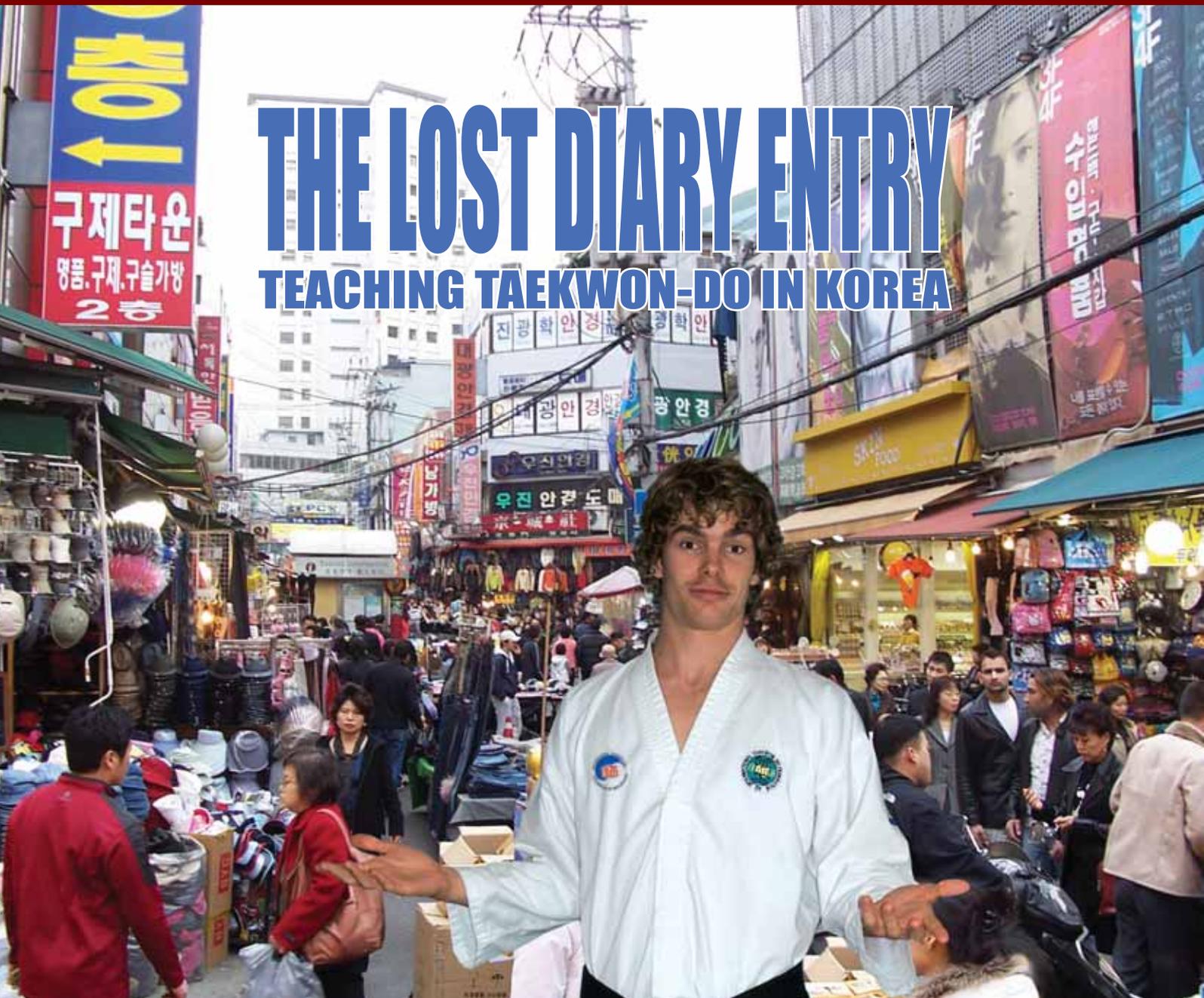


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THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



THE LOST DIARY ENTRY TEACHING TAEKWON-DO IN KOREA



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About the Cover



This issue's cover is a montage of a photograph taken by Carl van Roon of a Korean market during his time teaching Taekwon-Do in Korea. The photograph of Carl van Roon was taken by Mark Banicevich. Layout by Mrs Trudie Malone.

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Editorial

Welcome to the April 2007 issue of Taekwon-Do Talk, my eighteenth as Editor (or Co-editor). This completes my sixth year, and we have another great magazine for you.

Once again, a big thank you to the Taekwon-Do Talk Team. Without your help, this magazine may not exist – there is no way I would do all this work alone!

I hope you enjoy the issue. Please let us know by sending an email to taekwon-dotalk@itfnz.org.nz.

A World Championships in Auckland?

Mr Carl Matthews, Director of Sponsorship and Funding, and I are presently expending a great deal of effort preparing ITFNZ's bid to host the 2011 World Championships in Auckland.

This is an exciting opportunity for ITFNZ. Imagine hosting 800 competitors from 70 countries, plus umpires, VIPs, coaches and spectators, for four

days of intense competition! If we win the bid, it will be a dream come true for many of our members.

We present our bid at Congress, a meeting of ITF Taekwon-Do leaders from each country, held in Quebec before the World Championships in May.

If we win, we plan to host the event in the stunning new Vector Arena on the Auckland waterfront. It will be a massive undertaking. If you would like to help in any way, please contact Mr Matthews, sponsorship@itfnz.org.nz.

Hosting a World Championships is an important part of our long term strategy of attaining 10,000 members by 2015 (as is Mr Matthews' and my other major project, Taekwon-Do Television).

What is happening to our growth?

Growth is the major aim of our strategy. Why? With 10,000 members we can do more, be more.

Our members would have their choice of exciting events – tournaments, seminars and camps – and each event could have over 300 attendees. Imagine a camp with 300 people! The War Games would be fantastic!

But what is happening? Although ITFNZ's membership grew in 2006, two regions shrank (Midlands and Central Districts). Recently five of our schools closed.

What are we doing wrong? How are we tracking on our short term goals – restructure ITFNZ Taekwon-Do, retain our students, and develop our instructors? Is this enough? Are we planning the succession of instructors? What is involved in opening a new club?

Do you have any ideas? Can you help in any way? Please contact our Development Officer, Mr Kris Herbison, kherbison@itfnz.org.nz.

Mark Banicevich, Editor.



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Letters to the Editor

Nominate someone for the

2007 ITFNZ Taekwon-Do Awards!

- Write a page about why they deserve the Award.
- Write a list of their achievements or efforts made during the past year.
- Fill out the appropriate form, available from your instructor or the website URL below.
- Get another member to second your nomination.
- Email (or post) it all to the Director of Marketing by 31 August 2007.

Send nominations to marketing@itfnz.org.nz subject "ITFNZ Taekwon-Do Awards", or

ITFNZ Taekwon-Do Awards
c/- Director of Marketing
24 Merton Rd, St Johns, Auckland 1072

There are six Awards to be presented:

- (1) Paul M Taekwon-Do Dan Student of the Year (registered ITFNZ black belt at 6 October 2006).
- (2) WebWorld Gup Student of the Year (registered ITFNZ coloured belt at 6 October 2006).
- (3) Nibun ITF Junior Student of the Year (registered ITFNZ member under 18 at 6 October 2006).
- (4) Epsom New Zealand Instructor of the Year (active ITFNZ instructor at 6 October 2006).
- (5) Martial Arts Apparel Club of the Year (active ITFNZ club at 6 October 2006).
- (6) The President's Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do (any person who does a lot for ITFNZ Taekwon-Do).

For more information, ask your instructor or visit <http://www.itfnz.org.nz/about/awards.html>

Dear *Taekwon-Do Talk*

Sunday 17 December 2006 was a great day.

It started off ordinary – waking up, showering getting dressed, etc – then my wife and I decided to plan the day. First the four of us were off to a local café for brunch; we are spoiled for choice in Wellington, but ended up at Ernesto in Cuba Street. To spend family time with teenage children (young adults) may seem ordinary, but to us it is special. Arriving home it was time for all the chores to be done; mine being to go up to the garage for a clean up. Though I must admit it was done half-heartedly – my mind must have been elsewhere. A brief nap followed and by mid-afternoon it was time to prepare for Taekwon-Do: Brooklyn's last session for the year.

Photo courtesy of Dennis Burns



Generally at last training, our instructor, Mr Kraiger tends to relax a little and take it easy on us junior belts and have a bit of fun. So my wife Diane joined us to watch from the back, whilst Stuart and Laura joined their Dad (me) training.

I was wrong, Mr Kraiger didn't go easy, but it was still fun, and as always I learnt something new. After farewells and best wishes for the festive season to our fellow clubmates, we departed, the four of us finishing the day as we started, having a lovely dinner in town followed by going to see 'Casino Royale' at the cinema.

A great family day, though if that wasn't special enough, at training I donned my black ribboned dobok top for the first time and received my 1st dan black belt surrounded by family and friends – wow!

Dennis Burns, 1st dan
Brooklyn



Dear *Taekwon-Do Talk*

Congratulations James Varcoe!

Mr Varcoe is the recipient of the inaugural trophy presented to the Most Improved Student every month at Paul M Glendowie.

The trophy is the idea of Mr Paul Meyrick (2nd dan) and is an incentive to all students to work hard and strive to improve their technique. It is held by the student for one month.

Photo courtesy of Paul Meyrick



Mr Meyrick presented the trophy in December, and is pictured with Mr Varcoe and the instructor, Mr Mark Banicevich (5th dan).

Paul Meyrick, 2nd dan
Paul M Glendowie



Dear *Taekwon-Do Talk*

Messrs Greg Christie and Paul Drysdale (both 1st dan) opened the Waikanae school just over a year ago. We train at the Waikanae School hall on Sundays and Wednesdays from 6:30 pm. Just about everyone who started on the first night is still training and enjoying each night. Our fitness, now that the body aches less, can only get better!

Before Christmas, Waikanae Taekwon-Do performed a demonstration for Winara Retirement Village as our community project. Who knows, maybe that's where all the "retired black belts" go! The whole club was prepared to show their skills this time – last time many were too nervous to participate. Dressed in our best, coloured belts blending in with Christmas decorations, we certainly looked the part – even taking our own cheering squad.

Our Regional Director Mr Wayne Kessell kept the audience informed and the atmosphere light, allowing us to concentrate on our roles, especially as many were nervous. Spectators were invited to come to class, as there is no age restriction. Thank you Mr Kessell.

We began two at a time, performing each coloured belt pattern and different kicks to pads. The self-defence for each belt impressed them, and we heard many oohs and aahs. Then we broke boards, which we all enjoy: elbow strikes, turning kicks, side piercing kicks, finishing with a great flying high kick.

We split into two teams to perform our own individually designed patterns for the senior citizens to judge who was best. It was deemed a draw! We know who really won, but it was nice of them to decide a draw.

Photo courtesy of Shona Smith



Our highlight was breaking roof tiles, two people at a time, starting with two tiles right up to seven. Very empowering for the whole club. I am sure it won't be hard to get us interested in doing another, now that we realise what fun we had and how much the audience enjoyed it.

Talking with the Village residents afterwards, they could not believe most of us had only been doing this for a year! Just goes to show: if you put your mind to it you can achieve anything, but nerves do take a while longer to conker.

The show was a great success for Waikanae Taekwon-Do. Congratulations!

Shona Smith, 6th gup
Waikanae



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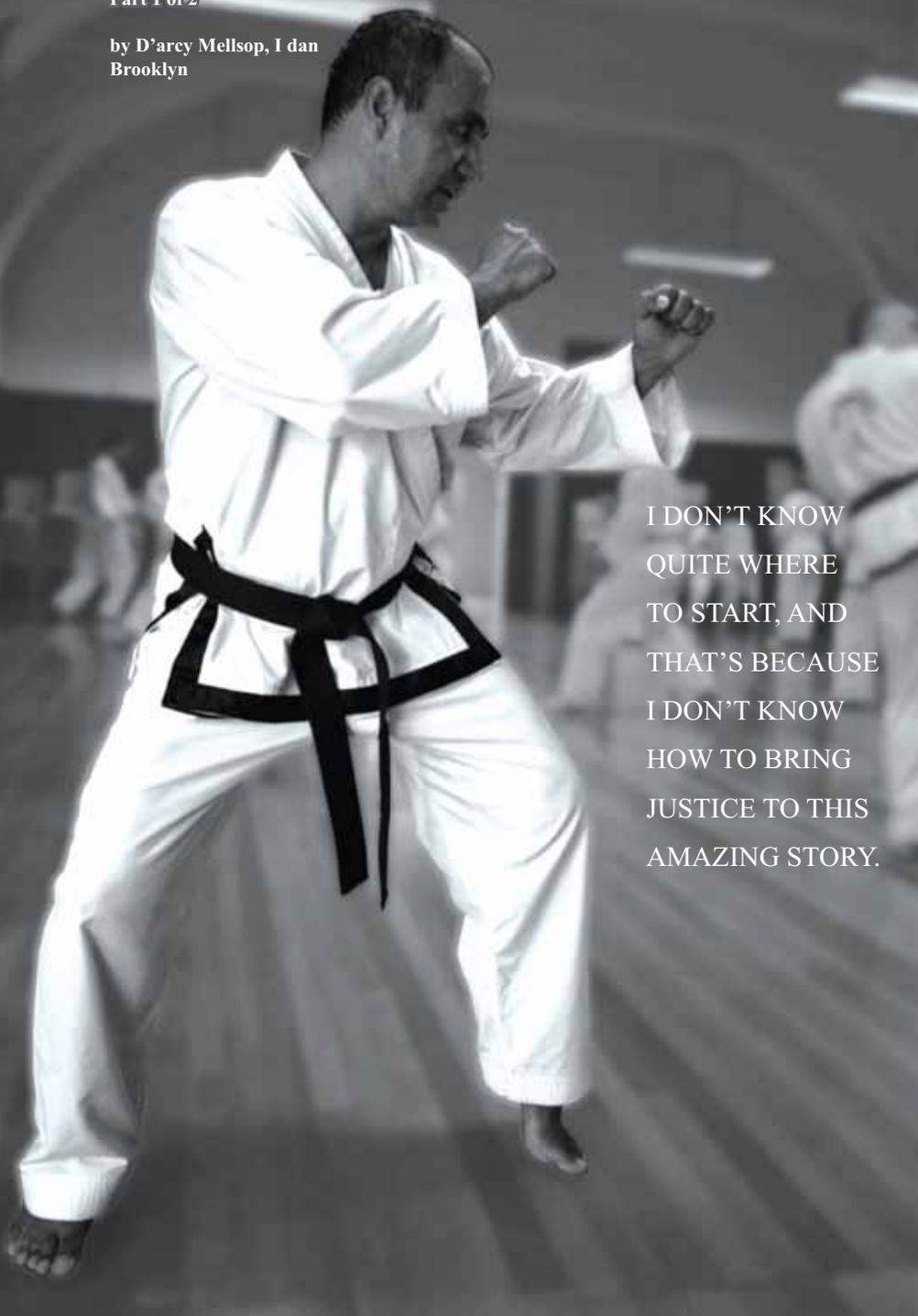
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An Indomitable Spirit

Part 1 of 2

by D'arcy Mellsop, 1 dan
Brooklyn



I DON'T KNOW
QUITE WHERE
TO START, AND
THAT'S BECAUSE
I DON'T KNOW
HOW TO BRING
JUSTICE TO THIS
AMAZING STORY.

Right page captions –
clockwise from top left:

In Kabul's Vera club, 1982 –
Mr Ali is kicking Mr Habib.

Mr Ali can jump! In Baghe-Balla
Garden, 1983, with his student Mia.

In Baghe-Shaher Ara Garden, Kabul,
1983 – self defence with Dr Bashiev.

In Baghe-Balla Garden, training
with his student Mia in 1983.

In Baghe-Shaher Ara Garden, Kabul,
1984 – training with Dr Bashiev.

In 1986, with some of his yellow belt
students at Maiwand School.

*“Many joined because they liked the
idea of being able to fight and defeat
many attackers at once; such was the
aura of the martial arts. This made
the young feel strong and safe.”*

What started as an interview, with a man that has spent the best part of his life obsessively training, became a truly astounding story shared about the courage of those who risked their lives to practise ITF Taekwon-Do in a land, which not only dismissed the merit of ITF Taekwon-Do, but had an agenda of imprisonment or execution against those that contravened the “laws” of the Taliban, including practising our art.

Thankfully, this lack of freedom, and fear for one's own safety for practising their sport or art, is something we can scarcely fathom in this land.

I spent the evening with Mr Ali and his family. Questions became conversations, and the evening became an experience. I sat on the floor with Mr Ali's family as they shared their dinner with me. The hospitality of kiwi culture, not at all lacking, paled in comparison to theirs. They shared their dinner with me, and I was very full by the end of the evening!

I don't know quite where to start, but I do know that a question and answer format won't do this justice. This is the story of Mr Ali. This is a story of “An Indomitable Spirit”.

Mr Ali took up Taekwon-Do in Kabul, Afghanistan as a 15 year old in 1977. Taekwon-Do was the only martial art in Afghanistan then and was very new. “Many joined because they liked the idea of being able to fight and defeat many attackers at once; such was the aura of the martial arts. This made the young feel strong and safe.” Many wanted to feel safe and turned to Taekwon-Do for that safety. There was a general fear at that stage among the population, with a new government heavily favouring a Russian influence, which ultimately led to the Afghanistan-Russian war.

It was an American who brought Taekwon-Do to Afghanistan in 1972 via the University of Afghanistan. Only the University would support and assist the American to disseminate Taekwon-Do. No other organisation, including the government of the time, wanted any part.

Initially, training was outside in a garden. It was a large garden though, as it had to accommodate over 700 students! The students were grouped and trained together within their ranks, all year round, including the Afghanistan winter – a winter which averages -8°C during January! In fact, as I wrote this article in late January, I checked the temperature in Kabul and it was -16°C!

“Once, when we turned up to train, the garden was flooded, water over all the grass. It was very cold, and we were all standing there, shivering and the instructor asked, ‘Do you want to train?’ and the students replied, ‘Yes’. The instructor then said, ‘We will train. If you can train in the cold, then you are strong enough to do ITF Taekwon-Do.’ It was cold. You could feel the cold in your arms, and in your legs through your feet. We always trained in bare feet.”



Free-sparring during training was hard, in every sense. No one wore any protective gear. “You fought hard, and you didn’t worry about anyone else, because you were so worried about yourself!” If you hit and hurt someone, that was accepted. What was not accepted was if you apologised for it. If you apologised, that meant you did something that you didn’t expect to, that perhaps you didn’t have control, or hadn’t planned the attack. Either way it was poor form, and that meant press ups. A lot of press ups. Everyone suffered broken noses, broken ribs and hands. Everyone!

Training in the garden always started either at 4:00am in the summer months or 4:30am in the winter, three times a week. In the winter, of course, training would be in the dark. Training continued at the garden for many months before the club moved into a hall. Because of the numbers of students, there were regular classes running all through the week where the students trained in classes specific to their rank.

Mr Ali supplemented his own training with extra training two hours, twice daily, every day. Even while he was at university, a class might finish at 10:30am, and the next wouldn’t start until 1pm, so that was enough time to train for another two hours! He would ride home frantically on his bike and back to the university quickly enough to squeeze in as much training as he could. “All I wanted to do was Taekwon-Do, all the time. Even during class at university, I’d think about it”.

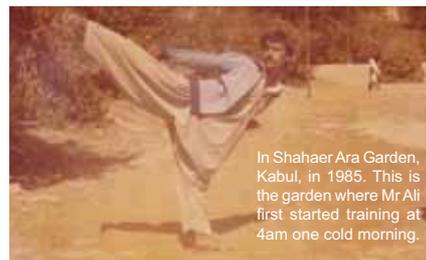
To this day, Mr Ali has been fortunate to never have to use Taekwon-Do in self defence. “If you had used Taekwon-Do without just cause, you would be called up in front of the [700] students, and your belt would be taken off you, and you would be told to leave, for good. If you did something minor, say sparring without having a senior watch – which was a rule to make sure it is being done safely, then you’d be banned for six months or a year.”

Then there was a change in government. Under the new government Taekwon-Do was considered an instrument of violence. The club was “asked” by government officials to move to new premises, as the building that they were in was to be demolished to widen the road. “We did as was asked of us: we moved. The street was never widened, of course.”

The level of “acceptance” of Taekwon-Do in Afghanistan had changed. It was obvious that Taekwon-Do was more than simply frowned upon

by the government, so practising Taekwon-Do was very risky – too risky for many to become a victim of the authorities.

Make no mistake, it was never against the law to train, but the government didn’t like it – and if it is disapproved of... “Sometimes we would come to training, and someone was missing. We would talk to the family, and [learn that] he was taken away that night and not seen since. People taken away were rarely seen again”.



In Shahaer Ara Garden, Kabul, in 1985. This is the garden where Mr Ali first started training at 4am one cold morning.

For reasons of self preservation, training took place secretly in a quiet and secluded place like the basement of a car park. “Training still took place very early in the morning. Getting to training meant running and walking for about half an hour. Sometimes I was lucky enough to jump on the back of a delivery lorry carrying fruits and vegetables to shorten the trip. Being late, even by a matter of minutes meant that I wasn’t allowed to train. If you wanted to train, you always had to be early. We would train through to 5am, then trek home. We had to leave training at different times so that it wasn’t obvious that something was going on.”

In 1982, Mr Ali successfully graded for his black belt. It wasn’t the two day experience it is here. It was over one day – and it was a very hard day. Also in that same year, Mr Ali’s instructor, Mr Homaion, left Afghanistan, for the same reasons as so many others: the fear of persecution or death, either by the government, or because of the numerous terrorist bombings that were occurring at the time.

During the same year Mr Ali became instructor and began his first stint of teaching Taekwon-Do in Kabul, which lasted eight years. Another change in government, and the accompanying change in the governments’ attitude towards Taekwon-Do meant that the school could train openly. Mr Ali’s school had 680 students in 1982. The smallest the school ever got was around 300 during 1986/87. Even so,

there was a six month waiting list for those who wanted to join. “I had to wait for someone to leave before I had room for someone else to join. I had many students through all the ranks, but no black belts, as I couldn’t contact the ITF, so the students could only be promoted to 1st gup.”

In 1990 ITF Taekwon-Do experienced a large milestone, The Afghanistan Federation of Taekwon-Do was established with Mr Ali as Vice President. He organised and competed in a tournament in the neighbouring country, Tajikistan.

“At that time, there were no ITF practitioners in Tajikistan, they were solely WTF. The Afghanistan contingent was invited by the Tajikistan Ministry of Sport and our ITF team competed against their WTF team.” As much as 1990 was a success, with the opening of the Federation, 1991 brought an equal measure of disappointment as the Federation had to close because of the war.

“My family and I had to move seven times during warring in 1991 and 1992 because of the war. At one stage, in Kabul, we had to hide in the space, about a metre high, between the floor of our house and the ground from 5am to 8pm as it was so unsafe to be outside. We hid there every day, and never moved for 26 days. My eldest child was two years old, and her heart would beat heavily all the time with fear from the noise of the weapons. We could only eat a little food during the night, as that was the only time we could go back inside. After 26 days, the war stopped for two days. We could then get to the other side of the city, and made a decision to leave Kabul.” Mr Ali then took his family to Mazar e Sharif, leaving Kabul and their possessions behind, taking with them only the clothes they were wearing.

It was only in Mazar e Sharif that Mr Ali had another opportunity to experience instructing, and introduced and started teaching ITF Taekwon-Do again. This time his stint was five years.

In the next issue of Taekwon-Do Talk, read about Mr Ali’s flight to Iran where he was separated from his family, and his eventual move to New Zealand, when his incredible story continues...



An Annual Event

The Slovenian Open

by Greg Skinner
Director of Coaching and Selections

The Slovenia Open is one of the most highly regarded tournaments in Europe with a reputation for competitive sparring, regularly attracting world champions from several countries.

The 2007 tournament promised to be the largest ever, so Sam, Renee and I boarded the plane two weeks prior to the tournament and headed for Amsterdam. Our itinerary included training with Master van de Mortel in the Netherlands, Master Lan and Andrew Niven in Germany and Tomaz Barada in Slovenia.

Master van de Mortel met us at the Amsterdam airport and drove us to his home in Mierlo, where we spent the next five days. A typical day included a two hour session with Master van de Mortel, followed by evening training at one of his schools. This time was of considerable benefit and set us up for the next leg of our trip: Germany.

Master Lan and Andrew Niven met us at Dortmund railway station on Friday morning. Training that evening was at Master Lan's club, which has several members who are either current World or Vice World Champions, and the session was again at a high level.

Saturday we attended training for the German Female Team (Master Lan is the Female Team Head Coach and Andrew is the Assistant Coach). It was an interesting day, especially for Renee who was able to train with the German team members. They are an impressive squad and will be very competitive at the World Championships in May.

On Sunday, Master Lan took us to another training session at the Hoxter club that was attended by some of the German male team members. This was primarily to give Sam some quality sparring time, and he certainly received it!

Monday was sight seeing in Munich before traveling to Slovenia.

We landed in Ljubljana on Tuesday and then drove to Maribor where the tournament was being held, and where Tomaz Barada lives. Training commenced that evening at the Barada Sport Centre with a kickboxing session. Several of the Slovenia ITF Team also compete in WAKO kickboxing, and some of them hold World and European titles in both. Needless to say the standard is very high.

The rest of the week was spent in a similar fashion to the training with Master van de Mortel – sessions



Tomaz Barada is a very hands on coach. Training involved many sparring drills, and various exercises using Swiss balls and medicine balls. Above, press ups on a Swiss ball. Below, sparring drills.

with Tomaz during the day, with attendance at class training in the evening. A typical sparring class lasts one hour. There is no warm up or stretching at the beginning, students are expected to have done this before commencing. The exercise or drills are explained and then the timer is set. Students repeat the drill with many different partners, changing every few minutes at the sound of the timer. I personally think that this type of training is fantastic. There is virtually no time wasted during the hour. Loud, high tempo music is also played during the training to increase motivation. It may not be your typical Taekwon-Do class, but there is no doubt that it is efficient and produces results.

Tournament day, Saturday 24 February, finally arrived. Having spent the time with Master van de Mortel, Master Lan, Andrew Niven and Tomaz Barada, I was hopeful that Sam and Renee could compete well in a tournament full of past and present World and European Champions.

We were off to a good start, with Renee securing second place in 2nd dan patterns. She was then up straight after lunch in -52kg sparring against the current European Champion, Katya Solovey from Ukraine. Renee scored early and competed well in what was a fiery encounter. The decision went to Solovey, but Renee showed that she could compete against the best.

After a bye in the first round, Sam met a fighter from Belgium in the second round. He won convincingly, scoring regularly with kicks to the head and was awarded the match at the end. Unfortunately, during the match he struck the back of his head against the bare floor and this, combined with a foul punch from his opponent, was enough for the tournament medic to withdraw him from the tournament. A huge disappointment for Sam, but he can at least reflect on a satisfactory performance.

Overall, the tournament was brilliant. Well run with very professional presentation. We spent our last night at the Barada Sport Centre where the party was held. A lot of fun, but don't get mixed up with Ukrainians and vodka!

Sunday we were driven back to Ljubljana and 31 hours later we landed at Auckland and headed for home to later reflect on what had been an outstanding trip.

Many thanks to Master van de Mortel, Master Lan, Andrew, Tomaz and Bianca for all the help, support and time you gave us. You were simply brilliant!

Tomaz has since advised me that the Slovenia Open will now be an annual event. Do I want to go again? ... You bet!



itfnz.org.nz/news/archives/slovenia.html

Trials and Tribulations

The New Zealand Team

by Christine Young, IV dan
NZ Senior Team Coach

If I can sum up the 2007 Senior Worlds campaign in two words, they are “skills development”.

I want to ensure all members have the requisite fundamental skills to be competitive at the world level. To this end I structured an eight month progressive training programme.

I divided training into three phases. Phase one, (completed in the first three camps), focussed on getting the core foundational skills right. This involved basic techniques, going through fundamental movements, correcting sine wave and ensuring everyone can do effective side kicks, back kicks and turning kicks.

In phase two we started to link things together, and worked on strategy and tactics. We also started working in earnest on the mental strength programme.

If competitors think that mental strength just involves going hard-out in competition, they are gravely mistaken. Mental toughness involves learning to have the right focus, controlling what the mind thinks, being able to read your opponent, learning to recover from setbacks and capitalise when on a roll. That is, in reality, just scratching the surface of the mental toughness programme.

In phase three, the final two months, we will work on combining the fundamental skills and mental toughness with ring time. My aim is to expose the squad to competition time and to find worthy opponents with whom they can practise. For this I seek to cooperate with other martial arts styles and organise some elite competitors from kick boxing, WAKO, WTF, etc, to do some sparring together. During this phase I want to see the squad being able to apply themselves without over thinking what they are doing. I hope that some of my squad will reach the “Void”.

The *Void*, for those who are not familiar with the term, comes from the translation of Miyamoto Musashi’s Book of Five Rings. In his fifth and final chapter he describes the progress of a great warrior reaching a state of emptiness. In the state of emptiness there is nothing, but also everything, at the same time. Having gone through rigorous training, a great warrior no longer needs to think, need not fear, need not have ego. They are in a state of mind where there is emptiness. Though the mind is empty they know that when engaging the opponent in battle the body has been effectively trained so that the body will react without needing to think, to be able to act and react so as to be victorious.

That is my goal for the squad.

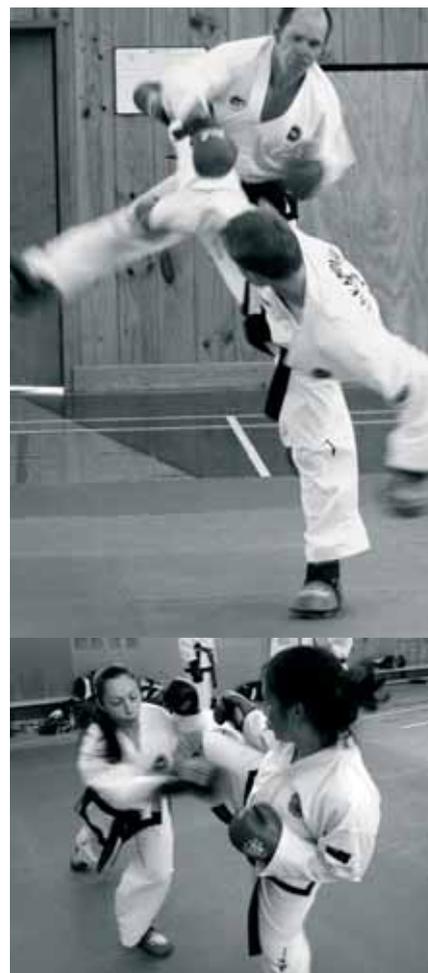
An Athlete’s Perspective

by Carolina Dillen, I dan
New Zealand Team

The selections to go to Canada were highly anticipated by all trialists who had their hearts set on making the New Zealand Team. Monthly training camps began in October 2006 and this was the fifth time we gathered together. This time the venue was the International Pacific College in Palmerston North. For me it brought back fond memories of sparring at my first National Tournament, which was held at the same venue in 1999. The selection panel consisted of the new New Zealand Senior Coach, Ms Christine Young, and Assistant Coach, Mr Ian Walton. It was a busy weekend for Taekwon-Do in Palmerston North, with the senior grading on Friday, the Worlds selections Saturday and Sunday, a combined dinner on Saturday night, and the Master Class and Instructors’ Training Course on Sunday – whew!

Saturday morning began with patterns trials: female 1st dan, followed by male 1st dan, going up the ranks to male 4th dan. Then those trialling for female team pattern, followed by male team pattern were called.

Sparring began with Mr Richard Burr as centre referee. It was run as a tournament, with two by two minute rounds for individuals, and one two minute round for team trialists. Everyone was clearly doing their best to make an impression



Top: Mr Richard Burr, high in the air, and Mr Mark Hanna of the Junior Team counters.

Above: as Miss Toni Moki attacks with a turning kick, Miss Carolina Dillen of the Senior Team counters with a punch.

on the selectors with some good action and hard contact taking place.

After lunch, special technique and power breaking took place, then it was back to the accommodation to prepare for the dinner and presentation of results of the senior grading.

On Sunday morning the individual interviews took place. For some, we were told, this could mean the difference between making the team or not. While this proceeded, the rest of us were put through a never-ending fitness session with Mr Burr. We went from saju jirugi all the way up to the last 4th dan pattern and back down again, followed by round after round of pad work, circuit strength training, the beep test, and more! After about four hours we were allowed to stop, having proved hopefully to Mr Burr that we really had been doing our own fitness training over the last few months, as expected.

Most people learned the following Tuesday, by email or post, whether or not they made the team and for which events. I think we were all glad Tuesday was Waitangi Day, giving our bodies a chance to recover.

A big thank you to Mr Mike Yates and Mr Burr for organising the weekend, and to Ms Young and Mr Walton for all those hours spent training and watching us. Congratulations to all those who made the team and best of luck in Canada!

itfnz.org.nz/events/tournaments/worlds2007/index.html
doughanna-tkd.blogspot.com/

Photos courtesy of Doug Hanna

The New Zealand Team

Seniors

Regan Diggelmann	I	Carolina Dillen
Luke Thompson	II	Chanthie Thach
Richard Lavin	III	Thu Thach
Mark Trotter	IV	
Luke Thompson	power	Rose Cherrington
Carl van Roon	special	Estee Speirs
Mark Trotter	micro	Estee Speirs
Kane Baigent	light	Carolina Dillen
Daniel Thompson	middle	
Carl van Roon	heavy	Lizzie Faafili
Nick Eley	hyper	
Luke Thompson	pre	
Mark Trotter	pre	
Mark Trotter	team	Rose Cherrington
Luke Thompson	team	Thu Thach
Carl van Roon	team	Chanthie Thach
Daniel Thompson	team	Carolina Dillen
Richard Lavin	team	Lizzie Faafili
Kane Baigent	team	Estee Speirs
Clint King	team	
Jon Sawden	team	
Regan Diggelmann	team	
Nick Elley	team	

Juniors

Ethan Parker	I	Paige Moki
Jason Fraser	I	Melissa Timperley
Johs van Pierce	I	Courtney Meleisea
Jeremy Hanna	II	
Mathew Hartigan	II	
Johs Van Pierce	power	Kristy Leong
David Burr	power	Stacey Baigent
Bradley Wickman	power	Eliza Buckland
Shane Black	special	Melissa Timperley
David Burr	special	Cori-Jean Topia
Michael Davis	micro	Samantha Couling
Aramai Tahau	micro	
Ethan Parker	micro	
Callum McNaughton	light	Melissa Timperley
	light	Paige Moki
David Burr	middle	Courtney Meleisea
Bradley Wickman	middle	Alisa Parker
Stuart Maden	middle	Kristine Topia
Shane Black	heavy	Cori-Jean Topia
Jeremy Hanna	heavy	Uma Goodyer
Mathew Hartigan	heavy	
Johs Van Pierce	hyper	Candice Millar
Mark Hanna	hyper	Stacey Baigent
	hyper	Kristy Leong
	pre	TBA
Bradley Wickman	team	Stacey Baigent
Aramai Tahau	team	Candice Millar
Stuart Maden	team	Kristy Leong
Shane Black	team	Courtney Meleisea
Jeremy Hanna	team	Alisa Parker
David Burr	team	Paige Moki
Johs Van Pierce	team	Melissa Timperley
	team	Cori-Jean Topia
	team	Eliza Buckland

Senior

Ms Christine Young	coach
Mr Ian Walton	asst
Mr Mike Yates	mgr

Junior

Mr Dave Ballard
Mr Steve Pellow

The Eight Sabumnim

Senior Dan Grading

by Gwyn Brown, IV dan
Midlands Regional Director

Photos courtesy of James Rimmer



Left: The Eight Sabumnim and Examiners

Back row from left: Mr Mark Trotter IV dan (A pass), Mr Lawrence Mantjika V dan (A pass), Mr David Ballard V dan, Dr Cameron Snelling IV dan (Pass with Distinction), Mr Shaun Tolley (pass completed in Papakura, 28 February), Mr Ian Campbell V dan (A pass), Mr Hayden Breese IV dan and the author Mr Gwyn Brown IV dan.

Front row from left: Master Paul McPhail VII dan and Master Evan Davidson VII dan (Examiners), and Mr Norman Ng, Pioneer of Taekwon-do in New Zealand.

patterns. But with breaking, you either break the boards, or you don't. There are no half measures, so you can't fake it or just do ok at it. Mark was up first for the 3rd dans, setting the benchmark high straight away with a punch through three boards. I followed with the same; Cameron sent the boards flying up in the air with a knifehand, and Hayden followed with an elbow. A clean sweep for the 3rd dans and setting us all in a good frame of mind. Breaks are so important at a grading and it was a relief to get the first one straight away.

Then to our four board foot break. Mark got his sidekick on the second attempt, and I got my turning kick on the second go as well. Cameron cleaved the boards with another sidekick and Hayden got his back kick on the second attempt. So far so good! Then we followed with specialty.

What can you say about Cameron and Mark? Both previous world team members and awesome exponents of jumping and well everything really. Their specialty was amazing. Mark did a multiple three board break, sending the boards flying and Cameron's high twisting kick multiple break was awesome to see. Hayden and I are not really creatures of the air! I had selected a simple jumping punch/sidekick combination that I had managed to do fine before in class, but alas not on the day. That's the way it goes. Hayden also missed his multiple break. For me it would have been great to get it, but I was still buzzing from getting my punch and turning kick so I wasn't too worried.

Standing together on the floor with the three other 3rd dans was such a moment, and to have Master

Dr Snelling powers through four defenceless pine victims on his way to his second Pass with Distinction.



"...And I congratulate you and promote you to 4th dan."

Oh the relief! And from the faces of my fellow gradees, I can see they felt the same when they received their results. But how did we all get to this point? Well gentle reader, that is quite a journey so let me take you back a little. (Cue the funny music and wavy lines again.)

You all know what preparing for a grading is like. It's daunting, exciting, very emotional, and for those of us with families, a huge ask of their time also. Preparation isn't much of a cure for nerves either. It helps with confidence, but not nerves.

Your senior dan grading is a huge moment and for a lot of people it is the pinnacle of their career in Taekwon-Do, something they have thought about, but it always seems so far away. Well standing in the hall waiting to begin, suddenly it wasn't far away at all.

I was 1½ hours early to the grading. Not because I wanted to be well prepared, but because the nerves got the better of me waiting at the motel for the time to leave to the grading. So I reasoned it was better to be at the venue talking to the other gradees than trying to shake the nerves and pass the time staring at the wall and talking to my instructor and grading partner Mr Rimmer.

They arrived, one by one. Ian, Mark, Cameron, Dave, Loz, Shaun, Hayden and myself. Not the famous seven sabumnim of 2001, but their modern, larger, better looking counterparts of 2007. (Of course Mr Mantjika was at both, but I am not sure if that helped us or them?)

The Masters arrived at the appointed hour and all of a sudden it began. The session between 3:00pm and 5:30pm was a closed session and I am not going to say much about that part of the grading. It was special and personal to all of us. Of course we did patterns, and we did sparring, and a modified fitness

test, and a lot of 'other stuff' that Master D kindly thought up for us to do. We also had a theory test and an oral exam.

Anyone that has been through a black belt grading will know the bond that is shared over the weekend and that it remains long after the grading is over. I can tell you though that the senior dan grading was different, and although it was only five hours or so, I think it was more intense and emotional than I was prepared for.

At 6:30 we started the open part of the grading, due to us running overtime in the closed session. First up were the 3rd dans for patterns, followed by the 4ths. Then we did model sparring and our throwing and falling self defence routines. It's very humbling to see the likes of Hayden, Cameron and Mark do their stuff. Their patterns were awesome. Model sparring requires great balance, while the throwing and falling requires you to really know your stuff.

The seniors had been put through most of their pre-arranged sparring routines earlier in the closed session and only had to select one style for the open session, saving a lot of time. Then they went on to their self defence. Mr Campbell's was amazing, with two opponents, weapons, standing side by side, in front, behind... what can you say? If you want self defence, visit Te Awamutu and learn from the best.

And then we started the breaks which I think is the highlight of the grading.

Some people are better at sparring, some at self defence, and some at

M's nod of approval sending us back to our seats with the breaking finished was awesome. At least we hoped that the breaking was finished, as we had all noticed that there were a large pile of junior boards set up in the corner and a smile on Master D's face every time he looked at them. This surely was not good news for the Eight Sabumnim?

The 4th dans followed next. They had to complete a two board backfist break, followed by a five board back kick. Some got it, some didn't. Five boards though, that's tough. And the backfist was brilliantly different.

Then they sat down and I thought, okay here goes, they are going to throw something at the 3rd dans again. But no, it was the 4th dans that had to get up again with some extra specialty breaks using the junior boards. Mr Mantjika had to break three boards standing freely on top of another board being held in the air with a jumping reverse turning, which he did easily. Mr Ballard had a sitting right and left high twisting kick, which he also nailed. I don't remember the other two breaks, but they were multiple boards.

And then we were all called up. Surely this wasn't the end? I was afraid to look at the clock to see if it was 9pm yet, or earlier so we would be doing more. But no, the masters called the grading to a close and informed us the results would be given out 'later'. Well, what a day. Most of us went to a pub called Rosie O'Grady's I think it was, and had a few beers to celebrate.

The next day saw us rising early to be at the Masters' course, albeit a little sore, where we had 3 hours of training. In the afternoon I managed to watch the senior trials which was great. Then it was out to dinner at the Steak-Out.

As you can imagine, there was a lot of steak consumed and right at the end of it all, Master D stood up and announced that he was turning the evening over to Master M for the results. Man, I still get butterflies just writing about it. He got us all to stand up one by one, and proceeded to give pretty much our complete history in ITFNZ and what we were doing now, had achieved etc. It was very moving and I think we all shed a tear or two. Best two moments for me was hearing Master M talk about Mark's history in our organisation, and he's only 22! The other one was Master M telling Cameron that he didn't know him that well, but that he had two distinction passes in his black belt gradings. Cameron corrected him politely and a little embarrassed saying he had only the one distinction pass. Master M replied, 'not any more'! And with that he received his second distinction.

It was such a fantastic way to do the results and it made the night very special.

The two Masters had spent a lot of time talking to us about loyalty over the grading and through emails prior to the weekend. But in the end they didn't have to, because loyalty is inspired by actions, and they are probably the two most inspiring people in the organisation. So on behalf of the Eight Sabumnim, thank you Master Davidson and thank you Master McPhail for your continuing loyalty and commitment to ITFNZ and Taekwon-Do.



Top: Mr Mark Trotter shows the benefits of almost 20 years of continuous hard training and competition. This sort of strength and control do not come easily.

Below: Mr Ian Campbell shows why the inmates at his prison behave!

Bottom: Mr Lawrence Mantjika shows his all round skill. Mr Mantjika has long been "The Elasticman", and he is also a powerhouse!



itfnz.org.nz/events/gradings/grad_senior_070202.html

24 Tips for Do-San Tul

by Master Paul McPhail, VII dan
Technical Director

Do-San tul is the third Taekwon-Do pattern and is performed at green stripe level. It introduces many important techniques and principles, and is a big step up from the previous two patterns. Most people enjoy performing Do-San: it flows well, feels powerful, and is also challenging, especially to try and get back on the same spot! In this issue of Technical Tips I reveal movement by movement technical tips that will enable you to perform this pattern even better.

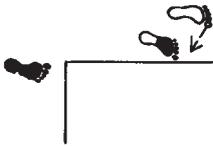
1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.

Tip: This is a high block, so your fist should be at eye level.

2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.

Tip: Before you execute the punch, lower your body slightly and move to a full facing position. Rise up allowing the weight to move slightly to your front foot, then drop into the punch.

3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.

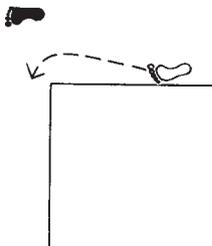


Tip: This is how you step for the turn. Angle the foot at 45 degrees.

4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

Tip: Before you punch, remember to create a "backward motion" with the fist by letting it come forward off the hip slightly, then back to the hip just before you punch.

5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



Tip: Notice in the diagram that the left foot moves in a circular motion as it steps to the L-stance. Don't bring the feet too close together on that step.

6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.

Tip: Before you thrust, lift the hands to the sides in a relaxed position – don't clench the fists tightly.

7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.



Tip: This diagram shows the feet pivoting on the release. Simply lift the heels slightly and twist the feet to 45 degrees. Do not bring the back foot forward.

8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.

Tip: Keep the attacking tool – the back fist, half facing at the moment of impact.

9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.

Tip: When you start to move, go slightly down to create a sine wave. Raise the body to its highest point after the feet have crossed, then drop into the movement.

10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.

Tip: This is a "front punch", so aim for the centre of the body. This is called your "solar plexus line".

11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.

Tip: Notice that this movement is called a "side block". That tells you that your shoulders should be half facing at the moment of impact.

12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.

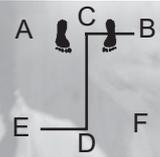
Tip: The punch is "middle" which means the fist should be at shoulder level at the moment of the punch.

13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.

Tip: To prepare for the wedging block, cross the arms in the centre of the chest, keeping both back fists facing the opponent.

14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.

Tip: Kick to your own solar plexus level. (Normally "middle" techniques would be shoulder height, but for the front snap kick you should only kick to solar plexus level for it to be effective.)



15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

Tip: See in the diagram, that if your angle is correct, your feet line up parallel to the CD line.

16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.

Tip: Fast motion in this instance means that you spring straight up from the first punch into the second, without dropping your body down in between the punches.

17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.

Tip: Fists should be one shoulder width apart at the moment of impact.

18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.

Tip: Kick with the ball of the foot.

19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.

Tip: Create a sine wave after the kick by bending the knee as you move into the punch.

20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.

Tip: Breathing in fast motion is normal.

21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

Tip: The outer forearm should finish at the centre (solar plexus line) of the forehead.

22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

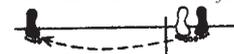
Tip: Cross in front of the rib cage for rising blocks.

23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.

Tip: You should be "side facing" the opponent at the moment of the strike.

24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

Tip: See in the diagram how the foot creates a slight arc when it moves to the final movement.



END: Bring the right foot back to a ready posture.

Blocks Against Side Kick

by Christine Young, IV dan
NZ Senior Team Coach

In this issue Mr Chirtoca attacks with middle side kick. Ms Young demonstrates five different blocks you can use against this common attacking kick.



Face off for free sparring.



Ms Young demonstrates outer forearm outward block.



Ms Young demonstrates outer forearm downward block.



Caught face on to the attack Ms Young demonstrates double back forearm block.



Ms Young demonstrates inner forearm inward block. Shuffle to the inside of the attack for best effect and ease of follow up for a counter attack.



Ms Young demonstrates downward elbow block. Performed in rear foot stance.

Photos courtesy of Mark Banicevich



Pumpkin-Do
Power!

Kicks for Kids

by
Shirley Pygott
II dan

Welcome to Kicks for Kids issue #18.

So what's with the pumpkins? Read the shocking truth about the Junior Camp to find out. This month we also feature WAR GAMES and another peewee tournament. Contributions to Kicks for Kids can be posted to PO Box 457 Silverdale Auckland 0944 or emailed to taekwon-dotalk@itfnz.org.nz

Beheadings , Maimings & Octopus Meals!

You may have heard the rumors: kids offered hideous food, pumpkins maimed and maltreated, kids throwing each other roughly to the floor, and even public beheadings. It's all TRUE and we have pictures to prove it! For a full report on the camp, see p23.

For some of the kids it was their 4th National Camp. They thought they had it sussed. They were prepared for bright pegs and little eggs to look after. They were a bit shocked when they got dog tags and pumpkins! Mr Brown did warn them! The pumpkins were something else. Each team had to decorate and look after a pumpkin. When they were judged at the end of the camp, some pumpkins still looked great, while others were in a pretty sorry state. The SPCPMOB (Society for the Prevention of Cruelty to Pumpkins Minding their Own Business) has been informed!



The kids also got a bit of a fright when they saw the menu for the weekend:



- Breakfast: fried lambs brains on toast
- Dinner: baby octopus served on a bed of spinach.

There was great relief when that ghastly meal turned out to be roast chicken... some of them were pretty worried! (Mr Brown has a wicked sense of humour.) The only thing with eight legs that actually got

eaten was Cosmo's prizewinning spider cake.



There were hours and hours of fabulous training, including power, sparring and speciality. The red belts and black stripes were treated to a special patterns session with Master McPhail. Meanwhile Mr Banicevich made everyone else throw their friends around in a full-on self defense session. There were kids being thrown every which way, and loving every minute of it.

And the beheadings? Well that was part of War Games, led by Mr Banicevich. This was the highlight for many of the kids, and each game ended with the losing kings being beheaded by none other than Master McPhail. There

is an explanation of the game on the next page for those who would like to play War Games at training some time. (Talk your instructor into it... go on... I dare you... I know you can do it!)



Sunday Camp Recount

by Holly Barry, 4th gup, Infinity Papakura

Mr Banicevich stepped forward. "Okay everyone we are going to play a game called Taekwon-Do War Games. After morning tea I want you to put on some old clothes and meet me in the dining room." We followed instructions and went to our cabins to get changed.

Our own baking made a perfect morning tea. As we munched on our food the not so surprising sound of the blow horn went off. Mr Brown announced, "Mr Banicevich would like to speak now." Mr Banicevich cleared his throat, "I want you when you are finished eating to go and get your belts and meet me in the hall." He explained the rules and by the time he had finished speaking we were already heading out the door. The game was fun and went on for ages. We had three rounds, and each one the same kingdom won Silla, Silla, Silla.

Lunch was delicious, the hot dogs were great and the cakes were amazing. The kids had a great time and we all agreed that has been the best camp yet. We all want to thank Mr Brown for putting it together for us!

Scrambled Stances

These stance names have all been scrambled. See if you can untangle them.

(Answers next page.)

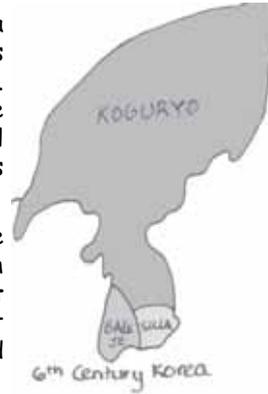
TIGNSTI
GILWNKA
EARRTFOO
XIEDF
GNNEIBD
LLLAAREP

War Games

The most fun you can have in Taekwon-Do, at least, that is, according to Mr Banicevich.

War games recreate how the very small kingdom of Silla united all Korea in the 6th Century. At that time, Korea was divided into three main kingdoms: **Koguryo, Baek Je** and **Silla**. All you need is a large group of students wearing protective gear for safety, and a large area to play in - a training hall is big enough, a large field is better, and if there are clumps of trees and bushes in a reserve or park... great!

Half of your large group will be **Koguryo**. This needs to be the junior belts because Koguryo were mainly peasants with no fighting skills. They wear their belts with the **knot at the back**. The middle grades (blue and red, and maybe 1st dans as well) become the partly skilled and better organised **Baek Je**. They wear their belt **knot on the right hip**.



A small group of your most senior belts (usually black belts) are the highly trained elite fighters from **Silla**. They wear their belts **the normal way**.

Each kingdom has its own area in the playing area, and Silla gets the best one. The areas form a triangle. Each kingdom

also chooses a **king**, who is given a **flag** to guard (or a focus pad or even a shoe!) The king cannot die, or move out of his flag safe zone.

The fighting begins. Warriors from the three different kingdoms fight each other all at once. The first to score a point wins an individual fight. The loser changes kingdoms to the winner's one by kneeling down, changing the position of the belt



and going on to fight for the new kingdom. If you keep losing fights, you can change kingdoms many times, always fighting loyally for your new one. The idea is to get as

many warriors converted to your kingdom as possible. Meanwhile warriors are also trying to get all the flags back to their own kingdom to win the game. They usually steal them while the kings are distracted.

When one kingdom gets all three flags, the game ends. Usually Silla are the winners. The kings from the losing kingdoms are executed as traitors with a knifehand strike to the neck (performed with heaps of control for safety by the winning king, or by your resident camp Master in the case of the Junior Camp!)

Source: War Games - Taekwon-Do Style by Mark Banicevich

Peewees in Action

by Ryan McNie, 8th gup
Paul M Glendowie

The Peewee tournament for under 12 year olds was held on Sunday 18 February, hosted by Counties Manakau. Nearly fifty enthusiastic Taekwon-Do students from Auckland and even Whangarei competed in the tournament to get gold for their district. The organiser, Mrs Breen, commented that the standard was so good that we have future world champions in the making.



The patterns were so great that I'd hate to be the judge. The all around performance was great! Master McPhail said, "It was a quiet tournament, unlike the more serious tournaments and a great opportunity for umpires to practise their judging."

Sparring was more tiring. Nathan Butchers (bronze medallist) said, "It was fun and quite tiring because you had to get all the way through patterns and then you have to do sparring, which is even harder. I had to do four rounds to get third



and I was sweating hard out. The fun part was that you got medals and just had fun." I was seconded by Jacob McPhail for my sparring which was lucky because he gave me lots of secret tips from Master McPhail.

Mr Pellow, 5th dan, was there with the watchful eye of a world team coach. "This is where all the kids start," he said. "There are some hot prospects here. The peewee tournament is becoming quite a spirited competition."

Photos courtesy of Paul McPhail

Scrambled Stances Answers: Sitting, Walking, Rear Foot, Fixed, Bending, Parallel

Have you checked out the new improved kids section on the ITFNZ website yet?

It's got a whole new look! You'll find lots and lots of stuff there:

www.itfnz.org.nz/kids/index.htm

More is being added all the time, so check it out!

The Lost Diary Entry

Teaching Taekwon-Do in Korea

by Carl van Roon, I dan

Co-instructor, Impact Kingsland



Ok, maybe not but I thought that kinda sounded more exciting... and yes, I hear you say... perhaps just a little clichéd.

Anyway this began as a diary entry one morning when I got to the dojang before all the sabumnim and developed into what I thought might make a good article – hence the first person narrative I've employed.

Here in Pusan it's days like today that I fall into a fascinated frame of mind as I'm doing everyday

soil here in Korea.

Sometimes being in this country is kind of like being in a time warp. Allow me to explain.

Comparatively, I suppose you could say that the culture of Korea is still fairly conservative. Elders are respected here, as are your teachers. Many also hold religion in high regard.

Although not as stereotyped as some may think, women are still subordinate to men here. Gender

As we all know, this form of respect for authority that borders on veneration can also be found in our own ITF Taekwon-Do "culture" and "Han Guk Mudo" (Korean Martial Art) "culture" in general. As a "hubei" (junior) in Korea this obedience and unquestioning respect for your "sunbei" or seniors is as natural as foreigners shaking hands when they meet for the first time. It truly is a cultural norm. "Sung Li Hak" (Confucian studies / conceptions) of age largely remain to this day in Korea. Rank is very much determined by age. In Korea it is almost unheard of for a boss to be younger than his or her employees or subordinates. In university the older students who enter first are very much in charge of younger students and may send them on errands for the group like fetching snacks or coffee. Time and again I would see such behaviour within not only the environment of the dojang but everyday life. Younger people can never, ever be rude or question a senior, even if they have been the recipient of rude remarks or behavior themselves. Some of this attitude has no doubt been reinforced by the influence of compulsory military service for all men of Korean nationality. The form of unquestioning obedience to ensure



activities, like just walking to the dojang... I feel like a child in some ways – amazed by everything he sees around him...

There is just so much to learn, so much new information, so much I don't yet understand.

Standing on the walk-over bridge that crosses over the main street outside I thought to myself, "Korea is a whole new world; kind of like being on an alien planet..." – yet I've thought that many times about the countries I've been lucky enough to visit in the past...

Korea is an interesting fusion of cultures and influences... cultural invasions first from China and later the Japanese annexation of the nation had their effect and then, after WWII and the Korean War, the American consumer culture that had already begun taking hold in Japan also began to find fertile

roles remain well in place, comparable perhaps to the gender roles of my grandparents' generation at home in New Zealand.

These cultural norms are not questioned as much as you might think. The consecutive effects of a concoction of religions and philosophies such as Confucian, Buddhist, Christian and other influences created the Korea that I have made my home for this month.

The thing is – while I'm all for free speech and individuality and speaking your mind and so on... I do appreciate the value of such cultural devices as these in places like Korea. I feel as though perhaps many of my generation (including myself) could learn a thing or two from this "old school" thinking... who knows? It might even make life a little easier for us and everyone around us.

combat survival under pressure by soldiers seems to be echoed in everyday life. The flip side of this seemingly unequal relationship is that older people are very much responsible for teaching, training and taking care of their younger successors. So what is the best part of the "sunbei – hubei" relationship from a youngster's perspective? Well, a word of warning for those who make younger friends while spending time in Korea: one's elders are usually responsible for the bill.

[As I record my own interpretation of the "sunbei – hubei" relations, Park Cheol Ho Sabumnim arrives at the dojang and we begin discussing Korean cultural and military history.]

Just to fill you in, Park Sabumnim actually spent several years of his youth training with an elite marine military unit, not unlike the infamous Navy

Seals of the United States. Having previously enlightened me as to the military influence on life in Korea, Park Sabumnim now points out that things outside the military these days are little different. He points out that attitudes are relaxing a lot with regards to the Confucian seniority system, and together we surmise that this is no doubt largely due to Western cultural influences on Korea.

Park Sabumnim goes on to elaborate on the matter, stating that the true way for a “sunbei” to lead their “hubei” is to act as a living example of how to behave, rather than to “talk the talk but not walk the walk.” To illustrate this point, he quotes “Kim Gu” – an influential Korean patriot who fought for the nation’s independence from Japanese occupation. I paraphrased his translation: “One must be careful where one walks in the snow as the steps of those who follow will be made down the same path.”

An hour into discussion it becomes clear that this is not to say that here in Korea there are no rebels who

hungry the youth of countries like Korea and Japan seem to be for the consumerist lifestyle of Americana. While I recognise that “the grass is always greener on the other side” (please observe exhibit A: yours truly, just living it up here in Korea!) it does seem to be a pity how ready the young are to abandon all that is valuable from their own rich heritage in favour of something that could be viewed as materialistic, superficial and devoid of substance, for want of a better description.

Youth around the world are facing similar situations in which cultural integration (and sometimes assimilation) is occurring at a rapid rate. Perhaps youth in Korea could apply the principle seen in the Korean national flag with the “Taegeuk” (Chinese circular “yin yang”, symbolising balance, among other interpretations). If it is possible for us to learn from our own “sunbei” while remaining adaptable to new challenges then surely it will make our own ride through life a little smoother. One of my favourite “sunbei” of all said this: “absorb what

is useful, discard what is useless, and add what is uniquely your own” – Bruce Lee.

To conclude, existence in Korea has been interesting from the point of view that I am able to become part of the cultural system and its norms while simultaneously having the freedom to be able to step back from the fray and simply observe the local customs due to the forgiveness of my hosts who understand if I fail to comply with cultural norms. The perspective I presented in this entry comes to you as a foreigner with a little more knowledge than the average visitor to Korea, both due to my martial arts experience and previous study of Asian culture and language. Along with the generosity of the amazing group of people I have befriended at ITF-Korea, this previous knowledge is the reason that this trip has so far been one of the most enlightening and satisfying experiences of my life.

Photos courtesy of Carl van Roon



go against the “cultural grain” so to speak. May I suggest that while Asians are often stereotyped as being homogenous, this perception usually develops out of a misconception that the presence of a collectivistic mentality leads to a lack of individuality. The Korean word that most efficiently points out the presence of this collectivism is “uri” (us or we). To clarify this point, when describing their relations Koreans do not say, “my family...” or, “my country...”, but rather use the word “uri” as in, “our family...” or, “our country...”. It has been said before that Koreans look at their nation as one big family, and one of the ways that this is reflected in everyday life is the use of titles; similar to the custom of many countries in Asia, older men and women are referred to as “ajushi” and “ajunma” respectively – even though these terms literally mean aunty and uncle. Similarly, your friend’s brothers, sisters and even parents will often be referred to as simply that – as if you were all actually related. For this reason I simply call my home stay parents the Korean equivalents of mum and dad, “omoni” and “aboji”. What gives me “warm fuzzies” about the use of such titles is that they immediately create a sense of familiarity and closeness between people of what could be described as extremely different backgrounds. I guess it’s no coincidence that the words familiarity and family are spelt similarly, is it?

To return to the original point on individuality, I often think how interesting it is to observe how

Pictures from top left to bottom right: senior ITF Korea instructors, Kim, Park (ex-Muay Thai), Kang (Hapkido), van Roon, Lee (Gumdo), Jang (ex-pro boxer), Park • view from the bridge over the main street just around the corner from the Yang Jeong dojang • Mr van Roon gives his respects at Yong Gung Sa Buddhist temple • the coastal Buddhist temple Yong Gung Sa (“Dragon House Temple”) is the most beautiful Asian temple Mr van Roon has seen in his travels • Instructor Park Cheol Ho celebrates his surprise birthday with his students, in many ways, his family (Mr van Roon returned to a similar celebration of his birthday in New Zealand last month, following a comment in his blog that he doesn’t get this treatment at home) • Park Cheol Ho acts is a living example of the “sunbei – hubei” relationship, in this case, the teacher of his hubei... • ...and in this case, the big brother • Mr van Roon was astounded by how completely he was welcomed into the family – the very nature of the titles used for his homestay hosts illustrates the importance of extended family ties throughout society in Korea • Mr van Roon performs guburyo sogi A at Bul Guk Sa (“National Buddhist Temple”), where the Hwa Rang dwelled during the Silla Dynasty – succinctly illustrating the theme of a western martial artist finding fulfilment at the home of our chosen martial art.



itfnz.org.nz/news/van-roon.html

Continuing To Understand Moral Culture

Part 1 of 2

by Kane Raukura, IV dan
Director of Standards and Discipline

In the December 2006 issue of Taekwon-Do Talk, I presented an article entitled "What is Moral Culture?" As we begin 2007, I would like to continue from where I left off and focus on other various aspects of Moral Culture. But before I start, if you didn't read the last article or you have forgotten, I will share the simplified meaning of Moral Culture with you once more.

"Moral Culture is essentially about becoming a good person and developing the respect of others through your actions."

Let us continue our journey of discovery and delve deeper into the varying aspects that surround Moral Culture. In the Condensed Encyclopaedia, General Choi speaks of finding oneself or discovering your own human nature. What does our Founder mean by this?

I believe he is saying to us that we must have a clear understanding of who we are, our purpose here on Earth and our own personal identity. It is about a developing a sense of place. Only then can we hope to earn the respect of our peers and fellowman.

So how can you find yourself? It sounds pretty deep doesn't it? General Choi says there are two main ways:

1. By preserving the goodness given to you at birth, ie, the innocence you had as a young child or baby.
2. By renouncing or refusing greed for material possessions or things.

Okay, the meaning of both of these is easy to grasp, but does General Choi give us any clues in regard to how we might achieve both of these points? Luckily for us, he does! The Founder lists fifteen key methods by which we might achieve the above.

Each is centred on improving and discovering oneself. In this issue, we'll have a summarised look at the first seven:

A. Man may occupy two positions in a life time

That is the natural one he is born into, a member of humanity. And then there is the one that he or she takes up in life. The idea is not to lose perspective, remembering we are the same as each other no matter what worldly position we hold. The first position must be guided by the five virtues as discussed in the previous article as they will help us keep the balance.

B. Greed is insatiable

Becoming trapped in a cycle of wanting more and more leads to discontent. Greed can often truly blind us. The Founder states that, "There is no better way to self satisfaction and human growth than the constant development of a generous nature." Therefore, giving of yourself, sharing your time and sharing what you have with others is one way to achieve happiness.

C. Be humble

To resist arrogance and to act with humility is important to gain the respect of others. To act humbly and to turn away from trivial arguments is a true virtue.

D. Self-criticism

Wisdom comes with time and experience. As we learn more, the opportunity arises for us to be self-critical and to judge our own weaknesses and shortcomings. As learning is a life-long process, our willingness to change, correct, and improve our own lives should be, too.

E. Be soft

Throughout life it is important to allow flexibility, to adapt, and move through periods of change with ease. General Choi uses the following adage, "A tree, such as a sapling, can withstand a strong wind when it is young and flexible but may be toppled or broken after it becomes old and brittle."

F. Respect of elders

Without the older generation there would be no younger generation. A successful society is based on respect for the knowledge and wisdom of the elders in its midst. Their experience, insight and knowledge should never be ignored.

G. Respect the rights of others

It is important to have integrity in everyday life, to acknowledge those that are successful without criticism. Aim to do good deeds towards others with no expectation of anything in return. Never claim credit for the hard work of others.

In Taekwon-Do, we have a great responsibility. We learn and many of us teach techniques that can inflict real devastation. Therefore, it is of the utmost importance that we also cultivate the spirit and the mind. As we grow like the towering tree in Taekwon-Do, we must also allow our character and spirit to grow towards the heavens. To be just, to be kind, to be an example to those in society and to be the people General Choi wanted us to be.

Truly, moral culture is at the heart of any real martial artist.

Next time... the remaining eight key methods of developing Moral Culture.

For further information on Moral Culture check out: itfnz.org.nz/what/what_moral-culture.html

Photos courtesy of Kane Raukura



Below: black belts from Dragons Spirit Papatoetoe demonstrate their humility by wading in a public fountain. The crowd of preschool onlookers were very jealous.

itfnz.org.nz/taekwon-dotalk/key.html

Taekwon-Do School Programmes

by Lance Brunton, 1 dan
Co-instructor, Miramar Juniors

The experience gained over a number of years as co-instructor of the juniors at Miramar provided me with a good understanding of teaching and motivating children and perceiving what works and what doesn't.

This knowledge, combined with a personal desire to support the development of our children's health, well-being and safety, motivated me to accept a request to develop and facilitate a number of primary and secondary school Taekwon-Do programmes on behalf of ITFNZ and the Miramar School.

As part of the annual curriculum, many schools co-ordinate programmes of weekly sports or community activities to provide exposure to the diversity of activities that are available to our youth today. Taekwon-Do is one such activity, and I suggest it offers quite a number of positive aspects to children's development and wellbeing – the obvious being improved personal awareness, confidence and safety.

Increasing numbers of younger students within the dojang suggest that parents and perhaps children themselves are recognising the changing world and subsequent increase in negative, anti-social and violent behaviour in society today.

As many children or potential students have never considered or had exposure to a martial art, let alone commit to an ongoing training regime, the offer to bring Taekwon-Do into the school environment is a positive initiative... and extremely well received, judging by student and teacher feedback to date.



Mr Brunton sets some basic ground rules for a group of school pupils.

recent study and book on autism recommends Taekwon-Do specifically for the teaching and learning approach, and that the author has personal experience or knowledge of benefits and improvement.

Class numbers generally consist of 20 to 30 students. This is manageable, as I have conducted the majority of the session by myself. At times a number of senior club members supported me, which also provides excellent opportunities for their personal Taekwon-Do teaching development.

- appreciating different motivators for students to select Taekwon-Do
- girls and boys often appear to be reluctant to work with or touch the opposite gender.

...and yes, there have been a few "naughty" students, who I manage by firmly expressing my expectations.

Experience to date suggests utilising a diversity of activities within each session. Favourite activities to date seem to include pad work, flying kicks and (controlled) sparring. I take club sparring gear for the last session to provide a pseudo real opportunity to go "one on one", which also appears to be a frequently requested highlight. I introduced activities utilising balloons and other common items, and I teach less onerous challenges for the primary school market, where students are younger.

Recently, I focused on teaching everyone to try to perfect a flying 360° turning "tornado" kick as the personal challenge element of the programme objective. Albeit a challenging kick, most students achieve a really good and personally satisfying result by the final session and probably don't realise they have combined a number of fundamentals into one quite challenging technique.

The participation certificate I hand out at the end of the programme is also well-received. I ensured that the certificate is professional (glossy photo paper) and includes the school logo as well as ITFNZ branding and contact details (0800 800 495 and web-site address) by incorporating the ITFNZ A3 poster graphic.

As a result of this exposure, we have been invited to perform demonstrations at school fairs and other events. A number of current ITFNZ students were motivated to try out and join a Taekwon-Do club after participating in school programs or having watched one of the demonstrations performed by club members.

I always look forward to the sessions and have certainly enjoyed the participation to date. I recommend that we all consider this sphere of opportunity.



They may not be the best kicks in the world yet, but these students are having a great deal of fun!

I continue to be impressed, motivated and rewarded by the results and development achievable in six weekly one and a half hour sessions. All students' abilities are catered for and considered; a recent programme included a young lady with autism. This young lady was truly spirited in her personal development – no less than any other participant in my view.

As an aside, I was recently asked by an autism support group to facilitate holiday programmes for youth with this ailment. I understand that a

There are some challenges and aspects that need to be considered when conducting Taekwon-Do sessions in a less formal school environment than within the dojang. These include:

- actual programme session content, emphasising fun
- balance of formality
- philosophical content

Surviving the Midlands Annual Camp

by Peter Stet, 1 dan
Te Awamutu

Vital statistics:

Midlands Camp held 9-11 March at Karakariki Christian Camp, Whatawhata.

Organiser: Miss Anna Hall, 3rd dan, Te Awamutu.

Participants: 55 from around Midlands divided only by the Kaimais; three from Auckland North.

Camp theme: "Survivor".

Guest Instructors: Mr Banicevich 5th dan, Paul M Glendowie, and Mmes Leong, Tai Chi

Additional incentive: The Battle of the Kaimais Trophy.

On a sunny Friday afternoon a steady stream of Taekwon-Do students arrived, and reacquainted with old friends and met new ones. Miss Hall wasted no time communicating camp rules and divided the Kaimais / Waikato foes with bandanas. Below the friendly camaraderie lay the fierce competition of who will win the coveted trophy.

The first night was a bit restless for some dorms but they paid with some extra exercises that would make them sleep better. Saturday morning's 6:15am warm up, with a 4km run, reminded everyone that "Survivor" was not a bad camp description. After a healthy breakfast we got down to business. Four sessions, four groups rotating between them, with a Survivor challenge thrown into each one.

Patterns were the domain of Mr Rimmer 6th dan. He likes to get everything just in the right place for the right reason. Mr Ian Campbell 5th dan taught self defence and step sparring. He likes to get you thinking about how to apply your patterns to get you out of any situation. Sparring and tournament rules was a full-on session with Mr Grant Eccles 4th dan. Plenty of action and some innovative ideas, especially doing push ups and sit ups underwater in the pool. Not sure how we apply that to a sparring session but it was pretty hard to do, I can tell you! In specialty and destruction, Te Awamutu's Sam Campbell 1st dan passed on some great pointers to get higher for longer. Assisted by Mr Banicevich, all students got to jump and jump... you know what I mean.

Saturday evening was the "Battle of the Kaimais Quiz". Ms Jodie Collins organised the last three I know about, and this year was no different. Sadly for Waikato the clubs from over the Kaimais won. Their points from this and other Survivor challenges were starting to add up, and they edged ahead. All that was left that evening was sitting around the camp fire, performing a skit each group

Photo courtesy of James Rimmer



had worked on during the afternoon.

Sleeping was better that night, just to be rudely awoken at 6am with a gentle "get up; form up in the car park in 15 minutes", that worked for almost all the happy campers. Some took a bit of persuading: everybody did push ups on the metal surface of the car park waiting for one very late riser. Yet that was the perfect preparation to jump in the pool at 6:30am to practice some kicks. In fact, the water was warmer than the ambient temperature so getting out was the challenge! Those with a reason not to be in the pool had a session with Mr Stet to do some basic patterns in slow motion, allowing students to think about where blocks and attacks start and stop. Just as well doboks are white, as it was still pretty dark!

After breakfast Mr Banicevich took everyone outside to roll around on the grass. Well, not quite. Ground technique was the theme and some very useful techniques were presented, including some of Mr Banicevich's favourites like locking your opponent's legs behind their backs so you can have a field day with their back section. Very nasty. Getting up without using your hands, so you can continue defending yourself, was also a very useful tool. We had to swear we would never use our hands again getting up.

Mrs Leong and her daughter presented a very interesting Tai Chi session. Most everyone recognised Taekwon-Do moves and understood the meaning of the movements. Just like Taekwon-Do, Tai Chi uses blocks and attacks and is also a martial art of self defense. Demonstrations included the sword and the fan. It was a magical display of precise movements. Mrs Leong revealed after that she was 73 years young, and I remember thinking, "I hope I can be as fit as you at that age!"

The Waikato had a very good run in the latter Challenges, but as the Chiefs often do they left their run too late. The winner for the second time in a row was the Kaimais team, who deservedly claimed their prize possession. Of the six students that were noted for outstanding tenets and participation, Kara Timmer was picked as the winner of the \$100 Top Pro gift voucher. Well done Kara! We hope to see you all back next year.

Photo courtesy of James Rimmer



Photo courtesy of Peter Stet



Photo courtesy of James Rimmer



Clockwise from top: camp participants do their best to open their eyes into the blinding Waikato sun, with inset of the Survivor Camp logo designed by Miss Anna Hall • Messrs Stet and Harding roll around in the grass during Mr Banicevich's ground techniques class • Not all pool training was at 6am, and this was a great way to beat the heat, thanks to Mr Ian Campbell • Mr Rosser accepts the coveted trophy for the victorious Kaimai team • Students notice similarities between Tai Chi movements and Taekwon-Do movements, under the watchful eyes of Mmes Leong (inset).

Photos courtesy of James Rimmer



Same Technique, Different Attacks

Three Principles for Releasing Techniques, part 6

by Mark Banicevich, V dan
Instructor, Paul M Glendowie

In the past five issues, I outlined how to apply the three principles of releasing techniques to *nikyo* from a cross grab. In this issue, I apply *nikyo* to a same side grab, and a two handed lapel grab.

Many grabs from the front are very similar to a cross grab or a same side grab, so you can probably figure out how to apply *nikyo* to many grabs. Of course, a two handed grab is just two one handed grabs!

Three principles for releasing techniques

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



The attacker grabs your right wrist with his left hand.



The attacker grabs your lapels with both hands.



Trap the hand with your left hand, and use hip then hand to pull the attacker off balance.



Step back, using hip then hand to break the attacker's balance, while trapping their right hand with your left hand.



Circle your right hand outside the attacker's left arm, towards his face. Keep your elbows in.



Slide forward, twisting the attacker's left hand, and sliding your right hand to their left elbow.



Move toward your opponent as you continue your circle downward. *Nikyo* is applied.



Lean forward slightly while twisting the attacker's left hand in a circular motion toward them and down. *Nikyo* is applied.

itfnz.org.nz/taekwon-dotalk/key.html

Photos courtesy of Michelle Banicevich

Our Under 18 Champions

by Mark Banicevich, V dan
Editor, Taekwon-Do Talk

What does it take to be an Epson Under 18 Champion? At the fifth and final tournament for 2006, I asked the champions what makes them tick. Some of their answers may surprise you...

Melissa Timperley

I usually train seven days a week. I train at Paul M Papakura, Paul M Waiiau Pa, Dragons Spirit Papatoetoe and with the Junior World Championships squad. I am training for the Junior World Championships in Quebec for all events except individual power.

I started Taekwon-Do after trying it out at a Have-A-Go Day in Manukau. I asked Mum if I could go, and she said to wait a year. The following year I returned to the Manukau Have-A-Go Day, saw Taekwon-Do again, and asked Mum again if I could do it. This time she said, "Okay".

Ethan Parker

I train four times a week. I am training to compete for New Zealand in patterns and free sparring at the 2007 Junior World Championships. I try to do a lot of sparring drills. Sometimes I train at home with my sister Alicia (I dan, Paul M Papakura), usually helping each other with patterns. I would like to dedicate my efforts and my success in the 2006 Under 18 Series to my late grandfather.

Annaliese Kerkvliet

I currently train twice a week at club, once with the Junior World Championships squad and six times alone. I run three times per week, and at home I do patterns, or Dad helps me with padwork. We have a large mirror in our garage, which is great for patterns. I am a member of the Wellington Demonstration Team, which is great fun. I have done seven or eight demonstrations. I enjoy showing the public what we do, meeting people, and learning from such great people. I would like to



Ethan Parker in action against Waka Clencie at the fifth tournament in Auckland.

thank my family, Mr and Mrs Trilford, Mr Ballard, Mr Burr, the Wellington Demonstration Team, and my club, for their support.

James Wright

I train three or four times a week, particularly on technical stuff and sparring, patterns and fitness. I do patterns every day at home, and closer to gradings I practise self defence and one-step sparring. I plan to grade for 1st dan in May, and I have started my push ups and sit ups.

I hope to be in the Junior World Championships Team in 2009 for patterns, sparring and special technique.



The 2006 Epson Under 18 Series Champions pictured with Master Paul McPhail and Mr Greg Skinner.

Photos courtesy of Doug Hanna

				
Name	Melissa Timperley, I dan	Ethan Parker, I dan	Annaliese Kerkvliet, 3rd gup	James Wright, 1st gup
Club	Paul M Papakura	Paul M Papakura	Kapiti Coast	Jungshin Red Beach
Age		13 years		10 years
Favourite food	chocolate	chicken	chocolate	lots of stuff
Favourite movie	Shrek	Step Up	The House of Wax	Chronicles of Narnia
Favourite book	The Spiderwork Chronicles	Anything by Dick King-Smith	Summer of Shadows, by Iona McNaughton	Horrible Histories Collection, Terry Deary and Martin Brown
Favourite song	Avril Lavigne, "Sk8er Boi"	Justin Timberlake, "My Love"	Hinder, "Lips of an Angel"	don't really have one
Breakfast this morning	french toast	Weet-Bix and peaches	Just Right with strawberries	Weet-Bix
Years of Taekwon-Do	4.5 years	4 years	3 years	4.5 years
Who inspires you?	Mr Daniel Jackson, Master Paul McPhail, Jackie Chan	Mr Mark Trotter	Mrs and Mr Trilford, Master Paul McPhail, the Junior World Championships Team	Mr Gary Sawyer
Favourite event	free sparring	patterns	special technique, patterns	free sparring
Other sports	soccer, softball	rugby	netball, softball, running, horse riding	none

Two Days of Madness

National Juniors' Camp, 17th-19th November 2006

by Emma Pygott, 1st gup
Jungshin Stanmore Bay

Everybody who had been to the camps before expected eggs and pegs, we thought we had Mr Brown sussed. Boy did we get that wrong!

By about 5pm everybody was arriving. We went to give our lovely home-made creations to the wonderful Mr Brown and the extremely hard working (even with his foot in plaster) Mr Skedgewell. As we handed in the home-baking, we expected to get a coloured peg to wear. But this year we got dog tags, this made it harder to find our groups, but we managed in the end.

Everyone went to the hall, and waited. When Mr Brown arrived, he blew his air horn as usual to get everyone's attention. We all got into our teams. Mr Brown told us all the rules and gave us our mascots, and to everyone's surprise instead of little eggs, we got huge pumpkins, which we had to decorate with an assortment of glitter, pipe cleaners and balloons! Next came supper and bed, no-one was tired because we were all excited about the weekend ahead.

Saturday morning was the horrible run on the field. Mr Brown, as we had found out at the other camps, wakes us up with loud noises. Because everyone knew that, we all got up before the recommended time.

Breakfast was cereal and toast. Mr Brown started (as usual) talking while we were all eating. He told us to shower up, and get ready for the first training session of the weekend, which was specialty, with Mr Diggelmann, and the junior black belts. Everyone watched how high all the instructors could jump. We were all eager to try this ourselves. We had super fun, and all tried our hardest. We managed to hit the pads. A few kids got picked to show how high they could jump. It was a very useful and action-packed training session.

Morning tea time was home-made baking eating time. They were fabulous! We were only allowed a maximum of two sweet things, but it was still worth it!

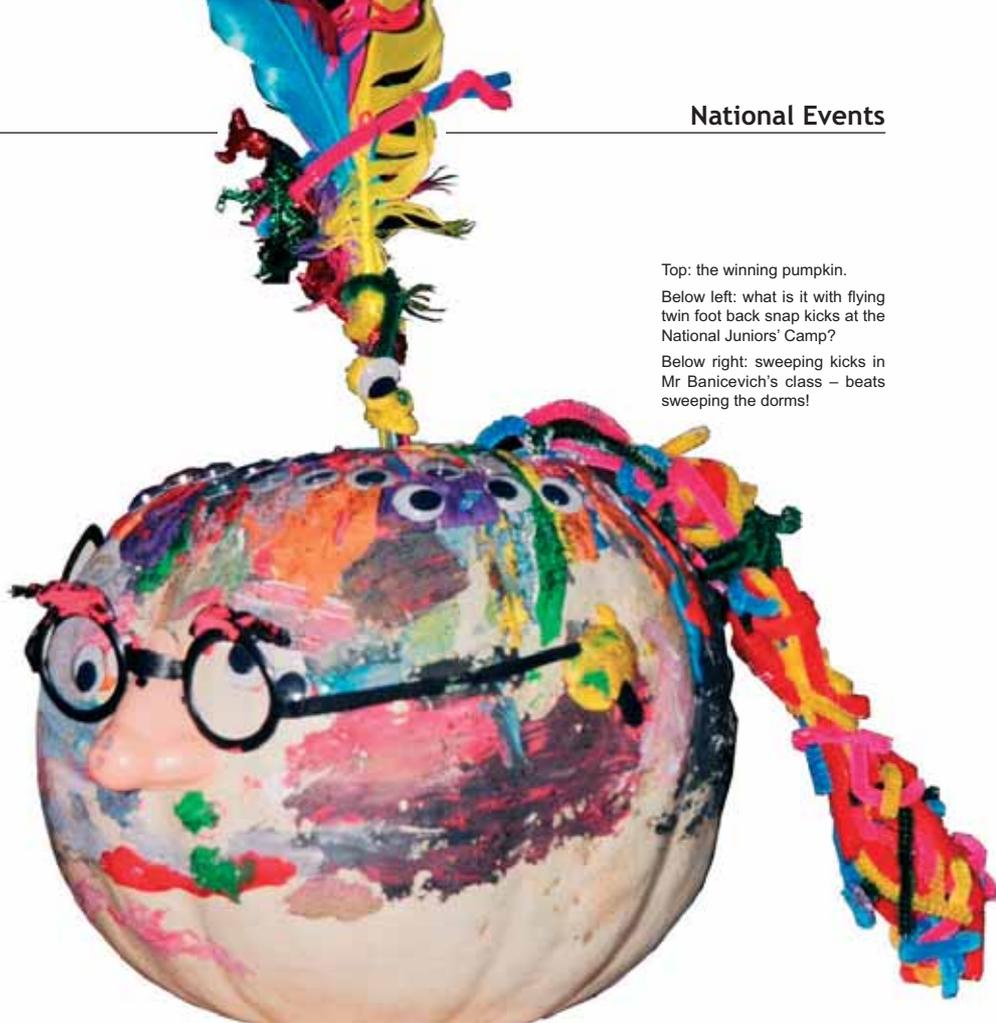
Everyone was looking forward to the second training, power-breaking taken by Mrs Cherrington! We all had goals, to try and break at least one board! Once the training was over many kids came out with smooched feet and toes, also with huge grins.

It was half way through the day, and time for lunch! We all enjoyed the magnificent food Mrs Poole and her helpers had prepared for us. Mr Brown reminded us *not to lose our dog tags!* Once he was finished his big speech, he gave us free time to work on our fantabulistic skits.

During free time there were kids running around, screaming and just being loony. It quietened down for a little while, most kids got their skits sorted and clearly thought out.

Then the last training session of the day, sparring with Mr Eccles and Ms Collins. Everyone worked really hard, and had fun doing it. We left the gym sore, but glad about what we had learnt and ready for afternoon tea (more home baking) followed by another chance to work on our skits.

Dinner was the best so far, we had delicious roast chicken! After dinner we all headed for the gym, to prepare for the show! Some skits were hilarious and



Top: the winning pumpkin.

Below left: what is it with flying twin foot back snap kicks at the National Juniors' Camp?

Below right: sweeping kicks in Mr Banicevich's class – beats sweeping the dorms!

while the judges – Master McPhail, Mr Banicevich and Mrs Cherrington – discussed the results, the junior black belts put on a “show” based on the TV program “Jackass”. It was funny, but looked like it really hurt. The judges came back into the gym and gave us our results.

Supper and bed was next on the agenda. We tried to get to sleep, for *hours* unsuccessfully, but we don't need to our parents to let know that do we?

Sunday was the last day of camp and we were all excited, but sad that it was coming to an end. We were woken, and headed towards the gym, for our morning exercises.

Everyone got into their doboks after breakfast, and formed up in the gym. All the black stripes went with Master McPhail, to work on patterns and

techniques. Everyone else was in the gym, with Mr Banicevich doing break falls and self defence. Two hours and more yummy home baking later, Mr Banicevich told all of us about a game called “War Games”. Everyone rushed to get ready, then headed straight for the field to get the war on! The game ended with everybody smiling.

Sadly it was time for lunch, our duties, and final words. Mr Brown was pleased at how well this camp had gone. He announced who won: Team 1! Lunch was the left over home baking and a sausage sizzle.

We said our goodbyes and headed home with grins on our faces.

Thanks to Micayla Wright, Hayley Barry, and Navarda Ravenscroft.



Photos courtesy of Shirley Pygott

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Master Willy van de Mortel, VII dan

by Greg Skinner

Director of Coaching and Selections

A name that has been synonymous for many years with world champions in free sparring is that of Master Willy van de Mortel. Some of his protégés include such famous names as Tomaz Barada, Julia Cross and Bianca Tapilatu, to name a few. He also coached Tomaz Barada throughout his WAKO Kickboxing career where he achieved an incredible 84 wins from 84 fights to become the undisputed WAKO Kickboxing World Champion in his division.

Master van de Mortel has been involved with several countries to develop and coach free sparring at World Championships, including the Netherlands, Italy and Slovenia. He was, of course, also contracted to the New Zealand Junior Team in 2004 and Senior Team in 2005.

This year, ITFNZ has contracted Master van de Mortel to hold a sparring development camp for some of our talented juniors, plus a number of seminars throughout the country for other interested Taekwon-Doists. The first visit will be in July, with another scheduled for December, in what is planned to be an on-going program to further develop and lift sparring standards.

Greg Skinner caught up with Master van de Mortel while in Europe last month, and put the following questions to him.

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

I commenced Taekwon-Do in 1976 at the age of 17.

At what club did you start and who was your instructor?

The club was Tiger Academy in Deurne. The instructor was Frans Maandag.

Below: Master van de Mortel has been a friend of ITFNZ for many years. We first met in 1992, when Master van de Mortel came to New Zealand for our World Camp, in Palmerston North. The picture below was taken at that event. Master van de Mortel (then 3rd dan) is pictured with Master Fabian Nunez of Texas (then 4th dan, now 7th dan).

Photos courtesy of Paul McPhail



When did you achieve your 1st dan black belt?

In 1981, five years after commencing.

When did you start instructing, and at which club?

I commenced instructing in 1992. The club was the Taekwon-Do Centre, also in Deurne.

What are some of your biggest Taekwon-Do achievements?

From a competition viewpoint, this would have to be the results that I have achieved with a number of students in becoming European and World Champions.

What is the highlight of your Taekwon-Do career?

Again from a competition viewpoint I have been fortunate to have been involved with several students that have achieved World Champion titles, but the most memorable for me would have to be at the 1999 World Championships in Argentina, when Tomaz Barada became World Champion -63kg division for the first time. Also, my recent achievement of 7th dan and Master is a highlight for me.

What is your most embarrassing Taekwon-Do moment?

This I cannot honestly answer as nothing in particular comes to mind. In any case, I do not want to look backwards and prefer to concentrate on what is ahead.

What are your personal goals for the future?

My major goal for the future is to give the knowledge and experience gained as a competitor and also as an instructor back to other students.



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

My immediate involvement with ITFNZ will be by way of the forthcoming sparring seminars that will take place in July and December this year. From these I would like to see ITFNZ produce competitors that can secure medals at future World Championships.

Which active Taekwon-Do practitioner do you admire the most and why?

I am fortunate that I can think of several people whom I admire, not just one in particular. There are always people who have certain qualities that I admire, either Taekwon-Do related or personal.

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

In my view ITFNZ has become very well organised. In particular, the ITFNZ website presents a very professional image to other ITF countries. Many people all over the world look to the ITFNZ website, especially during World Championships. Also, the good results achieved at World Championships since 2003 has raised ITFNZ's profile considerably.

What are your favourite hand technique and foot technique?

Favourite hand technique for me would have to be reverse punch to the body. Foot technique would be back kick and reverse turning kick.

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

A good person. For instance, as an instructor you may have a student who is shy and has little talent but always turns up for class. For me this can often be more important than a champion.

itfnz.org.nz/taekwon-dotalk/key.html

Instructors' Training Courses

by **Brendan Doogan, III dan**
Dragons Spirit Papatoetoe

At a loyal-to-Taekwon-Do hour on Saturday 10 February, five black belts from Dragons Spirit Papatoetoe made their way to the Meadowbank School for an Instructors' Training Course. The first few minutes were spent catching up with old friends and new, and admiring recent renovations to the dojang, including floor-level Louvre windows to catch the summer breeze. The content of the course was technical, looking at the theory behind all those little details.

body by straightening the supporting leg(s), but not completely (see bending, below). The next phase is accelerated motion in which we drop our bodyweight and accelerate the tool to the target.

Forward and backward stepping sine wave is usually fine, but we have to perform it a little differently when turning, maintaining the stance on the spot, changing stance on the spot, or transferring body weight from one foot to the other.

When we turn we need to get moving, so we do a small "down". Once we're moving we rise and turn at the same time, so our "up" and chamber occur simultaneously. From there we accelerate into the technique, dropping into the final "down". Don't stop at the chamber, and don't wait till you've turned to do a little chicken-style head bob.

If we stay on the spot in the same stance we still do a full sine wave. Walking stances have a straight rear leg so to do the first "down" you need to bend the back knee. Rising up onto the ball of that foot creates the "up", and you body will tend to move or lean forward somewhat. This is natural, and is not something you should do deliberately or overemphasise. In fact, leaning forward too much will rob you of power because you'll be moving in the opposite direction to your technique. An example of sine wave while maintaining a walking stance is in the first few movements of Do-San. For stances where both legs are bent (niunja, dwit bal, etc), it's pretty straightforward: "down-up-down", as in the first and second techniques in Won-Hyo.

Changing stances on the spot as in Won-Hyo movements 2-3 is similar. "Down" to relax and get going, "up" and lift the foot that's moving, and "down" into the second stance, placing the moving foot. The second guburyo junbi sogi A in Won-Hyo is done the same way. "Down" to relax and get going, "up" and lift the rear leg, "down" and drop into the stance with the supporting leg, bringing the other foot up at the same time.



Photo courtesy of James Rimmer
 Twenty seven instructors and senior students attended the Midlands seminar on 25 February in Tauranga.

Training Secret of Taekwon-Do

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except a connecting motion.

The above training secrets were used as the outline for the course. The main ones covered were sine wave (#8), bending (#6), backward motion (#7) and smooth movement (not stopping the action partway, #7). Hip twist also came up (part of the theory of power, #1).

Sine wave

What we call sine wave is the 'down-up-down' motion caused by bending the knees when moving and changing position. It is used to increase power by maximising speed and mass (kinetic energy = 1/2 mass x speed²). The first part is called the relaxation phase, where we bend our knees slightly and begin to rise into the 'up' position. This 'down' is only slight, just enough to relax the legs and get us moving. In the 'up' position we lift our



Photo courtesy of James Rimmer
 Mr Mark Trotter 4th dan, Co-instructor of Impact Kingsland, travelled to Tauranga for the Midlands seminar.

The first bending stance is performed while stepping the feet together. We need to get moving, so "down", then we decide to put our weight on the other foot. So we put the right foot back down next to the left. Now our vertical movement has stopped, so we need to start a whole new sine wave: "down-up-down". This means we bend the right leg a bit, then straighten it a bit (not totally) before dropping down and bending it into the final position. Another place where we do sine while stepping together is during the last two movements of Do-San.

Bending

As you can see, there's a whole lot of knee bending going on. In addition, we almost always bend the arms too. When our arms and legs are bent we move more easily, quicker, and safer. Safer because when we chamber for a punch, block, strike, etc, our elbows are generally bent downward, getting in the way of the opponent who might be faster than us. Try tapping your partner's vital spots as they chamber for various techniques.



Photo courtesy of Paul McPhail
 During the seminar, attendees were divided into small groups to practise teaching students. Mr Bruce Harrison of Dragons Spirit Papatoetoe teaches the method of slow motion movements from Kwang-Gae tul to the rest of his group at the Auckland seminar.

Backward

Another thing we do is move the tool backward slightly before accelerating to the target. Again, it's for relaxation, and relaxation = speed = power. Try punching with a tense arm and see the difference! For a front punch the hand relaxes and drifts forward of the hip slightly, then is pulled back to the chamber and sent out at the target. For a side block the arms are pulled back and chambered before one goes to the hip and the other to the target. Don't overdo it though, or you'll expose your own vital spots!

Smooth

As your tool passes through the chamber it's important to keep it moving smoothly. If you pause at the chamber you lose speed and give the bad guy a chance to see what's coming. In other words the whole action from start to finish should be relaxed, smooth and fast – without stopping.

Hip twist

For the same reason you should use hip twist when the movement allows it. Forward and backward stepping are generally not good places to use it, because it takes longer and exposes you temporarily. Techniques such as blocks and strikes performed while turning can use the extra mass of hip twist to increase power nicely. Rising blocks while stepping forward have a slight hip twist action.

President's Corner

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



Master Evan Davidson
President of ITFNZ Taekwon-Do

I hope you all had an enjoyable festive break over the recent Christmas-New Year period and that you have recharged and readied yourselves for another exciting Taekwon-Do year.

2007 is gearing up to be another big year for ITFNZ and for ITF Taekwon-Do in New Zealand.

ITF South Korea requested assistance from New Zealand to help with teaching ITF Taekwon-Do and English to some of their youth in many of their dojang. As you all know, Korea is the home of Taekwon-Do, and in particular, South Korea is the stronghold of the World Taekwondo Federation (WTF). There appears to be some movement, by the general public of South Korea, away from the

sport orientation of WTF to the more Martial Art system of the ITF.

To this end Mr Carl van Roon took up a challenge and headed over to Pusan in South Korea to pave the way for further assistance from ITFNZ. It is great to read Mr van Roon's daily reports, which are available to all on the ITFNZ website: itfnz.org.nz/news/korea.html. South Korea requested three more instructors to assist their cause. This is excellent kudos for ITFNZ and I'm sure it is very much appreciated by the International Taekwon-Do Federation. (Watch this space.)

I wish to congratulate eight of our senior members for their promotion at the Senior Grading held recently in Palmerston North. An excellent effort which shows the depth and dedication we now have in our organisation.

The Junior and Senior World Championship teams for the upcoming ITF World Championships were selected recently. Thanks to the coaches, management and families who offer their free time to ensure we put forward a high standard of competitor. Once again we hope to have Master Willy van de Mortel from the Netherlands assist with the teams' preparations before they head off to Canada in May. Good training and good luck to all.

It is also heartening to hear from individual members, schools and instructors that being part of ITFNZ is something special to them. The Executive and I greatly appreciate all your hard work and support. We are really one big family who follow the teachings and promote the legacy of our late founder, General Choi Hong Hi.

Our vision is about growing the original ITF

Taekwon-Do to be among the most popular martial arts and sports in every town in New Zealand. This can be done. All we need is for ITFNZ Taekwon-Do schools to spread out into other suburbs and towns throughout the country. I ask all you prospective instructors to think seriously about teaching the Art. A great deal of knowledge and understanding of our Martial Art is gained by being a teacher and instructor. This rewarding challenge awaits you.

I look forward to bigger and better things, like the next Senior and Junior World Championships in Canada, where ITFNZ will be bidding to host the 2011 World Championships. Good Luck to all.

Keep up your ITF Taekwon-Do training and your support of ITFNZ.

News in Brief

Breaking Seminar

On Sunday 4 March, Meadowbank hosted two breaking seminars run by Miss Carlie Dann 3rd dan and Mr Jon Sawden 3rd dan.

The seminars, limited to small numbers, filled very quickly. Students spent most of the seminar breaking; they were designed to give instruction and a lot of practice.



Photo courtesy of Mark Banicevich

At around 50kg, Miss Dann (second right, pictured with participants of the first seminar) is an inspiring breaking coach. She is a student of Master Rocky Rounthwaite, and former Junior World Champion in power breaking.

Full Time Dojang

Thanks to Auckland City Council, Dr Thu Thach now has a full time dojang in Mt Wellington. The building is rented from a local rugby club, who rarely use it.

Porirua Taekwon-Do recently completed stage two of their full time dojang project – their fence. Instructor Mr Peter Chapman is pictured with his students laying the concrete. We look forward to further updates.



Photo courtesy of Peter Chapman

Meeting Snippets

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

Executive Meeting, 10 February 2007

1. The Instructors' Agreement is complete and was approved.
2. ITFNZ policy documents are available on the website: www.itfnz.org.nz/ref/documents/index.html.
3. ITF Korea exchange project is well and truly underway. Mr Carl van Roon returned from one month in South Korea, and Messrs Gwyn Brown and Brendan Doogan are now teaching there.
4. A financial feasibility study looking at ITFNZ hosting the 2011 ITF World Championships was undertaken before spending hundreds of hours preparing a presentation. The result is that the Executive feels it is viable to go ahead with the bid to host the World Championships.
5. ITFNZ currently spends more than we receive in fees, etc, as we are doing many things to improve the organisation's profile and build

for future growth. This means we had to make budget cuts for the 2007 financial year.

6. The Marketing Committee is currently restructuring – time is needed to get marketing up and running. If anyone wishes to be involved in ITFNZ, here is a great opportunity. Contact Mrs Sue Breen to see how you can assist or help: sbreen@itfnz.org.nz.
7. A new Standards & Discipline document is due to be released shortly. Some of its content is already happening.
8. ITFNZ Sales are closing down. ITFNZ products will become available via conventional outlets in the near future.
9. An online database for instructors to maintain their club details is progressing quickly. It is currently in the testing phase.
10. ITFNZ's Strategic Plan is in its final stages. Our Development Officer will present it to SPARC (Sport and Recreation NZ) very shortly.

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Directory Changes

itfnz.org.nz/schools/index.html

Time and venue changes

Auckland North

Hurupaki

Mr George Konia III dan
Hurupaki Primary School, 20 Dip Rd, Kamo
Monday and Wednesday 6:00 - 8:00pm,
Thursday, Kids: 6:00 - 7:00pm
Power class 7:00 - 8:00pm
Friday 6:00 - 8:00pm (dan only)
One Tree Point Primary School, RD 1, Ruakaka
Tuesday 6:00 - 8:00pm

Nibun ITF Orewa

Mr Francis Fong II dan
Orewa Primary School Hall, Maire Rd, Orewa
Monday and Wednesday, 6:00 - 8:00pm

Nibun ITF Diocesan

Miss Rachel Lim I dan and Joanna Northey I dan
Margot St, Epsom
Tuesday and Thursday, 7:00 - 8:15am
Visiting students please obtain permission before
visiting this branch

Tamaki

Dr Thu Thach III dan
Mt Wellington Rugby Football Club, Hamlin Park,
Wilson Way, Mt Wellington
Monday and Thursday, 6:30 - 8:00pm,
Seniors 7:00 - 8:30pm

Meadowbank

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

Ji Shin Royal Oak

Mr Hung Nguyen II dan
Royal Oak Primary School, Manuaku Road,
Royal Oak
Monday and Wednesday, 6:00 - 7:30pm
Adults 6:30 - 8:00pm

Counties Manukau

Waiuku

Mr Phil Dunn II dan
Sandspit School, Sandspit Rd, Waiuku
Tuesday and Thursday, 6:30 - 8:30pm

Midlands

Hwa Rang Academy

Ms Christine Young IV dan
Aquinas Action Centre Multi-Sport Room
Aquinas college, 183 Pyes Pa Road, Tauranga
Monday & Thursday 7.00 - 8.00pm

Central Districts

Cloverlea

Mr Richard Burr II dan
Cloverlea Primary School, Herbert Rd,
Palmerston North
Tuesday 5:30 - 7:00pm

Milson

Mr Lawrence Mantjika V dan
78 Milson Line, Palmerston North
Monday and Wednesday, 5:30 - 7:30pm

Taekwon-Do Cubs

Mrs Rose Cherrington III dan
412 Arapaepae Road, Levin
Monday, kids 10th-9th gup 4:00 - 5:00pm,
8th gup+ 5:00 - 6:30pm
Friday, Adults 6:30 - 8:00pm,
Sunday 1st dan+ 2:00 - 4:00pm

Kapiti Coast

Mr Ian Leitch I dan
Memorial Hall, Tennis Court Rd, Raumati South
Tuesday and Thursday: kids 6:00 - 7:00pm, adults
7:00 - 9:00pm

School closures

Auckland North, Chang Hun Raumanga, Chang
Hun Maunu, Nibun ITF Baradene. Central
Districts, Stratford. Wellington, Avalon.



Instructor Changes

Auckland North

Nibun ITF Diocesan
Miss Rachel Lim I dan

Impact Kingsland

Mr Mark Trotter IV dan and
Mr Carl van Roon I dan

Midlands

Hwa Rang Otumoetari
Ms Christine Young IV dan

Phoenix Taekwon-Do Gisborne
Mr Kevin Cale I gup

Central Districts

International Pacific College
Mr Kunihiko Kaneko I dan

Wellington

Kapiti Coast
Mr Ian Leitch I dan

Thank yous

ITFNZ would like to thank Mr Derek and Mrs Sar Coradine, Miss Renee Richardson, Ms Natasha Bibby, Mr Jarred Toopi, Mr Byron Cummins, Miss Hannah Warren, Mr Roman Chirtoca, Mr Kim Bull and Mr Greg Trilford for all of their effort instructing over their respective terms. Congratulations to new and incoming instructors on their new roles.

Congratulations to the following instructors who graded recently:

- Mr Shaun Tolley, V dan, Eastern ITF Howick
- Mr Ian Campbell V dan, Te Awamutu
- Mr Lawrence Mantjika V dan, Milson
- Mr Dave Ballard V dan, Palmerston North Academy
- Dr Cameron Snelling, Nibun Central
- Mr Mark Trotter IV dan, Impact Kingsland
- Mr Hayden Brees IV dan, Threshold
- Mr Neil Kettings III dan, Dunedin

Next Issue

2007 World Championships in Quebec

Next issue we have full coverage of the 2007 World Championships. For the first time, Junior and Senior Championships are combined in four days of Taekwon-Do. Our team are preparing hard. Mr Doug Hanna, ITFNZ journalist to the World Championships, brings us the highs, the lows, and the lowdown!

Taekwon-Do Under Fire

Read part two of "An Indomitable Spirit", Mr Ali's inspiring story of his flight from Afghanistan, through Iran, and his eventual move to New Zealand. One man's love of Taekwon-Do, against all odds.

Plus more of our great regulars...

Free sparring tips demonstrate blocks against a turning kick. Mrs Pygott brings another instalment of the fantastic Kicks for Kids. Plus much more in the next issue of *Taekwon-Do Talk!*

We also eagerly await your letters, articles and high resolution photographs. Please email your files to taekwon-dotalk@itfnz.org.nz or send your files on CD-ROM to Taekwon-Do Talk, 4/162 Ladies Mile, Ellerslie 1051, Auckland. Submissions must be received by 22 June 2007.

Articles are printed at the Editor's discretion, and may be edited for content and length. A one page article is about 750 words; a two page article about 1500 words. One or two page articles must include photographs or diagrams. Letters to the Editor can be any length up to 500 words. Photographs as jpgs must be at least 300KB to be suitable for printing.

Photo courtesy of John Coll



This photo is of Mr John Coll (I dan, Rangitikei Dragons), taken while hunting Thar (Himalayan Mountain Goat) above the Douglas Glacier about 8km southwest of Mount Cook. Altitude 8000ft, temperature -23°C! The position of his left foot is because he badly sprained his ankle 10 minutes earlier and couldn't bend it further. He managed Chon-Ji before he called it a day. He says he must be getting soft!

Mr Coll tried to get this photo on Mount Cook a few years earlier, but got down to his undies at 10,000ft to discover his dobok was frozen solid! Temperature that day, including wind chill (a howling 40 knot wind) was -55°C.

Coming events

April

- 1 Gup gradings begin, Regional Examiners
- 15 Instructors' Course, AN/CM
- 13-15 World Champs Camp, juniors
- 20-22 World Champs Camp, seniors
- 21 Annual General Meeting

May

- 5 Black belt gradings, AN, WN
- 11-13 World Champs Camp, combined
- 31 15th ITF Senior & Junior World Champs, Quebec Canada

June

- 9 & 16 First Aid course, WN
- 16 Umpires course, AN
- 22 Taekwon-Do Talk submission deadline, August
- 23 Regional Tournament, WN
- Umpires Course, CM
- 24 Regional Tournament, CM

July

- 1 Regional Tournament, AN
- 4-12 Master Willy van de Mortel Junior Development and Coaching Seminars
- 14 Instructors' Course, ML
- 15 Instructors' Course, CD
- 14-15 Regional Camp, AN
- 22 Top Ten Series 2, WN

August

- 1-19 Gup gradings, National Examiner

September

- 2 Epson Under 18 Tournament 2, WN
- 22-23 ITF NZ National Tournament, CM
- 29 Instructors' Course, WN
- 30 Instructors' Course, SI

October

- 12 Taekwon-Do Talk submission deadline, December
- 21 NZ Open Tournament, CM

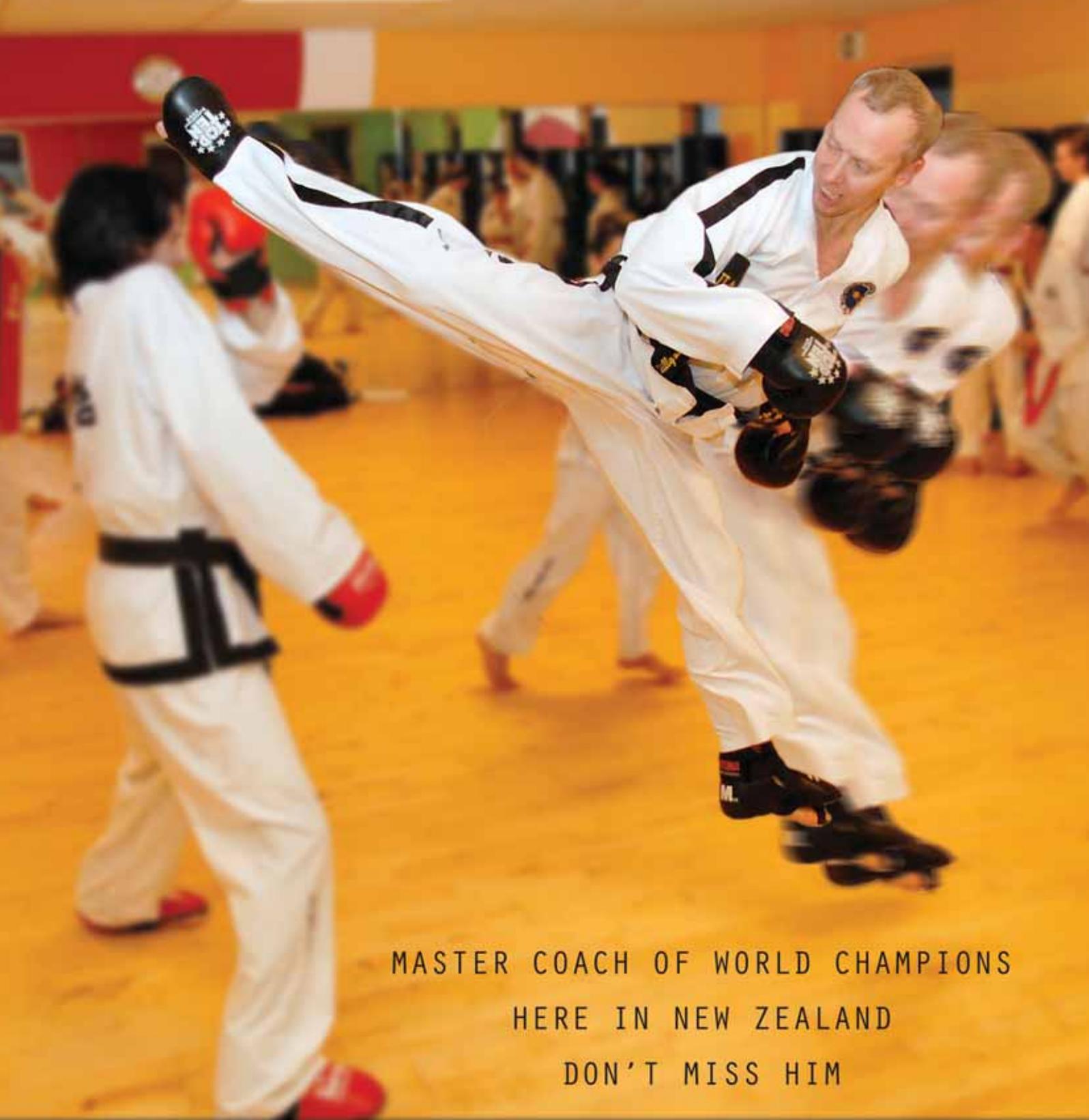
November

- 1 Gup gradings begin, Regional Examiners
- 3-4 Stripes 1 to 1, Taupo
- 16-18 5th National Juniors' Camp, CM
- 17 Fijlmae Junior Tournament
- 24-25 Black belt grading, SI
- 25 Epson Under 18 Tournament 3, Tauranga

December

- 1-2 Black belt grading, Te Awamutu
- 9 Top Ten Series 3
- 14-23 Master Willy van de Mortel Junior Development and Coaching Seminars





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itfnz.org.nz/events/courses