

TAEKWON DO **Talk**



*International
Taekwon-Do*

Niketa Wells **Star of the ITF World Cup** *and Gup Student of the Year. Find out why P.26*

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FROM THE PRESIDENT



Master Evan Davidson

VII Dan, President

What a great result for our New Zealand Taekwon-Do members who attended the ITF World Cup in Brighton, England. Medals won by those attending: 18 Gold, 15 Silver and 12 Bronze. This is really a fantastic achievement. Congratulations to all the team members, the coaches and managers as well as to our New Zealand officials and supporters who made the trip. You certainly showed New Zealand is up there with the best and keeps us at the forefront of International Taekwon-Do throughout the world.

Thanks to our CEO Mr Mike Thompson who managed to gain some funding to assist our NZ umpires/officials get to the competition. The umpires who attended were certainly up with the best from overseas.

Those of you who travelled to Brighton would have seen the new 'Co-Branding' and Logo being publicised and used by the ITF. What effect this will have on us 'down under' is something that our board and management will be discussing prior to any form of implementation. My understanding of the reason for this 'Co-Branding' is to show some difference between the ITF that we affiliate to, and the other international organisations who promote General Choi's Taekwon-Do. E.g. the North Korean Group and those associated with General Choi's son, GM Choi Jung Hwa.

I would also like to thank the Central District region for hosting the 2012 National Championships in Palmerston North. This was held at the venue where the 1st ITF NZ Champs were held in 1981. A handful of attendees at this competition were also there at the 1st event. (Guess who) Well done to Ronan Gallagher-Forbes who, at 18 years old, took on the organiser's role and ensured everything ran smoothly, which also included the awards dinner and ceremony.

Lastly I really need to once again acknowledge and thank the great number of volunteers that we have in this organisation. From instructors, administrators, our Board of Directors, to team managers, coaches, and the families who support their Taekwon-Do students and clubs. Without your continued dedication and support our organisation would not be where it is today. The love of this martial art is what drives us and makes it a 'way of life'.

I thank you all again and wish you a safe and enjoyable festive season and a happy New Year.

'Taekwon'



Photo by Kris Herbison

TKDT TEAM

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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.

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For submission guidelines and advertising enquires please visit our website: www.itkd.co.nz/tkdtalk.

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Red belts & above register now for the IIC in February 2013:

itkd.co.nz/events/courses/2013-iic





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STANDARDS
MR KANE RAUKURA



FITNESS
MRS SONYA ROBINSON



SELF DEFENCE
MR PHIL THOMPSON

COVER



Cover photo by Kris Herbison

Photo courtesy of Kris Herbison

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KICKS FOR KIDS
– ISSUE 30

CELEBRATING 11 YEARS
OF KICKS FOR KIDS

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PHOTO GALLERY
PHOTOS BY THE
TKD ACTION TEAM



NEW SCHOOLS

Welcome to our new schools and instructors

Redoubt North School

Instructor: Ms Lianna McCartney II dan
47 Diorella Drive, Manukau. Fridays 9 -
10.30 am School students only



AMS McCartney is the instructor of our
first fully integrated school club, resulting from the
successful KiwiSport Program in Counties Manukau.
Twenty one children were chosen to receive a full
scholarship to learn International Taekwon-Do over a
long term period.

itkd.co.nz/events/courses/kiwisport/redoubt.php

Instructors recently approved: Kara Timmer - Elite Kids, Kavita Jaduram - Nibun ITF Diocesan, Estelle Speirs - PNTA,
Dennis Burns - Spirit Thorndon.

Assistant Instructors recently approved: Lily Mason-Mackay - Spirit Kids, Haydan Cain - Botany TKD, Ryan van
Heerden and Rebecca Styles - Paul M Glendowie, Carolyn Baigent - Cubs, Maria Treadaway - Avondale, Kane Baigent - PNTA,
Alois Vogt - Berhampore, Minette Stern and Richard Forder - PM Glendowie, Katrina Grubner

Calibre Hauraki Plains

Instructor: Mr Jon Sawden III dan
Clubs throughout the Hauraki Plains



The Calibre branch of ITF NZ opened up in February
2011. It has come about as a result of the passion
the instructor, Jon Sawden, has for Taekwon-Do. Calibre
TKD runs separate classes for all age groups, each
class is designed to cater to each individual, thus
allowing students to get the most out of each lesson.

calibretkd.weebly.com

Commemorative



Mr Neill Kettings
21.07.64 - 27.7.12



Mr Callum Barber
17.1.64 - 14.11.2012

It is with much sadness that we
acknowledge the passing of Mr Neill
Kettings, 3rd Dan, Instructor of the
Dunedin Club, and Mr Callum Barber,
2nd degree from the Botany club.

Both will be remembered by us
as being terrific instructors who
contributed so much to others, and
also for the fine men they were.

Both fought a battle with cancer.

Our deepest sympathies and
condolences are with the families.

2012 NATIONAL AWARDS

Auckland, Saturday 20th October 2012

The award process has been changed for 2012, from the way the awards are processed and winners selected to the categories of awards themselves. Below are the finalists and winners in the new categories.

Dan Student of the Year

WINNER: Bryan Reynolds

Ronan Gallagher - Forbes
Rebecca Styles

Gup Student of the Year

WINNER: Niketa Wells

Riley Jackson
DJ Iotua
Aiden Wells
Timoti Wharewaka
Rebekha Upston

Senior Sportsperson

WINNER: Kerry McEvoy

Kristy Leong
Kane Baigent
Courtney Weir
Estelle Speirs
Mark Trotter

Junior Sportsperson

WINNER: Shania Kennedy-Lowe

Niketa Wells
Georgia Moore
Rose Biddiscombe

Instructor / Club of the Year

WINNER: Miss Carolina Dillen -
Warrior

Master Paul McPhail - Paul M Papakura
Mr Kane Raukura - DS Papatoetoe

The Presidents Award

for Outstanding Contribution

WINNER: The Iotua Family

Niketa Wells
Afi and Sandra Meleisea



MC and Awards Chairman, Mr Gwyn Brown

2012 Special Awards

Life Member Award

Master Mahesh Bhana
Master James Rimmer

25 Years in Taekwon-Do Recognition

Mr Grant Eccles
Mr Ian Campbell



Dan Student finalists Ronan Gallagher-Forbes, Rebecca Styles and Bryan Reynolds



Master Davidson presenting Master Bhana with his Life Member Award

Photos by Craig Oliver

NATIONAL TOURNAMENT 2012

RESULTS

Medal Count

Region	Gold	Silver	Bronze	Points
Counties Manukau	34	34	30	200
Central Districts	42	23	27	199
Auckland North	17	25	26	127
Midlands	18	18	23	113
Wellington	14	13	30	98
South Island	4	4	7	27

Best Overall Club

Club	Gold	Silver	Bronze	Points
Paul M Papakura	11	9	7	58
Strike Force Academy	8	9	7	49
Tribal Taekwon-Do	9	4	3	38
Silla Taekwon-Do	7	5	3	34
PNTA	8	3	3	33

Best Male Team

Region	Gold	Silver	Bronze	Score
Central Districts	3	0	0	9
Auckland North	0	2	1	5
Counties Manukau	0	1	2	4
Wellington	0	0	2	2

Best Female Team

Region	Gold	Silver	Bronze	Score
Central Districts	3	1	0	11
Auckland North	1	3	0	9

Best Individual Belts

Best Overall Junior Yellow Belt
Erikka-lee Foketi CM

Best Overall Senior Yellow Belt
Iki Lolohea MID

Best Overall Junior Green Belt
Connor Mitchell CD

Kayne Lockwood CM

Best Overall Senior Green Belts
Anita Broczek VN
Rob Bavin AN
Sei Brown CM
John Van Gorp VN

Best Overall Junior Blue Belt
Jakob Braakhuis VN

Best Overall Senior Blue Belt
Florence Chen AN

Best Overall Junior Red Belt
Timoti Wharewaka CM

Best Overall Senior Red Belt
Courtney Weir CM

Best Overall Junior Male Black Belt
Mitchell Craig CD

Best Overall Junior Female Black Belt
Georgia Moore CM

Best Overall Senior Male Black Belt
Aramai Tahau CD

Best Overall Senior Female Black Belt
Kara Timmer MID

FOR FULL RESULTS SEE:

itkd.co.nz/events/tournaments/nationals/2012



NATIONAL TOURNAMENT 2012 - PALMERSTON NORTH

ACTION PHOTOS





Photos by the TKD Action Team



AUCKLAND NORTH KIDS CAMP

By Mrs Shirley Pygott, Il dan, Jungshin



62 kids aged between 6 and 14 took part in the 3rd annual Auckland North Kids camp in September. The camp is based on the fantastically successful National Kids Camps that Mr Brown has run for 10 years, and this year the camp was full and we even had to turn a few late registrations away.

A great thing about kids camps is the enthusiasm and energy that the students always bring. Sometimes that energy can be a problem-Friday nights at camp are notorious for kids not wanting to go to sleep, but at this time it wasn't a problem. By 10pm they were all tucked up in bed sleeping. Which was just as well because they had over 9 hours of training over 2 days to take part in, starting with a somewhat bleary-eyed 6am warm up on Saturday morning. They seemed to really enjoy room inspection, taking great pride in neatly storing their belongings, just like in the Dojang. Now if only their bedrooms at home could be kept so tidy with the same enthusiasm.....



14-16 September 2012 at Campbell Park Christian Camp MANGAWHAI

Mr Matt Davey took the Specialty Session. The potential is some of our students is awe-inspiring. If you can perform a flying kick like this as a 9th gup, imagine what will be possible in a few years at 1st Dan! One of the best things about kids camps is that ordinary training sessions turn into something out of the ordinary : this was part of the sparring session taking by Mr Ogy Kabzamalav

The patterns session taken by Mr Ryan McNie and Mrs Sonya Robinson somehow involved doing patterns on your knees! And there was a bum-shuffling competition in the Games session taken by Miss Karen Davey and Mrs Liz Tee. TKD but not as we know it!

Mr Konia did the unthinkable in his self defence session – he had them attacking each other with sticks!

The highlight for many of the kids was the breaking session taken on Sunday by World Champion Kirsty Leong. And for some reason they all really loved doing elbow strikes. Many boards were broken -with smiles everywhere.



Thanks to everyone involved in making the camp happen, from ITKD who provided some funding to subsidise the cost, the black belts who instructed, the parents who worked tirelessly in the kitchen, Mr Gudsell and Mr Styles who organised it and to Epic and Top Pro who donated prizes to give out to outstanding students in each session and best overall students too. 🙏



GETTING BACK INTO IT

By Rebekha Upston, I gup, RTR Hawkes Bay

"There was this show at school today Mum, they did lots of jumping and kicking, they were wearing these white costumes and breaking stuff and I think it's like Karate or something but it looks so cool and I want to.... please Mum can I go on Wednesday night to do it? Please?"

This is what my then eight year old daughter, Cayla, blurted at me as soon as she got in the car after school one day.

Little did I know this was to be the start of my return to Taekwon-Do. Here I was, seven and a half months pregnant with my third child, a four year old in tow and a very excited yet nervous daughter going to her first lesson.

"I used to do Taekwon-Do when I just was a few years older than you are and I loved it so much," I shared with her.

On that first night at the RTR Napier club the beginners, which included my daughter, gathered at one end of the hall. They were fumbling their way through punching and other fundamental techniques. While I just sat on the side smiling proudly at my daughter, my attention was suddenly drawn to the red belt practising Hwa-Rang. I was surprised to realise that I could actually remember all of that. This used to be my favourite pattern! Then a black belt, whom I vaguely recognised, walked past. He and the red belt began another Pattern - Choong-Moo. It dawned on me then that this was the same TKD I had practised all those years ago.

Cayla then proudly shared with her instructors, "Master Rocky and Mrs R, my mum used to do TKD and she was a black stripe!"

Then the chit-chat began.

"Really! So when are you due?" they enquired.

"Six weeks' time," I answered.

"So then, in seven you'll be on the floor!"

Skipping forward in time 12 weeks, I was with my beautiful 8lb 12 oz baby girl and my four year old Nicole trundling our way to the Mini-kids' classes. However, this time I find myself before the next class running them through Saju Makgi, Saju Jirugi and Chon-Ji right alongside Master Rounthwaite! The following week it was Dan-Gun and Do-San. That was all it took,

I was hooked. So in just only eight weeks after giving birth to Hayley I found myself participating in my first TKD classes that I had been in for 16 years and it felt great, like I had never left.

I admit, initially I was a little bit apprehensive about taking it up again and it did require some serious thought. There of course was the battle within... Would I still be able to do it? Would my girls mind if I trained with

them? How would people feel about me returning at my grade after such a long length of time away? How can I train with a new born baby? I mean, I am not a flexible teenager anymore. Maybe I shouldn't and just let bygones be bygones. After all I've just had a baby; I'm very unfit and not in shape by any stretch of the imagination. Then there was the big one, I will have to eventually grade for my black belt!

I had to look at things from a different perspective. It's an excellent way to get fit and back into shape. It's a great way to spend time with my girls and be more involved with their activities. What about



the baby? Ahhh, I'll just wing it with her and see what happens. Then as it turned out, Hayley loved being in the dojang. She has her own corner where the portacot is set up for her to sit in and watch us. If she becomes restless or upset she has plenty of people willing to pick her up to give her a cuddle. She wanders around; tugs on belts if she wants to be picked up and at times goes around and collects all the drink bottles up. The students enjoy having her around and I feel it is good for her development to be in that kind of environment. Her latest thing is when the class kihaps (shouts), she just yells back at them! There was nothing to be concerned about after all.

Being post-baby and training, I also found it a struggle with the fitness side of things and didn't have the energy to cope. I had to start tweaking what I was eating at home by adding more protein and fresh foods in order to cope with the muscle repair. I had to increase my calorie intake for I was still nursing Hayley and was hoping to do so until she was 12 months old. For a while I stressed myself out about losing all the baby weight, and about getting fit straight away. So much so, I was obsessively watching what I ate. Initially I thought it was great, as I had lost three kilograms in two weeks but I was exhausted to the point of falling asleep by six o'clock. This was not an ideal situation, with three hungry, demanding kids requiring my attention!

Hayley then became even more unsettled at night, which then in turn made me even more tired. It took a while until I finally realised that I wasn't eating enough for the both of us. I relaxed a little, did some research and discovered that a breastfeeding mother requires an additional 2500 kilojoules or 600 calories a day. I loosened the reins, increased my calorie intake and eventually found a balance. She is now 14 months old and I have lost about 26 kilograms since having her and 18 kilos of that amount since I had started Taekwon-Do. The last three kilos, my ideal weight, seems to like hanging around and in no hurry to leave my waistline, but at this stage in the quest for my black belt I am not too worried at all. I am sure it will start to go as I have stopped breast feeding and training full steam ahead for a December 2012 Black Belt grading. It has also helped now that my husband has stopped working his unsociable hours.

His reply to that was that is there nothing stopping me from getting up at four am to go for a run - yeah right! All I have to do now is just remember to stop eating those extra 600 calories!

Time has definitely flown by and a lot of progress has been made in my training. Recently my daughter and I even entered a couple of tournaments. One of them being in Palmerston North which was my first in 17 years! I was extremely nervous about the whole event. Even to the point that I had convinced myself that I shouldn't be there and that I was by no means ready. I was going to be sparring against black belts and black belts who have represented New Zealand on an international level! At first I wanted to leave but after I had completed the patterns section and achieved a bronze medal I managed to calm myself down and settle a bit. In hindsight of course, I realised there was no reason to have felt like that but it was just purely nerves and lack of self-confidence getting the better of me. The atmosphere that day was amazing, the people very friendly, supportive, and full of great advice. My daughter Michaela even won a gold medal in sparring. I am so very proud of her.

The most recent tournament I entered was the Central Districts Regionals, held on my home turf, Hawkes Bay. It was at this tournament that I could tell there was a definite improvement in my performance. I was more confident and settled with my patterns and yes, there was room for improvement in my technique. So this, along with developing my sparring skills, are my main areas requiring development for my December grading, but I am definitely feeling as though my skills are steadily improving and that I will remain "on track for black".

This journey of returning to TKD, after a break of several years, has not been one experienced only by myself. There is a small group of guys in the Hawke's Bay who have banded together and we have all developed a strong sense of friendship. I have appreciated this so much. We are currently all hoping to grade together for our various degrees at the end of the year. It is this camaraderie that will enable me to succeed and it is reassuring to know they are there for me. It's been interesting to note our different areas of strength all help to complement each other rather than cause us to compete against each other.

While one is intuitive and natural when it comes to self-defence, another effortlessly performs flying techniques. One's forte is endurance and strength training, while another's is proficiency in free-sparring. Admittedly their seemingly natural talents do make me a little bit envious but in the end it all helps to inspire me.

Thinking back over the past 12 months and what I have accomplished, the new friends I have made around the Central Districts region, I am filled with a sense of pride and achievement. I enjoy being an assistant instructor and love working with the young children both in the general class as well as in the Mini-kids. I enjoy watching them grow and succeed in their gup gradings. To see their confidence and skills develop as they compete in tournaments, even to the point of winning medals! Knowing that I have played a tiny part in all this is priceless. To be honest it really is quite an honour.

When I have reflected back on my teenage years over time, there has always been this one regret - I didn't achieve my black belt. So, when I re-entered the dojang, I thought that if I achieved black belt status there would definitely be a great sense of completion for me. However, I am well aware it will only be just the beginning. 🥋

"The trick is to turn them (nerves, fears, doubts) into positives, not to let them distract you or decrease your focus. See it as a way by which you can build up an invisible energy in yourself which you can pour out through your performance. Pre-event nerves or doubts happen to everyone. I have always believed that anyone who says, "No I went in there cool, calm and absolutely certain I was going to win and nothing is going to stop me" is lying." – Herb Elliot.



A VISIT TO THE UNITED STATES

By Dr Brice Valles, III dan, Paul M Papakura

Last May, my wife and I went to the US for a two-week vacation: one week in Houston, Texas, and one week in New York City.

For the first time I decided to use that opportunity to combine a vacation with training by visiting other clubs. With the approval of my instructor, Master Paul McPhail, I contacted Grand Master Van Binh in Houston and Master Ruben Suarez in Queens, New York. I contacted them by email and both kindly replied by inviting me to their respective clubs. I consequently visited each club twice during my stay in each city.

Grand Master Van Binh is the last person General Choi Hong Hi personally promoted to 9th degree black belt. He is also a 7th degree black belt in Judo and 5th degree in Aikido. He therefore teaches a unified martial art system to his students: 70% ITFTKD and 30% Judo-Aikido. Grand Master Van Binh is one of the fittest persons I have ever met, and definitely the fittest 77-year-old man! Leading by example he shows how, and encourages his students to perform push-ups on toes and fingertips. He also teaches them to use a roller wheel and go from a standing position to being extended completely parallel to the floor and back up again. He easily performs more than 10 of each. Who is up to the challenge?



Gift exchange after graduation at GM Van Binh's dojang

Grand Master Van Binh's club is part of his home. It reminded me of the original martial art schools in the Far East like Japan, China, Korea where a Master had his school at home and all his students lived on the premises. His club is opened five days a week and students have the opportunity attend each session. Grand Master Van Binh's dojang is very spacious and extremely well equipped. The floor is divided into two parts, one of which has extra padding to allow for fall practice and self defence. There is also, along one of the walls, hand conditioning machines on which students train regularly.

The first time I visited the dojang, it was full training, allowing me to learn new line work

routines including hand-kick combinations, practice my forward falls, try the roller wheel, the deadly aforementioned push-ups, and work my hands on the dallyon machines. Grand Master Van Binh gave me some very good tips on how to make my own machine and how to properly condition my hands.

After training, I had the chance to talk with Grand Master Van Binh as he was willing to share many of his experiences, life stories and memories about General Choi Hong Hi. In particular I will remember his teaching me how to breathe properly in Taekwon-Do and the importance of loyalty.

The second session I attended was in fact a colour belt grading. Grand Master Van Binh gave me the honour to sit at his left and observe the performance of his students. He also asked me to participate as a sparring partner for some of his senior students. As I said, Grand Master Van Binh's teaching is varied and includes Judo and Aikido techniques, in addition to ITF Taekwon-Do, and the students are asked to display what they have learnt in these other disciplines as well. You will perhaps be surprised to hear that one of the self defence techniques they practise is disarming an attacker coming from behind holding a gun. Although not everyone passed, all students showed good spirit and skill level. After grading, we exchanged some gifts and then Grand Master Van Binh announced the results (yes, the results were announced right after grading) for each group one after the other. After each group received their results and while still standing at attention, all black belts (myself



Entrance of Van Binh self defence academy

included) led by Grand Master Van Binh went to shake hands with them in turn. What an experience this was!

Next we went to New York. It was my first visit to the Big Apple. So many clichés from movies, TV series and documentaries were in my mind that I was very surprised to see how different NYC can be. For instance, skyscrapers are mostly only located in the Manhattan area. If you went to Queens, for instance, (where Master Suarez's club is) you will mainly find low rise buildings (less than 10 stories) or individual houses. I was also amazed at the sheer size of central park (approximately 4km x 1 km); that would be an awesome place for our 2.4 kms run at grading!

Master Suarez's dojang is located in the heart of Queens. The subway/train lines run above the street on which the club is situated. The dojang is small compared to what we are used to here in New Zealand, but I guess it is very difficult to find space in Queens (and New York) at a not too prohibitive cost. The dojang is perfectly equipped: mats on the floor; mirrors on the wall, pads, targets... It is opened every day and is operated full time from early in the morning to late at night. Most of the students I met were training every day and I can say that they were all in very good physical condition. Master Suarez told me that he liked to emphasise this in his sessions. I must say that I was not prepared for this and I had to take a breather while the others continued at full speed. They do not seem to take any break at all and go from one set of exercises to another without needing to drink a little bit of water. One thing to note was that most of the teaching was done in Spanish – to reach the local community that mostly comes from South America... they had to switch to English from time to time for my sake. Thanks guys, it helped!

The warm-ups are usually led by one of the senior black belts and seem to follow a routine consisting of running exercises followed by series of abs (ca. 200) and triceps push-ups (laying of the floor and pushing with the hands to lift the upper-body while flexing the spine, about 50 times). As I said, most students do that every day. My first session was taught by Master Suarez himself. His abilities are impressive. I will definitely remember his tips for properly training the waving kicks in Yoo-Sin.

The second session was led by Mr. William Perlaza (VI dan), coach of two-time sparring world champion Julio Carlos who is a member of the club and was at training as well. I was able to observe Mr. Perlaza training with Julio on various sparring techniques and I am not sure I can say who the best fighter was! This session was full endurance, non-stop line work, patterns (all 18 of them for the III dans) and sparring. Not having my sparring gear with me I chose to stretch and observe what techniques and routines Mr. Perlaza is teaching to his students.

I am very grateful to all of these awesome instructors for having given me the opportunity to train and for sharing some of their knowledge with me during my stays. I would also like to thank all the students I met, both juniors and seniors, who made me feel welcome and with whom we share the common passion of Taekwon-Do. I was duly impressed by their level of courtesy and discipline. For instance, at both clubs, after training, all juniors (colour belts) go around to bow or shake hands with all black belts! Something we all could definitely learn from.

I strongly encourage any one of you who have the opportunity to travel overseas to not hesitate to contact clubs in the area you will be staying at, whether it be for leisure or business. The experience and insights in Taekwon-Do you may gain from this can be far above what you expect. It was the case for me and I will definitely repeat the experience in the future. 🙏



Master Suarez and the author

How to organise a visit to another club

Ask your instructor's approval to visit other clubs during your trip.

Ask your instructor if he/she already knows local instructors you could contact or if he/she can introduce you to them.

Nowadays, most instructors use emails. Send one to the instructors of each club you would like to visit. Do not forget to use our first tenet "courtesy" when writing the email! Start with "Dear Master Sir" or "Dear Sabumin Sir" etc... and end with something like "Kind regards," and your full name and grade.

After having received a positive reply inviting you to join them during your stay, send a reply yourself in the same way as in #3, thanking them for the invitation and looking forward to attending some of the sessions.

Once you arrive at your destination, try to locate the club before you go for your first training. It might not always be easy to find! Be also aware that some clubs may ask you to pay for training. You could also bring a gift; if your instructor knows the persons you are visiting he/she may be able to tell you what is most proper in that particular case.

When you arrive for training, remember ALL what you have learnt about ethics of conduct!!! Bow to all your seniors, seek the instructor that has invited you to thank him and present yourself (you could show your ITF ID card, if you are a black belt)

Be attentive (language can be different from your own), observe, learn, do what you are told (even if this can differ from what you are accustomed to) and above all: ENJOY!!!

At the end of your last session, thank the person who invited you and the fellow students with whom you trained. Take pictures!

When you have time, write down some notes in one way or another to remember what you have learnt. Who knows you might be able to share some tips with your mates (or your own students) once back home

It is always nice to send a thank you note to the instructor who welcomed you. You can include some of the pictures you took for example!



NEWLANDS INTERMEDIATE PROJECT

By Mr Terry Harkin, 1 dan, Spirit Newlands

On Wednesday 1st April at 6pm Spirit Newlands Taekwon-Do welcomed 10 new students to our club.

This project was the culmination of a few months of planning and one single day of hard work.

The essence of the initiative was running six sessions in one day, hosting all 320 students at Newlands Intermediate School with 40 minutes of fast paced and fun Taekwon-Do exercises in the school hall.

The project has been successful, and the results and templates sent to the National Board with the intention of being able to be used by other clubs around New Zealand.

Key features of the project:

- Session plan tailored to the audience – in this case 11 and 12 year old kids. A huge thanks to Miss Carolina Dillen for her invaluable advice in this regard.
- A power-point based presentation was designed and delivered to the school assembly a few days before the sessions were run. This presentation highlighted all of the great things about our art.
- A professionally designed pamphlet targeting parents was given to all participating kids with instructions to return an insert to the school within a few days.
- A special joining offer was created for the event – For \$90 the student received:
 - Their dobok
 - White belt
 - Registration with the National Body
 - Grading Syllabus
 - Membership Card
 - First month of training
- The above promotion was supported by:
 - The National Body reducing their



fee to cover the grading syllabus and membership card – balance of fee waived.

- Agreement with Sapius on a substantial discount for the dobok and belts.

- Good buy-in from the Intermediate Teachers – the presentation at the school assembly was key in this regard.

- Assistance to run the six sessions on the day. Club Instructor Mr Brett Kraiger was ably assisted by Mrs Helen Miller, Miss Sharlene Clarke, and Mr Terry Harkin.
- Planning a special 'Welcome Night' for all new students. All students who responded turned up at 6pm on Wednesday 1st April. Time was planned to allow the students to fit into their new uniforms which were delivered for the night, and to talk with parents in a group setting, as well as 1:1 to ensure all of their questions were answered.

The project has been a success across a number of fronts, and below some of the key outcomes:

- 10 new students in one night.
- The likely final figure for new students is actually looking like a total of 15 new members. This is because a number of parents are now interested, and some natural word-of-mouth advertising is already starting.
- All new students are 'pre-paid'. This is an important one, as the drop-off rate using our normal recruitment

method is normally quite high. In this case parents have made an investment up-front, and this is far more likely to lead to retention of the student.

- Having one group of students together meant we were able to offer a substantial discount, and offer that discount directly to the parents.
- As a result of this project, approximately 80% of 11 and 12 year old kids in the Newlands area have now experienced an introduction to Taekwon-Do.
- The school was very happy with the work we did, and have already invited us back on an annual basis.
- The work done in the project has been templated in order for other clubs in New Zealand to try this initiative.

Other things – finally there were a few lighter outcomes from the initiative including:

- Mr Kraiger losing his voice – we've never seen that before!
- Mrs Miller using this to test her knee out after an operation – fantastic!
- Miss Clarke returning to Taekwon-Do after a long absence – awesome!
- Mr Harkin not able to lift his arm, after it was the subject of Turning kick demonstrations – ALL DAY!

Overall the project was fun for all involved, and has probably set in motion a continuous stream of new members in the years to come which is the sign of a really healthy club. 🥋



HWA RANG WARRIORS

By Mr Norman Ng, IV dan, Pioneer of Taekwon-Do in New Zealand

The Hwarang Warriors can be compared to the Japanese Samurai, and were highly trained martial artists. There are stories of the Hwarang warrior being able to kill his opponent in horseback with devastating flying kicks. The red belt pattern is named after these warriors and part of our tradition, and even the tenets of Taekwon-Do can be traced back to the Hwarang.

We all know that Hwarangs (established in 576 AD) were the Silla warriors. Out of the three kingdoms, Silla was the smallest and had always been bullied by its bigger neighbours, Baekje and Koguryo.

It was Silla that conquered its neighbouring states and unified the Korean peninsula.

How did this happen?

In the mid 600's AD, Baekje and Koguryo harassed Silla's western and northern border. Silla, under King Muyeol, formed an alliance with the emperor of Tang Dynasty China, who sent a large fleet across the Yellow Sea landing 130,000 troops on the west coast of Baekje. Meanwhile Silla sent 50,000 troops across Baekje's eastern border under the command of General Kim Yoosin. Under attacks from both sides, Baekje's capital fell under the combined forces of China and Silla.

After the conquest of Baekje in 660, the Chinese and Silla forces with 350,000 troops tried to invade Koguryo over a



period of eight years. It was because of the chaotic internal struggle for power between its princes that led to the downfall of Koguryo.

At this time, there was a changing of the guard in Tang Dynasty China and Empress Wu ascended the throne. She began looking to use her resource for other priorities and the occupation of the Korean Peninsula was draining China's resource.

During this period of weakened resolve by China, Silla formed a coalition of the defeated Baekje and Koguryo armies and drove the Chinese troops out of Baekje and eventually out of the Korean Peninsula, which was unified under 'Unified Silla' in 676 AD (today's North and South Korea). However the Chinese language and culture retained an influence in the daily life of the Korean people for many centuries afterwards. 🙏

TAEKWON-DO

Poem By Aimee Bebbington

A fine art of strength and power,
Taekwon-Do stands as strong as a tower,
Years of conflict fill its past,
But we can rest assured they will be the last.

Calm descends before foot breaks board,
For stores of knowledge we do not hoard,
Towards the sky the tree now grows,
Reaching towards wisdom, away from fear's throes,

Power is in striking arm,
And of the art there is no qualm,
The greatest prize is to hone one's mind,
And meet many others of the same kind.

Now red is the belt,
And danger is felt,
For all are focused on attack,
And now reach to gaining the belt of black.

This was written for me by my 13 year old daughter Aimee, one week after my BB Grading, for Mother's Day. Aimee doesn't do Taekwon-Do but obviously has been on the journey with me observing from the sidelines!

Mrs Jackie Bebbington 🙏



THE ITF WORLD CUP

by **Mr Dane Canton** III dan, Southern Cross Taekwon-Do Academy

In early October, England played host to the 4th ITF World Cup, held every two years. This is the biggest international event, in terms of competitor numbers on the ITF calendar and this time it was the UK's turn to host the event.

The tournament took place in Brighton, which is just south of London and sometimes affectionately known as "Little London". The city is on the coast and looks directly across the English Channel. The historic buildings and stone beaches make Brighton a real tourist spot. Unfortunately, the weather was not the greatest during the competition, although, with the small patches of good weather we did have, it's easy to see why Brighton is an amazing destination.

The New Zealand contingent dripped into Brighton, bit by bit. Although the bulk of the team travelled together, some made their own arrangements so they could see some of Europe (and in Mr Doogan's case, Hong Kong) before the tournament began. Once the tournament rolled around however, the New Zealand team was all together and looking much more like a national team. It was surprising how quickly the team bonds formed, especially as we had people from all over New Zealand, who don't get to train with each other on a regular basis. It really shows the strong foundations and organisation in New Zealand Taekwon-Do that allows those team bonds to form so quickly.

Just to save some confusion, the rules for a World Cup are a little bit different

to a World Championships. At a World Championships, each country can only send one team, there are limits to the number of entries per division and it is restricted to black belts. At a World Cup, there are no limits to how many competitors each country can send per division and the competition is open to blue belts and above. Needless to say, this makes for an incredibly large tournament. In total, there were 1557 competitors, 383 coaches and 493 supporters. A tournament of this magnitude requires a lot of manpower to run. Between the 83 umpires and 75 officials, they got the job done.

The competition itself took place over four days; Thursday to Sunday. In the days leading up, all competitors had to register and weigh in, so the tournament could start at 8:30 am, sharp, on Thursday morning. At 9 am the doors were open and everyone was allowed into the building. Once inside, competitors were given a short time to organise themselves for the opening ceremony. For the ceremony, each organisation elected two members to represent them in the opening parade and the two selected for New Zealand were Niketa Wells and Jamie Searle. The opening ceremony also featured a display from the local town crier; bellowing out a welcome, and a speech from the Mayor of

Brighton and Hove. This took place under the watchful eyes of ITF president, Grand Master Pablo Trajtenberg, and many of our organisation's ninth degrees.

As soon as the opening ceremony had concluded, the competition began. Having finished first overall at World Champs, last year, New Zealand was put under a lot of pressure to live up to its reputation. From the very first match, the New Zealand competitors stood fast and competed extremely well. The structure of the tournament was that the preliminary rounds would be completed on Thursday and Friday, leaving Saturday free for the finals of the individual competition and Sunday was for team events.

After the first day, many New Zealanders had made their respective finals and many were eliminated, some due to very controversial decisions. When a Grand Master cannot understand some of the judges' decisions, it feels okay to consider yourself unlucky.

When Saturday finally came around, much of the New Zealand team was still required to wear a dobok. It was fantastic to see that so many New Zealanders had made their finals and seeing them compete at the highest level of the highest competition was truly inspirational. It was even more



Carl van Roon and Mark Trotter

Photography by **Mr Kris Herbison** IV dan, Riccarton TKD



Robert Meleisea

Riley Phillips-Harris

Michelle Gramse

Lawrence Mantjika

Bradley Wickman



Brendan Doogan

Trivette Murray



Carl van Roon

amazing to see most of the finalists take out their divisions!

Saturday night was set-aside for "finals night". This was the first time this kind of event has taken place in Taekwon-Do. The finals of the so-called "glamour events" were displayed. The arena was rearranged and an elevated stage was installed. The grand masters had ringside seats and everyone else watched on from the stands. The houselights were extinguished and spotlights were placed on the main stage. It felt like an international boxing event, complete with the competitors entering the ring to music. The event was recorded with television quality cameras and compiled onto a DVD. New Zealand participated in two events during the finals night, with Miss Estelle Speirs competing in sparring and Messrs Mark Trotter and Carl Van Roon competing in pre-arranged sparring. This night was made even sweeter when the kiwis won gold in both categories!

Sunday's team events showed stiff competition for New Zealand. Despite everything, New Zealand managed to win silver in senior female coloured belt team sparring and in pre-junior black belt team sparring. The senior female black belts also performed spectacularly well and won bronze in team patterns.

Overall, our tiny country did fantastically well. New Zealand has been fierce competition in patterns for the better part of the last decade. This showed through with the strong performances from all patterns competitors. New Zealand's reputation as a world power in this field was truly maintained. In fact, 44% of our gold medals were from patterns, so we did not disappoint.

Where New Zealand really proved itself this year was in its sparring effort. Apart from a few stellar performances in previous international competitions, New Zealand has been unable to dominate

in the event. This year New Zealand earned 13 medals in sparring, with six of them being gold! Although unsurprising, considering the amount of training that our competitors have been doing, this is a fantastic achievement and this figure will only continue to improve.

To the results then! New Zealand finished second overall with 18 golds, 15 silvers and 12 bronze medals.

The best overall organisation title went to the Irish Taekwon-Do Association and Fetra, from Argentina, rounded out the top three.

Finishing second overall is an incredible achievement for New Zealand, considering we had 54 competitors from our organisation, while Fetra had 94 competitors and the Irish Taekwon-Do Association had a whopping 142! This truly sets us in good stead with the worldwide ITF community and is very promising for New Zealand's next World Champs campaign to Spain! 🇳🇿



Dane Canton

Melissa Timperley



NZ Medal tally:

18 Gold, 15 Silver, 12 Bronze, 45 Medals in total

Gold

1. Lawrence Mantjika (CD) - Patterns
2. Nathan Bowden (CD) - Patterns
3. Niketa Wells (CM) - Patterns
4. Sara Curtis (CD) - Sparring
5. Don Leong (CM) - Patterns
6. Melissa Timperley (CM) - Patterns
7. Mark Trotter (AN) - Patterns
8. Courtney Weir (CM) - Sparring
9. Georgia Moore (CM) - Sparring
10. Kerry McEvoy (AN) - Patterns
11. Kerry McEvoy & Don Leong (CM / AN) - Team Pre-Arranged
12. Ogy Kobzamalov (AN) - Patterns
13. Rose Biddiscombe (CD) - Sparring
14. Shania Kennedy-Lowe (AN) - Specialty sidekick
15. Shania Kennedy-Lowe (AN) - Sparring
16. Estee Speirs (CD) - Sparring
17. Carl van Roon & Mark Trotter (AN) - Team Pre-Arranged
18. Kristy Leong (CM) - Power
5. Estee Speirs (CD) - Specialty Sidekick
6. Kara Timmer (Midlands) - Specialty Front kick
7. Riley Phillips-Harris (AN) - Sparring
8. Kerry McEvoy (AN) - Sparring
9. Kerry McEvoy (AN) - Specialty sidekick
10. Courtney Weir (CM) - Patterns
11. Georgia Moore (CM) - Patterns
12. Kara Timmer (Midlands) - Power
13. Brendan Doogan (CM) - Power

Bronze

1. Matt Bowden (CD) - Patterns
2. Toni Moki (CM) - Patterns
3. Courtney Meleisea (CM) - Sparring
4. Niketa Wells (CM) - Specialty side kick
5. Devon Brown (CM) - Sparring
6. Rose Biddiscombe (CD) - Specialty Front Kick
7. Vienna Parker (CM) - Patterns.
8. Robert Meleisea (CM) - Specialty sidekick
9. Helen Caley (AN) - Specialty sidekick
10. Niketa Wells (CM) - Sparring

Silver

1. Kay Robinson (AN) - Sparring
2. Robert Meleisea (CM) - Specialty Front kick
3. Jamie Searle & Simon Davis - (CD) Team Pre-Arranged
4. Row Hope (AN) - Sparring



THE 2012 WORLD CUP...BEHIND THE DECISIONS

by **Mr Gwyn Brown** IV dan, Tournament Advisor Group

1500-plus entrants. Four days of competition in 10 rings with only 83 umpires. Wow!

This was my first World Cup. I consider myself to be a reasonably experienced official, but outside of NZ, well, I was just the same as everyone else...nervous!

Travelling to Brighton with the NZ Team was fantastic. After 32 hours of flying, airport lounges, and prepared microwaved food it was a relief to finally arrive at the Old Ship Hotel, the team's accommodation for the tournament. Straight away though I had to transfer to the officials' hotel, and not stay with the team before the competition started as planned. Was a bit disappointed about that, but I guess things have to be done properly right from the beginning. Oh well, the two km walk was just what the doctor ordered after all that sitting around anyway (yes I could have taken a taxi, but the kind receptionist at the hotel told me it was just down the road, which I fell for...Brighton 1, Brown 0).

For some reason they stuck we officials well away from the venue when we could have stayed next door, like the NZ team did. We (Master Rimmer and myself) put it down to luck or good management on the team's part. I like to think it was good management personally; luck's never really a part of the equation with Afi.

After two days getting over the jet-lag and sightseeing, which included a day in London, as you do, the tournament for me finally arrived early Wednesday morning with the officials' meeting. Master Katz took control from the beginning and along with Master Otterson laid out our four days for us very clearly with his statement "are you ready for the tsunami"?



Our very own Mr Banicevich – Jury President, Center Referee and Judge

The meeting went quickly and the NZ officials were all aware of what we had to do. There was an enormous range of officials represented, from just about all the countries involved, and at all levels of experience and attitude too.

Thursday morning arrived just as quickly, and we were assigned our rings for the day. I was assigned to a patterns ring as a judge, and because of the small number of officials, we got the feeling we would be worked pretty hard. There were to be just seven officials per ring for patterns: five Judges, one Jury President, and only one official to tick names off, line them up, and keep them coming in to the ring on the right side each time (no dedicated ring marshals as such, even Masters were doing this job). The sparring rings on the first day had one extra official...luxury!

The first day I was in ring 5. Ring 5 was assigned the largest divisions...yep...

One designated pattern only for preliminaries meant slightly less than 1.5 minutes on the floor for our divisions. Master Katz allowed a generous two minutes to conduct each bout. Should be a piece of cake. I think he jinxed us by saying we would be fine so long as "Mr Murphy" left us alone. He didn't. We were an hour late in starting due to the computer system breaking down three times and our draw not arriving on time. It was looking more like a 9 pm finish rather than the 7 pm one we were told. Oh well, I'm at the World Cup; could be worse!

We finally got under way, due to the combined efforts of all the ITF Ring Council trying to fix the system, and then the madness started.

The two divisions in ring 5 for the first day: Black Belt Females, 18-35 years old, 1 dans. There were 103 of them. Black Belt Males, 18-35 years old, 1 dans. There were 120 something...(I lost track of the numbers in the male division, but I know it was 120 something).

Guess who got asked to start the ring marshalling? Wow, talk about busy. With the



The author and ITF Umpire, Mr Gwyn Brown

competitors doing about a minute on the floor minus the walk on and the results, it didn't leave much time to find the next ones, collect their ID cards, get the cards to the Jury President and line them up at the ring. I had them 4-deep lined up outside the ring, which was as much room as I had to work with...let's not talk about the language barrier and Argentine coaches who seemed to think they were more important than anyone else. I did meet an excellent Norwegian coach though (still can't pronounce his name), who spent a lot of time in ring 5, while not openly laughing, at least appreciating the work. Thanks mate!

It was great to swap out for the afternoon with one of the other judges and sit down to score patterns. Even though all patterns below Yul Gok were removed, I think I now know the remainder in a way I never thought possible! And sitting at the world cup, scoring patterns, what a buzz!

Despite the late start, we still managed to finish at 7 pm, getting faster and faster with getting the competitors in and out. 7am start, 7 pm finish...long day, big tsunami.

Day 2 was exactly the same, but different... same competitors, but sparring. I was changed to ring 3 as I had asked Master Otterson if I could referee. I figured if you don't ask, you don't get, right? Ring 3 was assigned the largest sparring divisions...yep...1 dans again!

Master Garnez, in charge of ring 3, let me in the ring in the afternoon after being assigned as a corner judge, so I got to referee at my first International event, a humbling experience. Master Rimmer was with me for the next three days as well, helping me get sorted. He ref-ed and judged for four days solid. Ring 3 finished at 8.30 pm, after a 7.30 am start...awesome!

Each morning we had a meeting at 7.30am, where we went over the previous day's events, talked about contact, procedures, and assigned any new ring council changes etc. Master Katz was right for the first two days; a tsunami was an understatement.

The third day saw us down to just seven rings to cope with the semis and finals for most of the events and we finished at 1pm and were allowed to relax for five hours before coming back that night to do the finals. Master Rimmer was selected to represent NZ, only one official from each country for the finals in ring 1 and not every country represented. Quite an honour.

The last day was back in tsunami territory again, with nothing but team events all day. Master Garnez allowed me back in the ring to ref, so I guess I passed the test. But first up for me was Poland vs Argentina, male 18-35. If you're going to be baptised, it might as well be by fire I say. And the match resulted in a draw so extra rounds as well, lost a bit of sweat that round.

Fortunately for us, there were three referees in our ring for sparring. Each referee was only allowed to do two matches in a row for individual sparring, so we swapped a lot making sure we each didn't ref our own countries. For team events, the same referee had to do all the bouts for that round, no matter how many there were, and again we weren't allowed to referee our own countries. On the bright side, an extra official for each ring, when we ran with the 10, rings made all the difference.

Sunday saw us finish as the last ring standing. All the others had packed up around us an hour previously, but we kept getting the overspill. The finals for team sparring were run in ring 1, and as quickly as it started, it was all over apart from the handshaking and beer drinking.

What a massive four days; so many highlights. I got to watch some extreme patterns and sparring and saw quite a few competitors disqualified for excessive contact which we had been told, in no uncertain terms, to be very hard on by



Master Katz. Well overdue. I also watched in disgust as three coaches in my ring alone were ordered out due to bad behaviour. Unbelievable. But in the end, what an amazing experience. NZ is truly a world power in TKD; you can't argue with coming second overall at such a massive event. Beaten only by the Irish, who were superb with their twice-the-size team, and who only travelled across the ditch too!

Being an official at the world cup this year was also very timely, as NZ is adopting the ITF rules for next year. There will be a lot of changes coming soon and new courses next year to train everyone up; so keep an eye on the calendar. But they will only be good for our organisation as a whole. Our standard has lifted so much in the last five years, and a lot of that can be attributed to attending events like the World Cup. It's essential that we keep attending if we want to keep growing.



Above: Mr Andrew Salton judging sparring

Left: Master Rimmer – One of the best centre referees of the World Cup

Below: Mrs Christine Young-Jasberg in action



It's also essential that we send officials to learn how to deal with TKD at this level. It's no good having international competitors without also increasing the standard of our officials.

Finally, to the coaching and management team, you guys and girls rock. So dedicated, so professional at your jobs. I know you all don't do it for the recognition, but I would like to say thank you for again making NZ a force to be reckoned with. Perhaps all the recognition anyone really needs are the results.

Can't wait for Jamaica 2014. 🇯🇲



World Cup Gold Medallist – Estee Speirs



NIKETA WELLS – UNLIKELY STAR OF THE ITF WORLD CUP

By **Master Paul McPhail** VII dan

After the Gold Medal was put around her neck, New Zealand Coach Mr Steve Pellow was invited to explain to the entire arena what a remarkable story had just taken place.

He explained that only months earlier Niketa was wheelchair bound, unable to walk or even stand. What transpired over the months leading up to the World Cup would (and should) make a great movie. She was going to the World Cup no matter what. And she ended up winning it!

Niketa Wells is a remarkable girl.

In 2011 Niketa was struck down with Reflex Sympathetic Dystrophy (RSD), now more commonly known as Complex Regional Pain Syndrome (CRPS). By the end of 2011 she was unable to walk, confined to a wheelchair and in constant pain. New Zealand's leading pain specialist told her to forget about using her feet ever again.

Niketa is a 1st gup at Paul M Papakura, former student of Mr Phil Dunn at Waiuku, and before that with Dan Jackson at Paul M Waiau Pa. She competed for New Zealand in Australia just prior to being struck down with RSD, and had done well at many Regional and National events.

It was through her incredible mental toughness and perseverance, that she was able to beat the condition, return to training, and ultimately take Gold at the ITF World Cup in Brighton. By the time you read this, she would have tested for her 1st degree black belt.

Niketa was in a bad way by the end of 2011. I recall seeing her and her Mum at a shopping centre just before Christmas and I could see the immense stress and worry in her Mum's eyes. Niketa was in her wheelchair – still perky and happy. I vowed then to try and do more to help.

We started private sessions early 2012 and it was great to see she had seen some improvement from December. She had even managed to attend some holiday training sessions on her crutches. Because the pain was now mainly in her lower limbs, she could actually do much of the session, including patterns by using her crutches and also down on her knees. This would be quite painful at times and also must have

taken a lot of courage. This is how she also attended our National Camp in March this year (see photo in last issue of TKD Talk).

Our weekend sessions were done at my home with no spectators. Even Niketa's Mum or Dad were sent off to the local cafe for an hour while we trained. This is the Niketa wanted it and worked well.

From talking to her parents I was interested (and dismayed) to note that her specialists

had not explored aspects of nutrition. So from early on I had Niketa start taking supplements including coconut, fish oil and vitamin D.

The training sessions were very casual, and Niketa would chat away about her week or what was happening in her life. Although casual, there were many times in the hour where she would be in great pain and have to push hard to achieve the goals I set her. In the first few sessions in particular she would be crying, and she showed incredible courage.

I recall on the first session with Niketa she was still on two crutches - but at least out of her wheelchair.

We began by trying to stand in a parallel ready stance. My plan was to do some basic punching, however I quickly realised Niketa could not stand on her own, let alone perform movements.

Niketa beats the odds - with support

Continued from page 1:

From then on, Niketa lost the use of her legs. Walking was not a possibility due to the pain and she spent weeks at home, undergoing physiotherapy from her wheelchair. During this time, they were told during one of the many visits to the doctor that the family were told to prepare for the worst, which was Niketa may never use her feet again.

"It got to the stage where we couldn't do it at home anymore. Niketa was in such pain. We went back into hospital and were then transferred into the Wilson Centre, a rehabilitation unit for children," says Pip.

Niketa and Pip moved into the Wilson Centre for seven months, where Niketa undertook physiotherapy three times a day, something she describes as absolute agony.

"I had to try and mentally block the pain. Even though I was on medication to help ease it, the pain was still there. I even said to my mum and the doctor, 'Would it help if you just amputated my legs?' I just wanted the pain to go away," explains Niketa.

"But I had to keep positive. And it was when I received a letter from Grand Master Lan, a Taekwondo World Champion based in Germany, saying he believed that I could beat this and that I was a fighter, that I started to push myself."

Niketa says that while the physiotherapy helped, it was really her instructor, Master Paul McPhail of Papakura, who really helped her begin walking again.

While she was still in her wheelchair, Niketa still participated at Taekwondo training, with her goal always set in the back of her mind - to compete in the Brighton World Cup in England in October and Master McPhail was there supporting her through the whole process.

By Christmas last year, Niketa had progressed onto crutches and had begun preparing her training schedule for her black

belt.

But as Niketa progressed and began controlling the pain, Pip started researching the outcomes of people who have suffered from RSD and was shocked to find that success cases were very limited.

"Niketa had just come so far, and the more she progressed, the more we found out how limited success stories of RSD were."

"In most cases, the RSD had become irreversible, and the patients had to live with it for the rest of their lives. Now that was hard at the time, thinking of that possibility."

Pip explained that the rare syndrome just doesn't affect the children, but the parents as well.

"The financial burden that is on these parents with children affected by RSD was huge. I had to give up my job and care for Niketa full time. Not only that, the children just can't see the big picture. They want a quick fix, like Niketa, wanting her legs amputated just to remove the pain then and there, but not thinking about how that action is going to affect her later in life. It was really, really hard."

For Niketa, the hardest thing for her was going from being an outdoor person, who loved to be active, to teaching herself to walk again.

"But through the support from my instructor, my family and the RSD specialists, I learnt not to underestimate the true discipline of thinking."

While it has taken Niketa well over a year to learn to walk again, she still says she hasn't fully recovered yet and there may be a chance that the RSD may come back.

"I still get a bit of pain in my right leg and the doctors say they don't actually know what causes RSD and it might come back during any stage of my life. It is hard to know that but we are working through it," says Niketa.

Pip and Niketa would like to thank the community for their

support from the time Niketa was diagnosed up until now.

"It was absolutely amazing. The support enabled us to help continue on with Niketa and get us to where we are today. And huge thanks to Master McPhail and for the only two specialists who work with RSD affected children in the whole of New Zealand, we are just re-

ally grateful," says Pip.

And for Niketa, she hopes that her story will inspire others to not give up, to keep pushing their way through the pain and to keep thinking positively. "It was very hard, but I never give up. And I believe if I can learn to walk again, then other children have a fair chance at making through RSD too."



Above: While she was contained in her wheelchair, Niketa Wells still participated at Taekwondo training, with her goal always set in the back of her mind - to compete in the Brighton World Cup.



I changed the plan and helped her up onto our trampoline, and stood holding her hands and slowly bounced - well more like just let the tramp move us up and down gently. I remember being amazed at how much I was having to support her weight - I didn't realise how much she relied on her crutches. Every now and then I would let her go to see if she could support her own weight. She would drop to her knees in pain. At that point we would spar on our knees for fun then try again.

After around 20 minutes on the tramp we moved back to the grass and tried standing again, using a chair behind her to sit on when she couldn't continue. We managed some punches and even some walking stances on that first day.

By the second session I had come up with a bit of a routine, and recorded how many of each exercise she could do, or the time it took. My challenge for her was to double the number of each exercise every week, so she would have to practice at home.

For example, on session two we did:

- Sitting stance punches - 3
- Walking stance - stand in a walking stance for 10 seconds on each side
- Walking alone - 10 steps unaided

- Front snap kick - 2 kicks each leg (this was almost impossible at this stage)

By our third session, Niketa had successfully met my challenge to double the number of techniques she performed the previous week.

Over the next few months we continued to work on walking stances, front kicks and normal walking. We would start and end each session with "trampoline sparring". A highlight of the session for both of us.

It seems strange to think back to these sessions now as I write this in November 2012. It was only a dream then that she would fully recover and end up in a tournament and grading again. Niketa's Mum and Dad are obviously pretty happy and relieved, as they went through a tremendous amount of pain along with her.

I have been honoured to teach many people over the years, and helping Niketa was one of my most rewarding instructing experiences.

Niketa's recovery is a combination of things which came together at the right time, most importantly her incredible attitude. She shows such courage throughout while maintaining a positive outlook. Something we can all learn from! 🙌

Niketa competing at the ITF World Cup



See Master McPhail's Video Diary of Niketa's recovery at: paulmtkd.blogspot.co.nz

HOW TAEKWON-DO TRAINING CAN INFLUENCE ONE'S

By Mr Norman Ng IV dan, Pioneer of Taekwon-Do in New Zealand

George Bernard Shaw once wrote: "There are two tragedies in life - one is not to get your heart's desire, and the other is to get it". Similarly, there are two tragedies in Taekwon-do: one is to give up before one reaches one's potential, and the other is to get the black belt and beyond. So the dilemma is do I continue or do I stop or whatever, and if you continue what are you going to do?

Today I'll talk around 10 words. First let's talk about **COURTESY**. In the dojang we bow, and this is oriental courtesy, when we meet each other we pay each other respects, and particularly in Japan. The same etiquette is also required outside the dojang. In the king's court in years gone by various etiquette and rituals have been practised. You see how they did it in some of those old movies. You have respect for your seniors. But sometimes you feel that the seniors' words go through one ear and out the other. You aren't really listening. That's the same for your parents - your parents might say something to you and you say it goes in this ear and out the other!

Well do we sneer at others, and badmouth about people behind their backs? Nothing worse than doing that, because the person doesn't have a chance to defend him or her self. If you want to say something bad, say it in front of the other person and let the person defend themselves. If you have nothing nice to say, you'd be better

not to say anything at all. Whatever is said cannot be withdrawn. So ask yourself if you practice courtesy at all times. One of the criteria would be that when you meet a person for the first time you are always polite and careful what you say. You should practice that all the time, even with your wife, your parents, your sisters and your loved ones and all that, because that is to practice courtesy. I know it's difficult. You take each other for granted after you've been married for about 30 years, but if you really care for each other I think you should go back to that. And in years to come I hope this talk will enable you to think back, and say well I should do that; at least treat each other as though we met for the first time.

So next we come to **ATTITUDE**. We should treat the study of Taekwon-do as seriously as we do our tertiary studies, because as I always said, getting a black belt in Taekwon-do is just as difficult as getting a degree in the university. We should really study Taekwon-do with dedication, and I'm sure you have otherwise you wouldn't be here today. The dojang is the mirror of one's life while you are doing Taekwon-do. In the dojang we wear the simplicity of the white dobok, and we train in the bare hall, and there is really no class discrimination when you come for Taekwon-do training. Not like when you go to golf - some wear designer clothes while you're in \$5



The author - Mr Norman Ng

uniforms! So when you come into the dojang everybody's the same because you are wearing the same uniform, so it doesn't matter what your occupation is, doesn't matter at all. Once you put on the uniform we are all equal.

During Taekwon-do training, we experience many obstacles. I'm sure you have. Physical limitations, not all of us are good at high kicks. Injuries, we all have those over the years. Boredom, you say oh this is getting boring, I'm going to give it up, but you haven't, you've got this far. Family crises, financial problems like mum couldn't afford to pay the grading fees for example, we all have those. And emotional stresses and so on.

So we seek to develop non-quitting attitudes. I mean, if all these are problems and you didn't have good attitude you would have given up by now. But you haven't so all of you here have the non-quitting attitude, and I hope you continue with that. Obstacles and problems will always be in front of us because that's life, and it's up to us as martial artists to continue to overcome these problems and crises and never quit.

OUTLOOK ON LIFE *Part one*

This article is the transcript of Mr Norman Ng's final talk to Black Belts in Palmerston North, December 1995, originally published in TKD Talk Newsletter in the late 90's. We will republish this article over two issues as it contains such valuable information of benefit to all of our members.



If we can bring this same attitude to all those we come into contact with, then you will have done a service to everybody, and your Taekwon-do training will have been worthwhile, because that is the attitude which not many in a community have.

FOCUS. In the world of the Samurai, the drawing of the sword is a meaningful gesture. The sword represents life and death and once it is drawn something serious is going to happen in a Samurai's life. Either he is going to survive or he is going to die. So once that sword is drawn he is focused and there's only one thing he is going to do: kill the other person. And that's important. When we bow in Class we pay respect to one another. We are making a meaningful gesture there to pay our respects to our seniors, to our instruction and so on, and vice versa. So when we bow we should do it properly and with full respect, and not being sloppy and half-hearted - we should be focused. Because there is nothing worse than being non-focused. When we meditate we empty our mind of dreams, fantasies, fears and anxieties. I don't know whether you have meditated before, but that's just the idea of meditation. So we are focused. When the musician plays he is focused, otherwise he would play out of tune. When you are talking to somebody, you should be focused. I wonder if you have experienced this: when somebody's talking to you, he or she would just look around, focus over there to see who's coming. Really he or she is not listening to you. That is really bad. I hope you people don't do that. Don't worry about what's behind or in front of you, concentrate on that person you are talking to. Listen to him or her and focus your attention on

that person. That's important, because that person will appreciate your attention. So try not to be unfocused in your life. And with Taekwon-do, the same thing. You've got to be focused and I'm sure you will be. At this afternoon's grading you will be focused, so that you make the minimum of mistakes. So whatever we do we've got to be focused, whether we do one-step sparring, free sparring, patterns and so on. Next we come to **BREATHING**. Maybe some of you think breathing's not important, but it's quite important. Breathing is the energy of life. When someone dies we say he or she stopped breathing. In yoga they believe life takes in a number of breaths. Once you have reached this number you die. So in yoga practice you control breathing so that you can prolong life. The way we breathe is very important. A healthy baby has the most natural breath, with the tummy rising and falling. When we inhale we are then expanding the capacity of our tummy so it goes outwards, and when we exhale the tummy should move inwards. If you do the opposite you are in trouble.

Practice it. And the blood is properly cleaned of carbon dioxide. Our brains and nervous systems need to be fully oxygenated. So really breathing is very important, that's why some people live much longer, because they can breathe well.

In the business world, particularly in delicate negotiations, great attention is paid to breathing. Negotiators are taught to read the signs of your breath. If you breathe a certain way they know what you are thinking and so on, and that's an art.

They can then read the physiological and psychological meaning of what you are

trying to decide to do, and that's the job of the skilled negotiator.

You may be interested to learn that normal breathing is 18 cycles per minute, that means exhale, inhale 18 times per minute. But a yogi practitioner can do that > times per minute. So if you reduce from 18 to 5 that's about two thirds, so he is saying I'm going to increase my life span by two thirds, so if your life span is 60 you are about 180 years old (laughs), which is not possible of course. But I do believe that life can be prolonged, but for how much longer I don't know, maybe 5 years, 10 years. Most people's breath is to benefit the upper body. But proper breathing should concentrate on the spot just below the belly button, which in Korean is called the *dun jun*. This is really the source of your energy from which energy flows through our electrical canals in the body. So your body is all like electrical wires, and these wires may be regarded as canals flowing from the *dun jun*. So when you are breathing out you are strong, that is why you *kihap* when you punch or block. The timing of the *kihap* is an art form. I've been trying to teach *kihap* to my students for many years, but some of them think oh it's too hard, they don't like it because maybe they're embarrassed using it. But really you should *kihap* each time you punch or block because it helps make you strong. There are other benefits too but we won't expand on that here. By controlled breathing you are going to optimise your performance, whatever you are doing, whether in sports or anything. The person who can breathe the best, he or she is going to perform the best in any sport.

Continues in issue 1, 2013



INSTRUCTOR PROFILE

Master Mark Hutton VII dan, Scotland

PROFILE

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

I began training in TKD in late 81 at the age of 17. Master Sheena Sutherland was my Instructor (then III Degree) she was assistant to Grand Master MacCallum IX, who was IV Degree when I joined.

When did you receive your first dan black belt?

I was promoted to 1st Degree by Grand Master Rhee Ki Ha OCM in March 1985. I was GM MacCallums last Black belt before he left Scotland to take up his post as under secretary General in Vienna, as we all know he went on to become our founders right hand man over the next 17 years.

What are some of your biggest Taekwon-Do achievements?

The biggest achievements in TKD for me are undoubtedly my Black belts and Instructors. I am at my proudest when I see the way they look after all who walk in through our doors. I am blessed with Instructors of all ages, many are World

class competitors, others did not join until their thirties, however, all who train with me are fully aware a black belt is not judged on physical ability alone but on how they follow the code of TKD – simply how they treat others and use the abilities both physical and mental to ensure all are looked after.

Master Mark Hutton accepted an invitation to visit New Zealand in November 2012 and as a specialist Coach for our High Performance athletes.

He was also our special guest instructor at Stripes 1 to 1 seminar, and ran a special course on teaching children.

The positive impact of Master Hutton's trip here is already being felt, and we are honoured to feature him in this issue's Instructor Profile.

What is the highlight of your Taekwon-Do career?

The highlight of my own career is very easy to choose, I was very fortunate in my TKD sport career and have many great memories from countries all over the world, however, all Masters, Instructors



Mr Mark Hutton - VII dan



and students remember every time they had the honour of participating in one of General Choi's seminars.

We all, no matter how confident, remember all too well how nervous he made us when we were asked to demonstrate, and I will never forget after several seminars with him the first time I heard him say "where is Mark Hutton!"

He wanted me to demonstrate step sparring, then a pattern. I was dumbfounded that he remembered my name let alone wished me to demonstrate.

Not long after I attended a seminar in Dorking England, and I arrived late due to flight difficulties and missed the morning session. As I was registering, the organiser approached and said "oh Mark Hutton, General Choi has been asking where you are". Again I was shocked (and very proud). When we lined up for the afternoon session, the General acknowledged me and came over to shake my hand. When the seminar resumed I was used to demonstrate everything we did and every time a question was asked The General would say "Mark", and every time he did was as great as the first – what an amazing thrill. I was on cloud nine. Of course as we

all know many people had this honour, I am not saying for a moment I was above any of them, but for me it could not get any better than that.

I often think of the times I spent with our Founder and find myself still learning so much from the conversations I was so fortunate to have with him. These conversations undoubtedly greatly influence the person I am today, I as we all are will be forever in his debt.

What is your most embarrassing Taekwon-Do moment?

Oh so many to choose from, however, I have to say it is still my very first night in Taekwon-Do.

I was 17 and had tried twice before to walk through the door to the Bathgate school, however, I was so shy I had literally turned the entry door handle on two previous occasions only to stop and go home (a two hour round trip by bus).

On the third attempt I was so frustrated I literally burst through the door at which point the entire class stopped to see what all the commotion was, every person in the packed do jang staring at me, at that time it was the worst possible start I could

imagine. I just stood frozen to the spot, they of course quickly carried on training and never gave it a second thought. I on the other hand stood for what seemed like an eternity, I then walked to the seats praying no one would come near me.

It may seem nothing now but sitting there I wished the world would swallow me up. I will always remember how hard it was for me to join and often see the embarrassment in beginners and tell them just how hard I found it.

What are your personal goals for the future?

My future personal goals, like all parents, be the best Dad I can possibly be, giving my kids the confidence to make mistakes thus ensuring they participate in life rather than spectate as I did for so long.

In TKD I have many, however for me these three are most important, and I would love to help in any way.

Communication Skills

I believe we need to emphasise to all the importance of focusing on good communication & self awareness, thus doors will open for our students wherever they go, and conflict will be identified and



in the main diffused without the need to employ the physical.

Youth development

I would like to see the ITF introduce separate structured 3-6 and 6-9 year old programmes emphasising the life-skills all our young kids should have, blended with progressive TKD skills. Fun dynamic drills, no traditional tuls until 7 or 8 years old, thus removing the distinct possibility of generating literally thousands of 10-11 year old black belts.

I feel we look only to the physicality of our black belt candidates. Flexible, great kicks, sharp, power...wow they are great black belts! This promotes the "elite" athletes, whilst largely ignoring, certainly undervaluing the other 90% of our membership, who as it turns out will invariably become the Instructors who stay and ensure TKD remains. Many of our champions have a very short shelf life, leaving once they lose the drive to compete.

Practical devastating Taekwon-Do

TKD was born and moulded by the General, and our first generation Masters used their skills often in mortal combat. It is without doubt a lethal as well as spectacular martial art, yet we have an ever growing number of senior Instructors promoting other arts/defence systems as a way to defend ourselves and just teaching TKD as a sport. More often than not I find black belts have no idea how to use our own art to defend themselves. I must stress I am in no way decrying any other system, however, I am at a loss as to why this is happening, I find myself more and more having to defend our own art to some of our most senior Instructors.

If this ever increasing trend is not stopped we will lose TKD as a martial art and have sport alone. The tragedy will be it was not at the hands of the WTF or any other organisation, we will have destroyed ourselves!

This is why everywhere I conduct seminars I emphasise the practicality of TKD as well as the beautiful sport we are rightly so proud of. I am always thrilled at the reaction, at every seminar bar none, the Instructors and students love to see how simply devastating our art truly is.



Above all else I believe we must address this situation first.

What are your thoughts on the future of ITFNZ?

I have made no secret of both my admiration for ITFNZ as an organisation as well as the bond I have felt since visiting this wonderful country, from the Masters to Assistant Instructors.

I have been particularly impressed by the quality of the Instructors as well as their desire as a unit to improve all they do for ITFNZ. If given the opportunity I would be honoured to assist in anyway I can in the future development of TKD as a complete martial art in New Zealand.

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

ITFNZ have improved immensely over the past several years, most obvious to

all is the fantastic success of their national teams, with the biggest gold medal haul of any National team in the history of sport TKD. However, the dedication of so many Masters and Instructors in ITFNZ to grow their organisation, ensuring every Instructor/student receives as much support as possible, coupled with the professional administration now in place, puts them at the very forefront of organised martial arts along with the likes of Poland and Norway – that is a truly remarkable transformation.

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

I believe the essence of a great Taekwon-Do practitioner is the same as that of a good human being, you cannot be one without the other, you must of course add drive, passion, self belief tempered with a touch of humility, all of which can and should be achieved by "intensive physical and mental training".

OFFICIALS' ATTIRE – A DOBOK REMINDER AND A BIT ON SETTING THE TONE

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

STANDARDS

In this article I would like to address three separate areas. Firstly, I would like to focus on the appropriate officials' attire within various settings. Please take a moment to read through and make sure that you are aware of the following.

Officials Attire for Tournaments:

Dress for Judges and Referees

Officials shall wear the following uniform: 1 navy blue blazer with ITF lapel badge (optional), 1 pair of navy blue trousers. 1 ITKD tie (International Instructors may wear the ITFTie). 1 white shirt (men) or a white blouse (women). 1 black dress belt. 1 pair white socks and 1 pair white shoes. Women do not need to wear the tie.

Dress for other Officials

Other Officials should be dressed for their tasks in a white top (preferably collared), navy blue pants (long) or skirt, and white shoes and white socks. Their dress should be clean and well presented. Tournament organisers may arrange identifying clothing different from the above, as long as it appears professional and responsibly reflects the ideals of ITKD.

Dress for Competitors

Throughout the duration of the competition, the dobok must be worn (from official opening to official closing). During competition no other articles may be worn other than those specified - i.e. no sweatbands etc. During intervals, clothing

such as a tracksuit may be worn over the dobok.

For Gradings:

Dress for Instructors

As per the judges and referees, attire with the exception of black socks and black dress shoes.

Dress for Black Belts

All must attend in an approved dobok as per the Standards of Dress for Training.

Dress for Grading Members

Students must attend in the approved dobok as per the Standards of Dress for Training. Students have the option of wearing shin pads, mouth guard, groin guard (men) and chest protector (women). Grading members must also appear well groomed, tidy and follow the same Rules of Conduct as listed in the Standard and Discipline document regardless of the dojang, hall or gymnasium they are grading in.

Please note, that the supply of all the required officials attire is available on the ITKD website : www.itkd.co.nz/store. All sizes and items are available on request. If you officiate, or intend to in the future, it is your responsibility to be appropriately dressed at events. As officials, the public watch you very carefully and your appearance and accompanying behaviour is very important to how they perceive the organisation. So, dress well and do us proud.

The next area is to do with any NZ competitor who has represented the country and who owns a foreign dobok received as a swap. Below is a reminder of the regulations surrounding their use:

From Page 7 of the S&D document "Standards For Dress"

"6. Doboks obtained at international events from overseas competitors maybe worn at school level, if permission is granted by the Instructor, as they may provide inspiration and motivation. However, as they are not the correct uniform of the Foundation they may not be worn at any official event. E.g. Regional or National Tournament or Grading."

This regulation is also important as it ensures that all parties at a tournament feel that there is no advantage – whether real or perceived – that a past overseas competitor may gain from publicly displaying a foreign dobok meant for overseas use only.

The last area I would like to address is about setting the tone.

A number of people have addressed me regarding etiquette issues over the past six months. Various things like behaviour, slack attitudes and the poor use of titles etc. I need to take this opportunity to remind our senior black belts and instructors that the tone in the dojang and from students at exterior events comes directly as a result of your very clear expectations of them. The control of this is not the sole responsibility of Standards and Discipline – we cannot be at all places at once and are sadly lacking omnipresence. We all need to be beating the same drum. Those who know what is expected must ensure a firm but fair hand is evident both from within the dojang and from without, when at tournaments etc. This firm hand does not need to be from the student's instructor; any senior has the authority to pull a junior grade up and reprimand them if necessary. We can easily take a twist on an old saying, "It takes a whole village to raise a child." We must take the same outlook and help each other out with regards to etiquette.

On the behalf of Standards and Discipline, have a safe and happy Christmas and New Year. 🙏



NOT AN INSTRUCTOR PROFILE

By **Mr Brian Ricketts** 1 dan, Te Awamutu

This is not an instructor profile. Well yes I suppose it is...

For obvious reasons, instructor profiles usually concentrate on a person's Taekwon-Do experience; how they got to where they are now, who influenced their Taekwon-Do journey and so on. However, most Taekwon-Do students have other things in their lives – family, jobs, or community commitments. We don't usually get to hear much about these 'other lives' and yet how a person conducts him/herself outside of Taekwon-Do is as important as what they do within the Taekwon-Do community.

The Student Oath that we recite pretty well anywhere that formal Taekwon-Do is conducted, exhorts us to, among other things, seek and build peaceful relationships with our community. This is a promise we make to become active in the community – of local or global extent. It is an explicit statement that Taekwon-Do, in all its forms and manifestations, needs to be an integral part of the community and not just a way to earn grades and medals (of course these are important too). Here I use the simple word "way" deliberately because it is also the essence of Taekwon-Do – it is part of the name itself. A person cannot help to "build a more peaceful world" unless he/she participates in that world in ways other than armchair commentary.

So this profile of my head instructor, Mr. Ian Campbell, is from the perspective of what he contributes to the community

outside formal Taekwon-Do, primarily as a volunteer for the local fire brigade, and the relationship that this "other life" has with Taekwon-Do. Of course Ian's story is not unique; all Taekwon-Do students have fulfilling and interesting lives and it would be great to hear how they also relate to the world at large. There is however, a subtitle to this article that will become apparent further down the page.

The 'Chief'

Ian Campbell is currently the Chief Fire Officer for the Te Awamutu Volunteer Fire Brigade. Ian has been a fire fighter for 30 years; almost as long as he has been doing Taekwon-Do (32 years). The Brigade has responsibilities for the immediate Te Awamutu town area plus a broad rural swath, and at 300 to 330 callouts a year is one of the busiest volunteer brigades in the country. As 'Chief' he has overall responsibility for the well-being and training of about 35 active fire fighters (all volunteers), and the operational demands of a brigade that these days include attendance at a large number of motor vehicle accidents, in addition to actual fires, cats up trees and so on. This is a fairly tall order, given that the average weekly demand on Ian's time can be anywhere from 10-20 hours. After all, if the chief expects the dedication of all the members of a brigade, there is usually a requirement that the chief also shows similar dedication.

The personnel organisation of NZ fire brigades, whether paid staff or volunteer,

is highly structured. Ian has risen through the various ranks and with this has come increased responsibility. However, the journey has not been an easy one because of the time commitment plus the physical and psychological demands of the job. For example, all brigades have seen a steady increase in demand to attend the aftermath of motor vehicle accidents (MVAs). The common public perception of this is that fire fighters are steely people who can take the resulting death and trauma in their stride, but actually they are not much different from everyone else; a keen emotional balance is required, where the nasty side of rescue is offset, if only a little, by the knowledge that they also retrieve people alive from the mayhem. The same can be said of fire rescue – and Ian has been on the receiving end of this (for which he remains very thankful) when he and a partner were caught in a flashover inside a burning building. Community perceptions of volunteer brigade roles also seem to have changed over the years; for example voiced criticism of a volunteer brigade (not uncommon these days) is often followed by embarrassed surprise when the commentator discovers that those attending the incident are not being paid! Volunteer brigades (and other rescue operations such as St John's Ambulance) need trust and understanding from the community they serve and so the Chief and other members work hard to foster this relationship.

Volunteer fire brigades, like most volunteer organisations are made up of a pretty disparate bunch of people with varied temperaments, skill levels and aspirations. A Brigade chief needs to manage this very human element; there is probably a carry-over in this acquired management skill to the running of the Te Awamutu TKD club; it requires dealing with members' different levels of physical ability, different perceptions of perseverance, and from time to time cantankerous old students.

However, Ian's dedication to the Te Awamutu Brigade has had its drawbacks; herein lies the subtitle of this article. An issue that has direct bearing on Taekwon-Do is his pulling back from the kind of heavy involvement in ITFNZ that seems to be the path many senior dans follow. There are expectations for senior dans to



Mr Ian Campbell V Dan



be involved in all ITFNZ activities at some time during their tenure as senior dans. Ian has organised his share of extracurricular gradings, training seminars and been involved in IICs, tournaments and so on, but the balance between brigade and TKD has always been difficult to resolve. But here I hark back to my earlier comment about our obligations to society at large – as we are exhorted to do in the Student Oath. In effect this is exactly what people like Ian do, if not specifically for ITFNZ, then certainly as an explicit response to the requirement of the 'way', which to my mind amounts to the same thing.

How does activity outside the specific ITFNZ purview fit the ideal of service to, and recognition by ITFNZ? What consideration is given for senior dan grading? From a 'points' perspective there aren't too many problems for people like Ian; regular community volunteering can garner a large number of points (the Handbook lists 1 credit point for community service, but Master Paul McPhail has indicated that this can be read with some flexibility as one point per event) .

The 'recognition' perspective is perhaps a bit more problematic. Most community volunteers do not seek recognition – most become involved for altruistic reasons or because a particular service interests them. ITFNZ exerts a significant amount of time and effort recognising the achievements of its students, whether it be the result of grading, tournaments or service – this is as it should be. However, we (and here I mean all students and stakeholders in the organisation) should make similar effort to recognise those who provide services outside the immediate influence of ITFNZ. I reiterate a statement I made earlier but in a slightly different way – that in full pursuit of the Student Oath, ITFNZ cannot be inward-looking; the Student Oath was not inserted into Taekwon-Do protocols just to make us feel good; I expect that General Choi meant it to be taken seriously.

Ian continues to work towards his own grading to VI dan, while at the same time providing the Te Awamutu Volunteer Fire Brigade with leadership. I'm not sure where he finds the time for all this, given that he also works full-time for the Department of Corrections and helps his wife Sharleen

run a retail business. And at the risk of being repetitive, I have no doubt there are many other Taekwon-Do students in our organisation who commit large portions of their lives to the benefit of society at large, and students whose careers or interests may be outside, but intertwined with Taekwon-Do. Perhaps we could hear from them. 🧑🏻‍🔧



PATTERN DIAGRAM ORIGINS

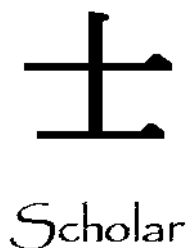
By **Mr Brendan Doogan** IV dan, Dragon's Spirit Taekwon-Do

TECHNICAL

The Chang-Hon set of Taekwon-Do patterns practised by the ITFs are somewhat unique in having meaning attached to the shape the performer traces with his/her feet.

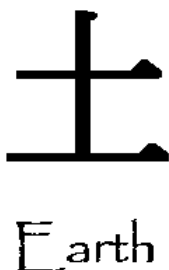
The WTF and other Taekwon-Do organisations, as well as other martial arts, have meanings associated with their patterns / tul / poomse / hyung / kata / forms. However, I believe the ITF tul were some of the first to have meaningful pattern diagrams. 'Kata' though can translate as 'shape which cuts the ground', which might give some indication of earlier reasons for the shape of the diagrams.

Some of the pattern diagrams are explicitly linked to the meaning. Yul-Gok and Toi-Gye are named for rival scholars in the great Confucianism vs Neo-Confucianism divide in 16th century Korea. The pattern meanings both tell us that "the diagram represents scholar". The diagram for Yul-Gok is interesting however, in that there is a pair of extra lines at the junction of the base line and vertical line, to represent the performer's diagonal movements.



Scholar

Kwang-Gae tul's diagram "represents the expansion and recovery of lost territory". In Chinese the figure means 'earth', which we can understand as a reference to Kwang Gae Toh Wang's power over land. This pattern meaning seems to contradict the idea that the Korean peoples never conducted invasive war; only defensive. Compare with "The history of Korea contains not a single example of its military forces being employed for the invasion of its neighbours or for any other purpose except



Earth

national defence" (Taekwon-Do, vol 1, p42). Or perhaps 'expansion' was a poorly chosen word.

Po-Eun tul's meaning states "the diagram represents [Po-Eun's] unerring loyalty to the king and country towards the end of the Koryo dynasty". Similar to the use of Latin in Europe, Chinese writing was and is widely used in East Asia, including Korea, and this pattern diagram is another of those characters. This character has a multitude of definitions, but the one that applies here is 'one' – one master; loyalty.



Po-Eun Diagram

The next I dan pattern has quite a similar diagram, this time representing "[Gae-Baek's] severe and strict military discipline". The single vertical stroke of this character is difficult to find a meaning for, but I believe it is associated with strong, bright, hot things, about which more below. The diagram is easily understood from the point of view of how it is drawn – a single, powerful, uncompromising stroke.

The first of the three II dan patterns is another pattern which has a single stroke as its diagram. Eui-Am, real name Son Byong-Hi, displayed indomitable spirit "while dedicating himself to the prosperity of his nation". This meaning is resonant with Gae-Baek's.

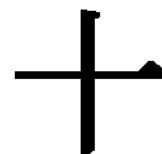


Ge-Baek,
Eui-Am &
Tong-Il diagram

The ultimate pattern of the Chang-Hon set, in more than one sense, is Tong-Il. This

means 'unification'. I had the pleasure of seeing the giant ceremonial bell of the same name in Kyeongju, South Korea. General Choi Hong Hi fervently believed in reunification of his divided homeland, and this pattern in both meaning and diagram represents that desire: "The diagram symbolises the homogenous race".

The pattern diagram for Chon-Ji consists of a single vertical stroke crossed by a single horizontal stroke. These two strokes represent the simultaneous clash and balance of opposites: light and dark, male and female, strong and weak. Yin-yang (um-yang in Korean, in-yo in Japanese) is the meaning of this pattern and its diagram, whose name "means literally the Heaven the Earth". The idea is further demonstrated by the low blocks in the first half and the middle blocks in the second half.



Um-Yang

Several other patterns have the same diagram:

- Sam-Il, commemorating thirty three patriotic revolutionaries.
- Choi-Yong, the name of a revered general killed by his subordinates.
- Yon-Gae, who forced the Tang Chinese army out of Korea.
- Moon-Moo, a Silla dynasty king who fought the Japanese.
- So-San, a warrior monk who also fought Japanese pirates.

These heroes all defended their country and were righteous men. There seems to be a strong correlation between their characteristics and the use of the Chon-Ji type pattern diagram. This character can also mean ten or perfect in Chinese.

There is a second heroic pattern diagram. It is shaped like a capital I, and can mean labourer or worker in Chinese:

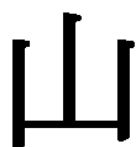
- Dan-Gun, legendary founder of Korea.
- Won-Hyo, who introduced Buddhism to the Silla dynasty.
- Joong-Gun, who assassinated a Japanese colonial overlord at the cost of his own life.
- The Hwa-Rang warrior-monk-artist-scholar youths of the Silla dynasty.
- Choong-Moo, pseudonym of perhaps the greatest admiral in history.
- Yoo-Sin, the general who unified the three kingdoms of ancient Korea.



Labourer

These people (and one demigod) were fundamental in shaping the essence of modern Korea. Dan-gun founded the nation, Won-Hyo gave it a new religion, the Hwa-Rang fought to expand the Silla kingdom, which Yoo-Sin succeeded in melding with the other kingdoms into one nation. Choong-Moo fought the Japanese on the water and Joong-Gun fought them on Korean soil.

Juche tul has a pattern diagram shaped like the Chinese character for mountain. This is linked to the self reliance philosophy of North Korea. "It is said this idea was rooted in Baekdu Mountain which symbolises the spirit of the Korean people." This character is what gives W shape block its Korean name, san makgi – san is the Korean pronunciation of the mountain character.



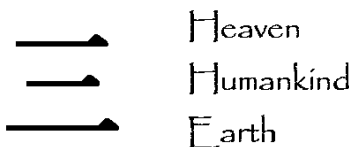
Juche diagram
= Mountain

Pattern Se-Jong is named after King Sejong. The diagram is Chinese for king. It looks like a capital I with a third horizontal stroke, halfway between the top and bottom ones. The upper stroke represents heaven. The middle stroke represents humanity and the lower stroke is the earth. A king is a man – the vertical stroke – who can unite all three realms in harmony.



Se-Jong Diagram
= King

The three realms



Heaven

Humankind

Earth

Three pattern diagrams I have been unable to find Chinese character explanations for. Perhaps readers can write in if they know about these shapes. Do-San tul's and Ul-Ji tul's diagrams are reflections of one another. Ul-Ji looks like a capital L with an extra horizontal stroke to the left, from the top of the vertical stroke. Do-San has its horizontal strokes at the bottom left and top right of the vertical stroke, the opposite of Ul-Ji. One way of looking at these two characters is as one half of a swastika, an ancient religious symbol used in Hinduism, Buddhism and other faiths. Seen this way Do-San is half of a left handed swastika and Ul-Ji half of the right handed version. A scholar of Chinese calligraphy and Buddhism would have the best qualifications to confirm this theory.



Left and right handed swastikas

Choong-Jang tul, the second of the II dan patterns has a diagram shaped like an upward pointing tack/pin. The single horizontal stroke has a single vertical stroke upward from its centre.



Choong-Jang
diagram

There is a Chinese character meaning top, superior or highest, which comes close, but it is not clear how that might relate to the pattern meaning.



Superior; Highest

I hope that this article has been of some interest to the reader, and shed a little light on one of the lesser known areas of our Art. 🙏

Brendan Doogan is a IV dan black belt with International Taekwon-Do, an International Instructor and Umpire.

A six week visit to Korea in 2007 provided Mr Doogan with information and ideas that led to this article.



FEEDING YOUR KIDS FAT

By **Miss Carolina Dillen** II dan Warrior Training Zone

NUTRITION

If you haven't already heard the story of Niketa Wells, it is a truly inspiring one and a brilliant example of perseverance. I would highly recommend you turn to page 26 to read Master McPhail's article before continuing on to read the rest of this feature. Some months ago I was reading Master McPhail's blog, describing Niketa and Master McPhail's journey together with the aim of getting Niketa back to full health through physical training and nutrition. Aside from thinking what a phenomenal young woman Niketa is and what an exceptional instructor Master McPhail is, the part where he encouraged her to add coconut to her diet, as well as fish oil and Vitamin D supplementation daily got me thinking...A few weeks later I went to the USA for a course specifically on training and nutrition for kids and teens and as we got on the topic of fat as a macronutrient I was once again reminded of Niketa. I wondered if parents knew that the dietary requirement for kids is somewhat different from that of adults and if the benefits that eating healthy fats as part of a balanced diet were well known.

Kids & Nutrition

The first thing we always go through at lectures and seminars about kids and nutrition is that this topic is a minefield. We are taught to be very wary of entering this area as there are so many opinions on the subject and a lot different information out there. All parents want is what is best for their kids. I have been inspired by Niketa and Master McPhail's blog, as well as the nutrition lecture I attended, to venture into this minefield and write this article based on information currently out there about how kids use fat as a source of fuel somewhat differently to adults, and about what good fats can do for both kids and adults. This article is by no means comprehensive or conclusive. We gain information in this day and age at a rapid rate and I would encourage you to do some of your own investigation and see what other information is out there.

The Geeky Stuff

There is a common misconception that fat is bad and that to be healthy, fat needs to be restricted in one's diet. Good fats are actually an essential part of a well balanced diet. Fat has the advantage of carrying

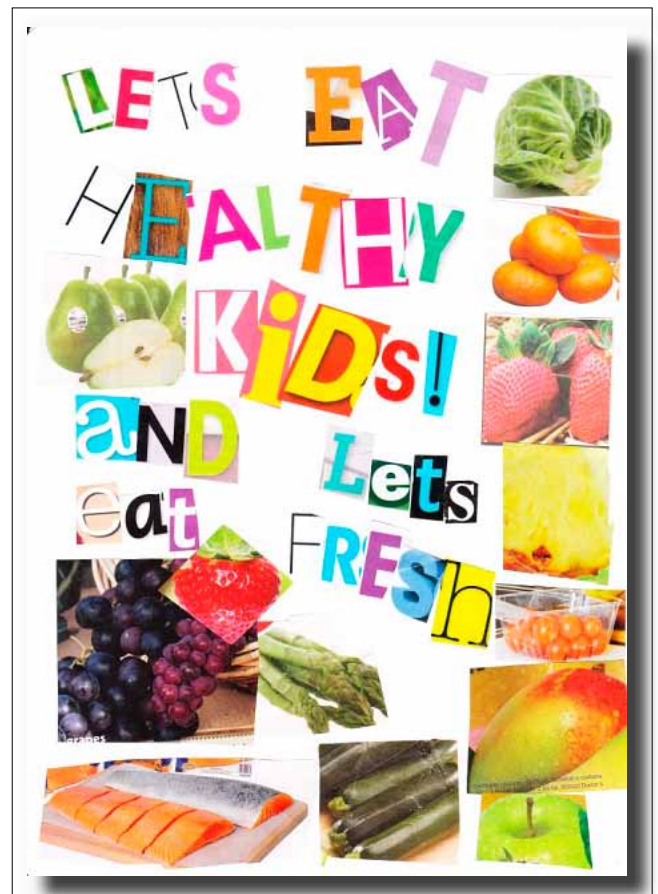
more energy for a smaller volume and supplies twice as many calories as protein and carbohydrate. Fat and cholesterol are building blocks for structural elements of cellular membranes, the brain and other neural tissues and are rich in structural lipids. Essential fatty acids are instrumental in maturing central nervous systems including visual development and intelligence and fat is necessary for the absorption and transfer of fat soluble vitamins including vitamins A, D, E and K. Essential fatty acids can't be made by the body, so they need to be consumed in your diet. They include omega-6 (linoleic acid-LA) and omega 3 fatty acids (alpha-linolenic acid – ALA) found in vegetable oils and nuts. Longer chain omega 3s (DHA and EPA) can be found in fish.

Fat as a Source of Fuel for Kids

There is another reason children need fat – their bodies appear to use it as a fuel source more so than adults. Studies have shown that pre-pubescent children oxidise fat at a higher rate than adults (Kris-Etherton, 2007). The thought is that kids' bodies oxidise fat at higher rates to support normal growth process such as higher rates of protein synthesis. And that during periods of growth spurts fat which is energy dense is needed.

Is your child hungry all the time?

Kids (and adults) on very low fat diets, tend to eat more refined carbohydrates, which aren't as filling. Fat increases the feeling of being full by delaying gastric emptying of food. If your child is hungry all



Healthy eating Poster by Warrior Student Andy Chan

the time, it may be worth checking if there are enough sources of good fats in their diet. If you are worried about your child's weight, research shows that kids on low fat diets eat more food to make up for the lack of calories from fat. So we know that a no fat or low fat diet is correlated with increased consumption of calories from carbohydrate including refined carbs and sugar...the answer is not to go to the other extreme however but to make sure kids have a diet balanced in a moderate intake of good fats for growth, development and meal satisfaction.

1-3 year olds fat content should be about 30-40% of their daily calories, 25-35% for 4-18 year olds and 20-35% for adults. For active kids that's approximately 46g for a 3-year old, 54g for a 5-year old and 63g for a 9-year old. To give you an idea of how that translates to food a serve of butter has 4g, 1 teaspoon of oil: 4.5g, one medium egg: 5g, 1 tablespoon of peanut butter: 8g, 1/2 a cup of avocado 10g, 1 small serve of mixed nuts: 15g, one slice of cheddar cheese: 9g, a large chocolate chip cookie 9g

Practical Tips

The goal is not to count fat grams, or even to limit total fat, which has not been shown to be beneficial for health, but to include quality fat sources as a sensible (and tasty) part of meals. Here are some tips which may help:

- Children under two require more fat so include full-fat dairy products such as whole milk and yogurt. After that age you may consider offering lower fat dairy and a gradual decline is best but be mindful that often low fat options are high in sugars and artificial additives.
- Provide a source of fat at each meal whether that be butter with toast at breakfast, avocado on a sandwich or an entree with added fat.
- Avoid giving children diet products that are made to be "low calorie" for adults.
- Provide unsaturated fats (plant/fish sources) as well as saturated fats (animal fats) as research shows this dietary pattern does not cause heart disease. An example is cooking with coconut oil or using lean beef for taco night while including toppings such as guacamole. Keep trans fats, the fat most negatively linked to heart

disease, to a minimum by checking labels for ingredients such as partially hydrogenated oils.

- Offer fish twice weekly such as salmon, salmon cakes, tuna and other types of fish for DHA and EPA. If your child doesn't like fish, you may want to consider supplementation.

Niketa's Story

In 2011 Niketa was struck down with Reflex Sympathetic Dystrophy (RSD), now more commonly known as Complex Regional Pain Syndrome (CRPS). By the end of 2011 she was unable to walk, confined to a wheelchair and in constant pain. New Zealand's leading pain specialist told her to forget about using her feet ever again. Niketa began to work with Master McPhail, initially in the limited capacity in which she was able to perform some small movements.

From early on Master McPhail also had Niketa eat coconut cream morning and night. She would mix a smoothie containing protein powder with coconut cream, and experimented with adding other ingredients too. He also had Niketa supplement with fish oil and Vitamin D daily. He had been interested in nutrition

for some time and was also on a high fat diet himself and had read a lot about the benefits of good fats and lowering the amount of carbohydrates in one's diet. One day Master McPhail came across a podcast interview with Dr Mary Newport and how she discovered the benefits of coconut with her husband's Alzheimer's disease symptoms. Master McPhail reasoned that seeing as RSD was neurological in nature that it might be worth a try to supplement with coconut cream.

Did the coconut smoothies and supplementation help Niketa in her road to recovery? We can't say yes conclusively as her case was not a scientific investigation. However it is possible that based on our current knowledge and research, it may have helped. Niketa recently won Gold at the ITF World Cup in Brighton and was voted ITKD Gup Student of the Year. Thank you to Niketa and Master McPhail for sharing your inspiring journey with us. 🙏

Ms Carolina Dillen

II Dan Warrior Taekwon-Do
Strength & Conditioning Coach CrossFit
East Auckland



Coconut is a well-rounded, versatile "real food" with some interesting characteristics and lots of offshoot products. Unlike most food "products," however, coconut products are the real thing. They're real food, and they're real good.

A bit about Coconut

By Master McPhail

Coconut is one of the richest vegetable sources of medium-chain triglycerides (MCTs). MCTs are used immediately by the body to create energy. Coconuts are also rich in lauric acid, which has very powerful anti-bacterial / anti-viral properties and is well known to support a healthy immune system and even facilitate brain function.

Coconut Oil is incredibly heat-stable so is great for stir-frying and sautéing. *Coconut Milk* is made by mixing shredded, fresh coconut meat with water; then squeezing it through a sieve. *Coconut Cream* as coconut milk without all the water. It's the same stuff – pulverized coconut flesh mixed with water – but coconut cream is thicker.

There are so many other coconut products and all sorts of ways to use them.

And don't be worried about supposedly harmful effects of the saturated fat and cholesterol in Coconut products. As you read in Miss Dillen's article, fat is good, and cholesterol too is essential and vital for good health. It is the oxidation and inflammation caused by so many carbohydrates in our diets (processed foods, sugar, bread etc) that is the main cause of health problems such as heart disease and diabetes.

Eat real food. 🙏



MMA for Self Defence?

By **Mr Phil Thompson**, Protect Self Defence

SELF DEFENCE

The sport of MMA is exploding all over the world and has become the topic of mainstream conversation among martial artists and fighters from all styles. Many people are choosing to cross-train in various MMA styles and it has been referred to as a more "complete" system of martial arts. This is a subject that I'll best leave to the martial arts experts to debate. What I am happy to discuss however is the misguided notion that MMA is the "ultimate self defence system", or "as close to the real thing as you'll get" which, among other things, are commonly quoted by MMA exponents.

That is absolute rubbish.

MMA is so far away from the being the "ultimate self defence system" (if there is any such thing) as to be laughable.

Let's explore a few of the reasons why this is...

Firstly...It's a SPORT! That should tell you everything you need to know right there. In my opinion it is an excellent form of exercise and conditioning, it is fun (if that's your thing), and has many positive benefits including potentially adding tools to your self defence arsenal. But it is a sport and sport has nothing to do with protecting ourselves against the realities of real world violence.

Probably most importantly, in an MMA or any other sport fighting event, there will be Consent, Prior Awareness, and Preparation. That is both parties have the consent of each other to be there and to take part in the event, both parties have prior awareness of what is happening, and both parties have preparation time. These are luxuries we do not possess in a real self defence situation and, all by themselves, show how polar opposite these two situations are.

The focus is on winning. In an MMA event both opponents are focusing on winning against the other opponent. This is a very different mindset to reality where the focus of your opponent may be to viciously, and without conscience or boundaries, seriously injure, rape, or murder you. Your focus may be to purely survive and get

home to your loved ones, or to protect your loved ones in the moment. This will create substantially different emotions, thoughts, levels of fear, anger, uncertainty, and a completely different level of physical arousal. Basically, it isn't just a different game, it's a different world.

It is a physical "fight". MMA, like most martial arts, only address the physical aspects of a "fight". This is not even close to a complete "system" of self defence. Real self defence training must include the behavioural and psychological aspects of self protection, recognition and awareness strategies, de-escalation and defusion tactics, realistic physical protection strategies which address real-world situations, and post-event issues. MMA does not include these things. Why? Because it doesn't need to. It's got nothing to do with self defence; it's a sport, so it focuses on training athletes for sport fighting and is very good at it.

There are no weapons involved in MMA events. MMA is a sport with many rules, regulations, and boundaries. Real-world violence is not and has no rules and no boundaries, at least not on the part of the attacker. You can be fairly assured that in an MMA fight your opponent won't pull out a knife in the middle of your bout and start gutting you with it. You can be fairly confident that he won't crack your arm with a baseball bat or break a beer bottle and try to sever your jugular with it.

He's unlikely to try to smash your face in with a brick or beat you unconscious with a crow-bar. Weapons, either specific or improvised are commonplace in real world violent situations and all self-defence training should assume the presence of a weapon on the attacker(s) somewhere. Your training needs to include the pre-contact stages and awareness of pre-contact indicators so that a weapon can be intercepted at the earliest point, as well as realistic weapon defences and post-event management issues. If you're training does not include this aspect, then it is not even close to real, plain and simple. Have you ever seen any of this in an MMA fight or training?

There are no multiple attackers in MMA events. In the ring, you are fighting one person and one person only throughout the entire fight. You can be fairly certain that your opponent's friend won't jump in the ring and kick you and stomp your head while you have your opponent in the guard position. His friends won't jump in and smash a bottle or crow-bar against your skull in the ring while you are focusing on your opponent, or stab you repeatedly in the back while you are clinched with your opponent. You don't have to worry about being blindsided by your opponent's friend or grabbed and restrained by a "helpful bystander" or bouncer while your opponent takes advantage of that and viciously attacks you. In reality, these things can happen and if your training is not preparing you for these things then it is not realistic self defence training.

You fight in a controlled environment in MMA events. In MMA events, like most other sport fighting and sparring matches, you fight on a flat, open surface which is often padded. You don't grapple on gravel or broken glass or cement in MMA events, which if you do in reality can cause huge amounts of damage very quickly. You don't have to worry about a slippery surface, like spilled alcohol, rain, ice, gravel etc in MMA events. You don't have to worry about darkness, rain, low visibility in the ring. You're not in a train, on a staircase, in an elevator, or in a toilet stall in a MMA fight. You don't have to worry about being pushed through a plate glass window and being disfigured by broken glass or getting tossed off a balcony of a 5-storey building, or tripping on a curb and falling while your opponent starts stomping and raining strikes on you. There is no furniture or other obstacles around you which could inhibit your movement and/or escape in the ring. It is not too often you will find yourself on a nice, flat, soft, open and even surface if you have to protect yourself for real. A bit different, yes?

Your clothing and other variables won't limit you in MMA events. Usually when you fight in an MMA or sport fighting event you'll be wearing specific clothing, maybe gloves and other protective



gear, maybe no shirt or a gi/dobok etc. You're certainly not wearing a suit and tie or skirt and heels in MMA. You're not wearing winter boots, gloves and a big puffy winter jacket in the ring. It's unlikely you will have your shirt pulled over your head while your opponent buries punches into your head or that your tie will be used to choke you.

Your health and state of being isn't an issue in MMA events. When you compete in an MMA or sport fight (and maybe sparring too) you are in a good state of health and a good mindset. You don't compete if you have a flu or fever or sickness when fighting in the ring. You don't compete and fight if you have a sprained ankle, broken wrist or bad back in MMA events. You won't compete if you only had four hours sleep per night over the last three days due to a hectic work schedule or crying baby. You won't compete if you had too much to drink with some mates the night before and you feel like hell. In reality you may very well find yourself the target of predatory aggression at a time when you are injured or unwell and that can have an enormous impact.

Your opponent is not high on P, Heroin, Morphine, Cocaine, or any other substance while fighting in MMA events. Have you been told there is no difference? If so, it's seriously time to explore the source of that advice because these factors can make a significant difference!

In an MMA fight you know your opponent and what style of fighting he trains in before the fight and can therefore prepare for him weeks or months in advance.

You know when, what time and where you are going to fight in advance and you can train, eat, sleep and supplement accordingly prior to the fight; you even have the luxury of warming up before the fight. In reality your opponent will always choose the time and place of your attack, and that will usually be when you are at a perceived disadvantage.

In an MMA fight you are by yourself. You are not with your partner, family or friends. You're not carrying your 10-month-old baby in your arms while fighting in an MMA event. Your partner or mother isn't next to you while fighting. You are not concerned about protecting your loved ones or getting them to safety amid the danger, nor do you have to be concerned about how they may react in the situation which may make things much worse.

You can tap out. Yep, in MMA and other sport fighting you can "tap out" and stop the fight. The referee can also stop the fight or your corner can throw in the towel. Ummm... These things don't work in a real situation...

There are RULES! In MMA and sport fighting there are rules which both opponents must follow. In reality YOU

may have rules, such as certain boundaries (good or bad) which your training has programmed you for, moral and ethical limits, awareness of your rights/limits under the law and others. Unfortunately your opponent may have a completely different set of rules and boundaries, or in fact he may have absolutely none at all.

See the differences? This is not an exhaustive list but each of these points are crucial elements in a real confrontation or self defence situation.

MMA and other forms of sport fighting are great for what they are, but they are NOT a "self defence" system at all and it is dangerous for anyone to confuse the two as such. Could training in good MMA enhance your self defence skills? Yes. It could add many additional tools to your "toolbox" and also give you a greater understanding of MMA tactics which will help if you come up against an MMA trained opponent in a real situation. It could definitely be useful, but don't fall into the trap of thinking it's the "ultimate" self defence system as that could put you in a dangerous position in a real situation.

My advice is to never believe the hype or just follow advice blindly based on someone's "position" or rank. Instead intelligently ask questions, diligently research, challenge the process, and continue to grow. Remember, it's your life and safety at stake and that is not a game and certainly not a sport. 🥊

Mr Thompson 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.



THE TRAINING PRINCIPLE OF OVERLOAD

By **Mrs Sonya Robinson** III dan, Meadowbank

FITNESS

Having observed and joined into the HP (High Performance) Sessions from time to time I admire the intensity and commitment that our TKD athletes display – they work jolly hard to get to where they are and they deserve the results that they are getting.

So given that we may not have the time or the inclination to take our TKD that far, how can we still improve our TKD and general fitness? Over the next few articles we will be looking at different basic training principles and how they relate to our TKD training and general fitness.

Let's have a look at the principle of Overload.

An activity must be hard enough (think stressful even) to produce a physical change or adaptation.

It's all relative in that if you were incredibly unfit then even a short walk might be stressful to you but once you start and your body adapts to your new regime of training then you will find as time goes by that it just gets easier and easier and that you need to work harder again to see and feel further improvements.

Because it takes time for physical (or physiological) responses to occur training should be gradual and progressive – we can't go from zero to hero – much as we may like to!

So rather than training every day at a frantic rate to achieve an improvement in our performance, our training progression should be discontinuous and if it were graphed our physical progress or level of fitness would look like a staircase rather than a hill. We train for a while and don't necessarily see improvements right away – a plateau – keep persevering because all of a sudden something seems to click and we'll notice that we've improved or it just feels so much easier – we've stepped up to another level.

Our Gradings and Competitions are great in that they give us goals to work to – each belt is like the next step for us to aspire to before we look at the next and Tournaments give us an opportunity to test ourselves under pressure – much like Gradings do.

So the Principle of Overload has a cycle – Increase the demands you make on




“In an athlete’s most critical competition, they never magically rise to the occasion; rather they sink to the level of their training.”

From an article called Research-Supported Sport Conditioning by Peter Twist and Byrne Elliot

your body – the body makes progress by adapting to the demand – you need to increase the demands again to make further gains.

Rest is still an important part of training 1. because it's during this time that the body has a chance to adapt to what was demanded of it recently and make gains and 2. we can't keep placing stress on

our body indefinitely and expect to keep improving - that's called overtraining.

However - rest too long and the gains you previously made will be lost because you need to keep challenging (overloading) your body to continue progressing or to even maintain a good level of fitness. If you don't use it, you will lose it!  Next TKD talk we will be looking at Specificity.

OPTIMAL EARLY TREATMENT OF COMMON SOFT TISSUE INJURIES

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

SPORTS MEDICINE

P.R.I.C.E.D

Like it or not, injuries are an unavoidable consequence of participation in any physically demanding activity. Hopefully these are mild, however, and with good treatment the interruption to training relatively brief. For our elite athletes, the difference of a few days' recovery can be crucial, particularly around the time of major competition, but even for those of us at the more recreational end of the spectrum it is useful to know how to maximise speed and quality of recovery.

I am talking here about joint sprains, muscle strains or significant contusion/bruising. A few specific joint injuries have been covered in previous articles, and some, for example ACL injuries in the knee, require more specialised treatment. However, for most mild to moderate injuries the following principles will apply. I see patients in my clinic every day who are suffering medium- or long-term consequences at least in part due to inappropriate initial treatment. It is possible to be overprotective of an injury and cause other problems or delayed recovery; however, it is my hunch that the majority of TKDers may rather have a tendency to "tough it out" or brush off these sorts of injuries, and their bodies may suffer as a result.

The treatment during the first 24 hours following an injury is the most important, and the age-old acronym of RICE (rest, ice, compression, elevation) remains the cornerstone of early management. It has been suggested that this should be expanded to PRICE (addition of 'protection' i.e. from further injury with a brace/splint for a period for some injuries) or even to PRICED (addition of 'diagnosis' at the end, particularly if things do not settle reasonably quickly, obviously from someone suitably qualified rather than Dr Google). The primary aim of these measures is to minimise the degree of bleeding, which can cause further tissue damage and inhibit healing.

Rest is hopefully self-explanatory. Remember this applies to the injured body part only, and it is usually possible to stay active in some way without stressing the damaged area. Ice is best applied for 10-

15 min. intervals every 30-60 mins. Beware of "ice burns" from very cold substances held directly on the skin. Compression is usually best achieved with a bandage, ideally with ice treatment applied simultaneously. Firm pressure should be applied but not so tight as to cause pain. Elevation: the injured part should ideally be above the level of the shoulder (arm/hand injury) or pelvis (leg/foot injury) to encourage drainage of extra fluid. In addition to P/RICE/D, you should avoid HARM in the early stages – Heat, Alcohol, Running/exercise, and Massage. Most of these are self-explanatory, although avoiding massage may surprise some; remember this applies to the first 24-48 hours after injury and also to firm massage directly on the injured area as opposed to surrounding areas.

Whether or not to immobilise with a cast, splint or strapping depends a lot on the nature and severity of the specific injury; however, there often is a role for a fairly high degree of protection in the first 24-48 hours for moderately severe injuries. The art then is to know how much to get moving and in what way, and the term 'protected mobilisation' describes this. The input of an appropriately trained health professional at this point is desirable.

The role of anti-inflammatory medication (e.g. "Voltaren" or "Neurofen") in the early stages of soft tissue injury remains a contentious topic. My advice is to avoid these if possible for the first 48 hours (there is the possibility they could increase bleeding early on), and rather to use regular Paracetamol ("Panadol")



for pain relief. There is evidence that taking anti-inflammatories between days 2-10 following an ankle sprain speeds up recovery; however, whether there is any longer-term effect on healing is uncertain.

Completing an appropriate rehabilitation program under guidance of your health professional is then the key to recovering as quickly and completely as possible. In general this will involve regaining movement, then strength and finally function in approximately that order, with some overlap. Rehabilitation usually continues well after an athlete has returned to their sport. Many people underestimate the time and effort required for this, and the quality of their recovery may reflect this.

Remember though that avoiding injury is preferable to even the best treatment. So go hard but also "take care out there". 🥋



Kicks for Kids



Welcome to Issue #30

by Mrs Shirley Pygott - II dan Jungshin

Welcome to a very special issue of Kicks for Kids.

There has been a Kicks for Kids in every single Taekwon-Do Talk for 11 years. #1 appeared in 2001 - Issue 2 and we are now up to #30! We are going to have a look back at some of the highlights and we also have an interview with Kicks for Kids very own reporter Taekwon-Do Ted.

Let's start at the very beginning.....

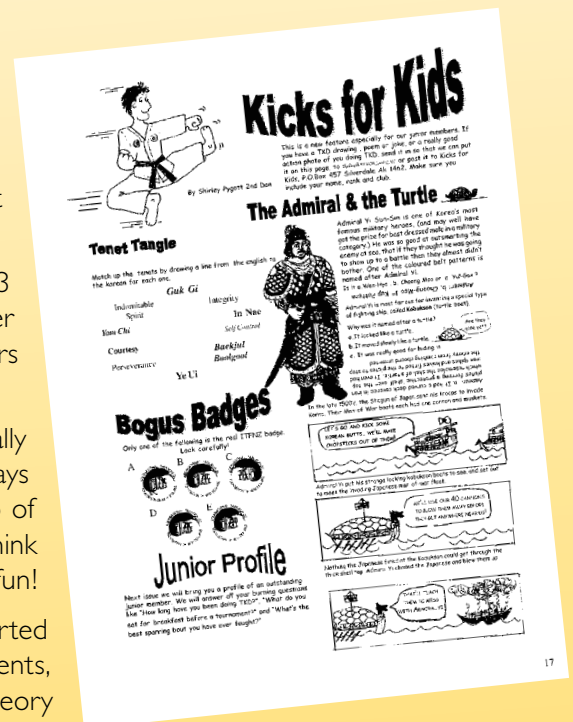
This is what the very first Kicks for Kids looked like. Some things are very different - there was only one page, it was only in black and white, had no photographs and Mrs Pygott's drawing skills weren't very good back then. But using the Taekwon-Do Tenet of Perseverance she kept doing more and more drawings and got much better!

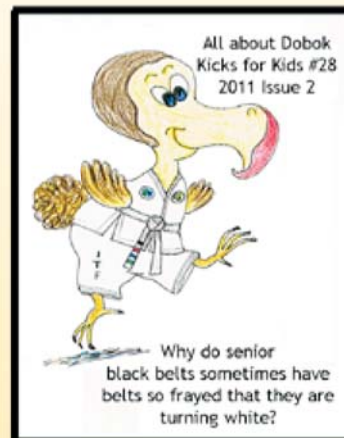
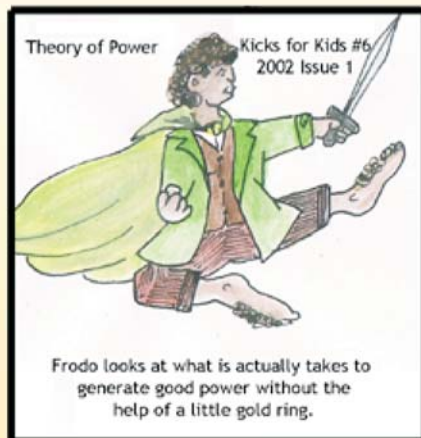
There was a little bit of colour in #22 -(2008 issue 2), and since #23 (2009 issue 1) it has been in full glorious colour (a BIG thanks to Master McPhail, who waves his "magic colour wand" over each edition once Mrs Pygott has finished the drawings).

Other things are the same as that very first issue: it has always been especially written for kids (even if the grown-ups secretly read it too), there is always a drawing of someone or something doing a flying sidekick at the top of the first page, there is information on Taekwon-Do things, things to think about or do (like puzzles) and usually something a little bit silly just for fun!

We have looked at 14 episodes in the life of General Choi Hong Hi, reported on six of the nine National Kids Camps, seen kids in action at tournaments, found out about Korean traditions and culture, and looked twice at the theory of power. There is even a song sung to the twelve days of Christmas about the nine training secrets of Taekwon-Do (#5 -2002 issue 3)

Here and on the next page are some of Mrs Pygott and Ted's favourite bits of Kicks for Kids so far. If you do not have the issue of Taekwon-Do Talk that these were in don't worry; you can still download them from the International Taekwon-Do website at www.itkd.co.nz/news/tkdtalk/back-issues.php so you don't have to miss a thing! Make sure you search for the Taekwon-Do Talk issue number eg (2002 issue 3).





Getting to know... ...Taekwon-Do Ted

When did you first come to Taekwon-Do?

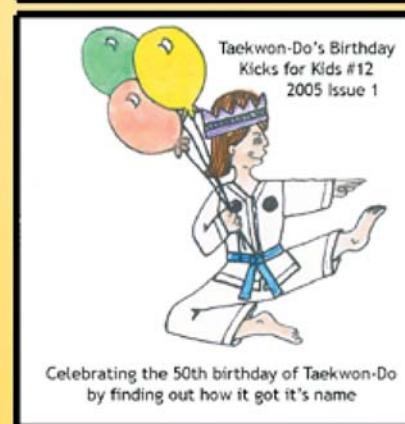
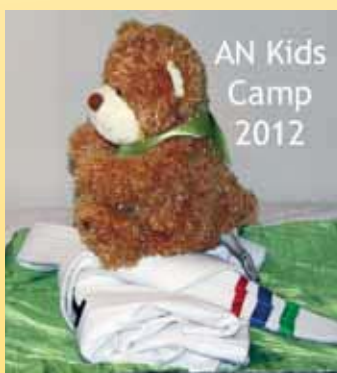
I was part of a group of teddy bears that went to a Pee wee tournament at Devonport Club in 2003 to help give out prizes. (#8 - 2003 Issue 3) I went home with Mrs Pygott and have been helping her with Kicks for Kids ever since.

What was your first Kicks for Kids Article?

I stowed away in the boot of Mrs Pygott's car and secretly went to the 2008 National Kids Camp. I had such a good time I wrote an article all about it (#23 - 2009 Issue 1). I have been to two other National Kids Camps and three Auckland North Kids Camps as well. I LOVE going to Kids Camps.

What is the best thing you have found out?

That a bear who lives in a cave and turns into a woman is part of the legend of Dan Gun (#7 - 2003 Issue 2).

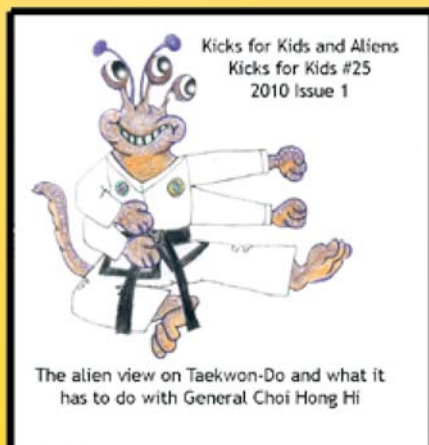


What is the strangest thing you have found out?

That Korean Dragons don't need wings because they fly by magic.

If you could go anywhere in Korea where would it be?

To the Teddy Bear Museum in Seoul, where they have hundreds of teddy bears dressed up to show events in Korea's history. That would be beary cool!



GALLERY

Photos by the TKD Action Team: **Doug Hanna and Craig Oliver**

**Beauty**

I picked this image out as special due to the image sharpness, focus of the student and natural beauty of her skin and hair colour:

Image by Craig Oliver:
Canon EOS-1D mk3 iso
1250 70-200mm zoom lens,
200mm, f/3 1/100sec

**Focus**

I watched this young man quite a lot during the Nationals. He's very focused and to me looked very promising for the future. Here he is competing against a much older student. I like how the image focuses on his hands and face yet shows the competitor and audience out of focus in the background.

Image by Doug Hanna.
Canon 7D iso 1000,
85mm prime lens f/2.5
1/160 sec



Glowing

While this was a slightly posed image, it oozes Flo's happiness and the excitement and pride of the win.

Image by Doug Hanna. Canon 7D iso 1000,
85mm prime lens f/2.5 1/160 sec

Starting Young

Craig Oliver spotted this young child "dressing up" and playing and swiftly captured the joyous moment.

Image by Craig Oliver: Canon EOS-1Dmk3 iso 2500, 115mm, f/2.8 1/200sec





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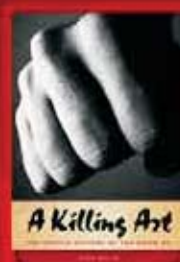
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