

Taekwon Do Talk



Issue 2 2015

INSIDE IIC NO.105

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FROM THE PRESIDENT



Master Evan Davidson

VIII Dan, President

The 103rd IIC (International Instructors Course) was held recently in the Gold Coast of Australia. I attended this, along with over 50 NZ ITKD Masters, Instructors, Black Belts and Red Belts.

This was a significant event for ITFNZ as our own Master Paul McPhail 8th Dan, conducted his first ITF IIC as one of the facilitating Instructors. This is such an honour, not only for Master McPhail, but also for all of us here in New Zealand. He joined Grand Master Marano from Argentina, Grand Master Lan from Germany, and also present was the ITF President, Grand Master Pablo Trajtenberg. The New Zealand contingent gave good support to Master McPhail and a comment I have heard mentioned, which I agree with, was that this IIC was one of the best technical courses they have attended.

Master McPhail is now a member of the ITF Technical Committee and has also instructed at the IICs in Argentina and Finland. We wish him well in his new ITF Taekwon-Do endeavours and he has the full support of all of us in New Zealand.

Also of interest to many, I'm sure, is the attendance by some of our senior Instructors and Black Belts on the Tul Tour ventures being run out of South Korea. I believe this is a fantastic opportunity to visit the homeland of General Choi and to take in the history of Taekwon-Do, as well as visiting the sites and memorials after which our ITF Patterns (Tuls) have been named.

This issue features a recent Tul Tour article by Mr Kane Raukura, and we look forward to hearing more news about this venture in future Taekwon-Do Talk magazines.

I wish you all good luck in your Taekwon-Do studies and training. Have a safe and happy summer holiday and New Year celebrations.

If you have any questions or thoughts on this matter please do not hesitate to contact me.

Email: president@itkd.co.nz

'Taekwon'



On the Gold Coast - Master McPhail, GM Trajtenberg, Master Daher, GM Marano, Master Davidson and GM Lan

TKDT TEAM

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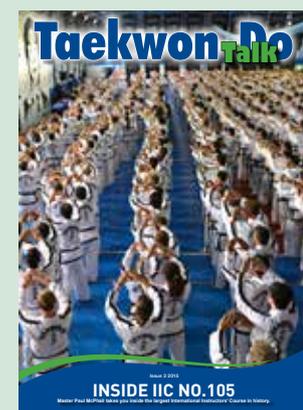


TKD SCIENCE
MR BRENDAN DOOGAN



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The amazing spectacle that was IIC no.105 in Argentina.



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MY EXPERIENCE IN TAEKWON-DO

By Mr Bob Brown 4th Gup, Mosgiel

I thought I'd take some time to share my experience in Taekwon-do since I became a practitioner. A few years ago my son Linus at the age of five came along to try it out as he knew one of the other kids in the club. As I sat on the side one of the students at the time asked me whether I wanted to join in as was common practice - we like to give the parents a bit of encouragement to join in case they actually do. For me, I was embarrassed, not because she asked, but because I hadn't even considered it!

So I accepted the offer and there I was a few minutes later on the floor holding a pad and watching the kids kick it and having a good old time and feeling kind of awkward. In the next couple of weeks I turned into the freshly bleached student in the white belt, right at the back with no idea what I was doing - none, not even an inkling. I felt like everyone was watching me and it took ages to get over that feeling. After the first night though that passed and I felt more comfortable even though the workouts were taking quite a toll on my unfit slobby body! (Mr. Bennett will tell you how red in the face I was!)

Anyway, time went on and I graded - yes, me of all people, Mr. Never-Done-Sports actually graded. I got a yellow stripe! But not before my son got a mini-kid stripe and was my senior. Oh how he loved those days, forming up ahead of his old man. Then somehow completely out of the blue I managed to double grade to a 7th gup (yellow w/green stripe) and so on, until finally now I'm a 4th gup (blue belt).

Up until 4th gup I felt I was always looking back in amazement, wondering how come me of all people (not into sports at all) managed to get into this sport and how I managed to get so far. I had always told people that I was into Taekwon-do but then quickly followed it up with a "somehow I'm doing OK at it!" comment.

But now that I'm a 4th gup I've found that my focus has changed and I'm starting to look forward at where I can go... what's coming next, how can I get better at what I'm doing, what will it be like to wear a red belt? If you asked me about these things before I had a blue belt I would have laughed out loud but now I'm quietly and optimistically looking forward to that day when I peel out my patterns, raise some



solid side piercing kicks and blow through my grading. I have no doubt though that it will take quite a bit of work (otherwise everyone would be a red belt!) but I can certainly see the day in my mind.

Also I have found that there is a remarkable amount of calm that comes in practising patterns, following those movements one after the other, knowing and more importantly feeling what should come next. This of course only happens for me after doing my pattern a hundred times or so! I love that this calmness exists in what is seen from the outside as a very physical martial art and a sport where New Zealand excels internationally.

Sure, there are things that I'm not good at. My self-defence doesn't flow yet, my balance could do with some work and I would like to be better at my L-stances but these are wonderful challenges to have and things that I will be able to look back upon and see how far I've come, and then ultimately consider how far I can go...

To wrap up I'd like to say that when the going gets tough don't give in. When it feels like you can't do it, just remember you ARE doing it and most of all you are training in an activity where everyone is there to help you and we are all one big family, locally, regionally, nationally and internationally. 🇳🇿



THE 9TH EDITION OF THE TUL TOUR

By Mr Kane Raukura VI dan



Earlier this year, I received an email from Christine Young (Instructor of Hwarang Tauranga), it was about a tour for ITF Taekwon-Do in South Korea that I had never heard of before. My interest was immediately high and after discussions with my good friend and student, Mr Brendan Doogan, we decided why not! It sounded like a trip of a lifetime for a couple of loyal Taekwon-Do nerds! So the planning and applications began!

We were signing up for the 9th Edition of the TUL Tour of South Korea. Organised by ITF Korea (not our group, but Mr Doogan and myself swore an oath no politics on this trip, and there wasn't – not from the participants or the organisers). Which was very refreshing and much appreciated by everyone. So if you had been thinking about attending and decided against it for this reason, please reconsider, because what we have experienced was worth every cent and has created memories that will last a lifetime!

So why the TUL Tour?

The programme takes participants to the historic places that inspired General Choi to create the Chang Hon Pattern Set / Tuls. We were able to feel the spirit of each famous namesake within our patterns and were able to practice and train amongst some of the most beautiful scenery within South Korea. Having so many senior ranked people present, there was much discussion, practice and healthy debate about techniques and pattern movements. There is an indescribable feeling you get practicing Hwarang Tul on the actual training grounds of the Hwarang Warriors, feeling the soil beneath your feet and breathing the same air. Just magic and quite emotional!

The tour is also of course a wonderful cultural experience, with wonderful Korean Food (which myself and Mr Doogan already love, so we were in 7th Heaven!), Changing of the Guard ceremonies, temple visits, musical performances, shows and even training at a Buddhist temple with the monks. Great outdoor markets and getting a grasp of the language.

Some real highlights of the trip were:

- Seoul, Gwanghwamun - Monuments of Admiral Yi Sun Sin & King Se Jong and practicing of Se-Jong Tul / Choong Moo Tul in front of the statue.
- Travelling to Sokrisan (BIG gold Buddha, BIG temple) tour and practice So-San Tul.
- Going to Buyeo, the capital city of the Baekje Kingdom, tour and practicing Gae-Bek Tul.
- Travelling to Cheongwon to visit Eui-Am's place of birth and practice Eui-Am Tul.
- Going to Cheonan Independence Hall of Korea - Sam-Il Tul practice.
- Night time visit to Anapchi – Hwa-Rang Tul practice.
- Gulgusa temple – Won-Hyo tul and Sunmudo training with the monks.
- Moon Moo tomb and practicing Moon-Moo Tul on the beach in front of island where his ashes were scattered.
- Deoksugung Palace - Royal Guard-Changing Ceremony.
- Ahn Joong Gun Memorial Hall - practice Joong Gun Tul.
- Visiting the DMZ and practicing Tong-Il

and Ko-Dang Tul.

- Visiting the Yulgok shrine - practice Yul Gok Tul.
- Seeing a Kobukson replica and going inside!

Ten days of training, ten days of amazing Taekwon-Do experiences, ten days of beautiful memories. I fully endorse the TUL Tour experience and while training, I could not help but think of all my wonderful Taekwon-Do friends in New Zealand who needed to be there with me. Mr Doogan and myself will be going back! Want to join us?



VETS CAMP 2015

By Mr Neil Richardson 6th Gup, Paul M Papakura

Over the last year or so I've been practising Taekwon Do with my two children, and I've come to realise what a wonderful Club, Region and National organisation we are a part of. ITKD also runs many seminars and camps for us all to upskill. When I heard of the annual VETS camp and such positive things about it, I jumped at the opportunity to learn from some of the NZ Masters and Senior Dans, not to mention meeting other TKDers from around the country.

Four good mates set off to the Aongatete Outdoor Education Centre, BOPA friendly greeting to us upon arrival on the Friday night from Mr Andy Craig, a cosy warm dining hall, fire crackling away in the corner. Master Davidson, Master Rounthwaite and Master Rimmer, along with Mr Peter Graham and Mr Vince Pygott, spoke to us about their TKD backgrounds; these men were some of the pioneers of ITKD NZ. Then time for a bit of socialising.

The next morning we woke to the birds chirping, a great feeling to be in amongst the native bush, and a hot cooked breakfast from Mrs Alyson Lloyd, Mr Mark Pettit and Mr Andy Craig. These three looked after us all weekend.

After form up at 8.30am we were split up into 3 groups, 2nd to Senior Dans, 1st Dans and Coloured Belts. For us coloured belts our first session started with Master Rounthwaite, Step Sparring was the flavour, then for some mat talk. "Take your blinkers off, get to know our people both nationally and internationally" was the message.

Second session was with Master Davidson who spoke about the theory of power, balance, self-defence and dallyon, some fantastic tips and advice. Wow, to be taught by the President even only for an hour was special.

After a healthy lunch we were put through patterns with Master Rimmer who was very much a Pattern Master. An hour went by so fast, we then split into 3 groups and had one person perform a pattern while the others attacked you, and this showed how each of the pattern movements would work in a fight scenario, brilliant.

The final session for us was all sorts of Black Belt attacks and blocks with Mr Trevor Topfer from Warrior. The red and black stripes were treated to some BB



grading tips with Master Rounthwaite. We finished up watching the senior Dans in a pre-arranged sparring competition, I particularly enjoyed Mr Graham's and Mr Banicevich's performance along with sound effects. A very cool way to finish the day.

Once all showered and stretched we sat back in that cosy dining hall with that fire crackling in the corner, a few cold beverages and the wonderful smell of lamb that had slow cooked all afternoon. Master Rounthwaite started with some mat talk on cultural differences around

the world then moved on to the ITKD NZ history along with Master Rimmer, Mr Peter Graham and Mr Vince Pygott. If it wasn't for the Indomitable Spirit of these and other pioneers in NZ we may not be practicing ITF Taekwon-Do today.

The night rolled on with laughter and new friendships forged. Eventually time for bed as we have one last session in the morning, breaking with Master Rounthwaite, can't wait! Tiptoeing down the corridor of the men's dorms late at night can be a little eerie, a symphony of strange sounds and



smells emerge from every corner. I made it ok, thankfully.

Fresh as a daisy the next morning, a cracking good breakfast was in order before our last session of the weekend. Time to form up, but before we begin the breaking, a quick game with Mr Mark Banicevich was called, throw pads at each other, if you're hit do push ups, on the concrete floor; on your knuckles, thanks Sir I'll never forget that game. We smashed into the breaking and what I found valuable was not only time with Master Rounthwaite but also some of the Black Belts who would roam around and personally advise.

Time to pack up, all pitch in to clean up and say our farewells. I'm sure everyone who attended this year's VETS camp got a great deal out of it, I know I did. The ITKD NZ caters for all ages, a great foundation was laid many years ago. Thanks to the Masters, the official VETS camp photographer Francis Lloyd, the fantastic Chef Mrs Alyson Lloyd and the organisers for a very memorable weekend. This will be a certainty on my annual to do list. 🍷



Mia and Casey

My name is Casey Conning. I am an eleven year old and I have been doing Taekwon-Do for one year.

I train before school on Wednesdays for one hour and at the Martial Arts Academy. My instructors are Mr McDermott and Mrs Young.

My favourite activities which I have learnt at Taekwon-Do are special techniques and learning complicated kicks.

In Taekwon-Do, I have learnt and improved on my self-defence and understanding of Korean words.

When I first started Taekwon-Do, my goal was to be a green belt before I turn 13.

My proudest moment was when I completed a tornado kick. At one of my gradings I forgot my patterns and which kicks to do but I persevered and carried on. I managed to get an A Pass to 9th Gup.

My name is Mia McKenzie. I am ten years old and a green stripe. I have been doing Taekwon-Do with Hwa Rang since 2012.

My favourite activity in Taekwon-Do is sparring.

Since I started at Taekwon-Do, my balance has gotten a lot better and now I can balance on one leg with my eyes closed and without falling over.

One of my goals in TKD is to get my blue belt by the time I am 12.

My proudest moment was when I got an A pass on my first grading.

I had to use one of the tenets of Taekwon-Do when I could not get the knack of the tornado kick but I persevered and carried on. 🍷



NEW SCHOOLS

Welcome to our new schools and instructors

Assistant Instructors recently approved:

Nicola Tse – Pulse TKD, June Saba – Legacy Wellington, Kara Timmer - WarriorTKD, Trevor Topfer - WarriorTKD



UNEXPECTED ITEM IN THE DOJANG

By Mr Brian Ricketts Il dan, Te Awamutu

As I prepare for my grading to 3rd Dan I am reminded of the yawning gap between what is required to pass and what is possible; between what is relevant to students in their teens, 20s and 30s, and what is relevant for a 65 year old.

Getting older (but not old!) creeps up on you – then hits you like a brick (or a well placed kick). It begins with a bit of stiffness or soreness after training that, at some point in the aging process can keep you awake at night. In the Dojang you are puffing a bit more than your younger colleagues, or lagging behind in the line-work.

Taekwon-Do prides itself as being "...suitable for all ages..." – the ITKD website tells us this. But the 1st -3rd Dan grading requirements are pretty much the same whether you are 15 or 65. Sure, there has been some tinkering with the fitness test and destruction, but there remains an overall requirement to endure 8-9 hours of pretty intense physicality on Day One of the grading and only a bit less on Day Two. It is a tough journey for young students, and a diabolical one for the older.

The central theme of this article is that 1st-3rd Dan grading requirements, and indeed some aspects of regular training, are not always relevant for those 60 and older; this is particularly evident for those students who began Taekwon-Do in their 50s or even later in life. We need, as an organisation, to rethink our approach to encouraging greater involvement of older folk in Taekwon-Do and perhaps create a more balanced and inclusive membership. But to do this we need to modify some of our training and grading strategies.

I emphasise that at no point am I advocating a reduction in how we represent and cater for our younger members. No-one denies the value of our world ranking and we will always need that pool of dedicated students to progress through the High Performance Programme and various international tournaments.

There may be some who read this article and see it as little more than a whinge. However, there are very pragmatic reasons why ITKD should expend more energy supporting the 'vets' capabilities and building membership:

- More "bums on seats" and the extra income generated.
- A generally expressed desire to have a martial art that is accessible to everyone; many 50+ folk who might be looking to do a martial art would look at our training and grading requirements and think "no, this is beyond me".
- To create an organisation that better represents the demographics of New Zealand society, and
- To actually participate in our student oath (rather than just reciting it) by creating benefits to a broader range of age groups and capabilities.

The graph below (taken from the ITKD 2014 Annual Report) shows the membership statistics. Students 18 and younger cut a huge swath (72%) and the combined proportion younger than 34 is 84%. Only 4% are 50+ years old. Of course there is an argument that "the future lies with our young people", a truism that is trotted out by all manner of people, organisations and politicians.

But it belies the fact that there is a 'present', that those members of society who are presently old or older are still valuable members of society, as will all those younger folk who will eventually become older.

For ITKD, and in fact for Taekwon-Do as a whole, there is an emphasis on youth. Even

the definition of 'veteran' is skewed towards the younger end of the age spectrum (the minimum age is 35 for the Vets' Camp). Traditionally this emphasis is grounded in youthful vigour, speed and strength. The young fight our battles; the old remember them. But the older fraternity has also learned valuable lessons such as wisdom, the art of focus, the psychology of endurance, the consequences of our actions, especially as they relate to Taekwon-Do. It is these qualities that enable us to survive the aging process.

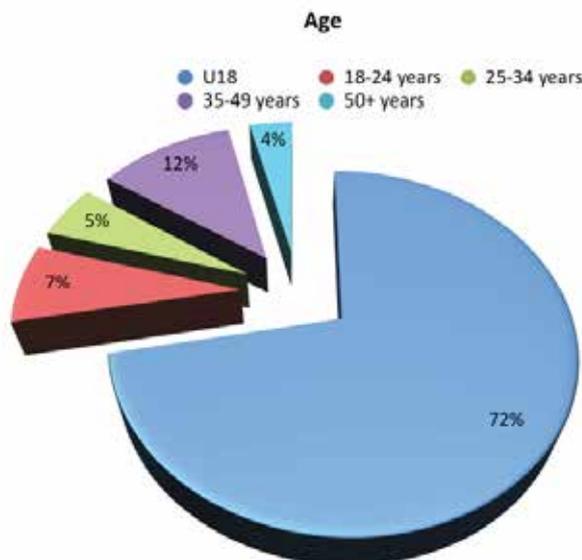
The remainder of this article looks briefly at the aging process and how age is represented in Taekwon-Do by the system of Rank. This is followed by some specific problems that relate directly to training and grading, and finally some thoughts on how these problems can be dealt with.

Getting older

So, what happens after 50-55? The list of life changes below is not exhaustive (otherwise it would be rather lengthy), but is probably the most pertinent to the theme of this article in that they deal specifically with physical changes.

- Our general metabolism becomes less efficient, which translates to less efficient mechanisms for energy transfer (i.e. the huff and puff component).
- Eyesight – at 45-50 we all develop a need for reading glasses (unless you already have them). This condition is caused by hardening of the lenses and is called Presbyopia.

- Balance – this is one of those sleeping giants of a problem that really does creep up on you. In a healthy person, balance is controlled by the inner ear that regulates signals to the brain (vestibular system), and the sensors of position and movement in the hands



and feet (associated with eyesight). Aging reduces the efficiency of this system (people 60 and older are increasingly prone to falling). Again, this affects everyone, but if you have been training for 30-40 years, activities like reverse turning kicks will tend to be hardwired in your brain such that the negative effects of this condition (primarily dizziness) are diminished or slowed. However, if you began Taekwon-Do at 55 there is no or far less hard-wiring and hence the problems of balance in techniques such as reverse kicks are much more acute. For me, 2 or 3 reverse turning kicks and I need to change direction.

- Flexibility - this is a function that a person can maintain if they begin at a young age. But once lost it is difficult or even impossible to regain. Those who begin Taekwon-Do later in life are commonly at the lower end of the flexibility quotient.
- General aches and pains - this is related to loss of flexibility, wear and tear of joints, tendons and muscles, old injuries catching up on you, and a less efficient metabolism where oxygen delivery to muscles doesn't work as well. Running for example can have a pretty negative impact on hip and knee joints.

Progression in Taekwon-Do; The implications of General Choi's system of Rank

Progression in Taekwon-Do was codified by General Choi in a system that provides for increasing rank with increasing age; aging is an explicit consequence of the system of 24 patterns that reflect a person's life, where Chon Ji is performed by the beginning student, and Tong Il by those who have reached full maturity. The physical requirements for Dan ranking also were outlined, such that progression through the 1st to 3rd Dan tends to be the most physical and less so through the Senior Dans (4th to 6th). The ITKD grading system certainly follows this general pattern wherein the 'junior' grading takes place over two physically intense days. Senior gradings are less intense

physically, but more demanding in terms of knowledge and commitment to the art and organisation. The transition to Senior Dan gradings is a deliberate reflection of student age and the changing dynamics and physicality of a student's involvement in the art as they become older.

However, this progression assumes one over-riding condition, that the student begins their Taekwon-Do journey early in life such that they can pursue the art to its apex of rank, knowledge and wisdom (i.e. maturity). Clearly, the rationale for this progression becomes less relevant for the student who begins training at 55; in this case the older student is beginning at an age when, in General Choi's world, other students would be entering or have entered those ranks that signify maturity in the art, i.e. Senior Dans and Masters. Herein lies the conundrum; the beginning older student is faced with some aspects of our training and grading regimes that are no longer relevant to their age and physical capabilities.

Two examples from regular training and grading will illustrate this problem.

Example 1. In regular training sessions, line-work serves to perfect our fundamental techniques via repetition; at a grading session the same activity serves to demonstrate one's competency with these techniques. In every session I have attended (at clubs, seminars, camps and gradings) the line-work moves at a fairly brisk pace, to the extent that in some techniques I am left behind. For example, the simple turning kick – is actually not that simple when joints, muscles and balance are not working at the same efficiency as they do for younger students. A turning kick involves several connected steps that ideally are performed in a fluid motion – raising the knee, turn the hips and pivot on the stationary foot, the kick, and the return. The rate determining step in this sequence is the speed at which the student can pivot and turn their hip, the dynamics of which are hugely dependent on flexibility. The overall speed of the technique performed by older, less flexible students is commonly slower such that attempts to keep pace with the line may result in poorly executed kicks. Likewise, reverse turning kicks are commonly beset by problems of balance,



unless the entire technique is done at a slower pace. Of course, not all older students will necessarily have difficulty with turning kicks; for others it may be side piercing or back kicks.

There is some relief for problems like these, wherein we may be told that, for example the height of our kicks are not at issue – what is important is that they be performed correctly. This is great advice, but it is also rather ad hoc in the way that it is presented. Furthermore, most instructors will not take issue with the older student who cannot keep up in line-work, but again the response and how an instructor may deal with this problem is generally ad hoc. I have broached this subject from time to time with other senior people; the common response is “do the best you can”. This advice is not very useful because it provides no real guidance on how to set some kind of boundary for my involvement in whatever activity is taking place. These boundaries are quite explicit for younger students and this is certainly the case for grading fitness tests, as outlined in the next paragraph.

Example 2. 1st – 3rd Dan Black Belt gradings are physically arduous affairs. Simply staying upright and alert for 8-9 hours on Day One is not an insignificant task for any student. Although not stated explicitly in the Black Belt Techniques Handbook, the intensity of Day One is designed to test a student's perseverance, as well as their skills. For the older student (55+) this intensity can never be taken lightly; there may well be unforeseen physical consequences, wherein the risks of medical misadventure are certainly much greater than they are for younger students.

The coup de grâce on Day One is the fitness test and unfortunately it assumes much greater prominence for most students than the 16 points it is worth. This test, although it has gone through a few iterations, takes its lead from Police and Army tests. In other words it is designed specifically for students in their late teens and 20s. There have been some minor modifications to activities like run times, planks instead of sit-ups and so on, but these changes are pretty minor in the grand scheme of things. For example, the cut off ages for certain fitness requirements

are 40 and 50, age differences that are completely irrelevant to me, and I'm sure others in a similar age bracket. The test assumes that all the activities are suitable for everyone; for example the 2.4 km run can be performed by everyone, with the proviso that older folk may take a little longer to complete the course. Likewise, the pad-work requirements are explicitly designed for young, flexible bodies. It is again assumed for this activity, that older students may not jump or fly as high or as often, or may land fewer punches and kicks compared with their (commonly much) younger counterparts, but they basically are capable of doing the same things. The basic premise here is that the test, being designed for young students needs only to be tinkered with to accommodate older students.

This approach to the fitness test is flawed, for all the reasons discussed in previous sections of this article. Furthermore, the fitness requirements for older students, as they are currently defined, run counter to the age part of the rationale for rank progression as originally outlined by General Choi (also noted above). This does not mean that there should be no fitness requirement, but it does mean that the requirement should be relevant to age and physical ability. At present, the physical requirements for the 1st-3rd Dan grading, including the fitness test, have far less relevance to anyone over 60.

Some ideas for change

The ideas and suggestions that follow are based to some extent on my experience with two Black Belt gradings and general training regimes. It is recognised that, at any regular club training session, an Instructor will commonly need to deal with different ranks, age groups and abilities, and this is no easy task. However, some aspects of these tasks may be simplified if there were better defined boundaries and limitations to training of older students that everyone is aware of – both student and Instructor. This may require more formal statements from the ITKD Technical Committee so that everyone understands, for example, how to deal with line-work, pad work, kicking heights, and so on (note I am not advocating more formal rules – just statements of intent). More thoughtful

responses to problems like these, that I do get from my own club instructors, are preferable to the “please keep up Mr. R” kind of response that is more likely to make one feel that they don't belong in the Dojang.

Many instructors already deal with these issues. What seems to be lacking however is that the student will not always be certain about how any changes to training might influence his or her grading requirements – for example the question of kicking heights – if I can kick to this position will it be acceptable at a grading? If my high turning kick is belt height, my middle kick clearly must be lower than belt height and is this acceptable? The answer is probably ‘yes’, but the important point here is that the student needs to be assured that this is acceptable, and not left guessing. In other words, there needs to be a consistent set of statements that both student and instructor alike can refer to for guidance, such that the student is assured that whatever kicking height they are capable of is acceptable. These kinds of boundaries exist for younger students – they need to be available in some form for older students.

- a. There need to be clear strategies for dealing with work rates during fundamental exercises. Rather than slowing everything down, which would disadvantage younger students, maintain the pace of line-work but make it clear that slower students can, for example, walk through a technique in order to catch up to the line. In other words provide some constructive guidelines that enable the older students to deal with ‘slowness’ without also feeling inadequate.
- b. Similarly, continue to make it clear that kicking heights are of less consequence than kicking technique, but in a more formal way to ensure there is consistency both at regular training and at gradings.
- c. Destruction: Does consideration need to be given to the changing bone structure with age (primarily a decrease in elasticity and density) – we do this already for juniors re. hand breaks. Should there be greater individual choice, given that most older folk will



have some understanding of what is achievable without injury. This is the case for Senior grading.

- d. Fitness and flexibility in general: Continue to encourage those older beginners who generally have low flexibility/fitness. There is a tendency among older students to compare themselves with younger folk and even with similar aged instructors who have been doing Taekwon-Do for many years; for most, such comparisons are irrelevant and need to be discouraged.
- e. 1st-3rd Dan grading fitness test: There are probably a number of alternative solutions to this problem, but my preference is to use the system that is already in place – i.e. the 6 month fitness program required for Senior Dan gradings. Note that the Technical Committee have made some recent changes in this regard.
- i) Regular testing and sign-off could be done in the same way.

ii) The same, or similar test exercises would be done.

iii) The test results would need to have been accepted by the examiners before grading.

iv) Devising some kind of points system would not be difficult, but it also makes sense to assign no points to the 6 month program and simply not include the 20 points in the final grading tally. In this case, passing the fitness test would be a prerequisite to grading.

- f. The 'Vets Camp' is an excellent idea. The camp (open to all) has been very successful (notwithstanding the irony of a 35 years minimum age). One or two additional camps elsewhere in NZ would provide better access for those who live farther afield. The inaugural Auckland Vets' Training was also held October 3 this year.

As noted at the beginning of the article, the ideas and suggestions are intended to make our organisation more inclusive

in terms of its membership. Increasing the numbers of older (50+) students would also have a positive effect on ITKD revenue. I am aware that there have been some discussions on these general topics in the past within ITKD, and that ITF is also developing some kind of program (Harmony Program – no information has been released about this program) that focuses on our changing demographics. I hope that these discussions will continue and lead to positive change. 🗨️

THE EVOLUTION OF MMC

By Mr Peter Graham VI dan

In the words of the old John Clarke (Fred Dagg) song, "We don't know how lucky we are!" to have a facility such as the one we have at 198 Marua Road, Ellerslie.

This edifice, affectionately referred to as 'The MMC' (Matsuoka Man Cave) was originally purchased by Mr. John Matsuoka back in 2010 and, compared with what stands on this site now, it bears little resemblance to the magnificent dojang we are now able to enjoy.

What began as a labour of love (and John will tell you, it still is) required hours of planning, endless frustrations, hours of physical toil and a seemingly bottomless pit of money to get it to where it is now.

It was a dirty, dusty unkempt piece of real estate that required a load of vision and commitment to even consider that it would one day be a place we can all be grateful for the opportunity to train in.



Not only that of course, but it also gives us a sense of focus when we consider it to be probably the closest the organisation is ever going to get to having what could loosely be considered a 'National Headquarters'.

Through the generous auspice of Mr. Matsuoka, ITFNZ have been able to negotiate a more than favourable arrangement to allow us office space within the building in which is ensconced, from time to time, our CEO Mike Thompson and his assistant, Operations Manager, Shaun Tolley.

It is also home to one of the largest of our clubs, Warrior Taekwon-Do, the home of Master Paul McPhail and his bunch of very able Instructors.

Master McPhail and his Manager, Rachel Bates, are responsible for the allocation of time within the dojang and it has become increasingly busy as time has progressed.

The layout and facilities of the property make it ideal for all aspects of our art. From one on one teaching as conducted by many of our senior Instructors and Masters, to gradings and seminars.



Filming of segments for the increasingly popular TKDCoaching website have also been possible in an environment that screams a top notch Taekwon-Do venue.

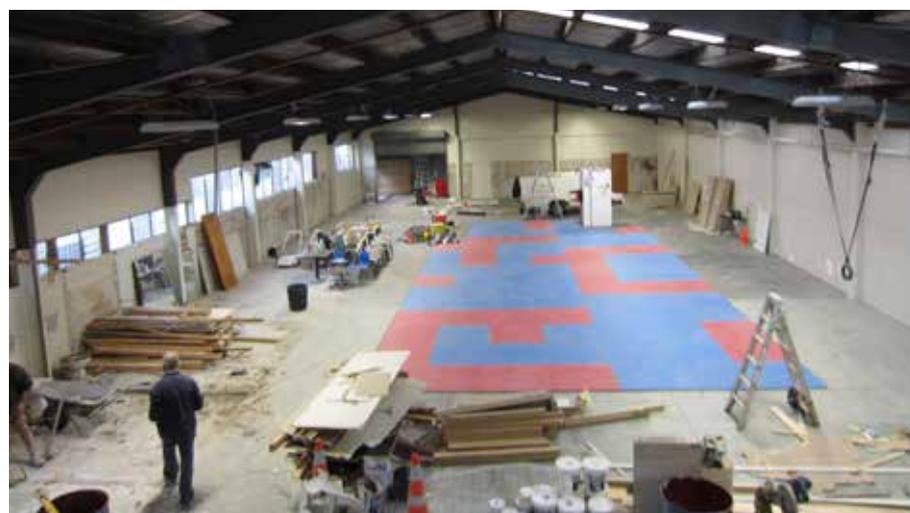
At considerable expense, the mats that constitute the training area were recently replaced with the latest and greatest of matting material.

It was great to see the camaraderie that became evident when completing this sizeable operation. It was 'All Hands to the Pumps' after Master McPhail's training session on the Thursday, and within an hour and a half all the old mats had been lifted and neatly stacked in readiness for the carpet cleaners to come in and do their thing on the Friday.

On Saturday morning the new mats were all in place and the whole dojang looked better than ever!

Many thanks to all those who took part in this exercise. Another example of how the TKD family can work together to make something good happen.

Now, if we could only do something about the car parking!!! 🙏



ADMIRAL YI SOON-SHIN

By Mrs Christine Young-Jasberg VI dan, Hwa Rang TKD Academy

Choong-Moo is the 9th Pattern of ITF and learnt by students as a 1st gup. Choong-Moo literally means Loyalty – Chivalry as this was embodied in Admiral Yi Soon Shin's life whom this pattern is named after. He was a great military leader and strategist.

Yi Soon-Shin was born on 28 April 1545 during the Yi Dynasty in Seoul, Joseon, the former name of the Korean Kingdom. He was from a noble family, however his grandfather was executed during a neo-Confucian purge in 1519 so his father did not enter court politics. Instead Yi Soon-Shin grew up in Asan, (NorthWest South Korea) where his mother's family were from.

From a young age Yi Soon Shin played war games with his friends and longed to join the military forces. In Joseon there was a rigorous examination requirement to become an officer. After studying both theoretical and practical military skills, Yi Soon Shin took the exam at age 28. During the horsemanship test he fell off his horse, broke his leg and thus failed the exam. He persevered and re-sat four years later and was successful. At age 32 he gained his first officer's commission in the Northern Area Army. He was the oldest junior officer of his day but soon proved his skills as an effective leader, often fighting alongside his men even though his own life was in danger.

At that time there were different factions fighting for favours with the King. Another officer saw Yi Soon Shin as a threat and falsely accused him of neglect of duties. In the tussle for higher office and power, Yi Soon-Shin was stripped of his rank, imprisoned and tortured before finally being allowed to re-enlist as a foot soldier.

Despite his unjust treatment, Yi Soon-Shin humbly carried out his duties as a foot soldier with humility and soon rose up the ranks again. In 1590 despite not having any previous naval experience he was given the Naval Command of the Jeolla Naval Province, now part of North Korea.

Korea was at constant threat by invaders. The Jurchens from the North and the Japanese from the seas were always invading. Japan had been eyeing up Korea for annexation and from 1592 to 1598 the two kingdoms were at war.

There were limited resources for the army and navy. Nevertheless Yi Soon Shin set about improving discipline and morale amongst his men. He worked on better design of battleships. He improved the armour plating of the Joseon warships, and created a giant dragon head to be mounted at the bow, and so he is credited for the fearsome design of the turtle ship, known as the Kobukson. These were much bigger than normal warships of the time and required bigger crews, but could hold more cannons. Yi Soon Shin also ordered the development of longer range cannons and modified designs of archery weaponry.

With these advancements he was able to lead the Joseon Navy to significant victories against the invading Japanese navy from 1592 onwards.

He soon gained a fearsome reputation with his enemies and great admiration from amongst his countrymen. The Japanese were cunning and planted a double agent in the Korean ranks, who managed to plot and falsely accuse Yi Soon Shin of treason in 1597. Yi Soon Shin was once again demoted, imprisoned and tortured.

Without Yi Soon Shin the Korean navy suffered terrible defeats, and from being a strong force on the seas the fleet were being beaten and scattered. Hearing of



the imminent Japanese advance to the Joseon capital of Seoul, the King realised the error of imprisoning Yi Soon Shin and pardoned him and reinstated his command of the navy.

Once again displaying complete loyalty to the King, Yi Soon Shin took command and set about re-assembling the fleet. There was barely enough time to build up 13



The Kobukson

A life that inspired the tenets of Taekwon-Do



Yi Soon Shin Memorial in Seoul

turtle ships, upon news of an advancing battalion of 133 warships that were about to invade Joseon waters.

Even though there were orders to disband the navy, and his lieutenants thought facing the Japanese was suicidal with odds of 11 ships to one, Admiral Yi Soon Shin did not give in.

He studied the tides, ordered the turtle ships to be strengthened and worked on a strategy to face the enemy.

In October 1597 in the Battle of Myeongnyang Strait, despite being heavily outnumbered Admiral Yi Soon Shin and his 13 kobukson were able to defeat 133 Japanese warships. This has now been made into a movie called *Roaring Currents* (2014). You can also read and research what happened on the internet. 📖



Yi Soon Shins Military Swords.

INSIDE IIC 105

By Master Paul McPhail VIII dan, ITF Technical Committee

"IIC" stands for International Instructors Course, and General Choi himself conducted them in the early days. He also delegated some other Masters in the 80s and 90s, but taught most of them himself right up until the time he passed away in 2002.

After his death a new technical committee was formed comprising initially of Masters Hector Marano (Argentina), Pablo Trajtenberg (Argentina) Win Bos (Italy) and later Grand Master Lan from Germany. GM Trajtenberg later stood down to concentrate on his role as ITF President then last year GM Bos resigned to take on his role in the competition committee.

This signalled the time to bring others onto the technical committee. This had actually been in the planning for many years and I was first asked if I was interested in 2008. Masters Pierre Laquerre, Clint Norman and Paul Weiler (all 8th dans) were also brought on to the team, and we have all done one or two IICs individually. For this IIC though, Grand Master Marano wanted to bring us all together – the whole team of 6, to give an IIC like no other in history!

It was expected that the numbers would be high – as they often are in Argentina, so a massive stadium was booked with three huge gyms side by side under one roof. We received email updates from GM Marano a few weeks before saying the numbers were 400, 500, then 600... so I sent an email back to him joking that we may hit 1000. As we now know this was to come true and many hundreds were turned away after the closing date. In the end we had 1053 participants including 391 4th - 6th degree, 62 Masters and 6 Grand Masters.

GM Marano wanted to use this time when we would all be together to standardise our techniques with two days of training with him personally. We were welcomed into his home and he also rented another home nearby for some of us to stay.

We used a local gymnasium to train and work together for around 10 hours each day working through all the patterns and more. This alone was a real honour – and all before the course had even started. GM Marano stressed that we are to work as a team, and any technical issues the committee needed to clarify would



The ITF Technical Committee working before the IIC

“It’s not often you feel goosebumps all over your body ... but that is exactly what I felt on the first day as I walked onto the floor of the 105th IIC in Argentina. That took me by surprise because I had been pretty relaxed up to that point having assisted in a couple of IICs before - but this was going to be different.”

be discussed and decided together – as a team.

Then we all moved to a hotel in the city where we would be based for the duration of the 3 day course. We had a dinner with all the Grand Masters (there were 6 Grand Masters at the table) and had the opportunity to meet our translators. Five out of 6 on the committee would be teaching in English with Spanish translators so it was important they get to hear us speak for a while to get used to the different accents... Kiwi, French Canadian, Canadian, German/Vietnamese, German... they had their work cut out for them! Anyway, it was great steak and too much wine. 😊



My translator Gabriela Galvez, GM Marano and GM Lan



Master Paul Weiler, myself and GM Marano at his home in Argentina



105th International Instructo



ors Course - Argentina 2015

Fast forward to where this article started – just before we walked into the venue for the first time. We were ushered into a room while the participants were forming up. The room shook with what was like a thunder clap. It was over 1000 thousand black belts yelling “TAEKWON” ! Then they all clapped and we could hardly hear ourselves speak. Okay – now I’m nervous!

Each day before we went out, there is a tradition of the team punching fists and wishing each other luck. (You can see this in a back stage video I posted on my Facebook page: www.facebook.com/paulmtkd. So in we walked to the thunderous applause of a thousand fanatical Taekwon-Do instructors – in the South American way. That is when I felt goosebumps over my entire body and realised I was right in the middle of something big.

ITF President Grand Master Tratjenberg started the course by introducing the new ITF Harmony Programme (60+ age group program) then I was to be the first to teach the 1-3rd dan group for colour belt patterns. It took about 10 minutes to move the people down to the other gym and form up, put on my headset and get ready to start.

It was not until I actually stood in front of the class that I realised that I couldn't see how far back the rows went. I had no idea if they had space at the back or how much room they had between the rows. I could only see part way back like a sea of people... and I'm guessing from about 10 rows back they couldn't see me either.

I attempted a few movements but quickly realised that those at the back were about 10 seconds behind anything we did at the front! Okay – plan B. So instead of teaching a pattern as I normally would, I just picked on one key movement, sat them down so they could all see, and demonstrated what I wanted while explaining the key points. Then everyone would stand and repeat what I had shown. This way everyone got to practice the main parts of each pattern with the limited space they had.

For my self-defence classes I taught the basics of the new ITKD Syllabus with permission of GM Marano – and actually managed to cover quite a bit of it. I had practiced with my translator beforehand so she prepared translations for words such as De-escalation, Code Red, and “Haymaker”! 😊



Teaching my first patterns class at the start of the IIC



Self-defence with Master Pierre Laquerre



GM Lan teaching 1st - 3rd dans



GM Marano correcting students during a patterns class





Masters and Grand Masters waiting before the commencement of the IIC



Grand Master Lan



Master Weiler



Master Norman



Master Laquerre





Self-defence with Master Pierre Laquerre and Master Carlos Ramirez



The ITF Technical Committee



Couldn't have done it without Gabriela Galvez!

I had some great feedback on the classes with many saying the psychological part of self-defence is what has been missing in the ITF to date.

All 6 members of the technical committee taught classes throughout the course and while some were teaching the others would be assisting and correcting. This was a highlight for me as the Argentinians just LOVE getting feedback and were so appreciative. The only problem we all had as instructors was attempting to walk from one gym to another and getting mobbed by participants wanting their photo with us.

Being a part of the technical committee was such an honour and a dream come true. GM Marano is so generous with his time and his encouragement, and has such faith in all of us. I look forward to being part of future IICs and by the time you read this I would have completed my third course in Finland, with Paris on the cards for 2016. Anyone is welcome to "friend" me on Facebook to come along for the ride. 🙌

Photos by Mr Javier Orue and Master Fabian Pini

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MEDICAL MULTI-CHOICE QUESTIONS

By Dr Jake Pearson V dan Khandallah, Sports Physician

SPORTS MEDICINE



1. Terry is a yellow belt and also works as a building apprentice. He develops some mild pain in his back after some heavy lifting at work. He wonders whether he should completely avoid training and rest in bed to avoid any movements that might injure it more. True or false?

F. This was the old-fashioned advice. We now know that it is important to keep moving and active within reason. There may be certain movements or activities that it is best to avoid (pain is a good guide of this) at least temporarily, and an appropriate health practitioner can usually help you with this if required. Taking simple pain relief (e.g. Panadol +/- Nurofen) for a short while is reasonable.

2. Barbara is a new 1st Dan who teaches a mini-kids class. She gets into a discussion after class with a parent about immunisations, and the parent mentions that she has heard that childhood immunisations can cause autism. True or false?

F. There is no good evidence for this, and this theory has been discredited. Immunisation protects the individual as well as the population more generally, from a number of serious and potentially life-threatening infections. Having childhood immunisations is important as well as additional ones before travelling to certain parts of the developing world. Potential side-effects include a local reaction at the injection site, or mild flu-like symptoms for a couple of days following.

3. Janet is a young mother and 2nd Gup who happily discovers she is pregnant again. She is concerned that continuing vigorous Taekwon-Do training in early pregnancy might be harmful to the developing foetus. True or false?

F. As long as you have been doing similar exercise intensity prior to being pregnant

it is reasonable to continue with this. Direct contact to the abdomen should of course be avoided, however in very early pregnancy (e.g. up to 12 weeks) the baby is well protected deep in the pelvis. Avoiding overheating while exercise and maintaining hydration are advised. As pregnancy progresses things may become more restrictive and advice from your lead maternity carer should be heeded.

4. Steve has been stuck in bed for 3 days with 'man-flu' including fevers and muscle aches. He thinks that taking his wife's leftover antibiotics might help this clear up quicker and get him back on track with his black belt grading preparations. True or false?

F. Antibiotics are effective for bacterial but not viral infections (e.g. 'flu'). Having unnecessary antibiotics contributes to the increasing worldwide problem of antibiotic resistance. A flu-like illness is best treated with rest, fluids, Paracetamol +/- Ibuprofen as required. Getting an annual influenza vaccination is recommended.

HOW MUCH DO YOU KNOW?

Following on from last edition's medical multi-choice quiz, I have put together some true/false questions below.

These cover a range of topics and are somewhat loosely tied to TKD scenarios. See how you go, and further investigate any topic that interests you. Remember, every medical situation is unique, and if ever in any doubt or significant concern make sure you seek appropriate formal medical advice.

For a relatively mild 'cold' with runny nose and cough etc it is reasonable to continue some training if you feel like it, but when there are symptoms 'below the neck' e.g. fevers, fatigue or muscle aches, you should rest. Also if you are likely to be infectious particularly with coughing and/or sneezing then you should stay away from training, and certainly avoid close partner work.

5. Billy a young green belt is unwell at home with a flu-like illness, then develops severe headache, drowsiness, vomiting, a stiff neck, rash and the light hurting his eyes. These are all potential signs of meningitis and he should be taken to a doctor immediately. True or false?

T. While there is overlap with conditions such as migraines and less serious viral illnesses, if you are worried about possible meningitis then you should seek immediate medical attention. A few New Zealanders, often children or adolescents, unfortunately die each year from meningitis if it is not recognised early enough. Some types of meningitis are preventable with a vaccine. 🏠

ARE YOU KEEPING UP WITH THE LATEST?

By Mrs Sonya Robinson IV dan, WarriorTKD, Personal Trainer

FITNESS

Every year the American College of Sports Medicine undertakes a global survey to find out just what innovations and old favourites are making waves in exercise and fitness.

Rather than looking at fads that come and go, they look at the areas that have a long term and sustainable impact on health and fitness.

This year, losing their place among the top trends are stability ball (aka as Swiss balls), Pilates, indoor cycling and balance training.

So what made it to the top 5?

1. Bodyweight training

Ha ha! How good is that. Taekwon-Do uses bodyweight training all the time. We've always known that you don't need fancy equipment to get a safe and effective workout. While bodyweight has always been used as a form of resistance, with the gain of "bootcamps" and training out of traditional equipment filled gym settings, it can be a seriously good tool for getting positive fitness results.

2. High Intensity Interval Training (HIIT)

Alternating short intervals of high intensity with lower intensity rest periods makes HIIT a fast and effective way to improve fitness levels, and is popular with those short on time, or who find long workouts unappealing.

Instructors take note! We can do this via bag work or sparring drills.

In a nutshell getting to sweat is good for us. So while the chances of injury when working at high intensity can increase, so long as we are having the rest periods (time to explain our techniques better perhaps?) as well as working to the capacity of our students, we can minimise the risks and enhance our Taekwon-Do training on a fitness level too.

3. Educated, Certified and Experienced Fitness Professionals

People have caught on to the fact that not all trainers/instructors are equally qualified.

Our national Organisation – the International Taekwon-Do Foundation of New Zealand - takes its Taekwon-Do and the training of its Instructors seriously.

All of our instructors are internationally certified black belts of at least 18 years of age, and have completed an Instructors' Induction course. They must be first aid certified, and then there is also the requirement of attending Instructor Update Courses on a regular basis, as well as plenty of other opportunities and experiences on offer to our Instructors via either our IDO's (Instructor Development Officers) or by request from any of our very experienced and esteemed Masters.

By being a member of ITFNZ you are being taught by Instructors with the necessary experience and qualifications. Not all Martial Art organisations can say that.

4. Strength Training

The benefits of improving and maintaining strength are seen across a wide range of people – young, old and even those with chronic conditions. It's also becoming more common for cardiovascular rehabilitation and metabolic disease management programmes to include weight training in their exercise programs.

Usually achieved via weight training, in Taekwon-Do this is achieved via bodyweight training – think press-ups, jumping and flying techniques, and some of the more imaginative warm-up activities that some of our Instructors (particularly our HP coaching team) provide.

5. Personal Training

There is no slowdown in the growth of personal training as participants see the results of having a programme tailored to

their individual needs and circumstances, and enjoy the motivation and focus of having the attention of an exercise professional working with them one on one.

In terms of Taekwon-Do in New Zealand we do now have people that we can turn to for personal training as well as opportunities provided to us for smaller group training sessions focused on specific aspects or for specific groups e.g. Veteran training seminars and camps etc...

In my opinion one of the beauties of International Taekwon-Do is that it's an activity that you do in the company of likeminded people but at your own pace. To me this is a form of personal training.

The different belts or levels are achieved when we are ready via the supervision, motivation and encouragement of our Instructors and Seniors, but also when we are ready to commit to achieving and fulfilling a good level over whatever the requirements are to which we are aspiring.

It's always a journey – not a destination. It's not just a fad, and it can lead to long term positive results.

And in the next top 5? 6. Exercise and weight loss, 7. Yoga, 8. Fitness programs for older adults, 9. Functional fitness, 10. Group personal training.

So as you continue on your Taekwon-Do journey know that you are still keeping up with the latest in exercise and fitness and Enjoy! 🥋



Mrs Sonya Robinson



HOW TO GET YOUR KICKS IN TAEKWON-DO

By Mr Brendan Doogan IV dan, Dragons Spirit Papatoetoe

TKD SCIENCE

It is important to understand the underlying principles within the Taekwon-Do kicks; the purpose, the theory of power; the angle of attack, the tools and the way the body moves. Several years ago I slowly realised that all our kicks are based on variations of only four, maybe five basic actions, and that many of the common problems - even in quite different kicks - stem from misunderstanding these basic actions. In hindsight it's obvious, because we use our bodies as tools, and the joints only move in certain ways and combinations.

So here is a quick guide to the kicks in Taekwon-Do, based on my 2nd dan grading essay.

Hopefully, looking at the basic actions our kicks are based on will improve how we understand and perform our techniques, and help us avoid injury.

SECTION ONE: Flick, Stamp, Chop, Swing, Flip

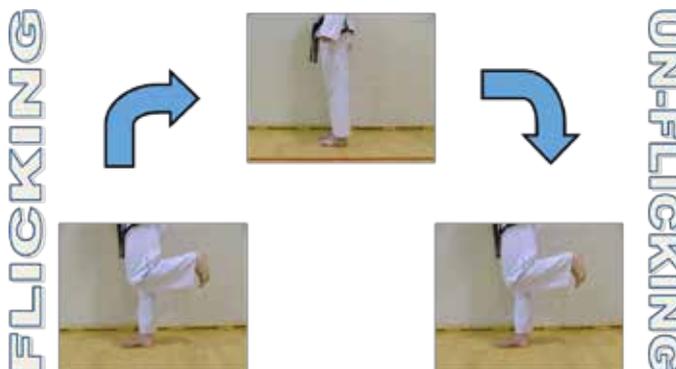
The names:

The basic actions that the Taekwon-Do kicks are based on are the Flick, the Stamp, the Chop, the Swing and the Flip. I chose these names for several reasons. Firstly, they are simple, easy to remember. Secondly I wanted to avoid using medical jargon such as dorsiflexion, sagittal plane and so on, terms not all of us are familiar with. Another reason is that these names instantly give you an idea of what the action is. Finally, I wanted to avoid using words that are in the names of actual techniques as much as possible, to save confusion.

The Flick

The first action is called the flick because it involves 'flicking' the knee joint, either open (extension/straightening) or closed (flexion/bending).

- The most important point for this action is keeping the kicking knee and foot behind the line between your hip and the target when flicking the knee open (see below). If you don't, the kick becomes more like the next action, a stamp.
- The kicks that flick are generally quick and rely on speed for much of their power.



- Once the simple action is mastered it's important to use the hip as well as the knee, to make the kick as powerful as possible.

Example kicks: Apcha busigi (front snap kick), Dollyo chagi (turning kick), Bituro chagi (twisting kick, Bandoe dollyo gorochagi (reverse hooking kick)

The Stamp

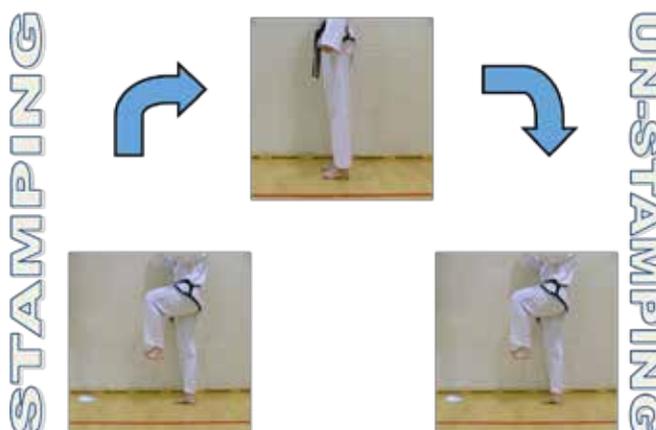
This action is named the stamp, and that's exactly what it is. The knee is bent and brought towards the chest or the front of the body and then straightened in a powerful stamping motion.

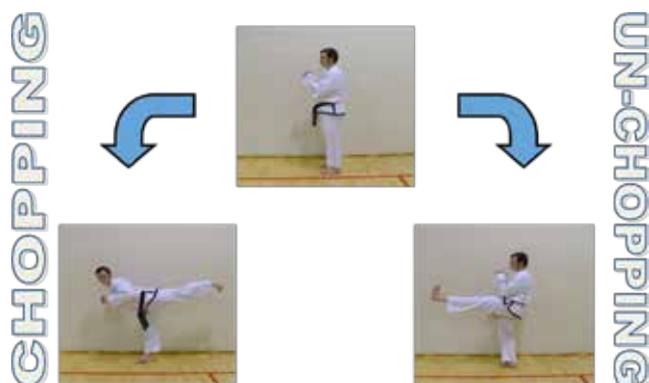
- It is essential to keep the knee and foot in front of the line between your hip and the target. If you don't, the action becomes more flicky and the kick loses its power. Look at the position in the picture below.
- Kicks that stamp tend to be a little slower than flicky kicks and get more of their power from mass (bodyweight). This means we need to move our body in the same direction that the kick is moving, maybe by leaning, maybe by flying.
- Be sure to keep the stamp in a single plane, don't let your foot scoop. So for a middle side piercing kick your foot and knee travel parallel to the ground from chamber to target. Imagine your foot and knee sliding along the back of a waist-high sofa. Similarly, a back piercing kick travels straight back from underneath you. To practice, stand with your left shoulder touching a wall and stamp to the rear with your left foot.

Example kicks: Dwitcha jirugi (back piercing kick), Yopcha jirugi (side piercing kick), Cha baggi (stamping kick), Apcha milgi (front pushing kick)

The Chop

The third action employs the leg like an axe. You raise and lower your straight leg in front of or behind your body.





- To protect your knee joint, hit with both your knee and foot at 90° (perpendicular) to the target. For instance, don't let your foot point up when you do a Bando dollyo chagi.
- Because this action uses the hip rather than the knee the kicks that use it can be a little slower; but very powerful, especially if you throw your mass in the same direction.

Example kicks: Naeryo chagi (downward kick), Bando dollyo chagi (reverse turning kick), Jigeu chagi (straight kick), Apcha olligi (front rising kick)

The Swing

Action four is a swing across the front of your body, either inward or outward.

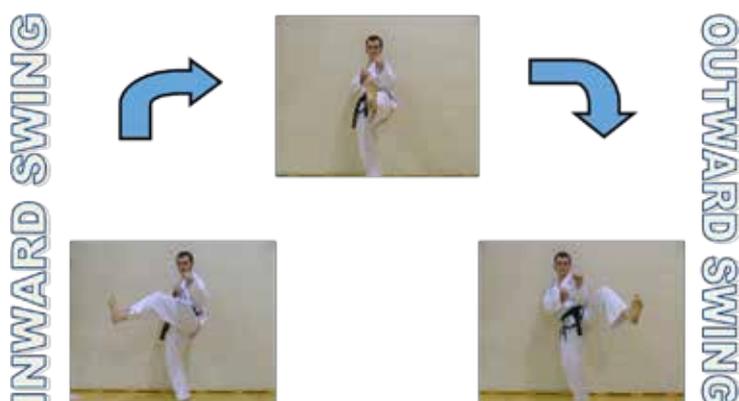
- Find a good arc to use for this action. If you lift your leg too late (steep arc) you'll miss, hit at a poor angle, or kick with the wrong tool. If you lift too soon (wide arc) your kick will be slow and therefore weak, because speed is essential for power.
- This action must be done with the leg bent to avoid hurting the knee joint.
- This action isn't as simple as the others so far, so make sure you combine speed and mass. For maximum power be quick and turn/move your body in the same direction as the kick.

Example kicks: Sewo chagi (vertical kick), Golcho chagi (hooking kick), Bandal chagi (crescent kick)

The Flip

This action is rare as the basis for kicks. The flip involves nearly a pure rotation of the hip, and not much else.

- This action takes the foot from below and beside the body, in and up towards the centre line and groin. The knee remains bent throughout. The action is similar to tucking for a flying side piercing kick, sitting cross-legged or playing hackey-sack.



FLIPPING INWARD

- To get the best of both balance and power perform this action quickly and smoothly.

Example kicks: Doro chagi (waving kick), Bituro chagi (twisting kick)

Variations

Note that most of the actions can be performed in reverse. For example, flicking can bend or straighten the knee (eg front snap kick, back snap kick), and swinging can be inward or outward (eg inward or outward vertical kick).

Try performing an action while leaning to the front, side or rear. Try pivoting/spinning, using a different tool, or jumping.

Just one action?

Some of our kicks are nice and simple, coming from a single action. The Dwitcha busigi (back snap kick) is simply flicking your knee closed behind you. Performing a Cha bapgi (stamping kick) is just that, stamping downward like crushing a can. Others are more complex, and combine two or more actions, as well as spinning, leaning, flying, scissoring or other ways of moving. For instance, a flying downward kick with the back leg while spinning outward: you raise and swing your straight leg outward and upward in front of your body, then drop it straight down onto the target, while leaping into the air, spinning, protecting yourself with your hands and tucking the other leg. Whew.

The key is to understand each of the basic actions involved in a kick, and then try combining them and exploring different ways of moving later. Start simple! 🍷



INSTRUCTOR PROFILE

Mr Matthew Breen VII dan

PROFILE

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

In 1988 when I was 10, we moved to Auckland from Christchurch, and my parents wanted to find an activity we could all participate in as a family. We happened to see an ITFNZ demonstration at just the right time!

At what club did you start, and who was your Instructor?

I began training - along with my father, mother, and sister - at the Meadowbank branch, under Mr Peter Graham (with Barry Vaughan as his assistant).

When did you receive your first dan black belt?

My black belt grading was in 1992, with Mr Evan Davidson and Mr Paul McPhail (long before they were Masters!) as my examiners. I was 14 at the time - I remember falling asleep in the middle of a sentence in the car on the way home on Sunday evening.

When did you start instructing, and at which club?

Mr Graham gave us the opportunity to assist in teaching grade groups from around red belt. I was an assistant instructor at several clubs over the years - Meadowbank, Mt Albert, and Auckland University. My first year on the coaching staff of the Auckland Regional Team was 1995, and I was one of the coaches of the Auckland Demonstration Team between around 1997 and 2001. It wasn't until 2006, however, that I undertook a formal instructor role, as the instructor of the Auckland Taekwon-Do Academy. For the first few years I ran specialist training classes for black belts, and in 2009 we shifted to our current model of the Pre-Grading Programme for students preparing for a Dan Grading.

What are some of your biggest Taekwon-Do achievements?

I'm incredibly proud of the work we did on the Auckland Demonstration Team from 1995 to 2001. Along with literally hundreds of demonstrations at schools, shopping malls, and parks, we performed for General Choi, Grand Master Sereff, and

in front of a crowd of 20,000 at Mt Smart Stadium during a Warriors game.

I was thrilled to be a New Zealand Coach at the World Champs in Wellington 2011, when we nearly swept the Overall achievements and took the Best Country trophy.

What is the highlight of your Taekwon-Do career?

I don't think anything for me has had quite the impact of being the ringside coach when someone I've worked with for years wins a World Championship final to take a gold medal... and I've been fortunate enough to have that happen multiple times.

What is your most embarrassing Taekwon-Do moment?

I can think of three incidents, embarrassing in different ways.

In 1992, as a recently-graded first dan, I was marshalling at a grading for the first time. As one group of students moved back, the examiner - Mr McPhail - passed a note to one of the suited instructors on the stage. The instructor stood up, came down the stairs, handed me the note with a bow in silence, and returned to his seat. "Dear Mr Breen," I read. "SPEAK UP OR DIE. Signed: Your Future Examiner." (I've never had an issue with my Instructor Voice since!)



In 1997, at my grading for third dan, I set up a three-board elbow thrust. I'd performed the break at least a dozen times in demonstrations, and never missed it. But on that day, I bounced. Twice. It wasn't until we went to put the boards away that I discovered that the middle board was rotated, and I'd been trying to break boards with crossed grains. So now I'm careful to emphasise to all my students that Your Breaking Materials Are Your Responsibility..



The Auckland Demonstration Team was performing at Avondale College, in front of two or three thousand students. One of my items involved kicking some aluminium cans off the hands and head of Sarah, one of my teammates. But we'd added a new routine - a free sparring demo where every single technique was a flying kick. It was



dynamic, fun, exciting... and as I came off, I couldn't feel my legs! "Matt, Sarah - you're up for cans," came the word.

So the flying side kick was a touch low, and clipped her right hand. And the flying turning kick - also low, and clipped her left hand. But the cans went flying, so the audience probably couldn't tell, right? The third kick was the reverse turning kick, to take a can off the top of her head. Keeping the first two in mind, I made sure to put some extra effort into the jump...

So anyway, after I kicked her in the head, she bent down, picked up the can, and put it back on her head. At least I got it right on the second attempt. (Afterwards, I asked her what she was thinking. She said the concussion probably contributed to her decision.)

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

It's hard to cut down my list, but I've managed to trim it down to two.

I think Taekwon-Do in New Zealand has been fortunate beyond what words can convey to have Master Paul McPhail to shepherd and guide our development. I don't believe we would have the international reputation for technical standard we enjoy if we had not had Master McPhail providing the inspiration

Mr Matthew Breen



and example he has, and I am thrilled to see him taking that example to the world as part of the ITF Technical Team.

And I have so much admiration for Master Gray Patterson. As a friend, competitor, teammate, coach, and inspiration... but mostly, I just love to watch the man work. If I can perform a technique and think "That felt like how Gray would do it", I'm usually pretty happy.

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

I don't feel we've had many seismic shifts in the last few years, but there's been an ongoing evolution of some patterns that have been gradually appearing for a while. The availability of specialist or one-on-one coaching, for example - those opportunities have existed for decades, but there are so many options for a wide range of students now. Our successes on the world stage, as well, are providing our young students with so many examples and role models, and the realisation that with hard work, the right attitude, and the right coaches, those successes could be open to them in the future as well.

What are your favourite hand technique and foot technique?

It's not easy to pick a favourite technique out-of-context!

I think the foot technique that's excited me most in recent years was one I used in my three-on-one prearranged routine for my 6th dan grading - a combination two-direction side-twisting kick to the first two opponents, finishing with a scissor-shape kick takedown on the third. I'd planned to

use it in both my 4th and 5th dan gradings, but the opportunity never came along until 6th!

For hand techniques - I have a particular fondness for the double arc-hand block. I love the way it flows when it's done right.

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

I think a great practitioner is never satisfied with their own standard. They always want to push themselves a little further.

A great practitioner is not only willing, but excited to teach others.

And the trait that the people who have inspired me the most seem to share - they are humble. Approachable, friendly... the people who don't let a black stripe or a white stripe turn them into someone else. 🙏



POWERFUL GOAL SETTING FOR TAEKWON-DO

By Mr Kerry McEvoy III dan, MHS, BA(HMS), CSCS

Goal setting is a powerful tool that is commonly used by high achievers, sports and business people. Research and anecdotal evidence shows that those who set specific goals achieve far more than those who do not.

“If you aim at nothing, you are sure to hit it”

Successful goal setting can be achieved via visualisation, verbal affirmation, creating -vision boards or formally writing down your goals. Whether your goal is to grade to your next belt, to black belt or to win a competition, the use of goal setting techniques will significantly increase your chances of Taekwon-Do success.

Here are the 12 “P” Rules of Goal Setting that will make your goals more powerful and actions more productive.

PERSONAL

Make sure the goals you set are “your” personal goals and not someone else’s goals for you. The goal has to be meaningful to you, not necessarily others. Many people’s goals are influenced by other people such as their parents, friends, peer groups and society’s expectations. If it is not your goal it will be very hard to stay motivated to achieve it.

POSITIVE

Always recite your goals in a positive tense rather than a negative one. For example, I want to succeed rather than I don’t want to fail; I want to win rather than I don’t want to lose. Your subconscious mind does not recognise the word “don’t”, so it will only hear the negative that comes after it. If you went into a competition and focused on not getting hit rather than hitting, then you would probably get hit and lose the bout. Always recite your goals in a positive tense.

PRESSURE

Set big enough goals that place a positive pressure on you to become better at what you do. The bigger the goal the bigger the actions you have to do and the better the “person” you have to become to achieve the goal.

“Set goals that will make something of you”

Your goal list should not look like your “To Do” list. Your goals should challenge you in a way that forces you to become better skilled, educated and experienced.

“Pressure turns coal into diamonds”

PRESENT

State your goals in the present tense rather than the “wanting” tense. Rather than stating that you “want to be” a winner, say you “are” a winner. Rather than saying you “want to be” a black belt, say you “are” a black belt.

“Be before you are and you will become”

This sends a strong message and expectation to your subconscious mind that drives the conscious mind to act to make it happen. Think of what you want and start thinking and talking as if you have already achieved it. This changes your physiology and psychology to match to that of the person who has achieved it.

“Thinking like a champion will make you a champion”

PEN

Penning your goals to paper by writing them down helps clarify them in your mind and re-enforces them into your subconscious mind. Write them down where you will see them regularly as a reminder, such as in your diary, on a white board, a journal, a mirror or on your computer desktop. It is recommended that you write them down at the start of every day as this will set your focus onto your goals at the start of each day so you do not get distracted throughout the day.

“Obstacles appear when you take your mind off your goals”

PICTURE

Surround yourself with visual reminders of your goals, what you want and who you are becoming. This provides your subconscious mind a very clear visual image of what you are aiming for and creates a stronger emotional connection and drive to your goals.

“If I say it I forget it, if I see it I remember it, if I do it I understand it”

This can be achieved by designing Vision Boards (see example below), framing photos and drawings of your goals and what you want placed in regular view, such as your bedroom wall, bathroom mirror, computer desktop and office notice boards.

PLANNING

To make your goals come true, it is vital to have an action plan to ensure that it becomes a reality. Write down your daily, weekly and monthly “To Do’s” in a planning journal/diary.

“If you fail to plan, you plan to fail”

Take into consideration the time you have to achieve the goal and work backwards from there to decide what you need to accomplish and do every month, week and day to make it happen.

PRACTICE

You need to take action on your plan to turn your goals into real results. Practice what you are preaching by applying self-discipline and doing what you said you were going to do. Discipline is doing what you should do, when you should do it = even when you do not feel like doing it.

“SUCCESS = Doing what you said you were going to do”

Action will lead to a result which creates a positive emotion that feeds the next action. The more you do the more you want to do. This all starts with your first “do”, which “starts the ball rolling” towards your goals until it becomes hard to stop.

“Motion creates emotion which creates more momentum”

PERFORMANCE

It is vital that your practice and training leads to performance not just activity. To ensure that your performance improves with training in line with your goals, make sure you set performance goals and targets for every training session.

“Practice does not make perfect ... Perfect practice makes perfect”

A big goal is achieved with the continual improvement and achievement of a lot of

small training goals. Continually set and monitor your training performance to make sure you are on track to achieve your big goals.

“A big goal is made up of a lot of little goals”

PAY DAY

Set a time line and a specific date to achieve each goal. This will hold you accountable to the goal and create a sense of urgency to take action on it. If an accountability date is not set, then there is no foreseeable consequence of inaction.

“A goal without a time line is not a goal, it is just a dream”

PRIZE

Once you have applied all of the other P's and have become that person who “deserves” to achieve your goals, then it is time to collect your prize, the prize of success and satisfaction.

“I hated every minute of training, but I said, “Don't quit”. Suffer now and live the rest of your life as a champion.” Muhammad Ali

PERSISTENCE

If you at first do not succeed, then try try again. Everything that is worth achieving is rarely achieved on the first attempt. If it was easy, everyone would achieve it. Never give up on your dreams and goals.

It is not about achieving the goal that is most valuable, it is who you have to become to deserve achieving the goal that is most valuable.

If you train enough and become good enough and compete enough you will win enough.

“A BIG shot is just a LITTLE shot who just keeps shooting”

It is important to design your Vision Board the way that means the most to you. You can use a combination of generic photos, your photos or photos with people who you admire and respect, depending on what the goal is. It is your board, do it your way and have fun developing it.

“Everything achieved in the world is created 3 times... first in the mind, second in a plan and third in reality”

See below a sample template that you can use to set up a Vision Board with your goals on it.

Goal Photo	Goal	Completion Date
	I have achieved my Black Belt with an “A” grade pass	1 st March 2016
	I am in great physical shape at a body weight of 65kg at 15% Body fat and with a resting pulse of 50bpm and fit enough to compete at a national level	1 st January 2016
	I have competed and placed at the national championships in sparring and patterns	15 th July 2016
	I am a member of the National Taekwon-do Team for the 2017 World Championships in sparring and patterns	1 st March 2017



Kerry McEvoy HMS, BA(HMS), CSCS

- Education Director: Max International College for Fitness Professionals
- Master's Degree in Exercise Science
- Former Trainer for the Australian Institute of Sport, National Sporting teams and Olympic Gold Medallists
- 3rd Degree Black Belt
- World Class Taekwon-Do
- 8 times Taekwon-Do World Cup and World Championship Gold Medallist



WHEN VIOLENCE IS THE ONLY ANSWER...

By Mr Phil Thompson Protect Self Defence

We have an adage at Protect which says:

"Violence is very rarely the answer to a problem, but if it is, then it is the only answer, so know how to do it well".

We have spent decades training and developing real-world strategies to detect, recognise, avoid, escape, defuse and de-escalate potentially violent situations.

We believe that all of the possible consequences of violence are negative. Violence is caustic, toxic, and destructive. It resembles nothing like the dojang, and sports-ring, and in most cases the movies. It's really not cool and is a very quick way of removing the fun from your day.

A big part of de-escalation is providing alternatives to the threat, violence generally happens when the threat perceives no other alternatives. We train this through confrontation management scenarios constantly.

But sometimes none of that matters. It's too late for any of it. An attack is imminent or in progress. What happens in the next few seconds may determine whether you get to go home or not.

Depending on your level of 'Stress Inoculation', you will have varying levels of stress responses, but you'll absolutely have one to some degree. If your stress response, and associated adrenaline dump, is high there is a very good chance that you are not able to think clearly, if at all. That part of the brain has shut down and you are now in survival mode.

We train many ways to control this state, but it is certainly not mainstream and most martial arts don't even go near it.

In that moment, in the next most important few seconds of your life, you will fall back to your training, to what we call 'Conditioned Responses'. To the 'files' you have created in training.

Many believe that if they have some martial arts knowledge or watch a few YouTube clips on Self-defence that they will rise to the occasion. In most cases they're kidding themselves. That's not the way our brains work when we are under stress, especially survival stress. We don't rise to the occasion...we sink to the level of our training. How many times have we heard

about some black-belt who just got the snot beaten out of them by someone with no formal training at all? A lot.

Most of what is taught in most martial arts styles can be used to some degree in the real world, but it needs to be adapted.

To state it bluntly, on its own, from a physical perspective many martial arts train people to be better victims. That's a blunt statement and will undoubtedly earn me ever more popularity among the few members of the martial arts community who will defend flawed training until the cows come home because nobody wants to hear that their baby is ugly.

But it's quantifiable and can be backed up logically and demonstrably. It's the reason that ITKD have adopted our work in the NZ self-defence syllabus. It's about evolution. If you deny it, you rob yourself and (instructors) your students of authenticity. In this case an honesty and authenticity which may save your life, or get you killed. It's a serious responsibility, and it's a tragedy when individual egos get in the way of the truth.

I want to explore, in the short space I have in this article, a few things to consider when adapting your training to suit reality. I will be discussing the physical aspect only and even then there's only space to discuss a few pieces of a 100-piece puzzle.

Firstly, a significant point which we always point out at our courses, but is generally misunderstood, is that it's all personal. By this I mean this is an individual journey. Not everything works well for everybody. What works for me may very well not work for another Protect instructor. And it doesn't matter, that's what training is about, exploration. We take an idea, pull it to pieces, figure it out, train it, and see how that works for us as individuals. If it works, great! If not, great! Better to figure it out in training than in the street. Trying to force a round peg into a square hole is madness. Obviously we need the experience behind us and the right type of training to determine if it doesn't or does work for us, but the concept is straight-forward; nothing works for everyone, take what you personally find useful and discard the rest.

Leading on from that is the tragic belief that I have seen constantly over the years that

a technique or concept is good because their instructor or master instructor can do it. If they can do it therefore it must work. Rubbish. Who cares what they can do/think they can do? It has nothing to do with them. It's all about you. It's your blood, not theirs. They are guides to pass on their knowledge, that's their role. Yours is to determine and decide which parts to adopt and keep, which parts will work for YOU, Now. When it comes to the subject of self-protection (not martial arts, that's different and there is certain etiquette to be followed)...Challenge everything.

Then there's the understanding of real-world violence. How it works, how it feels, tastes, smells. Martial arts based 'self defence' usually works against people because it provides a false expectation of what violence is like in every aspect. When a real attack happens, it's so far removed and opposite of everything they have been taught that they are less prepared for it than someone with no training at all. In short, they have often trained to become a better victim.

Just a few of the myriad differences between what they've been shown and reality demonstrates this; Your training partner' doesn't want to kill you. There is no chaos, no fear, no (real) stress. No secondary opponent to king hit you from behind. No drugs, no alcohol. No obstacles. No concrete. No weapons. No restrictive clothing. No child in your arms, or spouse or interfering friend by your side. No intent to destroy you. No bow, no handshake, no instructor yelling 'Sijak' or 'Goman!' The



Mr Thompson is co-founder of Protect Self Defence and instructs classes, seminars and gives private instruction at Protect's training centre in Auckland and throughout NZ.

What happens in the next few seconds may determine whether you get to go home or not...

attacker always chooses the time and place of the attack, not you.

Predators/attackers don't attack like training partners in the dojang. Predators attack harder, faster, closer, with more surprise than your training partner.

Remember, what goes on the disc (brain) is what will come off the disc. If this is what we've learned an attack should be like, this is what we expect. And this is why we are made vulnerable.

That's one piece of the 100-piece puzzle. Another is understanding the predator/prey switch. When we are attacked, we are not just fighting a body, we're fighting a mind. This applies to ourselves and the attacker.

From our own perspective we train certain drills and concepts to ensure that we have the necessary mindset and mental and physical capabilities to use violence as a (justified) tool to ensure our or someone else's safety. Most people train to be the victim when they train their 'self defence'. That has a place, and equally as important they need to train to be the predator. Think on that. That can be a topic for another article.

From the attacker's perspective, we want to cause a switch in their mindset from Predator to Prey quickly. We want them to feel our intent. Sometimes this means delivering a level of violence and ferocity (again, justified and legal) which they are completely un-prepared for. Sometimes they are prepared for anything and more than we are capable to deliver and there are other things we need to employ at that point. The person we are dealing with may have no moral compass at all, genuinely no limits. By nature, 99% of the people reading this certainly do have limits in regards to violence, because you're a decent human. Through training we can increase those limits within the context of an extreme situation to increase our chances of survival. Oh, and sometimes luck plays a role too although the more we train the luckier we tend to get.

We want to take away their will to keep fighting. Generally this is done by disrupting

their consciousness (knocking them out), their vision, their breathing, or their mobility. Any or all of these done the right way can disrupt their will to keep fighting. Really, unless you've done one of these things (the right way), you haven't beaten them, they've just given up. Have you asked yourself how far you're willing to go? Do you know how to go that far if required?

Learning how to get to this level is vital. But the next stage is just as vital. That is how to control it. How to ensure in the moment that you don't go overboard, use excessive force and do something you'll regret forever. I believe it's at this point we start to get good at self-protection. When you can control your reactions and emotions in the moment, now you're starting to get somewhere. Learning how to hurt someone is the easier part.

My intention with this article is just to get you thinking about your self-defence training. Maybe you'll discover you're happy with where you are at. Maybe you'll discover opportunities for improvement. Either way, it's all just food for thought.

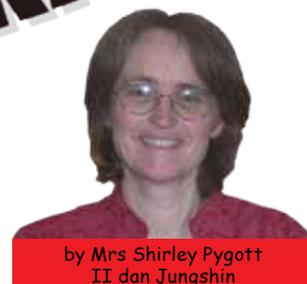
Cheers

Phil. 🍷





Kicks for Kids



by Mrs Shirley Pygott
II dan Jungshin

Welcome to Issue #36.

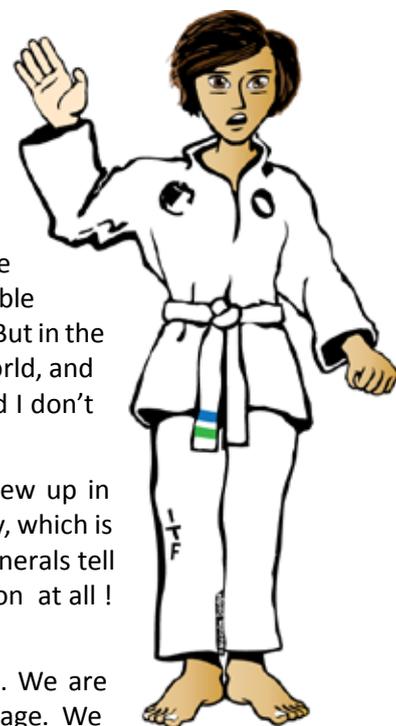
Welcome to Kicks for kids Issue #36

It's all about the Peace, 'bout the Peace - no trouble.....
Every time we train, we promise to build it. But HOW ???

Ted has been doing some thinking and is feeling a bit confused about a Peaceful World.



We all say the student oath. We say it at the start of every class. We say the Oath to remind ourselves that because we are learning something that can be very dangerous, there are rules we need to keep so that we don't make trouble for ourselves or other people. I understand this. But in the last line we promise to build a more peaceful world, and something doesn't quite make sense to me (and I don't think it's just because of the fluff in my brain):



General Choi (the Founder of Taekwon-Do) grew up in Korea at a time where there was a lot of violence and war. He served in the army, which is all about fighting and war. War is the opposite of peace. He was a General. Generals tell their soldiers when and where to fight. That doesn't sound like a peaceful person at all ! Why did he think a peaceful world was a good idea?

Then there is all the stuff we do at training: We punch and kick all the time. We are learning all the 'best' targets on the body to hit so that we can do the most damage. We are learning to hit hard so we break things (like boards). There is nothing peaceful about hitting, hurting and damaging.

So how can I build a more peaceful world if I learn Taekwon-Do? It seems impossible!

General Choi Hong Hi Man of War or Teacher of Peace?

Even though General Choi was a military man, and grew up surrounded by war, he also saw how horrible wars were and how mean people could be to each other. He saw many greedy people who only cared about themselves and were cruel. He wanted to improve the world around him and he wanted his martial art Taekwon-Do to be used only for good. He wrote the oath and the tenets for us to follow, so we could build a world where people cared about each other and could live happily together, no matter who they were or where they lived. Once he had left the Korean Army, he continued to spread Taekwon-Do all over the world, hoping that it would eventually bring peace and unity to all people in the world.

Too many people are mean to each other, and are cruel and greedy

I want them to be kind to each other and live in peace

TKD may be the best way to teach them!

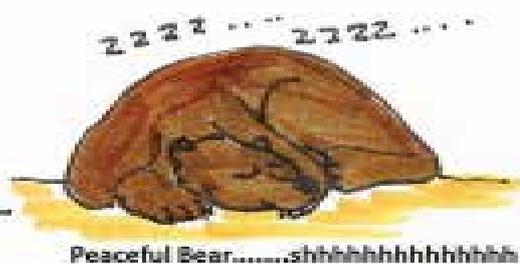
But maybe I need to get out of the Korean army first.....

So what makes a Peaceful World?

Peace....
Man Peace



Does it mean everyone just goes to sleep? That would be peaceful, but not practical - (and way too much snoring!) Should everyone grow beards and wear funny clothes and make the peace sign all the time? Now that would just be silly! It takes a lot more than sleeping, beards, and funny clothes to make a more peaceful world.



A peaceful world is a place where people are kind to each other, and care about each other so everyone can be happy, no matter who they are, what they look like or where they are from. A peaceful world is one where we help those who need help, so they can be happy too. And a peaceful world is a place where we don't allow people to be bullied or hurt by others. We learn Taekwon-Do so that we have the confidence and the skills to stop someone hurting us and maybe even stop someone hurting others as well. And we NEVER use Taekwon-Do to be mean or cruel to someone else.

So What Can We do?

One of the best ways we can build a more peaceful world is by following the tenets. Here are some ideas for using the tenets to make a more peaceful world.



Write the tenets here:

- C
- I
- P
- S..... C
- I..... S

Which one matches each idea?
Hint: Some of the tenets will match more than one. Which one will you do today? Can YOU help General Choi to achieve his dream of a more peaceful world through TKD?

True or False?

General Choi Hong Hi nearly won a Nobel Peace Prize.

It's true! In 1999, he was living in Canada, and the government there thought he was doing such a fantastic job of promoting a more peaceful world through Taekwon-Do, that they nominated him for a Nobel Peace Prize. He didn't win, but being nominated for a world recognised award was still a huge honour.



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