top team at the 2011 ITF World Championships and, of course, Te Awamutu – the centre of the universe.

I have always been fascinated by and wanted to visit NZ. I was honoured to represent Canada as an umpire at the 2011 World Championships and to be fortunate enough to have an extra two weeks after the tournament to explore the North Island with my wife Brenda.

Hello Wellington! What a great city for a World Championships. Thank you to ITFNZ, Mr Lorantos, Mrs Walton and the tournament organizing committee for creating a wonderful event. Wellington was the perfect place for my wife and me to start our NZ experience. We thoroughly enjoyed the city's diversity and culture, especially the amazing public art, museums, restaurants, botanical gardens and our bus trip to the Weta Cave.

From Wellington we made our way to Auckland to pick up our camper van and begin the second leg of our adventure. We had a jam packed itinerary of places to see and ITF friends to visit. Surprisingly, the adaptation to the "wrong side of the road" was short lived and we arrived safely at Goat Island Marine Reserve where we swam and lazed about. It was amazing –



from the rolling green hills to the herd of cows grazing no more than 100 feet from our camper.

The next day we headed off to the Coromandel, where we discovered one great beach after another. In just a few days we felt fully completely immersed in the Kiwi lifestyle. While the Coromandel beaches were beautiful, I was excited to head inland to spend a night with the Eccles family, and train at their dojang in Hamilton. Then, it was on to Te Awamutu where we spent time with Master D and his wife Fiona, trained at the Cambridge dojang, took a trip to the Waitomo Caves, swam in their back yard and, of course, experienced a bit of Zeppelin.

The calling of the LOTR film sites beckoned and we headed off to Mount Doom, fully prepared to take on any Orks (or members of the Polish men's sparring team) who might cross our path. I am sure that we drove everyone within a ten mile radius of Mt. Ruapehu crazy with our LOTR jokes. After spending the night at Lake Taupo, we headed to Waihi Beach for a night of celebrations with our new friend Botanical Bill, owner of the Love Shack B & B. We drove to Auckland the next day,



Weta Cave - is that Sarumon or Master Rimmer in the background?

where we were met by Mr Banicevich. In no time at all we were sitting down to Indian takeout at Casa Banicevich; delightful service once again from our Kiwi friends. I was lucky enough to be able to join Glendowie dojang's annual demo with a bit of destruction and a self defense skit with Mr B. We wrapped up our New Zealand adventure with a trek up One Tree Hill.

Our trip is now over a year old, but the delights are firmly entrenched in our hearts. There is no doubt that we will be returning to NZ in the next few years. My wife paid it the ultimate comment with "I think I could live there", which is high praise indeed. Thank you NZ!! 🇳🇿



Keeping New Zealand Safe



ITF Friends



Chillin' with Master D

# NATIONAL CAMP 2012

By Angela Oliver II dan, Pulse Taekwon-Do - Christchurch

As a first time National Camp attendee, I am a little ashamed to admit that after the long trip from Christchurch to Rotorua, I was a little tired, a lot grumpy and was tempted to try and turn around and go straight home again! I'm really glad I didn't though as the 7am wake up and military style run down the hill, followed by the military style run back UP the hill thanks to Mr Grant Eccles, was well worth the trip!

Mr Graham Patterson got us re-warmed up after breakfast with a series of great partner exercises that got everyone comfortable working together, and then the first of the Master Sessions began. In the 2nd dans and above group, Master

McPhail & Mr Pellow got everyone moving with an invigorating self defence session. Mr Pellow as always, was highly motivating and led a great session for getting the blood moving and making new 'friends' (friends being the word for people you may not know letting you throw them around the floor and vice versa).

Master McPhail ran a really informative and highly energetic session on anaerobic energy systems which consisted of 10 second bursts of heavily intense activity, followed by enough rest for everyone to fully recover and then go again... I'm not sure if I'm even fully recovered now and it's been two weeks!



## Poem entry at the talent quest

Back in February 2010  
I discovered ITF Taekwon-Do  
Saw some video on You tube  
And thought – I have to give that a go

An email or two later  
I was invited to have a gander  
I had the pleasure to walk through the door  
and meet the then “Mister” Rimmer and Miss Sheri Jane Lander

I was very nervous at my first class  
And I needed lots of support  
The whole class was in do boks  
But me in my tee shirt and shorts

About 90 minutes later  
And that first class came to an end  
I walked out totally elated  
And determined to make TKD my new friend

Like any new endeavour  
It was plain that I knew nothing  
But I enjoyed the need to think  
As well as all the puffing

Class after class I attended  
A number of new friends were made  
I started to learn some Korean words  
And feel a lot less afraid

The day of my first grading  
Came along what seemed so fast  
Oh boy I was nervous  
But damn determined to pass

A very uncomfortable feeling was felt  
The butterflies in me were charging  
And as I powered my way through saju jirugi  
I hoped Mr Salton wasn't laughing

It's been a while since that first day  
And my journey is just beginning  
I'm looking forward to learning more  
And some more medals I'll be a winning

It is a great honour indeed  
To spend time amongst you black belts and masters  
After the training we've done today  
I wish I had packed more plasters

At the end of this camp  
I will go home with many happy thoughts  
About how lucky I have been  
To spend some time with such good sorts

**Craig Hart**  
**BOP TKD Academy**





After lunch, we all came together for something a little different; Ms Jodie Collins took the group for a highly energised Zumba warm up. Being allergic to all things dancey, I snuck out of the group to have a good look at everyone and try and figure out who in our ranks has the best rhythm. I was very impressed with Ms Fran Marshall and Mr Clint King for their aptitude in this session.

Our group's next stop was the destruction session with Masters Rounthwaite and Davidson. I've always enjoyed breaking seminars, but this session was the best fun I've ever had with destructions. Master Rounthwaite's 5 second drill was awesome fun and really good for building confidence for those who, like me, perhaps don't practise their breaking as often as they should. Master Davidson's part of the session involved a number of us having a go at suspended breaks. Having never tried it before, I was well impressed with all those who managed to show off their great capacity for speed on the board. The session left me with a newly defined mission to go away and be able to manage at least three different types of suspended breaks by the end of the year.

The most eventful part of the weekend, had to be the talent quest. The TKD Idol type contest was a great hit. Mr Clint King's rendition of I Like Big Butts really brought the house down and we saw a very talented violinist, a lovely rendition of Hotel California, and some wicked dance moves, among other things. I would love to tell you who won, but I was so busy laughing at Mr King's song for pretty much the entire evening, that I believe I missed it!

After some much needed sleep and breakfast, the kids got to spend some time with Mr Gwyn Brown bouncing on mats and doing all manner of weird and wonderful kids stuff, where I believe the word "can't" was a punishable offence, while the adults (or so called) were given a timely reminder from Dr Jake Pearson that listening to our bodies is so very important and how pain really works to tell us when to keep pushing and when to give it a rest.

Obviously none of us must have been feeling too much pain as the whole group then headed back over to the gym for the last couple of hours for a much needed technical/patterns session with Master Bhana & Master Rimmer. I'm sure that







### **A word from the organiser**

The National Camp 2012 was quite a while in the planning and a lot of fun to do and now I am looking for my next project. However before I move on I would like to make a few acknowledgements:

*Master Davidson, Master McPhail, Master Rounthwaite, Master Bhana, Master Rimmer and Mr Pellow, for great classes and passing on a vast amount of knowledge to the students.*

*Mr David Blackwell - Co organiser and keeping me on track.*

*Ms Charlotte Blair - co organiser and keeping Mr Blackwell on track :)*

*Mr Mike Thompson on his informative talk about where Taekwon-Do is progressing since the World Champs.*

*Mr Gray Patterson for combined warm up and training.*

*Ms Jodie Collins for a great Zumba class.*

*Mr Grant Eccles and Mr Clint King for our morning warm up exercises.*

*Mr Gwyn Brown for the kids class, delivery and removal of training mats and helping with talent quest judging.*

*Dr Jake Pearson for his talk on Pain, Friend or Foe.*

*Mr Brendan Doogan for his talk about event choice and self marketing for competitions.*

*Mr Scott Sutherland for arriving before I did to help out and set up the hall and did a great job of assisting Mr Blackwell on the registration website.*

*Mr Morgan Lloyd for delivering,++ setting up and taking away the breaking machine, also for staying after camp and helping with a lot of the clean up.*

**Mr Craig Hannah**









I'm not the only one of that group who became enlightened at the number of little things that can sneak up on us in our patterns and techniques and am always grateful for these sessions for bringing them to my attention.

We were lucky enough to be fed lunch before we started the trip home, and I have to congratulate Tui Ridge on feeding a group of predominantly carnivores a vegetarian diet for an entire weekend and not having anyone's arm get chewed off in the night. Well done!

Many thanks and well done also to Mr Craig Hannah & Mr David Blackwell and their team of helpers who did an excellent job of putting the camp and its program together. Everyone appeared to be smiling the whole time so a successful weekend all round. I'm definitely looking forward to the next one. 🐦



Photos by Craig Oliver



# 2012 OCEANIA CHAMPIONSHIPS

By Estelle Speirs and Dane Canton, PNTA

Over the weekend of April 14 & 15, the biennial Oceania Championships were held in Hobart, Tasmania. Just over two dozen Kiwis competed at the event, along with competitors from Australia.

The city of Hobart was beautiful and clean but much colder than expected! It seemed most of us packed for the warm Aussie weather but found it to be around the same temperature as New Zealand. The city was comprised mainly of historic brick buildings, set upon a spectacular harbour. Looming above, is Tasmania's Mount Wellington, which is packed full of fantastic views and great spots for Taekwon-Do photos.

The tournament, itself, was held in the City Hall. This was a great venue, and a perfect fit for the number of competitors. Situated right in the centre of town, it was within walking distance to most peoples' accommodation, which was very handy.

The tournament was held over two days. Due to the numbers, this meant there was significant downtime. This was quite nice for

a change. As most of us have experienced, New Zealand-run tournaments tend to be fast paced in order to squeeze everything in.

We were all taken by surprise with some sudden rule changes. One such change included a "qualifying break" for power technique. This meant if you were unsuccessful in the side piercing kick break, you were unable to compete in the other techniques. In the individual senior female division, only the New Zealanders made it through!

The tournament turned out to be a fantastic way to gauge our progress, especially as many competitors are planning to attend the World Cup later in the year. It also provided invaluable ring-time for those people. For the coloured belts, the tournament was their chance to compete in an international tournament and many of them, deservedly, came away with medals.

Team sparring was exciting, as usual. The females won their final with the youngest member Morgan Searle being put in

the senior team and taking out her fight, leading to a 3-0 victory over the Aussies. Estelle Speirs and Kara Timmer also won their fights.

The males also won their team sparring final 3-0 against Australia with Michael Davies, Dane Canton and Riley Phillips-Harris winning their fights. A highlight in the last fight was when Riley, another junior, fought Australian National Team member Rick Scholes. Riley looked down on points until the last five seconds where he freakishly scored two consecutive head kicks. This secured a 3-0 win for the boys. Great to see the juniors stepping up, with confidence, and taking on much older, more experienced fighters.

New Zealand dominated the medal count and also took out all the best overall spots. Kara Timmer and Simon Davis won best overall junior female and male, respectively and Alisa Parker and Shane Black took out the senior spots. A special mention has to go out to Timothy Searle, no awards were handed out for best overall colored belts







but this boy only 12 years old won 3 Gold medals for Sparring, Patterns and Special Technique.

A big thanks to all the TKD mums and dads that came over to support not only their own kids but all of us others too. Also thanks for organising us all, finding great places for us to eat, being the loudest cheer squad by far and in general putting up with all of us! 🙏





## Results

### Patterns

**GOLD** - Dane Canton, Helen Caley, Shane Black, Simon Davies, Kara Timmer, Morgan Searle, Robert Bruce, Timothy Searle.

**SILVER** - Kris Herbison, Alisa Parker, Jamie Searle, Nathan Bowden, Kerry McEvoy, Zoe Winner.

**BRONZE** - Brendan Doogan, Estelle Speirs, Riley Phillips-Harris, Michael Davies, Matthew Bowden.

### Sparring

**GOLD** - Kane Baigent, Estelle Speirs, Michael Davies, Ross Black, Simon Davies, Riley Phillips-Harris, Timothy Searle, Michael Searle, Matthew Bowden, Zoe Winner, Adam Herbison, Kerry McEvoy.

**SILVER** - Jamie Searle, Kara Timmer, Nathan Bowden, Navi Naik.

**BRONZE** - Alisa Parker.

### Special Technique

**GOLD** - Riley Phillips-Harris, Kara Timmer, Shane Black, Timothy Searle, Robert Bruce.

**SILVER** - Helen Caley, Morgan Searle, Simon Davies.

**BRONZE** - Estelle Speirs,

### Power

**GOLD** - Alisa Parker, Shane Black, Moran Searle.

**SILVER** - Kris Herbison, Kara Timmer, Simon Davies, Matt Bowden.

### Team Events

**GOLD** - Female Team Sparring, Male Team Sparring, Female Team Specialty, Male Team Specialty, Female Team Power.

### Pre-Arranged Sparring

**GOLD** - Michael and Simon Davies

### Best overall

Junior Female - Kara Timmer

Junior Male - Simon Davies

Senior Female - Alisa Parker

Senior Male - Shane Black

Country - New Zealand



Photos by Kris Herbison

## REGIONAL NEWS

Counties Manukau

I have always been into I.T. and computers and also have some very competent club members. So in 2011, we decided to see if we could use technology to help reinvent our dojang and bring on board new digital resources that could be used to improve the training experience of members, aid in teaching and to assist the instructing Black Belts. It was a new direction that has worked out fantastically well and we are still very excited about it all. So I would like to share with you what we have been up to!

In no particular order, here are the key things we implemented:

- HDMI Digital Video Cameras, HDMI Laptops and Data Projector.
- Apple iPad and associated apps.
- Hi Definition Speaker System and Tripod.
- Student Attendance Cards, Attendance Software and Barcode Scanner.

Each of these different resources has enabled us to improve the facilitating of our main goal – to effectively teach Taekwon-

**EXCELADE**  
VIDEO ANALYSIS  
IN THE PALM OF YOUR HAND



Do to our members and to make them fitter and healthier human beings. Let me break them down and explain how we use them at Dragon's Spirit.

Firstly, **the HDMI Digital Video Cameras, HDMI Laptops and Data Projector.**

By pure chance, it just so happens that a laptop and a data projector fit perfectly onto the top of an aircraft catering trolley. You know the ones that squeeze down the aisles of a plane? The trolleys are nice and high, stable and have plenty of storage underneath for leads, power extension etc.

We now have two workstations – DS One and DS Two - that can be wheeled around the dojang. With these we do a number of things including filming of students patterns and techniques, playback and feedback of the recorded clips, the uploading of students clips to our own Dragon's Spirit Youtube Channel, accessing and projecting digital copies of the student handbooks and the Full Encyclopaedia, accessing the internet and projecting key information such as items and articles on the iTKD website. We also have Tabata and Interval Training software we use for timing different sessions.

**The iPad** has been a godsend as an Instructor. I have PDF copies of the Coloured Belt



Handbook and Black Belt Handbook, a digital copy of the Full Encyclopaedia as well and various other apps. I use a journal app and make notes on students and have also just begun to utilise an amazing coaching app called "Excelade" which allows mobile video analysis. It records video and you can control the playback frame-rate forwards and backwards and place annotation over the top, including an angle calculator and various other symbols.

Another great app has been "iWorkout Pro" – this app I have on the iPad and my iPhone. Using my music files, I create custom playlists that are timed precisely with instructions as a voice overlay in iWorkout Pro. This is perfect for Tabata and Interval Training (if you don't know what these are, you need to find out!). Ms. Carolina Dillen, Instructor of Warrior





# DOJANG

By **Mr Kane Raukura** V dan, Instructor – Dragon's Spirit Taekwon-Do Papatoetoe

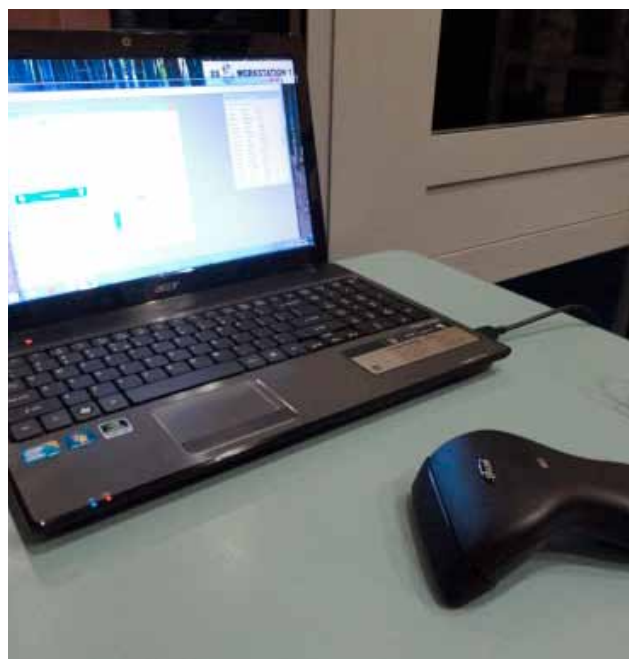
Taekwon-Do introduced me to this training method and the club hasn't looked back.

**The hi-definition speaker system** and tripod was purchased to support our Tabata and Interval Training. The entire club also now does three 2 ½ minute rounds of bag work every Thursday to some very pumpny music (high beats per minute) and the decent speaker system has made a real difference. There are many types available, but we use a recommended brand called Proel from a very trusted supplier in Auckland - [www.jansen.co.nz](http://www.jansen.co.nz). We had a custom lined box made for it, as can be seen in the pictures and in the future, we will use the speaker outdoors for demonstrations etc.

## **The student attendance cards, attendance software and barcode Scanner.**

The club was looking at a better way to track student attendance at training and we wanted students to be self-managing and responsible for keeping their own records up to date and correct. Mr. Phil Moore, a member of the Dragon's Spirit Black Team, wrote the software and custom designed a system of attendance for the club. Students walk in, scan their attendance card and the record is automatically saved. This info is then accessible online for the students to see and for me to make decisions around who qualifies to grade each grading round. We have got the bar set at 85% attendance. It seems to be working well!

So that's the Digital Dojang at Dragon's Spirit! Keep an eye out in the future, this is just the beginning. If you would like more information, drop me an email at: [standards@itkd.co.nz](mailto:standards@itkd.co.nz)



## REGIONAL NEWS

Midlands

# PIRATES OF THE EAST CAPE

this year's theme of the Midlands regional camp

When the main SH2 route into Gisborne closed 1 week prior to the camp, due to the tremendous slip in the Waioeka Gorge, it was touch and go if the camp would even go ahead. But with intrepid travellers prepared to make the long trip around it was all go.

Our guest instructors for the weekend were Master and Mrs Rounthwaite travelling up from the Hawkes Bay covering self-defence, appropriate for gradings and destruction, "muscle memory" being the theme.

"Spy Mouse" Miss Melissa Timperly from Auckland covered sparring drills and how to score the points a judge will see and score while sparring.

The camp was based just metres from Gisborne's Midway Beach, we took great advantage of this for the morning warm up, starting at 6am reciting the student oath while waist deep in the ocean and seeing the sunrise. Stunning!

The camp was an opportunity to experience different things and with 6 hours of Taekwon-Do interrupted only for food and drinks breaks, and of course a whole hour of ZUMBA, you can imagine how tired people were by Saturday evening. Having International Taekwon-Do world champions at the camp looking as lost as the rest of us when it came to clapping, stomping, twirling and shaking your booty during ZUMBA was as you can imagine, memories made!

After some incredible food the evening was consumed with pirate sea shantys being sung and the now famous marshmallow eating competition. A lot of people asking if they could go to bed early meant lights out at 10 was hardly needed.

Sunday was to the beach first thing again and this time it was pattern meanings before you could leave the surf. Patterns were covered after breakfast and everyone got some time with Master Rounthwaite but an early finish due to the travelling ahead was in order. The finale of the camp ended with all pirates and their ships, The Flying Dutchman, Endeavour and Black Pearl together; which meant a BATTLE!

It is my hope everyone will remember the camp and come back again when we host our next one. Unforgettable experience! 🏴‍☠️

Mr Kevin Cale, III dan





## South Island



Dr Jake Pearson recently presented Mr Neil Kettings with a book containing a photo history of the Dunedin Club. The photo opposite shows Neil receiving the book at a dinner in Dunedin. Mr Kettings responded by sending us in an email published below.



Left to Right: Helen Kettings, Gray Patterson, Neil Kettings, Jake Pearson, Hayden Breese, Nicole Kettings, Ashton Kettings and Natasha Kettings.

Hi everyone - this is my "Neil was here" thank you letter to all those I have had the privilege of meeting in Taekwon-Do.

Firstly I thought I would outline very briefly my history with Taekwon-Do. It started in 1996 when my family and I started with South Pacific Taekwon-Do. After two years we asked if we could join Mr Pearsons ITF Club in Dunedin. In 2000 Mr Pearson left and in 2001 I took over as instructor. I finished in 2010 and Helen took over until the end of 2011 when the Dunedin club closed.

I have always believed that joining Taekwon-Do was one of the best things I did for me and my family. The role models that Nicole and Tash had while growing up were excellent. It has been an absolute privilege to have met these people and learnt from them. We all loved the training, the fun, the discipline and the challenges.

In 2001 when I became an instructor it was a daunting experience. I had just graduated from Police college and suddenly my role in the world was completely different. I found it hard but I loved it.

I am thankful for the experiences that Taekwon-Do gave me. It set challenges and goals both inside and outside the do jang that kept me on my toes (except at the moment of impact) and made me a better person.

In 2004 I was diagnosed with non hodgkins lymphoma. I received 8 treatments of chemotherapy over 24 weeks. I had lots of time off work and was lucky enough to have a Taekwon-Do encyclopedia to pore over in my increased down time. I think that my classes became quite inventive at this time as well.

It took a lot to get my fitness back but in 2006 I managed to earn my 3rd dan. I kept up with my fitness and enjoyed classes and training more than ever. In 2007 I had a small mishap in class which led to back surgery.

In 2008 my lymphoma returned and I spent some time in hospital having more extensive chemo before being sent to Christchurch for a stem cell transplant. I was there for about a month. The first things that went into my bag were the encyclopedia and other Taekwon-Do books. Although I was in isolation I still managed to receive some visitors from the Christchurch club which was pretty good.

In 2009 the lymphoma returned and I had another round of chemo followed by radiotherapy.

During these times Taekwon-Do gave me a focus and a distraction to what was happening. I also used Taekwon-Do in those darker times when I needed inspiration to keep on.

In 2010 I got sick again and I was pretty tired of it all and was struggling with staying positive. This was when I left TKD. I started more chemo in 2011.

This didn't work and in July I was given 6-9 months. It has now been 9 months and I am doing okay.

If I have any regrets it is that I ended up leaving TKD but this is outweighed by the many highlights and the many amazing people I have met.

Thank you all for the support over my time. It has been an incredible journey.

**Neil Kettings**

# BECOMING A BLACK BELT

## A PERSONAL VICTORY

by **Mr Paul Dagger** 1 dan, Kapiti Coast Taekwon-Do

**Article adapted from “Becoming a Black belt: a personal victory”, Bloodline, newsletter of the Haemophilia Foundation of New Zealand Inc, September 2011**

Haemophilia is a genetic disorder you normally have from birth that prevents the body from creating one of the several proteins necessary to allow blood to clot. As a result, depending on the severity level of your condition,

spontaneous internal bleeding into muscles and joints can occur causing swelling, extreme pain, and over the longer term damage to the joints and muscles. While minor cuts and scrapes are not normally a problem and will stop bleeding eventually (just takes longer than normal), significant external injuries can require urgent medical attention, head injuries or potential ones are a very big deal, and even small surgeries need to be carefully managed by a team of doctors and nurses. Treatment consists of injecting 10-20 millilitres of the missing protein into a vein to allow clotting to occur and healing to start, a procedure that for me is repeated as required – but normally at least once or twice a week up to twice daily in some situations.

I have severe haemophilia, meaning there is an

undetectable amount of the protein in my blood (I'm essentially running on empty). However I've never known life any differently, and as such over 34 years have become quite adept at managing my condition often without thinking about it – people don't need to be scared of hurting me, I'll let them know what's needed.

ASSISTANT INSTRUCTOR

PAUL DAGGER

1



For years, it was standard thinking that while exercise is good for building strength and controlling body weight in Haemophiliacs, such exercise needed to be gentle and low impact to avoid any potential injury. There was (and to an extent still is) a long list of acceptable and unacceptable activities. Unfortunately for me I found most of the activities on the 'acceptable' list extremely boring.

When I was six years old, my friend Andrew came to school with a gold medal he had won on the weekend at a Judo competition. At that moment, I decided I wanted to do martial arts as well, and announced as much to my Mum when she picked me up at 3pm. This was promptly met with "haemophiliacs don't do martial arts", which in turn was promptly met with a power sulk like only a six year old boy can produce.

I guess they expected that this sudden desire to dress up in white pyjamas and jump around was going to be the usual short lived idea, and within a week would be replaced with something more acceptable. Unfortunately for them I was hooked, and as the years went on I learnt that there were all sorts of martial arts out there, and you could use them to break boards – giving me a practical reason to explain to my parents why I should be allowed to do it (if a log blocked us on one of our regular bush walks, I could just chop it up with my hands). They didn't see the obvious benefits. Most importantly, I learnt that there were black-belts that could be earned – I WANTED one of those.

At about ten years old, I decided it was no longer a good idea to keep pushing the topic. All the literature and advice was very clear on the topic. Haemophiliacs don't do contact or high-impact activities, martial arts are generally both, and therefore they are not for Paul. Don't argue with the literature – just keep doing swimming, and walking in moist sand to improve ankle strength (yawn). So I shut-up, but I didn't forget.

Fast forward 16 years. I'm now legally in charge of myself, have built up strength around most of my target joints through activities such as archery and riding my mountain bike around Kapiti, and I thought

I was reasonably fit. Talking with my cousin one night, he mentioned he was thinking about going back to the local Taekwon-Do club and picking up his training again. Aha – opportunity! Without a second thought, "I'll come too" sprung forth and the next Tuesday night off we went. I figured the worst that would happen is I'd see it was all punches to the face and I'd run for the hills. Turned out there was almost no contact, and what there was was incredibly controlled. What people were doing, however, was the most intense cardio and body-weight workouts I'd ever seen, combined with some pretty spectacular kicks – and white pyjamas and coloured belts everywhere!

Joining in, by the end of the two hours I was absolutely exhausted, but on cloud nine. I had officially survived a martial arts class – and more importantly, hadn't had to sneak out the back for a spew like my cousin! I cornered the Head Instructor, and laid out my situation in detail. "No problem" was the response, "I know how haemophilia works and we can make this work." I signed up that night, but made a mental note not to tell anyone else I was training for a few months.

Over the next four months the number of internal bleeding episodes I was having peaked initially (I learnt that I wasn't quite as flexible as I'd hoped and from that psoas muscle bleeds really really hurt), but then started dropping away until they were at half the number before I started, and those that I were still getting were nowhere near the severity levels they used to be. I could even smash my right elbow through a one-inch pine board and come off with no repercussions. It was at this point I fessed up to my Dad and the medical people what I was up to along with the evidence I was safe and healthy.

For the next five years every Tuesday and Thursday involved me suiting up, and heading down to the training hall initially for two hours a night, and then with the Head Instructor's encouragement, adding an extra hour beforehand to help teach the kids class. Six hours a week. I was getting stronger and stronger; the number of pushups I could do was increasing (not a bad feat considering my left elbow has had three square inches of bone removed, and



my right is full of arthritis), I could out-sit-up most of the class (86 in two minutes), and an increasing number of pine boards were being smashed at the same time.

As amongst other movement limitations due to the damage caused by years of internal bleeding, neither of my ankles essentially move, my left elbow doesn't straighten out, and my right elbow doesn't bend all the way up, the technical sections of the classes were spent working out how the prescribed techniques and stances needed to be adapted for what my body could do. Every three months I religiously put myself forward for a grading examination along with a letter from my Instructor explaining any adjustments to the syllabus we had made. Not once did iTKD raise any complaints, and in fact allowed me to fly to Christchurch to attend a make-up grading when I was too sick from some related treatment to attend the Wellington one. I was just another one of the few hundred people training in Wellington, and was delighted to be completely main-stream. After each grading, a new belt was issued and I hung my old one on my study wall along the associated certificate knowing my long desired blackbelt was getting closer every day. Within a couple of years the rest of my cousins that had been training with me had given up, and a few friends that had likewise been coming along and grading with me had also stopped. I was going all the way though, after 25 years I was so close.

Finally one Saturday in November 2010, I passed to black-stripe. That was it – no more colours, black was next. With my Instructor's assistance a submission was made to Master McPhail requesting

dispensation to attempt my black-belt grading in April 2011. After a very nervous two week wait, the answer came back – not only was it a yes, but it was a yes with their complete willingness to accommodate whatever was needed. It turned out some of the senior examiners that had graded me through the colours had spoken on my behalf! I thought they had no idea I existed! It was on – I was elated.

Every spare minute of the next six months was filled with something to do with my grading: martial history, angles and weight distribution, and Korean on the days my body wouldn't co-operate; and stair climbing, 2.4k runs, and weekend trainings on those days it would. All this on top of the six hours a week of regular class training! Then before I knew it, the night before the weekend long grading was here.

The ITF Taekwon-Do Blackbelt grading in New Zealand is a two day affair, the first day is filled with 8 solid hours of intense training with only a couple of 10 minute drinks breaks, and an hour for lunch. At the end of the 8 hours, a fitness test modelled off the NZ Police is given – at least 80 sit-ups in two minutes, 50 push-ups in about a minute, three two minute rounds of kicking and punching a pad, and then immediately you are sent off on a 2.4k run that should ideally be finished in ten minutes. The second day starts a bit more leisurely with a 2 hour written exam and a formal verbal interview, followed by more physical work in front of the public demonstrating patterns, sparring skills, and my personal favourite – board breaking. No half measures, I was either going to get my blackbelt or fail knowing I'd done my absolute best.

8:30am on Saturday the 30th of April, I was standing in a freshly ironed dobok in the back position of a class of 19 other candidates waiting patiently for Master Rimmer and Mr Graham the two examiners to arrive. No backing out now. As soon as they arrived, the sweating started. For the next three hours, I kicked, punched, blocked, and ran. Sweat poured into my uniform, into my eyes, and down my arms and legs – yet I kept going full tilt. You are examined continuously over the weekend, and even little things like rotating a wrist the wrong way at the wrong time could cost you a point or two. All the time, the haemophiliac monitor that lives at the back of my brain kept an eye on the aches

and pains that were developing, knowing that I still had a full day to go. I'd had an injection of the missing protein that morning that should stay in my system for approximately 12 to 24 hours, so was as well covered as I was going to be – the trick was going to be working through the arthritis.

After lunch (Drew had to peel my bananas and open my drink as I had the shakes!), it was back for another three hours – pad work, board breaking, and the first of the patterns I had to demonstrate. About an hour into it, as we were charging down the length of the 15m hall for what seemed like the millionth time smashing the snot out of a pad on the way, I felt the first pang of doubt – “Not sure how much more of this I can take,”

I mentioned to my sparring partner – “Keep going – come on, it can't last much longer” was the response. It was right then I realised we were all in this together. While it was clear that I was different - from the fact my elbows don't straighten and that I can't jump like the others - this was accepted without any question. Two hours later though we were still at it with only a 5 minutes break, but the old determination was back.

By 4pm it was time to start of the fitness test. I absolutely nailed the sit-ups (84 from memory), smashed my way through the three rounds on the pad, didn't quite manage to pull off enough push-ups on my elbows with no bone, and then set off on the run. When your ankles don't flex any longer, even having expensive



shoes isn't going to make finishing the run in less than 10 minutes possible, but I was determined to both finish and beat my best training time. It was a matter of pride. I had a team of friends both from the Taekwon-Do community and outside it running with me, and they made sure I kept a steady pace and walked from time to time to let my ankles recover. With one block to go, and the stopwatch showing that I wasn't going to get any points towards the grading but that my personal best was in reach I announced, “I'm off”, and sprinted on my toes through the tape. I remember hearing my fellow gradees and their supporters cheering, and then Drew and Chris shouting “Stop, you're there!” My feet stopped moving and fortunately they grabbed me just before I went down to the ground. I'd done it – survived day one and



I even beaten my previous best run time by 30 seconds (18 minutes).

The second day started with a joint and muscle status check at 5am, followed by another injection of the missing protein. Needless to say I was moving a little slower than the previous morning, but was pretty happy with the state of play. Putting on some dress clothes, I jumped in the truck and headed off back to Palmerston for the theory portion of the grading.

I'd been asked by the examiners if I would be willing to do a short verbal summation for the other candidates (some of them instructors going for their senior blackbelt grades) of my haemophilia, and training. Normally I don't like discussing such things, but after the camaraderie of the day before I decided why not.

Getting up, I proceeded to explain what severe haemophilia is, what it can mean, and what for those of my generation it does to your body over time. I explained why I can't jump, and why the run took so long. I explained how at times when the pain can seem too much, being able to go to training even to just help out and not do anything kept me from wallowing around the house in despair. I also described how this grading gave me a reason to make sure I always got back up off the couch and keep moving – ensuring I rehabilitated joints and muscles after a bleeding episode. I explained in detail what I have to go through in order to keep training (injections, painkillers, careful planning, etc)

and to keep going over the weekend. But most importantly, I told them how much it meant to me that I was here after all these years, how much the inclusiveness of iTKD was like a breath of fresh air; and how that over the last 5 years and during the grading weekend there were never any questions, comments, concerns, or cotton wool. I stressed to the other candidates the importance of realising people like myself were grown-ups and that all we wanted was for them to help us find a way to help us reach the goals we set for ourselves – not to judge us for those goals. The message appeared to hit home as quite a few people afterwards made a point of coming up to pass on their appreciation of my sharing my view. During my formal interview later that morning, the examiners also expressed their appreciation.

Now feeling pretty fresh and pumped, it was into the home stretch – the public section. Three more hours and I was done. With my little gang of supporters in the wings, I went out and did my thing. Three more patterns were hammered out and it was immensely satisfying when Master Rimmer sat back with a smile as my final shout echoed around the hall for a few seconds. Then came free-sparring. While contact is intentionally limited, there is always the chance for a misplaced blow to do some serious damage, so iTKD had permitted me to pick my opponents. I had chosen my third degree blackbelt head instructor and the club's senior assistant instructor both 15 year or more veterans

with excellent control and directions regarding "NOT THE FACE! NOT THE FACE!" After a round with each I was breathing reasonably hard, at which point Master Rimmer suddenly decided two-on-one. So there I was, bit sore, bit puffed, with two blackbelt instructors ready to take me down. Staunch face on, I danced around – got a few good hits in, then ran away as fast as I possibly could (in a superbly marshal artistry sort of way of course!).

Free sparring over; that just left my favourite part of the weekend – destruction. After being told for years that bumps and knocks were bad, there is something I always find incredibly satisfying about seeing two to three inches of pine board stacked in front of you one minute, and then your elbow or foot sailing through the next like wasn't even there. I have every single board I've ever broken dated, labelled, and stacked in my spare closet and when I'm having a particularly bad day in terms of pain and limited movement, I go stare at my pile and grin. The trick with having haemophilia and board breaking is that it only ever causes internal bleeding if you don't break it – and even then, if you have the technique down you can still often get away without injury even if it doesn't break. The key here though is technique, and again the time my Instructor spent with me during class working out the safest and most correct way to carry out the breaks I wanted to do was invaluable. Destruction has really taught me the value of the massive amount of speed and strength training we do in

**Continued on page 29**



# FAT TO BLACK

by **Mrs Fiona Parrant** 1 dan, Strike Force Taekwon-Do Academy

This is my story of the journey I have travelled over the last five years. I am telling this story, in part to possibly inspire others, but also to demonstrate and share the benefits I have gained, as a student of Taekwon-Do.

Like many mature women involved in Taekwon-Do, my story began with my children. A friend of mine who knew I had done martial arts in my teenage years kept on at me to join Taekwon-Do in Levin; but they trained on a Friday night as well as a Monday – who I thought would train on a Friday, isn't that night for relaxing after a big week with a red wine or at a cafe??

Like any good parent there was always the opportunity to live my dreams through my children and with this in mind, I enrolled my two young sons in the local club CUBS instructed by Rose Cherrington. It was not long before sitting and watching became too much, and in my good work clothes I was crawling around on the floor and joining in. We soon became involved in all aspects of Taekwon-Do, as CUBS had a strong family feel. We were travelling around the country, supporting first, and then competing in competitions and gradings.

I soon found Taekwon-Do ticked many boxes. It gave me the perfect opportunity to spend quality time with my two young boys, a teenage daughter and husband. It became the perfect stress release from work pressures, we met some brilliant people who soon became our Taekwon-Do family; but most importantly a focus on myself to reach the most important goal I have ever had, to become a black belt. Work and family had meant I had not achieved this goal in my previous martial art but I found that Taekwon-Do was able to be incorporated in all aspects of my life with many of my work team building activities occurring in the dojang!

I have a fairly addictive and passionate nature (previously carbohydrates) and soon Taekwon-Do became the new addiction. This obsession ranged from trainings, fund raisers, camps, tournaments and reading/research. These all provided so many benefits with numerous rewards along the way but most importantly I discovered that Taekwon-Do rewards

those who put in the time, effort and passion.

I became focused on being the best I could be; my Instructor was very good at working with what my strengths were and knew how I could achieve the results required. With a large body, a number of the movements were anything but natural. Once I started moving forward it was not always easy to stop that momentum, and the idea of doing a sine wave was near impossible!!! My Instructor was brilliant with me and she kept on encouraging me even when I tried to use the "I'm big" card. She just said we needed to find the skills that worked for me. I believed her. With practise and more practise I was able to build on my strengths and slow down with the intention of down – up – down!!

I am proud to say I gained 6 'A' passes in a row. My grading highlight also became a point where reality began to set in. At my green belt grading, Master Rimmer (Mr Rimmer back then) pointed me out at the end of the grading saying I had the best spirit he had seen that weekend from grading Wellington and Central Districts. He said he admired the way I came out and gave it my all – I was beyond thrilled. He also said later that I may start to find it more and more difficult the higher I go due to the jumping and flying techniques.

At this stage I had set the goal to achieve my black belt but the reality of Master Rimmer's words came back to me at my red belt grading. The examiner commented that I looked flat. The truth was that I had an average grading as I was struggling physically and had come to doubt my ability to complete the physical nature of the gradings which was a cause of major anxiety before a grading.

My goal of a black belt seemed to be slipping out of reach. Over the years I had tried every diet there was and single handedly helped keep the "self-help" phenomena alive and well. If my dream was to happen, it would require major change. It was then that I took action. I got myself a Personal Trainer, a person I could trust and most importantly respected (and someone I was a little scared of, which was needed if they were to get me to run 2.4km !!). He was a 3rd Dan black belt who understood



the art which has become so important to me. I met with him for an assessment 18 months before the December 2011 grading. I showed him the black belt fitness test and said to him "that is what I need to do after 8 hours of training. Don't know how you are going to make that happen for me – but good luck!!!!"

We met 3 times a week for 1 hour sessions, boot camps twice a week, and of course, my Taekwon-Do training. I went from pretty much zero to focus. At first we did lots of band work for a few weeks and lunges, squats using a seat. Looking back can't believe I had to use a seat!!!! I remember after my first session I left feeling elated, I wanted more of that.

After a few weeks of band work (I nick name that the 'special needs' exercises) I kept looking at the weights and machines and wanted some of that. I am very competitive and had to be stronger than any other women in the gym. We slowly built up to where I could squat 90Kg and leg pressed 190kg, more than any lady I'd seen train. These of course all had a functional aspect to my Taekwon-Do for power and speed and believe it or not – jumping! The boot camps were fantastic for cardio fitness and had my first peak physically in April 2011. Another was at the 2011 Nationals, to spar I knew I had to be fit to survive and went to the Nationals at my lightest weight, I was thrilled and felt great.



After Nationals it was back to my black belt training. I read articles in the "TKD talk" as motivation, often quoting phrases from Carl Van Roon's article based around positive self-talk to get me through the tough cardio workouts and while on the treadmill I just focused on the black belt ahead of me.

In April 2011 I gained my black stripe and for the first time worrying about my fitness did not cause me huge anxiety. My fitness was at an all-time high and even a serious shoulder injury couldn't hold me back (thank goodness for an amazing physio and acupuncture).

One other highlight of being physically fit and having more confidence was training with our Central Districts regional team. One example, Miss Estee Speirs gave a warm up that would have previously put me in a state of anxiety. My internal voice would normally say "I can't do this, I'll have a heart attack!" but instead, I was able to say "I can do this". Miss Speirs paired us up and I was with a younger male black belt. I felt a bit sorry for him. I knew I would slow him down. We had to run to the centre of the hall and do a variety of exercises building up in numbers by 5 each time - including push-ups, sit ups and burpees. Not only was I able to do it, but I kept up with the black belts and I felt brilliant. It is so different to face trainings with a 'Can do' focus rather than sitting nervously on the side line worrying about what might happen.

There was still a lot of work to be done for my grading and circumstances saw a change of clubs to Strike Force Horowhenua under the guidance of Mr Andrew Salton. I remember working with other black stripes where he showed us a move. I asked "Sir, what is the 'veteran' version of that?" and he replied "there was none!" If I wanted to be a black belt I needed to be able to do it, no excuses! This was an important lesson that I took with me over the final few months of training. No more 'special needs' stuff for me - just do it! The move to Strike Force provided the discipline and work ethic I required to take the step up required for a black belt grading. Being surrounded by other driven and devoted students meant the hours spent on the technical aspects of patterns, step sparring, destruction and self-defence became a

Author and new Central Districts  
Regional Director, Fiona Parrant



highlight of the week. My new Taekwon-Do family were a constant source of inspiration and I only hope that I was able to be as supportive to them as they were to me.

The final months were fully focused on the grading. I had gone from zero exercise for well over twenty years, to doing over eleven hours of hard physical training a week. From café lunches to carb loading and eating for training and energy, not for leisure. With this focus on achieving my black belt, I lost over 33kg. More than I had ever achieved on any diet alone!!

The week before the grading was the longest week of my family's life. Just because I had put the work in didn't mean I wasn't nervous. The grading itself was as tough as I had expected. A number of times during the weekend I reflected on the fact that I was living a dream, it was an overwhelming feeling. There were also a number of occasions when it really hit home how valuable those many hours in the gym were. Mental strength, passion and drive can only get you so far!

Looking back there were many highlights with the grading. One was finishing the run within the time, now most students would probably be disappointed with half a point but to me it was a huge achievement! Another was grading with Mark and Oscar O'Neill (the father and son of the friend

who first introduced me and my family to Taekwon-Do) and four other members of our club who had spent many Sunday mornings put through our paces by Mr Salton. Finally, other than my family, the only other person I invited to the grading was my Personal Trainer, Justin Hing. He was able to sit and see 18 months of my moaning and complaining pay off.

So that is my story. It is however, only the start of the journey. There were parts of my grading I still want to improve on. I have reached my goal of black belt but it is time to set new goals and challenges. I have recently been given the honour of representing the Central District as their Regional Director. I am determined to continue to support my Instructor with the juniors within the club. Gaining my second dan is now a distinct possibility. My main goal however, is to instruct a women's class as part of Strikeforce Horowhenua. I know what Taekwon-Do has allowed me to achieve on a personal level, both mentally and physically and I want the opportunity to allow other ladies the chance to achieve this; to feel the strength, empowerment and self-esteem.

Finally I would like to take this opportunity to thank all those who have encouraged, inspired and motivated me throughout my journey, from fat to black. 🙏



# RAMADAN, THE WARRIOR DIET, AND TAEKWON-DO

by **Mr Zoheb Shah** 1 dan, Calibre Taekwon-Do

Ramadan is the holy month (which occurs in the ninth month of the Islamic calendar) in which millions of Muslims around the world engage in fasting from sunrise to sunset. A month which is designed to remind us of the things we take for granted such as food and water which we abstain from during the daylight hours. Exempt from fasting are the elderly, those with illnesses, pregnant women and those travelling. The type of discipline that is learnt from this is second to none, and coupled with Taekwon-Do training it not only benefitted me physically and mentally, but also spiritually – an aspect of training that is rarely talked about in this day and age. In 2010 Ramadan fell in September, a couple of months before my black belt grading – at a time where my training had to be intense and where I had to almost peak in terms of physical performance. I will explain benefits that can be derived from fasting and the challenges I encountered while fasting and preparing for my Dan grading. I will also explain how I used the tenet of indomitable spirit to overcome the challenges that lay ahead.

## Planning

A Dan grading itself requires a lot of organisation and while fasting there is a lot more planning that needs to take place. During this month, you are basically shocking your entire body which is suddenly deprived of all food and liquid intake during the daylight hours. Therefore, replenishing your body with the correct foods and nutrients, along with balancing out your training regime, (and not to forget studying theory), is imperative. I wanted to adhere to my normal training regime as much as I possibly could. Monday, Wednesday, and Saturday evenings were strength training days at the gym followed by running. Tuesdays and Thursdays were club training nights, and the odd night I would train at a different club. Sundays were the black belt pre-grading classes and theory. Fridays were my rest days as rest is also a very important component of training. Not being a professional athlete and having a full-time career meant that I had to juggle things around somewhat such as finishing work slightly early each afternoon so that I could give my mind and body enough rest before training.

## The Warrior Diet

In ancient times warriors would battle during the day and eat and rest during the night. They used to be built like rocks and have equally great strength. Bodybuilders show great determination, muscle size and definition focusing a lot on aesthetics, but a martial artist's focus should be on physical strength and fitness. Ori Hofmekler, author of "The Warrior Diet" describes the benefits of "hunger" and starving yourself during the day. He states that "Predators in the wild only hunt when they are hungry" in which when the body is hungry it should actually have the reverse effect of having more mental alertness. Without going into much detail (I do recommend getting your hands on the book), it basically states that you will activate the sympathetic nervous system during the day and at night have a feast and feed the parasympathetic nervous system which will in turn give you greater energy and anabolic drive. We humans receive our food on a plate, ready to eat, therefore we do not "hunt" anymore – we take everything for granted. When a lion hunts she is hungry, but more alert, sharp, agile and quick. We humans have gone the opposite direction, so it is important to teach our bodies how to deal with hunger, as there may come a time when we are truly deprived of food. In a Taekwon-Do sense, we may come under attack one day when we are starving – that is when we need to perform.

During this month my pre-sunrise breakfast consisted of a protein shake, fruit, porridge or weet-bix, and a large glass of water. This would cover some essential nutrients that my body requires. I would then not eat or have even a drop of water until sunset. At about 6pm I would break my fast with a protein shake and dates or a banana. I would then commence training shortly after and make sure I have a good hydration drink as well. Training would then be followed by dinner; therefore my first proper meal for the day would be consumed at about 8.30-9pm. Dinner would ideally be some good complex carbohydrates in the form of rice/kumara/pasta, fibrous carbs in the form of vegetables (broccoli is awesome), and some solid protein such as chicken or beef. Fruit juice would be ideal (made from fresh fruit) along with water. Fizzy



drinks and coffee would be a no-go this month. Before bed I would have a smaller serve protein shake and some fresh fruit. Not being an expert, there may be some flaws in this diet, but it generally worked well for me, and was quite difficult trying to stay away from the foods I craved in the daylight hours during my fast, but once again, it's all about discipline.

## Training & Indomitable Spirit

The black belt grading was only a couple of months away and I was advised to "take it easy" or just rest for a month. But I knew all too well if I didn't train, all that hard work I did leading up to this month would be washed away, especially while following Master McPhail's black belt training programme. Therefore, I decided not to hold back, push myself as far as I could and continue training with a good level intensity. As I have already covered the basic nutritional requirements for training in Ramadan, I must stress the importance of rehydrating yourself. This alone will give you that boost in energy while training – because you will be losing a lot more water through sweating. My normal club training nights would consist of a general club warm up and drills. Later my instructor would allow me to work on my syllabus which was very helpful. I tried to conserve my energy until after class where I would finish off with 3 x 2 minute rounds of bag work, with 2 minutes rest in between rounds. Make no mistake, after a day of fasting this is extremely hard work, and there were times where I did feel faint or dizzy – this is where you must stop and listen to your body. Most days however, with a lot of encouragement by my instructor and fellow black belts I was able to get through. My sessions at the gym were short but intense, focusing mainly on strength and then followed by a



### ***Becoming a black belt, a personal victory – continued from page 25***

class, without it the protection necessary to break boards would not be around my joints. So if you like destruction, but hate all those push-ups – just think how many extra boards you'll be able to break as a result of each one!

But – back to the grading, another friend of mine with severe haemophilia I've known most of my life had driven all the way up from Wellington specifically to watch me "smash some wood!" and there was no way I was going to let him down. Two board back-kick first ... SMASH ... Next up, three board side kick (my personal favourite)... SMASH... and then only one more to go, the very first break I'd ever done in 2006, front elbow strike, however this time there were two solid wooden boards. Lined up, swung, and thump. I'd slipped forward on the ankle and hit it wrist first. The trick now was to hit it again fast before it all swells up, so adjusted a bit, pushed my foot hard into the floor so it wouldn't move again, swing. SMASH! Followed by applause and cheering (I love the fact there's always a lot of cheering during board breaking sessions). I then politely made my way down to the back of the hall to raid my well stocked medical kit for an icepack and gauze for my wrist to be on the safe side.

Then it clicks – that's it, I've done it! Paul Dagger, severe haemophilia, busted ankles, busted elbows, surgically removed bits and pieces, has completed an entire black-belt grading and is still standing. Oh I was the man! Most importantly to me though, I was the man surrounded by and being congratulated by a bunch of other extremely fit sweaty people who saw me as nothing other than another martial artist that had done everything they had done in pretty much the same way. At that point, pass or fail I could honestly say the weekend with all its sweat, and all its pain, and all its nerves, had been the absolute hardest, but most personally satisfying thing I had ever done in my life. School prize giving, drumming competitions, Masters thesis, cruising around in my Holden V8, nope – nothing was as cool as how I felt right then. Walking out of the grading venue, other blackbelts many of them instructors that had been watching the public display came up and started congratulating me, I'd never spoken to any of them before in my life – I didn't think any of them even knew who I was.

Two very nervous weeks later the results

came out (during which time I had not a single internal bleeding episode as a result of the weekend adventures, just a lot of aching muscles). I'd passed! No special dispensation had been given, I was scored on my merits like everyone else (which did mean I got zero points for the run and zero points for my pushups!), but that was what I wanted – a level playing field not an easy one. At 33 years old, 27 years after the idea entered my head – I was officially a real internationally recognised blackbelt. To top it off, my Head Instructor also officially appointed me one of the two assistant instructors for our club of 77 members, something that was embroidered on my new belt for the world to see. Putting on my new uniform with its black edging, and the black-belt with gold lettering for the first time was everything I hoped for.

I received congratulatory emails from the instructors of the other clubs in the Wellington region, from students I had graded with on the weekend, from the examiners, but the one that stands out and is sitting still in my kitchen is a handmade card from an eight year old who was in our kids class that she presented me along with a chocolate fish.

So, I've filled a few pages, and what did I want to say? As someone with a significant condition, we are often told can't or shouldn't, and often it's easy for us to start saying this to ourselves. But there is almost always a way, and giving up on a childhood dream without finding out if you can, or because it's hard, or because you stumble also potentially means giving up on an opportunity to discover something means more to you than you ever thought.

High impact martial arts and all that goes along with them have got to be at the top of the list of things that I always understood haemophiliacs don't do, try, or even think about. However, starting slowly, testing the waters along the way, and finding a way to say yes rather than no, I found something that not only dramatically improved my fitness and controls my body weight, but gave me a reason to stick with it even through the hard times, and finally let me reach a very long term goal in a visible way that dramatically improved my feeling of self worth.

So what's next? December 2012 – 2nd Degree Blackbelt! (hey, I got another 8 ranks to go yet!) 🍷

30-40 minute run. Finding the energy, drive and motivation for the running after a day of starving myself was extremely difficult, but self belief and perseverance along with my personal spiritual beliefs went a long way in overcoming this. There was also a day I turned up to training right on time and broke my fast with just a sip of water, as I got held back at work. But I completely erased this from my mind and continued training as if it were a normal training night, and because of this spirit, I was able to get through.

As traditional martial arts including Taekwon-Do are built on Confucian principles along with Buddhist teachings there are some aspects in rituals and ideology that do contradict my religious beliefs. However, the basic moral and social principles do not. This is where the tenet of respect plays a major role which allows me to incorporate my own religious beliefs and spiritual aspects into my training. These beliefs which I try and use to form my way of life do not get into the way of my Taekwon-Do but in fact compliments it beautifully. It helps enhance the tenet of indomitable spirit in the sense that anything is possible and that it's only yourself that is in your way. Hence, the reason I did not let Ramadan affect my training or let my training affect my religious duties. In fact, I used Ramadan as a positive, as a tool to strengthen me not only mentally and physically, but also spiritually. 🍷



# MENTAL ILLNESS: AN INSIDE PERSPECTIVE

By **a black belt near you.**

This article is an inside look at how I believe my low self-esteem and depression developed. I have been struggling with these for several years now and have only recently started getting help for it. As you read this, I'd like you to think. Does this sound like anyone you know? A friend, a student, a loved one, yourself? I'm writing this to help and educate people about how it started, how I hide it and signs that it might be happening with others. I'm not looking for pity so I'm keeping it anonymous. If you recognise me by the description, I would appreciate it if you could please keep it to yourself.

As I look back, it probably started early in school. I got the idea that at school your main goal was to study hard and get good grades. I studied as hard as I could but I never got the high marks. This sowed the seeds of stupidity. I probably didn't help myself by keeping it to myself. I never sought help or told anyone what I was thinking. This went on for the rest of my school life, as I got older it became ingrained that I was an idiotic moron.

As I got older I started sports, my primary sport for the first half of my life was swimming. While I was an average swimmer by my standards I never got the level of success I wanted for myself. That level was defined by my older brother and sister. My brother held NZ records so I wanted to reach those levels for myself. When I was unable to I felt like a failure. A failure to myself and to my parents. Your parents want the best for you and from you, so when I couldn't provide that I felt like a disappointment and a failure to them, in sports and in school. Never living up to the standards I felt they wanted and expected from me. I don't remember my parents ever saying what they expected, so it was all perceived in my own mind. As I failed to meet the expectations I'd set for myself, I'd berate myself in my mind and in private. "What's wrong with you? God you're useless. You're a waste of space. You're a loser. You're pathetic. You're good for nothing. Your parents regret having you." These are the types of things I said, and still do say to myself.

In my intermediate years (years 7 & 8 now) I started to notice girls. But they

never noticed me. So this started the idea of a physical issue. As I saw normal guys get approached, I had to wonder why not me? What is it about me that makes me undesirable? When I hit third form (year 9) the desire to be accepted kicked in and I found my niche, the crude funny guy. I was the one with all the foul mouthed potty humour. To a certain point it got me accepted, but it also kept people at a distance. This is still in effect, it is still a shield for me.

After so many years of this building up, I was subtly asking for help but friends and family didn't notice how bad it really was. I was starting to insult myself in public at this point. "Ugly, worthless, pathetic, loser" was my key phrase but friends and family just said, "shut up, don't be a dick".

When I was 20 I had another bad experience with a girl, I'd had enough and decided to end it. I won't go into details but let's just say I had all the cards laid out but was unable to flip the final card. Now people say suicide is selfish and we're just hurting the people around us but that's not true in our minds. I thought I'd be making everyone happier, making their lives easier by not being around and that I wouldn't be missed. Even though I couldn't go through with it, I didn't feel any better, as the years went by, things got worse. There was a steady decline in the opinion of myself but I managed to hide everything behind my humour. I also just accepted that this was how things were and just carried on with life.

In 2003 I started Taekwon-Do and threw myself into it. I trained 6 times a week went to the gym 5 times a week and generally got on with life. As I look back, keeping busy kept my mind occupied and I didn't think about it so much. In early 2007 I met someone; things are going along ok until one night I get falsely accused of doing something to her by her friends. I really cared for this girl so being accused of this really screwed me up. I wondered what the hell I did wrong. I decided to put my head down and work towards my first Dan. While I was proud of getting it, there was that nagging bit of doubt that I didn't deserve it. I now had the mystique of a black belt "being the man", I had a very high standard in my head to live

up to although at that point, I thought I was miles away. Intellectually I knew it takes years to work up to the black belt standard but my critical mind berated me for not been there already. In every aspect of Taekwon-Do I wasn't good enough for my own standard. Flexibility, sparring, flying, self defence, kicking, power breaking. In my head I should've "been the man" but I wasn't. Don't get me wrong at this point, it's not an ego thing; it's an expectation of self, and I wasn't at the expectation I had of a black belt. So over the next three or so years I started working on these things. I made inroads and improved but always never enough for my own standards, I should've been there already.

So in the last third of 2010, I hit rock bottom again, I'm not certain why to be honest, possibly an accumulation of things and the pressure became too much but at that point I closed myself off. I stopped training, stopped going to the gym. All I did was work, then came home and lay on my bed. I was in my room by myself for fifteen hours a day. At this point I started cutting myself. I didn't hide it but when asked about it, I said it was the cat attacking me. Now for me, the cutting was a release, while I was hurting from the physical pain, I wasn't thinking about the emotional pain so it actually felt good to have that break from the emotional pain. So I continued cutting to get that break from the emotional pain. Suicide was bouncing around again but nothing too serious, but with that, I didn't want to be a burden and leave a mess for someone else to clean up. I still thought that I was worse than scum so I kept myself away from everything and everyone because they would be happier without me around.

Loneliness is another factor in my life that brings me down. It's hard to meet someone when you have no self worth, anytime I go anywhere and see people I always think I have nothing to offer them so why would they give me the time of day? They'd never be interested so why waste my time approaching them. And seeing couples is just as painful, it reminds me of what I can't have, happiness. It's hard to believe people when they say that I'm a nice, good looking guy when it's followed by "but I'm not interested" I think they're



just trying to be nice. And this is another place where I feel that I'm a disappointment and a failure to my parents. I can't provide them with grandkids and keep the family line going. My brother and his kids are in Australia, one sister can't have them and my other sister doesn't want them so it falls to me and I feel like I'm letting my parents down. Also, my lack of income is a big thing, I'd love to be able to get my own house but unless I double my wage, that will never happen. No one wants to rent for the rest of their life.

I will admit that I haven't really talked about this with anyone. None of my family knows and very few of my friends do and they say that talking helps but how do you approach your friends and family? You can't really just go up to them and say that you want to kill yourself because you think you're a worthless, good for nothing piece of crap. How can you expect your friend to handle that?

The surprising thing is most people wouldn't know I'm like this. People think I'm full of confidence and have no shame by the way I act. But that's all it is, an act. To hide it, I try to entertain. Everyone wonders what outrageous thing I'm going to do next or what joke I'm going to tell.

So what advice can I give? As a sufferer, in the end, you're the only person who can help yourself. You have to lower your internal expectations of yourself. Keep yourself busy, it does help. Get counselling. Our minds are on a default setting of negativity, you have to change it. When setting goals, set small ones. You don't have to do fifty push ups by tomorrow, you only have to do one more by the end of the week. Next week, do one more again. As hard as it is, don't hide, even if you don't socialise, be around people.

As a friend, if you think something is wrong, make us talk. We probably won't so you're going to have to force us as hard as that is. If we do talk, don't shrug it off or tell us to harden up. Take it seriously, if you minimise it, it will reinforce the point that no one cares. Maybe get them to read this first, and then ask if everything's ok.

So what are the signs: quietness, if someone who's quite boisterous suddenly is very

quiet and hardly says a word there could be something wrong. They stop socialising. They're always disappointed in their performance; it wasn't good enough for them or they always find a fault. They don't take compliments well, say something like it wasn't anything special, or anyone could've done it.

I hope this helps someone out of a dark, hard place. It's a long road out and it's a continuous fight but you can get there.

Yours in Taekwon-Do and in life. 🥋



# TAEKWON-DO TRAINING AT 4000m – *a must for all students*

By Brian Ricketts 1 dan, Te Awamutu

Actually, Taekwon-Do training at 4000m above sea level does more than what is asserted by the tongue-in-cheek title of this article. It produces all kinds of interesting physical, mental and metabolic reactions. But perhaps I should start at the beginning...

I have been working at an exploration camp in the northern Chilean Altiplano, the next highest plateau in the world to Tibet. The camp is at 4000m. The scenery is stunning – volcanic cones topping out at 5500m (not active unfortunately), high ridges and big alluvial fans, weathered like Jacob's coat to a myriad hues of red, yellow and brown, and in the midst of all this grandeur, Salar de la Isla, a lake – but one with a difference. One can walk on this lake (no biblical implications intended); it has a pretty solid salt crust over most of its area, the salt consisting of gypsum and halite (the latter is common table salt). I use the word

'walk' loosely; the surface is actually very rough because of rampant crystal growth. The salar has been here for a few million years, and over that time there have been wet periods alternating with dry periods. Currently the area is having a dry spell – in fact it is basically a desert. It is really arid here. In fact, NASA (the space agency) has described the region as closest to the terrestrial equivalent of Mars.

Over the winter the area receives some snow, but this disappears pretty quickly in the summer. When I first arrived in mid October, night-time temperatures were down to about -10°C, and daytime about +10°C. By the end of October, things had warmed a little, but not a lot.

The salar does have some open water areas, but the water is very salty – much more so than seawater. Flamingos migrate here for the summer, presumably to

breed. When they first arrived they were a dull pinkish colour, but now they are bright red; they eat mainly little pink brine shrimp – I guess there's a connection there somewhere. There are a few (protected) lama-like animals called Vicuna (actually a species of camel, but without the hump), that eat stunted tussock (certainly nothing else to eat), and we have a delightful little zorro (zorro is Spanish for fox) that visits the camp around breakfast time. Not sure what he dines on when the camp has closed for the season; the flamingos also will have left for warmer climes.

This all sounds nice, but actually it is one of the harshest environments I have ever worked in (on a par with the Canadian Arctic and New Zealand universities). At 4000m the air is much thinner than at sea level – this is actually above the altitude where it is compulsory for pilots to use oxygen. So jumping out of the shower and



Heaven Hand at 4000m



briskly rubbing down usually requires a bit of a lie down afterwards. Seriously, one proceeds slowly with physical activities; one does not run or you end up weak at the knees and gasping. However the animals that do call this home seem to have adapted to the conditions.

The sun too is quite brutal. At this altitude the incident UV radiation (i.e. the sort that causes all kinds of problems) is at least 50% stronger than at sea level. I have fair skin so every inch of me is covered, except my face. The problem is exacerbated by reflection off the solar salt crust, and a lot of the rocks and sediments are quite reflective – anyway, you get the picture. The combination of sun and wind do their worst to suck every drop of moisture from you. Litres of water are consumed daily.

Perhaps the most familiar effect on a person's well-being at these dizzy heights is altitude sickness, fortunately something I have not succumbed to. Most commonly altitude sickness is manifested as headaches, blue lips, lethargy, and sometimes nausea. My doctor informed me that this is largely the result of our kidneys not functioning properly in lower oxygen conditions, and in extreme cases failing. Medication is available that helps the kidneys and other bits and pieces adjust to the conditions. So anyone attempting this training environment is advised to consult their physician. Anyway I felt fine, so...

I had to try it – training that is. My Dojangs have included backyards, swimming pools, beaches and helicopter platforms on offshore oil rigs, so why not here? Three or four days after I arrived and thinking

my metabolism had acclimatised, I donned my Dobok and went in search of a smoothish piece of ground, clearing a few stones. I went through some basic techniques to warm up. Up and down my Dojang a couple of times with basic blocks and kicks, and it was time for another lie down. The first responses to this kind of activity at 4000m seemed to be faster breathing, and quite literally weak knees. Our bodies crave oxygen no matter the activity, so when the O<sub>2</sub> is in shorter supply, the body automatically increases its breathing rate. Next came a pattern – I thought Po Eun would be suitable and it's one of my favourites. I began at my usual Te Awamutu-Dojang pace, and about half way through took a breather before continuing to the end. Then another lie down!

By this time it was beginning to sink in that all was not as it should be. I am moderately fit (for my age), but clearly whatever level of fitness I thought I had was not enough. My expectations about performance clearly exceeded the limits enforced on me by the physical environment. So, think Brian! (actually, in defence of my apparent inability to think, reaction times and judgements become increasingly impaired at high



Zorro

altitudes). So I tried the old dictum – the one that instructors everywhere drill into their students – slow the pattern down but increase the speed of the technique, except here I applied some additional modifications like slowing everything down. This time I got through Po Eun – deliberately slowing the entire pattern to a snail's pace, including that delightful sequence of continuous movements. Now I was able to complete the three 1st Dan patterns, almost without a break, but it took most of the evening.

We all spend so much time in the 'normal' Dojang that we tend to forget that Taekwon-Do can be practised anywhere. Moving out of our comfort zone will usually mean we need to modify training methods and even the way we do the most formal part of Taekwon-Do, the patterns. There is real benefit to this because it challenges our ability to focus, in addition to dealing with the physical constraints imposed on us; we need to think of alternative ways of doing things. My solution (which is pretty obvious when you think about it) was to slow everything down almost to the point where it became slow-motion. Even the speed of the technique was slower, out of necessity. But the situation did provide an opportunity to analyse each movement, each technique, the transition from one technique to another, and to make certain that everything was balanced.

But I must admit to a vaguely uncomfortable feeling that while maintaining balance during side piercing kicks, the gasping for breath wasn't entirely natural. Perhaps I just need lots of practise. There was another, unintended benefit as well; my exertions provided some amusement to others in the camp. Zorro too may have been watching, but I imagine he would only have been interested in the next morsel. 🐾



SLI Camp



# INSTRUCTOR PROFILE

**Mr Stephen Scrimshaw** III dan, Haumoana, Hawkes Bay

PROFILE

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

At the age of 22 in 1984, after a career in gymnastics, including representing NZ and being a NZ champion, due to injury I retired from gymnastics and not long after this I enrolled in a Taekwon-Do class in Palmerston North under the instruction of Mr Ng. It was a great introduction to Taekwon-Do as Mr Ng was just how I imagined a martial arts Instructor would be. Travelling from Dannervirke to Palmerston North two times per week was no obstacle, and soon the gradings under Master Yun began. The 1st Dan black belts in the front row of the classes are now the senior Black belts of today.

## **When did you receive your first dan black belt?**

I graded to 1st dan in 1996 with Mr Henderson as my Instructor. Ten years later, 2006 I graded to 2nd dan in one of the most physically and mentally demanding gradings yet, with Master Kaiou as the examiner.

## **When did you start instructing, and at which club?**

In 1999 we moved to Havelock North, Hawkes Bay and in 2000 the Haumoana Taekwon-Do school was formed and is



still in existence today. As instructor of this club I have enjoyed being part of the development of the students. We have worked closely with Dannevirke Taekwon-Do and Masterton Taekwon-Do over the years and now with Master and Mrs Rounthwaite in Hawkes Bay, Taekwon-Do is now in a growth phase in Hawkes Bay with all sorts of interesting people visiting here to train, instruct and take part in demonstrations.

## **What are some of your biggest Taekwon-Do achievements?**

I would consider one of my achievements in Taekwon-Do has been the passing on of my passion for martial arts to my students and fellow practitioners including both the physical and mental aspects of martial arts. Taekwon-Do has been a big part of the family over the years with my son Clarke moving through the belt system and my other son and daughter also training with us although their commitments in rugby for Elliott and ballet for Esther limit their training time.

## **What is your most embarrassing Taekwon-Do moment?**

One of the more interesting moments in my years of training was grading in front of Mr Hemana and returning my left leg instead of right leg at the end of pattern Toi Gye. At that moment and every seminar thereafter, the inevitable question comes up, "Mr Scrimshaw which leg returns, left or right?" This mistake still haunts me today.

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

My personal goal for this year is to train well and grade for 3rd Dan and to progress the students of Haumoana Taekwon-Do. We will be lifting the profile of ITaekwon-Do in this part of the region with hosting the Central Region Tournament.

## **What are your goals for the future of ITFNZ Taekwon-Do?**

For the future of ITFNZ I would like to see the continuation of respecting of all aspects of Taekwon-Do and martial arts. This way there will always be a place for traditions of the past, with clubs operating at all different levels contributing many things





# Mr Stephen Scrimshaw - II dan

to the overall character of Taekwon-Do in New Zealand.

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

Change has come to Taekwon-Do with the commercial world in which we find ourselves. These changes are not just limited to Taekwon-Do but result in pressure for students to grade more often and compete more successfully, and it falls back on the instructor to manage these successes and failures in a more delicate

way than in the days gone by. I think martial arts instructors are still in a unique position to instil the tenets in our students and it is of the utmost importance that we continue to do this. Without the Do, Taekwon-Do will become just another sport where instead of overcoming yourself, the only goal will be to overcome your opponent.

## ***What are your favourite hand technique and foot technique?***

My favourite hand technique would be the Knifehand downward strike used in my 1st

to 2nd dan grading for brick breaking. Favourite foot technique would be BanSa chagi (reflex kick), although our dojang has just been re-painted so we have to be careful about foot prints on the wall.

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

There are many attributes to making a good Taekwon-Do practitioner, but hard as it is to choose one it would be humility – serving others with grace. 卍



# TAEKWON-DO – THE ORIGINAL MIXED MARTIAL ART

By **Mr Brendan Doogan** IV dan, Dragon's Spirit Taekwon-Do

TECHNICAL

'Mixed' martial arts are not new. It is fairly common knowledge that many styles of Kung Fu, Karate and Indian martial arts include striking, locking, grappling and weaponry. This article is intended to very briefly show that Taekwon-Do too is a 'mixed' martial art, having diverse techniques and ways of using the body, and having origins in quite varied methods of combat.

## Origins

Two arts were the main contributors to early Taekwon-Do. A Korean kicking art, Taek Kyon, was taught to Choi Hong Hi when he was a boy. As a youth he learned Shotokan Karate. These arts gave most techniques in Taekwon-Do. There is also reference to hand techniques introduced from China and Japan. Many of the soldiers under the General's command were already experienced martial artists and gymnasts, and some of this knowledge was incorporated. At one stage talks were held between the General and Mas Oyama, the Korean founder of a famous Karate school, Kyokushinkai, about amalgamating the two arts. The martial art origins of Taekwon-Do are obviously mixed.



Mr Oyama's visit to the ITF in 1967

## Techniques

Blocking, dodging, jumping, flying, stepping, punching, striking, thrusting, crosscutting, ground fighting, joint locking and breaking, throwing,



falling, anti-weapon defence, reflex kicking... all of these are present in the art, and with exceptions like weaponry, pressure points and grappling, cover nearly all kinds of martial art technique.

## Tools

Taekwon-Do tools include closed hands, open hands, wrists, forearms, elbows, shoulders, forehead, occiput, top/bottom/inside/outside/back of the foot, ankle, front/back/sides of the shin, knees and more important than any of the others, the mind.



An acceptable emergency tool

## Breadth

A great difficulty lies in the amount of time needed to cover all the different aspects of Taekwon-Do, especially as not all areas are tested. What it looks like is that Taekwon-Do is only about the patterns, blocking, kicking, punching; but that's only because we're always focussing on the next grading or tournament. It is important to practise all areas of Taekwon-Do, otherwise the outsider who sees us and thinks we only kick and punch will be correct in their assumptions. 🥋

Some effective but dangerous techniques



## Where to find other bits

The 1999 Condensed Encyclopaedia has all the above aspects of Taekwon-Do described within its covers. Ask your Instructor about areas that interest you.

Blocking – pp 191-245

Dodging – p 245 (hands), p 308 (feet), 316-320 (shifting), 367 (ground)

Stepping – p321-361

Punching – pp 124-146

Thrusting – pp 150-158

Striking – pp 161-178

Crosscutting – p 159

Jumping – p362

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# AN UNUSUAL HANDSHAKE AND A WHOLE LOT OF BOWING!

By **Mr Kane Raukura** V dan, Standards & Discipline Advisor

STANDARDS

When a new person walks into a dojang and starts making enquiries, they must find a lot of our behaviours and etiquette slightly strange. Especially all the bowing – entering at the door, each person you greet in the dojang, after exercises, taking a break, walking out the door and leaving the dojang floor. They must all wonder why we don't develop migraines! Then of course there is the handshake, it is not as bad as a fraternity handshake but not the normal 'giddyay, how are you?' either. Let's have a look at why we bow and shake hands the way we do.

Bowing is not a custom just found in Asia but is also common historically in many European countries as well, especially among nobility and where hierarchical systems were found. Ultimately, the bow symbolises one thing wherever it has become established. It represents a very high degree of respect between the people both giving and receiving the bow. As the varying styles of martial arts grew and developed within Asia, it is of no surprise that many aspects of etiquette and moral culture became embedded within each different martial arts code of conduct or behaviour. Taekwon-Do is no exception.

In East Asia, places such as Japan, China, Taiwan and Korea, have used the bow as a traditional greeting and a sign of respect for a very long period of time. This tradition is passed onto us when we join a Taekwon-Do club or school. 8th Gup coloured belt theory tells us that we should:



- Bow when entering or leaving the dojang.
- Bow and acknowledge others present in the dojang which should include firstly the instructor, the assistant instructor, then senior members. Children must acknowledge adults. Similar courtesies should be paid when visiting other martial arts dojang.

So the first bullet point highlights to us the importance of the dojang itself. It is a place of learning, a place that is safe, a place where we are always treated with courtesy and care. By bowing when we enter and leave the dojang, we are saying by our actions that – “This is a special place, I respect it and what it represents”. The second bullet point is all about us showing respect to one another. We acknowledge the seniors and elders first, this is out of gratitude and respect for their wisdom, experience and for their position as a leader and as a trusted guide.

Within Asian countries the process of bowing can be extremely complex. There are bows for all different types of occasion and they can vary enormously between various cultures. Bowing can range from being informal, to formal, and then the very formal. In the extreme, bowing can be by

kneeling with the forehead directly on the floor in front of you. Even the length of time of your bow can be very symbolic. Therefore, the depth and length of a bow is indicative of the level of respect being shown to the place or person. In our dojangs, we bow approximately 15 degrees and hold briefly. This is often accompanied by a handshake when facing another single member and we say out loud the words, “Taekwon” or “Kamsahamnida”.

That brings us to that unusual handshake! We often shake hands in Taekwon-Do with our right hand extended to shake but with the left hand or palm underneath the right forearm. If you visit a store or restaurant owned by a Korean person, they will shake hands with you the same way or hand change to you in the same manner. The supporting of the arm you are shaking with is also a sign of respect and great courtesy, so it has become very common to combine both the bow and the handshake together. We see this a lot in our dojangs between members and has become the norm in everyday Korean life.

As with bowing, even handshakes can be a bit complex if you don't know what you



**Continued on page 39**

# MISSION NUTRITION

By **Miss Carolina Dillen** II dan and **Rachel Bates** 5 Gup, Warrior Taekwon-Do

NUTRITION

In the last issue of TKD Talk we talked about eating “real food” and discussed the link between good nutrition and improved athletic performance and general wellbeing. If you're like most people, reading about what you should be eating is easy, but starting new and sustainable habits is hard! We decided to take things a step further at Warrior Taekwon-Do and trialled two concurrent challenges: “Mission Nutrition” for kids and teens and “Nutrition Challenge” for adults. We wanted to offer our members the information they needed to make healthier choices but also give them the tools and advice to make sustainable changes to their nutrition, provide motivation and incentives to meet their nutrition goals and of course, make it fun and enjoyable along the way!

The adults challenge linked nutrition closely with sport specific performance and transformation. Week one was baseline week: participants wrote a food diary of everything they ate for the week, baseline measurements were taken of their body mass, including lean muscle mass, body fat percentage, hydration levels and waist to hip ratio. Participants also performed either a set workout for time or the black belt fitness test. Their food diaries, recorded either in writing or with photos were analysed by a nutritionist who gave each participant advice on three key things to change in their diet each week, and for the next 6 weeks our participants checked in each week to update their physical measurements and recorded whether they complied with the three diet changes in a daily compliance record. We provided extra motivation by offering three prizes: for Biggest Physical Transformation (based on the physical measurements we had taken), Best Compliance (based on the compliance records) and Most Improved Fitness Performance (based on the results of a retest in the final week of the workout completed in baseline week).

We took a different approach for the kids and teens which we felt better suited their age group by shifting the focus to education and making better food choices. Their “Mission Nutrition” challenges were designed to help them understand what nutritious food is, evaluate where they could make better food choices, be more helpful with meal preparation around the

home and apply their new understanding by preparing simple snacks or meals and demonstrate their creativity in the process. They completed 6 weekly missions which included making a healthy lunch to take to school, making a poster to encourage healthy eating, creating a special drink recipe, making a healthy breakfast to serve a friend or family member in bed (and photographing the lucky breakfast recipient enjoying their meal) and culminated in a “Master Chef” challenge at the nutrition challenge prize-giving in the final week. Each task contained a creative element and each participant photographed their mission entry each week and sent it to us for eventual inclusion into a recipe book, as well as for judging. Every weekly mission had a winner based on a combined score of how healthy and how creative the entry was and these were announced at the end of challenge barbeque and prize giving as well as an overall winner from the master chef challenge.

In addition to the challenges we held two evening seminars with a guest nutritionist who provided information about all aspects of nutrition including what healthy food is, how to make sustainable changes, what healthy options there are when eating out, how and where to go food shopping, how to stick to a budget for healthy food and how to prepare and plan meals in advance. We collected a library of healthy cookbooks for people to borrow and the instructors and coaches at the club

were also on hand before and after every session to give advice or provide additional support and encouragement.

The results were amazing! In the adults challenge we saw participants across the board lose kilograms of body mass by losing body fat, whilst increasing healthy lean muscle mass and improving their level of hydration. The winner of the transformation challenge was not surprisingly also the winner of the compliance challenge with 90% compliance for his three changes. His changes where to 1) plan each meal each day, 2) cut out lollies, take-aways and junk food and 3) drink water instead of coca cola. In 28 days he lost 7.5kg, his body fat decreased 5% (of his final weight) whilst putting on 2.5kg of lean muscle and dropping 10cm from his waist. He said that being part of the challenge gave him the motivation and support to make the changes he knew he needed to make to live a longer and healthier life for his family and he hasn't looked back since. The winner of the fitness test was one of our world champs competitors and already super fit, but managed to cut an amazing 10 minutes off his baseline workout time. He says that he can feel a noticeable difference when he is eating well compared with when he isn't and that his sporting performance and results improve when he is eating good food including lots of vegetables, meats, fruit, seeds, nuts, and no processed foods or refined sugars. The winner of the kids' Master Chef challenge says that she learned



Andy Chan – shopping for his Nutrition Challenge





a lot about healthy eating and enjoyed getting creative with all the challenges. She continues to help with the weekly grocery shop and cooking at home.

We found the nutrition challenges provided great team support and motivation for people to improve their diets and also to get creative, a little competitive and have some fun. We would highly recommend any club to consider running a similar challenge to help motivate people to improve their nutrition for healthier living and better training gains and performance! 🍌



Master Chef entries: Kate Taylor (top) and Callum Senior

### ***Unusual handshake – continued from page 37***

are doing! If you visit Korea or meet a Korean person, keep the following in mind. Koreans shake hands loosely, not like the strong Western grip. Korean women rarely shake hands traditionally with males. The correct protocol is for the elder or senior to offer their hand to you first, and the time shaking is longer than a Western handshake.



Why place the left hand underneath? The traditional Korean costume of the Hanbok (where our dobok has its origins), has many folds and baggy arms. One explanation of the left hand placement is that it shows to the person you are shaking hands with that you have no weapons hidden up your opposite sleeve! The open left hand whether palm up or down, also shows that you are not holding anything. It is like saying, "Hey, I am your friend, nothing to fear here and I mean you no harm". So, there you go, an explanation of all that bowing and that unusual handshake. Next time you need to use either, remember their importance, don't rush and make the effort to perform the actions with care. That way, you show your instructor, senior or friend the respect they deserve. 🍌



This is the Korean "Deep Bow" or Keunjeol.

# 'Stranger Danger' and

By **Phil Thompson**, Protect Self Defence

SELF DEFENCE

The following is an excerpt from my new book 'Empower Your Kids to be Safe...For Life' from the chapter titled 'Dispelling the Common Myths'. This is designed to be read by parents/guardians to help them to educate kids on personal safety. Enjoy!

## Myth # 1: 'Stranger Danger'

This is the age old, time-tested message that almost every child has heard: "Never talk to strangers".

Unfortunately the test of time has only proven one thing: and that is that this concept **does not work** and may actually **place your child in danger**.

The 'Stranger Danger' message is an outdated, redundant concept and if it ever had any relevance it certainly doesn't any more. Now I know that many adults reading this may have grown up hearing this message from their parents (and everyone else around them) so if you are one of those people and you are feeling any resistance to what I am saying, bear with me while we explore the reasons that this idea now needs to be removed from anything taught to kids.

- 1) As we have already explored, and as you now know, approx 90% of predators are known to their victims. So just taking into account this one fact, without all of the other reasons that make this concept redundant, if you are only preaching awareness of 'strangers' you are missing 90% of the actual threats that your kids may face. Remember the person who is vastly more likely to abuse your kids is not a stranger; it is someone they know.
- 2) Parents generally violate the rule themselves constantly and the message quickly loses credibility. Kids often learn more by watching and modelling the behaviours of their parents than they do by being told what to do. So every time a parent instructs their child to:

"Shake hands with Mr Robson" or,

"Tell the man your name" or,

"Don't be rude Jill, say hello to the nice lady",

they are seeing the so called 'rule' violated time and time again. Eventually they will learn that they can't talk to strangers unless the stranger is the postman, or serving at a gas station, or they're handing out pamphlets, or they're collecting for charity, or they are a real estate agent, or they are old, or they are young, or they are middle aged but 'look nice'. I hope you get my point. Quite simply, even Mum and Dad don't understand or follow this 'rule' so there is no way we can expect our kids to.

- 3) The 'stranger danger' rule may actually reduce the child's safety. How? Firstly it implies that only strangers are dangerous people who may hurt them, and as you now know, that is not the case. If strangers are dangerous people, then that means we can trust people that we know, right? That is the embedded message after all. Unfortunately that just makes the process far easier for the predator that is known to the child, as it automatically bestows a level of trust upon them so they don't need to work as hard to gain it. Additionally, they have a level of access to the child that a 'stranger' would have to work hard to get so when you couple that access with an implied level of trust, and no way to recognise inappropriate behaviours, the child is highly vulnerable. Secondly, if your child is ever lost or in danger and needs help, they need to know how to talk to strangers to get help. This rule is actually a barrier to the very help and assistance they may need if they are in peril. The ability to ask a stranger for help is one of the greatest assets your child could have if they are in danger and if you have set them up to be afraid of all strangers then that asset will not be there for them when they most need it.
- 4) The message often promotes a false sense of security in parents and in kids. I have heard parents comment many times that they don't need to read, see, hear, or experience our training on



Awareness/avoidance tactic  
("3 big steps" and "No, go, yell, tell")

child safety because they already 'know that stuff' and have already taught their children 'not to talk to strangers'.

- 5) Persuasion Predators are masterful manipulators. Very quickly they can go from being a 'stranger' to someone who feels known to the child through strategic dialogue and use of 'luring' as you will see in chapter four. From the child's perspective, even a complete stranger who engages them in friendly conversation quickly becomes someone they 'know'.
- 6) Lastly, this message effectively eliminates one of the most important skills that your child can develop and will need throughout their entire life; the ability to evaluate the behaviour of other human beings, and learning to trust their intuitive feelings. It is this skill that will save them from more victimisation than almost any other, and it is the development of this skill that must be supported and encouraged at every point. The 'stranger danger' message



# other myths...

very effectively works against this and could ultimately mean MORE vulnerability to victimisation for your child.

In summary, the 'stranger danger' concept is broken and does not work. Children need to be taught that it is not what a person looks like, or who they are that makes them dangerous, it is the person's behaviours that they need to look out for. In chapter four we will explore those behaviours so you will have the right information to share with your children.

## Myth #2: Teaching Kids Self Protection Will Make Them Afraid Of Everyone

This is a common objection that I hear a lot from parents. The truth is the exact opposite, provided they are being taught the right things. Teaching them 'stranger danger' is very likely to make them fearful of everyone, which is another reason it is such a bad concept. Children who are fearful are easily exploited by predators, who will use threats (hurt the child, hurt parents, friends, pets) to gain and maintain control of the child. A child who will co-operate with a predator because they are afraid is the perfect target.

Children, even at a very young age understand the concept of danger. They understand that if they touch the hot stove it is dangerous, they know if they play on the road it is dangerous, they stick a fork into a power socket it is dangerous. Why are they not constantly fearful of these things? Because they are taught simple prevention strategies which they can understand and which become automatic. Dangerous people are no exception. Most kids understand from a fairly young age through exposure to media or hearing stories that some people are dangerous and do bad things to other people. Provided they are aware that it is only 'some' people who are dangerous and that most people are good people they will not be un-necessarily afraid.

This is why the entire focus of this book and of our (Protect Self Defence) programs for



Wriggle defence

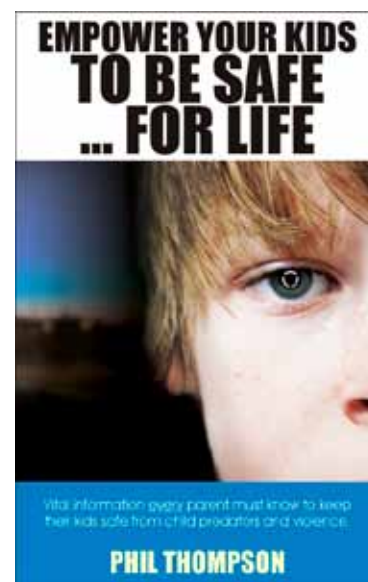
kids is on empowerment, not fear. Provided kids are taught the right information, the information in this book, it will not result in them being fearful. Quite the contrary, it will result in them being more confident, less tentative, more aware, and empowered with the skills and knowledge to stay safe, which is the ultimate environment for kids to thrive. Once a child knows that they have the power to keep themselves safe, it has a positive 'ripple effect' into all other areas of their life, and their self esteem, self belief and self confidence soar.

As always I welcome your feedback and questions. Feel free to email me at [phil@protectselfdefence.co.nz](mailto:phil@protectselfdefence.co.nz) or visit our website [www.protectselfdefence.co.nz](http://www.protectselfdefence.co.nz)

If you are on Facebook be sure to join our group (Protect Self Defence) for training, tips, and updates.

Take Care

Phil



Phil is co-founder of **Protect Self Defence** alongside his wife Athena, and instructs classes, seminars and private instruction at Protect's training centre in Auckland and throughout NZ.

# PRACTICE PHYSICAL TAEKWON-DO

By **Sonya Robinson** III dan, Meadowbank

FITNESS

Practice physical Taekwon-Do and you will improve your physical fitness.

If you want to be good at something – which I'm going to assume that you do – then you'll need to practice it over and over again. After all one cannot expect to go from zero to hero in a short space of time (well it happens in movies but not real life) and as the famous hairdresser Vidal Sassoon famously said "the only place where success comes before work is in the dictionary".

Like your journey through the various different coloured belts there is a journey that starts, whenever you do anything for the first time. The first stage is unconscious incompetence. You don't even realise that you're not actually doing it right.

Cast your mind back to when you first started learning how to do 4 directional block – Saju Makgi and remember how you thought that you had it but it wasn't until you had to do it by yourself whilst been watched that you realised that you hadn't mastered it beforehand at all. Thank goodness for practice.

While you are practicing you're being active which in time will help to improve your fitness.

Now you're on the second stage which is conscious incompetence. You've been made aware that you haven't mastered it yet – thankfully by persevering and by doing it over and over again, you'll hopefully be moving onto the next stage sooner rather than later - conscious competence.

So you've been listening to your Instructor and your seniors tips for mastering Saju Makgi and when you focus on getting your walking stance right and that it's a knifehand block going back first (B for block and moving backwards first) and getting the crosses right etc... by taking conscious care with all the things you've learnt and lots of practice you have reached the stage of conscious competence. When you're thinking of what you're doing as you're doing it you are doing it correctly. Keep practicing. Keep doing it. This is conscious competence. This is the longest stage of this journey.

By now you are going through this same little journey with other aspects of Taekwon-Do like Chon-Ji, Dan Gun, Do-



Photo by Paul McPhail

San and Won-Hyo, different blocks and some cool kicks now. All those cool kicks strengthen your tum, bum and thighs. Great toners. Keep practicing – make sure you're practicing properly – ask for feedback if you are ever unsure.

The more you practice, the fitter you will become. Fitness requires action. Constant correct action creates good muscle memory. After doing it over and over again and without even really thinking about it one day you're doing Saju Makgi correctly – there! You made it! Unconscious competence.

But the hook is – you have to keep active and you have to keep practicing otherwise you'll slip back to an earlier place of the journey.

So keep practicing the complex art of Taekwon-Do physically and guess what? You'll also improve your fitness. It's not quite as easy as it sounds but like a good diet if you stick to it and do what you know you should be doing consistently, eventually you'll achieve your desired goals. And along the way you'll also improve your fitness. So be active and keep up the practice. Taekwon. 🥋



Photo by Craig Oliver



## SPORTS MED MATTERS

By **Dr Jake Pearson** IV dan, Khandallah

SPORTS MEDICINE



# Chronic Knee Injuries

***In an issue last year I discussed common acute knee injuries, and here I finally get round to discussing the common causes of more chronic knee pain as they relate to Taekwon-Do.***

There are three particularly common causes of chronic knee pain in children, younger and older adults: Osgood-Schlatter's disease, patellofemoral (i.e. kneecap) pain and osteoarthritis respectively. Osgood-Schlatter's disease was covered in a previous article on medical issues in children. It should also be remembered that pain originating from the hip can be felt around the knee, both in children and adults.

Patellofemoral pain (figure 1), also known as "runner's knee" tends to be felt vaguely around the front of the knee. A classic scenario would be an enthusiastic 1st Gup who starts road running for the first time to prepare for their fitness test. The pain normally responds to a period of rest from running/squatting together with an individualised strengthening + stretching

program best prescribed by a sports physiotherapist or similar. Professional taping of the kneecap can help temporarily. This is reminder of the importance of heeding the advice to "start low go slow" when commencing any new activity. Many people, especially as they age, notice that their knees creak and grind as they squat or climb stairs, but this is not a "problem" unless it is painful.

More mature Taekwon-Do practitioners may develop osteoarthritis, sometimes referred to as "wear and tear" of the joint cartilage. This can come on earlier if there has been a significant previous injury to the knee ligaments and/or cartilage. Pain may occur with excessive impact activities (e.g. running/jumping), and the knee may swell and feel stiff. Xrays are useful to determine how severe the cartilage loss is, and sensible use of simple pain relief (Paracetamol +/- occasional anti-inflammatories) is reasonable. The effectiveness of glucosamine supplements is still controversial but at least have very little in the way of side-effects. Practitioners may find they need to avoid certain activities but overall should be able to do almost all aspects of Taekwon-Do. In general, the longer a knee joint replacement operation can be delayed the better, and while continuing Taekwon-Do

after a knee joint replacement is entirely reasonable, the advice of one's surgeon as well as common sense should clearly be followed.

For both injuries, stationary cycling is often a good way to maintain knee movement and strength, while minimising impact forces, and for some people forms a part of their exercise program ongoing. A knee brace or sleeve may help by making the knee feel more "supported" but can only achieve a limited amount in terms of reducing the impact load.

So, is Taekwon-Do all doom and gloom as far as the knees are concerned? Not at all. The best thing you can do for your knees is maintain muscle strength and endurance, and when performed properly our stances and kicks are fantastic for this. Single-leg squats (figure 2), with imaginative variations, could be incorporated into a warm-up as a way of maintaining optimal knee alignment. The other point is that maintaining a healthy bodyweight is the single best way to limit the load on your knees, and we all know what good calorie-burning exercise Taekwon-Do can be. 🥋

Figure 1

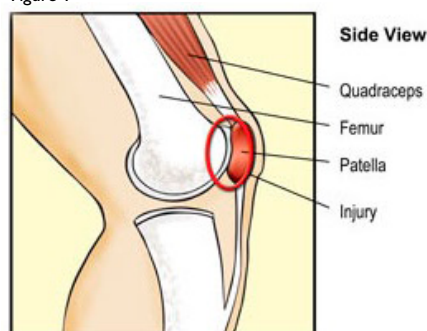


Figure 2



by Shirley Pygott – II dan  
Jungshin

## Welcome to Issue #29

This edition of Kicks for Kids is getting up close and personal with dragons. TKD Teddy has been searching the web to find out about Korean dragons and what they are all about. We also have two cool letters from 2 kids from Pulse Taekwon-Do who enjoyed the National Kids Camp in November 2011.

### What is a Korean Dragon like?

They are kind and bring rain and clouds where they are needed (but if you annoy a dragon it could cause a flood, so it's best to keep them happy). Because they are so fond of watery things, they live in watery places: rivers, lakes and oceans. Some of them were so smart they could speak. They are blue, red, white, yellow or the luckiest colour black. Because they are a mystical creature, they have the best parts of a whole lot of ordinary creatures: the head of a camel, horns of a deer, eyes of a rabbit, ears of a cow, neck of a snake, belly of a frog, scales of a fish, claws of a hawk and the paws of a tiger. They don't have wings though – they don't need them as they fly using magic!

Korean dragons look very similar to Chinese dragons, but they have longer beards and four claws on each foot. (Chinese dragons have five claws)

### Taekwon-Do Teddy Investigates:

## KOREAN DRAGONS

For centuries the dragon has been a symbol of power and mystery. Dragons have appeared in countless legends in the Western world and in the East. Many of us know the Western idea of a dragon: evil, bloodthirsty, flying monsters who like to keep treasure in their caves, terrorize simple country villagers and burn their homes for fun. They have huge wings, breathe fire and are generally grumpy and nasty.

The Eastern idea of a dragon is quite different. An Eastern dragon is just as powerful as a Western Dragon, but it uses its power for good. It is kind, playful and intelligent, a ruler of the water and the seas, and can bring good luck. The Eastern dragon is a symbol for royalty and represents safety, hope and change for the better.



**Pick the Dragon : Which of these three dragons is the Korean one? Look carefully!**



A



B



C



# DRAGONS FACTS

Dragons were used to decorate many things in Ancient Korea from buildings to furniture, clothing, household items, ornaments and jewellery. This is a picture of a Dragon Jar. The dragon would protect whatever was put in it. It would be owned by rich people in the 18th century.



One of Korea's most famous Kings, Moon-Moo, wished to become a 'Dragon of the East Sea' so that he could protect Korea from invasion. His ashes were scattered over the ocean and a waterway was built to make it easy for his sea dragon to come in.

(Moon-Moo is the name of a 4th Dan Pattern)



The Kings of Korea used the image of a dragon as their special symbol. Some even thought their ancestors were dragons. The royal bed was called the dragon bed, kings drank from bottles decorated with dragons, and they carried a yellow dragon flag when they inspected their armies. Their clothes and their furniture had dragons on it, especially the dragon throne. They probably even had dragon underwear!

There are 3 International Taekwon-Do clubs that have 'dragon' as part of their name. See if you can find them on the locations page on the International Taekwon-Do website: <http://www.itkd.co.nz/locations/>

Hint: one club is in Counties Manukau and two are in Central Districts



It was believed that dragons could control the weather, especially rain and clouds. This was very important to the farmers as too much or too little rain meant that their crops would fail and they would go hungry.



Taekwon-do Junior camp at Aongatete Lodge

It was fun at camp. I have never broken a board before and I got to break one there. We saw Kara, she is the Junior world champion, we saw her break three boards. We did sparring and I versed a black belt, it was hard and he won. The swimming river was bitterly cold. I kept going down a small waterfall and sitting on a rock to get warm. It was deep. I won best baker for my ginger ninjas and got \$50. It was awesome. We got woken up at 6am by Mr Brown banging pots and pans, then we did relay and wheelbarrow races.

Charlie Walker



## Camp 2011

On Friday Charlie and I went to Tauranga for the junior Taekwon-Do camp. We had lots of fun and played lots of games. Every morning when it was time to get up the instructors banged trash can lids together to wake us up. It was a surprise and it gave me a fright! We had to quickly get dressed and go for a run before breakfast.

After breakfast we put on our doboks and formed up in the hall.

I really enjoyed watching the world champs break boards. I snapped 5 boards.

That was my favourite part of the weekend.

Thank you so much Angela for paying our camp fees and for our T-shirts.

I would love to go back next year. It was so much fun. from Isaac Hutchinson

## GALLERY

Photos by **Craig Oliver** | gup, Pulse Taekwon-Do











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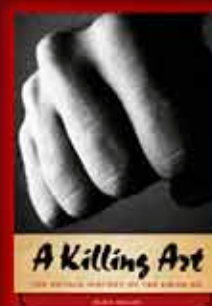
# FUJI

## MAE

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