

# TKD Talk

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JULY 2000

## Women in Taekwon-Do

### What does the 2000 Nationals hold?



Taryn Ward  
*Pass with  
Distinction*



**Exclusive interview  
with Mr Paul McPhail**

### Women's Weekend



Glenis Gummer  
3rd dan

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## Editor's Talk:

This issue is a special issue on Women in Taekwon-Do. Articles include the recent Women's Weekends in Auckland and Wellington. Congratulations to Taryn Ward, who features on the front cover, for achieving a pass with distinction to 1st Dan.

Further, there are a number of articles addressing the issues surrounding ITFNZ National Tournaments.

As the Nationals approach again, this year's promises to be truly worthy of an event held in the year 2000, with the changes in rules and also the new ITFNZ awards ceremony at the Nationals dinner.

**Hayden Breese**

### Apology

In the April 2000 issue of *TKD Talk*, we published an article (*Wine Women and Song*) written by Mr. M Lowe, that we edited without his prior consent and final approval. We acknowledge that our editing altered the overall tone of the article. The editorial team of *TKD Talk* wishes to apologise to Mr. Lowe.

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## Contents:

Women's Weekend .....	3
Women winning bronze in Russia .....	6
Italy - Come on Ladies! .....	8
Nationals 2000 .....	9
Fairplay in TKD Competition .....	14
President's Corner .....	15
News .....	17
Instructor Profile .....	22
Website Guestbook .....	25
Junior World Champs .....	26
ITFNZ Awards .....	27

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## Women's Weekend March 2000.

By Julie Yardley 5<sup>th</sup> kup, New Plymouth East Branch



I was really looking forward to this weekend, I'd been to the 1999 one and had really fond memories. We began our Friday night session with a throwing/catching type game as an ice-breaker and as a way to learn everyone's name. Within minutes I knew all the names, if I threw the ball to Helen while calling out Nikki's name, it had nothing to do with the fact I have poor concentration but rather that my hand eye coordination is shot (and I'm sticking to that story)!

Our first session on the Saturday morning was with Mr. Bhana. He quietly and with great dignity put us through our paces working on patterns. There were lots of great pointers and tips given out. Personally, I learnt heaps about sine wave. Something just seemed to click and although I've probably been told things before, at this session they just seemed to stick with me.

Saturday afternoon was full on, breaking into smaller groups to work on patterns, sparring and destructions.



Sunday, bright and early, I was filling in for Mrs. Livingstone and taking a Taekwondo session. I was a bit nervous about this but once the music was playing and the sweat started flowing, I soon relaxed.

Mrs. Gummer followed up with a yoga session that proved that you don't have to be doing huge movements to exert a lot of energy. I am always blown away by how supple, flexible and strong Mrs. Gummer is. She certainly sorted out the players and stayers, and by the end of the session there were more spectators than participants!! It's a lot harder than it looks, that yoga!!



I was expecting the rest of Sunday to gradually get easier, I mean we are talking Sunday afternoon here! However things only got harder! The energy and effort of the women around me was really motivating and I found myself putting in that bit extra to keep up, especially while working on the pads.

The whole weekend was really motivating. As a more "mature" student, it was really neat to see that there are



other women who started TKD “later in life” and that they were every bit as successful as the younger players.

It is always really good to train with new people. The instructors impressed me not only with their abilities but also with their confidence. I’m sure that TKD had a lot to do with this. I had a great weekend, made new friends, caught up with old friends and learnt something too!

I would like to thank Ms Younger for her work organising the weekend and I will be making every effort to get to Taupo next year.

**“The social aspect I loved, of meeting and encouraging other females - yet with the common interest, Taekwon-Do”**

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## **Women’s Weekend**

*A Word From The Heart*

**by Marise Caldwell**

Thank you Rachael Younger for a motivational & inspirational “Girls Only”. For organizing something so valuable, for all your encouragement, revving up, sit ups and push ups.

I often wondered “What am I doing in Taekwon-Do?” I joined as a mum desiring to keep communication open with a 14 year old son who was into cars and guns. These I knew absolutely nothing about. My son wanted to join Taekwon-Do. I thought “sport, yes I was good at sport - I will do it too”.

History was made and the following thoughts were also made after our very first night on how to punch and kick correctly. “What am I doing here ?” As a woman I really needed to relate myself to this new “sport” that was quickly taking over our home and lifestyle. For me this was endorsed many times this last weekend. Firstly we were kindly billeted with Glenis Gummer and her family. What an inspiration she is as a third Dan black belt. How do I describe her? That’s easy. I want to be just like her when I’m her age, in health, in fitness, in flexibility and in strength, and Oh please, her great physique.

Next I met Melina. When I have Glenis’s body I want Melina’s home. Actually she kindly billeted two of the girls I bought up. The thing that impressed me most about Melina, apart from her black belt, was that she was intelligent, feminine, focused and loved Taekwon-Do.

Then there was the black belt all the way from Wellington. Beautiful face, sweetest smile, but oh my how feisty!! Full of indomitable spirit. Nobody there could forget her pad work.

I'm so appreciative of Nikki's input, another first Dan black belt. She spoke volumes to me, in word and action, a very feminine woman, a background in dance, yet so powerful in her patterns and destruction. A real inspiration. I was thrilled to hear about Laura, another black belt encouraging and committing to make herself available to one of our white belts who desired to excel at sparring.

These women are only a small part of many who went to make themselves readily open and available to others. The social aspect I loved, of meeting and encouraging other females of different ages and personalities yet with the common interest Taekwon-Do.

**“We were kindly billeted with Glenis Gunner and her family. What an inspiration”**

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## **What did people think of the Woman's Weekend?**

**Kayla Caldwell 13 yrs** I really love the time sparring. Even though my partner was about 6ft going on 7 and about 19 with a red tip belt. Also I really liked breaking boards. It was a good time just spending time with other females from other TKD clubs, I want to go back next year.

**Cara Lucas 13 yrs** I really enjoyed the weekend, even though I split my toe breaking boards. It was good fun making new friends with people from other clubs. I'm definitely going back next year. (ps you should always measure up before you try break boards.)

**Tina Harding 15 yrs** I enjoyed meeting new friends. It was good learning new things like Aikido. I guess because it is such a male dominated club in Tauranga, it was good doing stuff with just females. I look forward to knowing people from other clubs now, when I go to different events like tournaments.





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## Women Winning Bronze in Russia

So I get this phone call one evening .....

“ Hi Lena, it’s Hayden Breese. Can you write an article for TKD Talk about your build up leading up to Women’s Team winning a Bronze medal at 1997 World Champs in Russia ?” Well it’s been a while but here goes.

It all really started in June 1996 at the Tauranga Nationals when I had made it my goal to grade for my Second Dan in May the following year with my very good friend Tina Grey. It took some organising but my husband (Ian Walton) and I were fortunate to find a very trustworthy baby-sitter for our 10 month old (at the time) and this allowed us to train twice a week.

Selections for the NZ Team to compete in Russia were going to be held in Wellington in November 1996. I had participated on the day thinking that the extra training would help my grading training. I was surprised to make it in the Development Squad “ ...the old girl has still got something!!..” and decided to travel this road as far as it would take me.

It was a hard bumpy road! For the next 7 months every alternate weekend was spent travelling to Palmerston North, Levin and Kapiti for squad trainings, with about 3 Taupo camps thrown in between plus doing your own club trainings. I found the squad trainings physically and mentally demanding as the Southern Coach pushed everyone to their limits and beyond. Yet even though I was probably the fittest I had ever been, the greatest asset for me, and probably everyone else, was that I had toughened up mentally.

It’s this asset that saw me through my grading and ultimately competing at the World Champs.

Due to reasons of their own all three NZ Team Coaches and Team Manager had decided not to travel with the Team to Russia and so towards the end the role of Team Manager fell onto my lap and Acting Team Coach into Mr Andrew Burley’s hands. So in effect the Team were looking after themselves. This was not a problem for us all and in fact it probably made us all a little closer. Unfortunately a Women’s Team was never selected to represent NZ but upon arrival in St Petersburg we were delighted to find we were still eligible to enter a Women’s Team and so we did.

So for the next week and a half our new Women’s Team had to learn all the formations for different patterns in the Team Pattern event, two of us had to mentally gear up for the destruction event, three of us had to start practising speciality techniques and **all** of us were nervous about the Team Sparring event. And amongst all this everyone had to fit in their personal training for the event in which they were originally selected to compete.

Yet given the short period of time to train up as a Women's Team, I don't believe there was any pressure on us, as nothing was expected of us except of course to do the best we could. We saw an opportunity that we just couldn't pass up.....and took it.

We all trained in the hotel's lobby, hallways, alleyways, sidewalk, a park and yes eventually the venue itself. It felt really great to be part of the Team and you never forget the amazing feeling when you first walk into a World Champs venue....truly awesome. The atmosphere at the venue was friendly, humming with unleashed energy and excitement yet laced with the knowledge that ultimately we were all there to compete for a placing on the medals table. Being reasonably new to the arena of World Champs competition, NZ were just pleased to be there to gain more experience and knowledge.

Being a member of the Women's Team that won a bronze in the Team Destruction event has certainly been the highlight of my Taekwon-Do journey. It made me realise that everyone should make the most of any opportunity available to them to attain their goals, regardless of whether it has to do with Taekwon-Do or not. Because if **you** won't take a chance on you, no one else will be able to see the potential "champion" behind the wall of your uncertainty.

Take that chance.

## **Lena Walton**

II Dan - Co Instructor Berhampore Club



# ITALY 2001

## World Champs

# *Come on Ladies!*

**So how about it ladies!!!! Feel like going to Italy!!!!**

Women have represented New Zealand at every Taekwon-Do World Championships that we have been invited to and there is no reason why a Women's Team cannot participate at the forthcoming World Championships to be held in Italy 2001. The Champs will be held in a lovely Northern coastal city called Rimini from the 3<sup>rd</sup> to 8<sup>th</sup> of July.

New Zealand has talented women in Taekwon-Do and just take a look at the ones who have paved the way for us all!!

- Ms Rachael Younger placed 5<sup>th</sup> at the World Championships in 1990.
- In 1991 Mrs Rose Cherrington placed 4<sup>th</sup> in the Specialty Technique in Montreal, Canada.
- In 1994 Terrangannu Malaysia Ms Colleen Sheldon placed 4<sup>th</sup> in the Patterns event.
- In 1997 the first New Zealand Women's Team had participated at the X<sup>th</sup> World Championships in Russia and won bronze in the Team Destruction Event. (Jeanette Joe, Wai Paraone, Lena Walton, Kylee Cusin, Julia Braakhuis, and Liana McCartney.
- In 1997 Ms Kylee Cusin also placed 4<sup>th</sup> in the sparring event.
- At the 1999 World Championships in Argentina Mrs Nikki Mantjika made it through to the finals in the Individual Destruction.

And there are so many more talented women waiting in the wings! All you have to do is keep your eyes and ears open or hound your Instructor or Regional Director for when that World Champs Selection Day will be, and simply turn up and **HAVE A GO!!!!**

You have nothing to lose by trying out. But don't get me wrong as there will be a lot of hard work, sore muscles and a couple of headaches here and there but the rewards of simply being the best you can be and representing your country will make it all worth while. And for those Taekwon-Do Mums out there.....if you can give birth you can do anything!!

Competing at a World Championships is an achievable goal. A goal YOU could make yours provided you are willing to train hard, and most importantly **believe** that you have the ability to travel on that road to Italy.

I hope to see you all at the World Champs Selection Day.

**Mrs Lena Walton**

II Dan - Berhampore Co-Instructor.



# Nationals 2000

## Have we got it right?



*New changes, new millennium, what does the 2000 nationals hold for competitors and spectators? Two ITF NZ members, Neill Livingstone and Gwyn Brown, argue their issues with the new rule changes.*

If you have attended a recent referee & judge's course, you will be aware of the rule changes implemented by our hardworking tournament sub-committee. The changes that have been made to the pattern and sparring competition I believe are a move in the right direction. The knockout system for patterns is fairer, and makes for a more exciting competition. Hopefully the changes to the sparring competition will mean we will see more jumping techniques and if we get it right the level of contact will improve. I have never been to a tournament yet where there hasn't been controversy over heavy contact. With our tournaments taking on a friendly attitude hopefully things will improve.

It will be interesting to see if the changes to the destruction competition will be an improvement on what we saw at the last Nationals in Palmerston. I think we could be running into the same problems. A long drawn out competition with a low success rate. With the new format for breaking (minimum height of 2 metres) where does this leave our "smaller in stature" students? Probably scratching their heads. My thoughts on a destruction competition are:

Each region put together a destruction team consisting of five students of any rank and

they may complete any breaks they wish. The end result being the most spectacular team wins. (It's fast, it's dynamic, and it's entertaining)

The biggest disappointment for me is the scrapping of the team pattern competition. This has been the highlight of many tournaments. The standard of the team patterns at the 1999 Nationals was nothing short of exceptional. It was clear to see that there was a lot of effort and enthusiasm put into the routines. I have questioned this move with the tournament sub committee and the reply was that we are getting too far away from what is expected. I will agree that TKD is a serious business but sometimes, as in the past, it is refreshing to relax and do something which is fun and entertaining.

The changes to our tournaments have been made to align us more with the ITF rules and make it easier for our students who compete overseas. This is all very well but our National tournament is for all of the students of ITF NZ.

I will leave you with this thought...Should our National tournament be formatted for the 1% who compete overseas or for the remaining 99% ?

**Neill Livingstone III Dan**

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## ***And from Gwyn Brown (1st Dan, Tauranga Branch)..***

I was asked to write something for TKD talk by my instructor, Mr Rimmer, after attending the recent seminar run by Mr Grant Eccles and Mr Kevin Joe on changes to the National Tournament with regards to rule changes, format changes and also changes and standardisation of some of the etiquette involved. So here goes.

First of all I am looking forward to the National Tournament's new format and new rules. The committee has obviously worked long and hard to make changes that will no doubt on the whole be beneficial, and I applaud them for their hard work. I feel that the changes to the format will encourage members to be more spectacular, powerful and entertaining, which will in turn inspire new and younger members as well as encouraging members of the public to become more involved in our art. This can only be a good thing for the promotion of TKD overall.

However I also disagree with some of the changes that were made. I have expressed my views to Mr Joe and Mr Eccles and they have promised to keep an eye on the points I raised and I thank them for that, but I would also like to use TKD Talk as a medium for further comment from other members.

It was evident at last year's Nationals that something needs to be done as far as the 'breaking of boards' section of the tournament is concerned. There were a lot of black belts there that did not complete their breaks, either through being too ambitious with their selection of techniques or using too many boards for the standard they were at. If we are to encourage new members to join, and to have more public involvement through parental interest and private and business sector sponsorship, we would be wise to make TKD more exciting, more entertaining, and more spectacular.

I think that the tournament needs to be thought of as a business advertisement for TKD. It is our opportunity as an organisation to show the rest of the martial arts community and the country just how good TKD is. And I believe that the committee has taken an important step towards this already. Imagine having national live coverage of 2 days worth of TKD on prime TV. Just think of what that would do for all of us. Let's forget for just a minute about the financial spinoffs that would come through increased membership, clubs and sponsors.

Think about what having TKD as a more thought of, and about, sport would do as far as having international visitors and guest instructors a more frequent sight in NZ. Those of you that went to the World Camp will know what I mean. Having Master Wheatley there to answer questions, to instruct and to inspire was fantastic and I believe that this could and should become a more common occurrence.

Okay, so maybe having national TKD coverage all day on TV1, 2, or 3 is aiming a little too high, but having some of the nationals broadcast on one of the channels even if it is Sky, is not.

So how could we do this? There are a number of ways, but perhaps the best is by lobbying, demonstrating and just plain hard perseverance! All of that however would be no good if the product we are trying to promote is not the best it can be. So before any of this could possibly happen, I feel we need to improve the tournament standard. And again I think the committee is going the right way about this, except for maybe a few things. The setting of heights and board numbers for the breaking section at the tournament I believe to be the wrong idea. I feel that setting people a standard number of boards to break for the power section to be intimidating for some members. However I also feel that no one wants to watch 120 black belts perform a 3 board sidekick, with only half of them making it! And for the special jumping event.

Having a set height will also discourage a lot of people that find jumping to great heights difficult, from even bothering to enter at all.

So, what to do? I believe that it is important for all and in our own best interests as well to see only the very best that TKD has to offer on display at the national tournament. Therefore I will stick my neck out and say that I think that not all black belts should be able to enter the breaking section at the national tournament! I am imagining the gasps and comments already. Hopefully this will encourage discussion about the subject. In the same way that we have regional competitions to decide who will represent the region at the nationals in sparring, patterns and the team pattern, I think this should also include the breaking. If perhaps up to 10 black belts were selected from each region for the two breaking sections for example, we would not only see a huge improvement at the nationals, but we would also see greater competition at a regional and club level. Not to mention the cost reduction from the number of boards required. This saving could perhaps be used to pay for tiles for those that would like to show their breaking strength in an extra special event? This would also make the introduction of set heights and board numbers unnecessary. For having a breaking section with only 60 competitors in it will produce only those that can break at a spectacular level anyway.

By giving every member including coloured belts the opportunity to compete at club events and regionals, which is very important for the 'feeling' in a club. And by making the nationals an event for the best of our breaking competitors, we will encourage all members to train harder and make being selected to represent your region more special for those

that make it. This would raise the standard at the nationals, encouraging more spectators, sponsorship, newspaper and perhaps TV coverage as well.

The sparring that we do in TKD is I feel the main event at a tournament, but it is the breaking that is the showcase event, the one people really want to watch. Have you ever noticed that not all people watch the sparring, except for the finals of course. But come time for the breaking to start, everyone is there. This is the time when we can show how powerful TKD techniques can be.

We all know that other codes will teach self defence adequately, and to say that TKD is better than all the rest is naive. But no one can deny that TKD is a very powerful code and certainly spectacular to watch for the aerial sparring as well as for the breaking.

**“... someone that can break 3 separate boards in the air shows more skill, determination and commitment than someone blessed with the natural ability to jump higher than anyone else”**

The tournament committee has come into line with ITF as far as the points awarded in sparring part is concerned. And making 5 points available for jumping kicks to the high section will no doubt encourage more people to get off the ground, as was the General's intention. But I think that discouraging members to enter the special breaking section simply because they will never be able to jump to the required height is wrong.

Personally, I feel that someone that can break 3 separate boards in the air shows more skill, determination and commitment than someone blessed with the natural ability to jump higher than anyone else. TKD is an art that I practise because secondly I like the kind of friends and people it attracts, and thirdly because it teaches me confidence as well as self-defence. But most important of all, I love TKD because it encourages a person, no matter who they

are, or what limits they have be it physical, hereditary or mental, to try to be the best they can be. It is this feeling that makes TKD special and separate from other codes.

I think we all know of someone or have met someone in TKD that does not have the physical agility that you would expect of someone that does a martial art. But it is these people that are the most inspiring of all. The changes to the breaking section I have discussed I feel go some way towards reducing this special feeling. You don't have to be gifted to learn TKD, and while you are encouraged to train hard and frequently and you get out of it what you put in. If you can't make training sometimes because of work or family commitments, no one thinks any less of you. I also think that the person that can jump two times their own body height is technically better than the person who can only jump one and a half but because of genetics, ie body height, their overall height is greater. I realise that the world champs have set heights and numbers of boards, and by introducing these rules here we are aligned with ITF, which on the whole sounds like a good thing. But just because ITF does things a certain way, does not mean that this is the best for ITFNZ. Also, if we end up with those few that are the best in the country in breaking at the end of the nationals and they represent us at the world champs, the chances are that they will make the ITF standards on height and board numbers anyway. This would mean that we are still being fair to all involved in the local and national events with all competitors having an equal chance to compete, but for only 10 spots for example, and we also meet the international rules as well. Unfortunately with time being so limited on the day of the ref's and judge's seminar, there was not enough of it to talk in more detail with the members of the tournament committee. They are all hard working and committed people, as are all committee members, and where would we be without these people to organise the rest of us. But I

feel that these new rules have room for further discussion. The changes to the sparring and judging side of things I thought were great, and will benefit competitors greatly and fairly. In summary, I welcome people to shoot me down in flames and point out different ideas, reasons and/or points that I have not thought of, or I am simply wrong about. There is nothing more humbling to express an opinion thinking it's right only to find you are the only one with it!

**Gwyn Brown**  
(1st Dan, Tauranga Branch)

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### **The director of Tournaments responds as follows...**

Thanks to Mr Livingstone and Mr Brown for your comments on the new rules. The Tournament Subcommittee welcomes all comments on the ITFNZ rules - both positive and negative.

It has been pleasing to see that the changes to the rules have been generally well accepted. Myself and my fellow committee members spent many hours debating the rules and believe that we have come up with the best mix for ITFNZ at the present stage.

In particular we debated long and hard over the rules for the destructions competition. It has long been the wish of the ITFNZ Executive that we move to the ITF rules for competition. As a part of this wish we needed to introduce a destruction competition that was comparable to the ITF style.

Because this is the first year of competition there is bound to be a feeling of trepidation about how the competition will pan out, and perhaps a sense of "I can never do that". But it is my firm belief that once the rules have been in place for a while we will be astonished to see the feats that can be achieved by ALL of our members. We all know the power of a goal. When we are told the goal is a 4-board

or even a 7-board sidekick then that is what we'll work towards. And our basic techniques will get better because of that. Remember that the foundation of our martial art is in our basic techniques. The destruction competition now allows us to really concentrate on these basics.

It is impossible for any of us to foresee what the new rules will mean for the development of Taekwon-Do within ITFNFZ. We need give the new destructions competition a chance to prove itself. It is interesting to note that the South Island ran their tournament using these rules and achieved some amazing results - often above the suggested requirements!

It is true that only a very few of us will ever get to represent New Zealand overseas. But representation at World Champs was not the reason behind the rule changes. Every single student can strive for these targets. Not all of us will make the finals of the National Tournament, but the new rules will encourage us all to be the best that we can be. Is that not our goal as martial artists?

It is now timely to point out the very first section of the ITFNFZ Tournament rules: (Section 1.0 Purpose) "The purpose of tournaments and these rules is to provide a friendly, safe, and fair environment for contestants to gain experience, improvement of TKD skills, comradeship & fun. With this in mind, through friendly rivalry, competitors will be self motivated to strive for the goal of personal improvement and not winning at all costs"

As far as team patterns go, this was again a long debated issue. In recent years the team patterns have been getting further and further

away from ITF and heading toward 'demonstration style' patterns. In our efforts to make the competition more representative of ITF it was important to bring the competition back to the official style. However there is still freedom for the organisers to have a "demonstration event" for entertainment if they can fit it into the programme..

I welcome any feedback on the new rules and my comments above. Please feel free to contact me if you have anything you'd like to discuss.

**Brett Kraiger**  
**Tournaments Director**

Ph (04) 478 4566 |  
[Email bkraiger@ihug.co.nz](mailto:bkraiger@ihug.co.nz)

**Please note that:**

- a) Only two black belt competitors per destructions division are allowed from each region. (There are 6 divisions)
- b) The heights and number of boards stated in the rules are only a guideline. Until this competition has run for at least a year we will not know the appropriate heights/numbers.

**BOARDS FOR SALE**

**20mm x 13 mm - \$2.50**  
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**Phone Paul Trotter**  
**09 413 8689, 021 994 339**

*The new ITFNFZ Tournament Rules can be downloaded from the reference section of the ITFNFZ website:*

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

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# Fair-play and Sportsmanship in Taekwon-Do Competition (Kyong Gi)

By Mr Evan Davidson - Director of Standards & Discipline

With our National Tournament only a few weeks away, it is timely to remind all who will be involved of the behaviours that would be expected from our ITFNZ members.

Whether we attend as competitors, officials, coaches or supporters we have a duty to present the Art (and Sport) of Taekwon-Do to members of the Public in a fashion that reflects our understanding of the Tenets and Oath of Taekwon-Do.

We all know that whenever there is competition between individuals, teams, regions or countries there will always be some controversy. Rules of competitions are set out to ensure the safety of the individual, to promote a competitive rivalry and also to ensure a sense of fair play.

In professional sport where the stakes are high ie money is involved, where umpires, coaches and officials are also paid, there is some justification for looking closely at the performance, not only of the competitors, but also of match officials.

Our Taekwon-Do tournaments are an amateur game and volunteer officials need all the support they can get. We rely on the goodwill of volunteers, who always seem to be in short supply, to organise and officiate at tournaments. To alienate them by being vindictive and critical is certainly not what is expected of true Taekwon-Do practitioners. Sure, some errors are made. We do not have the benefit of the third umpire or video action replays and it is unavoidable that some errors of judgement may occur. That is and always will be the nature of human judgement.

To quote a section from 'Coaching New Zealand':

"Fair play means abiding by the principles of integrity (a TKD Tenet), fairness and respect". ie Courtesy - another Tenet.

1. Respect the rules.
2. Respect the officials and their decisions.
3. Respect your opponent.
4. Give everybody an equal chance to participate.
5. Maintain your self-control (another TKD Tenet) at all times.

To quote a passage from General Choi's Condensed Encyclopedia - 'Competition' - page 734:

'A Taekwon-Do match is more than merely a contest of skill and power. It is also an aesthetic display of a martial art, not unlike fencing with an honourable tradition. There is certainly beauty in aggressive yet controlled sparring, in well-executed patterns, or in the awesome spectacle of flying kicks and breaking techniques. Though the contest itself and the competitive spirit of all participants is important, students should also enjoy the match and take advantage of it for making new acquaintances within the brotherhood of Taekwon-Do, exchanging techniques, and spreading the physical and mental attributes of the art to the spectators. Too often, competitors take the match too seriously and ruin it for themselves and others through their lack of sportsmanship.'

Let's all see a fair, friendly and well-fought competition at Nationals 2000.

Good luck to all participants.

**Evan Davidson (6th Dan)**

Director of Standards and Discipline



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## President's Corner



The Regional Examiners have completed the first kup grading for the year 2000. Congratulations to all for the effort you have put in. Continued hard work and perseverance will bring further rewards and personal developments.

The President's Instructor and Student of the Year Awards concept originated from the Marketing Sub-committee. It is envisaged that branches will forward nominations to Regions who will then choose their entries. The Marketing Sub-committee will have the task of choosing the recipients for the Awards.

For the first time we have made official contact with both TUNZ and NZTF with the hope of increasing co-operation. NZTF had invited us to their National Tournament this year and we should reciprocate if there are vacancies at regional and national levels.

Minutes of Executive Meetings are to be sent to all Instructors in an effort to increase communication. We hope Instructors will in turn pass on the information to the rank and file members.

**Norman Ng**

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## Snippets Executive Committee Meeting

### March Meeting

- Instructors are to be reminded the necessity of complying with the Privacy Act.
- ITFNZ will try to issue an ITF recognised B Grade Umpire's Certificate for all those who attended Master Leong's seminar in 1999.
- Providing certain conditions are met, ITFNZ may offer to hold an Oceania TKD Tournament in NZ in 2002.
- An invitation is to be sent to Master Leong to attend the 2000 National Tournament.
- Commenced dialogues with WTF organisations in NZ to further co-operation. Messrs Patterson and Ng were authorised to act on ITFNZ behalf.
- Lena Walton proposed a Women's Team be sent to the 2001 world Champs - to be self funded.
- Minor changes to the Tournament rules were proposed by the Tournament Sub-committee and approved by the Exec.
- A Tournament Arbiter will have the final say instead of the Jury.

- An effort is to be made to use the same people to organise the National Tournament from year to year.
- Grading fees will be waived for members required to travel more than 300km to a grading venue in the SI.
- The Instructor and Student of the Year Awards are to be made from year 2000. Marketing Sub-committee to circulate criterion for the Awards.
- All Instructors are to receive Minutes of Exec. Meetings.
- The members of Universal Grant Sub-committee are Vince Pygott, Sue Breen and Margaret Pepper.
- A budget was approved and the Sub-committee Directors (instead of Chairpersons) need to confine spending to what is in the budget.
- Future Exec. Meetings 15 July, 28 October in Auckland and the next AGM on 24 March 2001 in PN.



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All on a 4 CD set - only \$230**

**ITFNZ Sales, PO Box 457  
Silverdale, Auckland 1462**

**Master Leong has generously donated these books to ITFNZ, to help raise funds to support the ITF Taekwon-Do in Indonesia.**

## **TAEKWON - DO** By Master Leong Wai Meng

The Complete Syllabus and Grading Manual (10th Gup - 1st Gup)

“Many books on Taekwon-Do have recently been produced by instructors and masters of different levels for general reference. However, to date there has been nothing written specifically to equip Taekwon -Do students for their belt promotion test. For this reason, I have chosen to write this textbook to help you prepare stage by stage for your tests.” Master Leong Wai Meng, quote from p.21

Contents include detailed information on the training secrets of TKD, theory of power, explanation of tenets etc, as well as detailed explanations and photographs of patterns, step sparring, breaking techniques and self-defense at individual coloured belt levels. In addition, an ITFNZ Techniques Handbook is included for ITFNZ members, as some of the requirements for step sparring, breaking and self-defense differ from the book. A complimentary ITFNZ car sticker is also included.

If you would like to see the book: contact your Regional Director.

All Regional Directors have been supplied with a sample copy.

Cost per book: \$80.00 + postage (Auckland \$4.00, rest of NZ \$6.00). Please contact Mrs Pygott ( details below) for freight costs for more than one book. Send name, delivery address and a cheque to

**ITFNZ SALES: P.O.Box 457, Silverdale, Auckland 1462**

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# NEWS

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## JUNIOR WORLD CHAMPS

Congratulations to those who made the New Zealand Junior Team - to travel to North Korea for the Junior World Champs on 23<sup>rd</sup>-26<sup>th</sup> August 2000. We are proud to announce the team as follows:



Andrew Neville (WBT), Toni Moki (Counties Manukau), Gemma Walton (Counties Manukau), Mark Trotter (Auckland North), Jake Goldsmith (Wellington), Daniel Kerr (South Island), Zahn Buchanan (Auckland North), Thai Luu (Wellington), Amanda Brown (Counties Manukau), Richard Lavin (Wellington), Michael Ratumu (SATKD)

Each team member is seeking their own individual sponsors to help them get to North Korea in August. Sponsors will have their Company Logo embroidered on their team member's tracksuit, with a maximum 10 sponsors each. Juniors are requesting \$150 sponsorship, which will give each individual at least \$1500 towards their trip. In return the Juniors can offer the sponsors promotion and a link to their own websites via the (popular) ITFZN website, their name on their sleeve, and they can also offer their services to work for a day cleaning windows, mowing lawns, sweeping floors etc. If you feel you are able to sponsor one of our juniors - or know someone who may be able to assist - please email the Team Manager.

**Debbie Trotter - [pauldeb@ihug.co.nz](mailto:pauldeb@ihug.co.nz)**

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## Regional Examiners' Course

**Taupo 25-26/03/00 Report by Mr James Rimmer**

Ever wondered what those little squiggles were on that grading result form all these years? Did you know there were around 80 characters in the McPhailian text?

Well 5 of us had that strange text explained in detail by Mr McPhail along with all the inside information pertaining to the Kup gradings at a recent gathering in Taupo.

It was unique in that this was the first such course of its type and we discussed whether or not the ITF in fact had a Kup grading course!

It was a case of Mr McPhail wandering through the grading format, the syllabus

and his experiences at gradings that began waaaaaaaaaaaaay back about 1985ish!

I can tell you it is no easy task when it comes to the real thing as I found out when I returned to my Tauranga club on the Sunday night and launched into a pre-grading of my own with 52 students in the hall!! (The largest class ever for 13 years).

I would like to thank Mr McPhail for his contribution in his capacity as Chief Examiner for ITFZN and for organising the weekend and wish Mr Davidson, Mr Bhana, Miss Younger, Mr Patterson and Mr Ward all the best for their first solo stint.

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## Regional News

### Wai/Bop/Taranaki

First of all I would like to congratulate the TKD talk team for producing a fantastic publication.

Our first grading for 2000 was pretty much as expected. Lower numbers grading, and an 11% A pass rate. With having only two months to prepare after the Christmas break many Taranaki students missed out on this grading. Hopefully the next one will be bigger and better. Mr. Ward our new Regional Examiner did an excellent job, by making our students feel at ease but also maintaining Mr. McPhail's high standard. Mr. Ward held a training session after the grading going over the points that we need to work on. It was an enlightening session for both student and instructor.

Preparations are now in full swing for our upcoming regional tournament. With lower numbers than we had previously expected entering, the students of Taranaki TKD have been fund-raising to make sure that we have enough money to put on a great regional tournament. The

Schweiger family with the help of many students raised \$385 in one day by holding a sausage sizzle outside the Warehouse. It was so successful that we are holding another one in late June with the money raised going towards our interlocking mat project.

On the subject of the interlocking mats, the three clubs in Taranaki (Westown, New Plymouth East, & Stratford) have a project under way to purchase 100 interlocking mats at a cost of \$6000. The plan is for the mats to be divided between the three clubs to be used in class for Breakfalling & self-defence etc. When we have a tournament we can bring the mats together and make a 9x9 metre sparring ring. To date through fund-raising and grants we have reached a total of \$1962, so we are well on our way to our target.

If there is anyone out there who would like to help us, and any donation would be gratefully appreciated please contact any of the instructors in the Taranaki region.

On the 8<sup>th</sup> April Mr. Grant Eccles and Mr. Kevin Joe held a Umpires course in Tauranga. This event was attended by fourteen people which in one respect was a little disappointing although with less people attending I guess the instruction would have been more personal and they would have got a lot out of it.

Mr. Andrew Neville II Dan from the Tauranga club has been chosen for the Junior World Champs team. This is a first for our region and we wish him every success. For these young people to attend an overseas event costs a lot of money,



so I would urge everyone in our organisation to get in behind them and help in any way they can.

Unfortunately this will be my last regional report as I am standing down as regional director (personal reasons). I will however continue to keep you up to date of what is happening within the Taranaki region.

Take care and train hard

**Neill Livingstone III Dan  
Regional Director**

*(Note - the new WBT regional Director is Mr Ian Campbell - congratulations to Mr Campbell, and a BIG thank you to Mr Livingstone for all his great work as the WBT RD)*



On Wednesday 19<sup>th</sup> April, some members of Taranaki Taekwon-Do braved the elements to be at a fund-raising BBQ at the Warehouse in New Plymouth.

Fun was had by all. A few burnt sausages and a few runaway ones too which managed to roll off the BBQ.

The wonderful aroma of bacon, onions and sausages was too much for many shoppers (including me). We managed to make \$350, which was a wonderful effort.

We also had photocopies to give out to shops, for donations of spot prizes for our Wai/Bop/Taranaki Regionals. The kids came back with 4 bags of goodies including vouchers, videos and disposable cameras. Well done guys.

Thanks to all of our helpers on the day. Especially the Schweiger family.

*Thomas Todd, Melody Schweiger, Julie Yardley, Melissa Menehira, Anita Schweiger, Mossy Khalafalla, Krystine Pittwood, Mike Yardley, and two little helpers.*



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## Awesome Club Support

Upon learning that one of his star students, Luke Spencer Jones, and his family were to move into Wellington from the Kapiti Coast, Mr Greg Trilford did the only thing he could to farewell his student and to give him the best send off he could.

He hired a bus and took his 25 plus members from Kapiti Coast to introduce Luke and train with him on his first night at his new club in Berhampore on Thursday 11<sup>th</sup> May. A hall which was used to housing 14 members on a good night suddenly was filled with Kapiti Taekwon-Doers. Berhampore students witnessed the awesome spirit and support the Kapiti members gave each other and especially to Luke.

The two hour session was thoroughly enjoyed by all and the Berhampore club welcomes Luke to his extended Taekwon-Do family.

### Mr Ian Walton

II Dan Berhampore Co-Instructor

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## Wellington Women's Training Day

Thirty-three keen and enthusiastic females congregated for a day's worth of full-on training and fun at Ngaio Town Hall on Saturday the 8<sup>th</sup> of April 2000.

We kicked off our day with an hour of Tae Bo with Kelly from Porirua City Fitness. Now THAT was a fun class and I think that Kelly wanted to take us all back with her to her gym, we were all so O NATURAL ! We all punched, panted, kicked, kihaped,

weaved, bopped and panted some more to some music and we loved the class so much that Kelly will give the Boys a taste of Tae Bo at the Wellington Regional Camp!

Aikido and boxing were next on the agenda with Mrs Beryl Pimblott. It's always fun rolling around on the mats and everyone was very supportive of each other especially when it came to backward rolls. Let's say some of us (me) weren't as natural as others when it came to backward rolls. Then we either gracefully slid off Mrs Pimblott's knee into a side breakfall or bounced off my knee into a hard not-so-graceful breakfall. Needless to say it was not surprising that everyone was queuing up for Mrs Pimblott.

After lunch we all got a good upper body workout with boxing. Although half a box of plasters was used as most of us were taking the skin off our knuckles. Then it was straight into a sparring class with Mrs Nikki Mantjika. We learnt some sparring drills that will hopefully enable us to speed up our reactions and some of us demonstrated a couple of rounds of sparring. All great fun.

The day ended with a destruction class taken by myself and I'm glad to say that everyone managed to have a go at breaking some boards which would have done a lot for their confidence.

The day was a success and my thanks go out to all those who attended and especially to my Co-Instructors for the day, Mrs Beryl Pimblott and Mrs Nikki Mantjika.

### Mrs Lena Walton

II Dan Co-Instructor Berhampore Club



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## Central Districts

Since the last issue of this magazine the Central Districts region has been busy with three main events: an Umpires' Seminar, regional camp and regional tournament.

The Umpires' Seminar, conducted by Messrs Brett Kraiger and Kevin Joe, enabled a small group of volunteers to qualify to become tournament officials. The regional camp at Forest Lakes Camp was well attended and well received. Many thanks go to Mr Wayne Kessell as organiser. The regional tournament was held in Levin this year. Organised by Mr Andrew Salton, the event ran smoothly and attracted a good number of competitors.

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## Auckland North

This is the first report for Auckland North. I was voted into the position last February, and since then have had a lot to learn, but I have had a lot of support from the region, and Mrs Sue Breen.

The Auckland North Regionals were at the beginning of June, and were organised by Mr Vince Pygott and his team, a good time was had by nearly everyone except Mr Head.

The Combined Auckland camp was held recently, organised by Bekki Breen, and the Sparring Weekend was held in May, organised by Ms Rachael Younger.

The first of the First Aid courses is to be held June 25<sup>th</sup>, and later in the year on September 30<sup>th</sup>. So if your First Aid needs updating or you would like to be able to help your fellow students out if there's an

injury at training, enrol now, your Instructor has the details.

The inaugural Secondary Schools Teams Tournament kicks off soon too, contact Mr Andrew Niven for details.

The second combined training is on June 26<sup>th</sup> at Papakura Club, would be great to see the hall packed out, hope everyone can make it, should be a good night.

Other dates for Combined Trainings are August 28<sup>th</sup> at Northcote and October 25<sup>th</sup> at Mangere. Hope to see you all there.

## Trish Honey

AN Regional Director.

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## Counties Manukau

I'm writing this while still on a "high" from the Combined Auckland Regional Camp. This was an action-packed, fun-filled weekend and had the very welcome addition of Kris and Geoff from the SI Region. They made a real difference to the Trivia Bowl result! The winning Treasure Hunt team was enthusiastically led by Hayden Breese.

The Regional Tournament and Fun Day were both really successful events for participants and spectators alike.

The 40-strong CM team to the Nationals have been training very hard under Mr Atutahi's eagle eye.

Upcoming events for the Region include the Epson Under 18 Tournament to be held on Sunday July 2nd. We warmly welcome students from other regions to join us at Diocesan School for Girls.

## Sue Breen

CM Regional Director.



# An Interview with Paul McPhail

6th dan, International Instructor  
ITFNFZ Chief Examiner  
Director of Techniques  
& Gradings

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

I had been interested in Martial Arts since 1974. Some friends and I spent every lunch hour and after school practising. It wasn't until January 1975 that my parents finally let me join a club. Just by luck it happened to be Taekwon-Do. I had just turned thirteen.

**What club did you start at, and who was your instructor?**

It was the Palmerston North TKD Club. My instructor is Mr Norman Ng, the current President of ITFNZ. My first training sessions however, were taken by a man named Max Davies, a black stripe. His sessions were brutal! There were a lot of kids - and I don't think Mr Davies liked kids.

We were taken out to a back room and drilled non-stop for hours. No breaks and no drinks, in a small hot room. He would try and break us so we wouldn't come back - at least that's how it seemed. Some times he would take us outside and make us sprint while running behind pushing us and yelling to run faster.

**When did you receive your black belt?**

Two of us managed to survive those early days and make it through to black belt in 1978. The grading was held at the Old Wool Room at Massey University. The floor was so slippery we had to soak our feet on wet towels at the side of the hall before running up to our marks. Black belt gradings were done at a normal coloured belt grading - making for a long night!

**When did you start instructing?**

Mr Ng gave me his children's class to teach in 1979 which was held on the

weekends. In 1980 I moved to Wellington to study and became the Assistant Instructor of the Khandallah club under Mr Evan Davidson. I also taught Wednesday nights at the Miramar club. I graded to 3rd dan in 1984 and moved to Auckland to start my own club in Manurewa in 1985. We had 100 new members on the first night.

**What are some of the biggest achievements you have made in Taekwon-Do?**

Getting up at 6.00 am, 6 days a week for 6 months when I was training for my 6th dan. I even surprised myself!

Another great challenge was organising the TKD at the opening of the 1990 Commonwealth Games. I worked with Mary Jane O'Reilly to choreograph the movements to music, and co-ordinated the twice weekly practices of the 120 strong TKD team. It was a great event and a privilege to have been a part of it.

**What is the highlight of your TKD Career?**

There are so many it's difficult to say. The first International Camp at Massey University in 1979 was awesome.

The seminar in Brisbane in 1981 also has great memories for me. I graded to 2nd dan there, and Mr Davidson and I both won Special Techniques Competitions, and we witnessed Master CK Choi performing Moon Moo Tul.

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

My goals in Taekwon-Do relate to instructing rather than any achievements of rank or technique. I want to continue to improve as an instructor, to be able to

motivate my students so they can achieve their goals. This is the challenge every Instructor faces weekly.

### **What are your goals for ITFNZ in the future?**

My mission is to effect a change in the general attitude of our membership. I want to see the ITFNZ black belt wear his or her belt with real pride in their art and their organisation. I want the black belt to signify a person not just with some physical ability, but also of someone with total commitment and dedication to Taekwon-Do. Sadly, the only events we tend to see good attendance at are gradings and tournaments, which are generally for the advancement or glory of the individual. If we want ITFNZ to make a difference, we have to encourage more unselfish thinking and an understanding of the Taekwon-Do Moral Culture.

### **Which Taekwon-Do practitioners have influenced you the most?**

- Mr Norman Ng, my instructor. A super nice man and someone who has always supported me, inside and outside the Dojang.

*Flying back kick break -  
grading to 5th dan in 1993*



- Mr Evan Davidson, from whom I always learn a tremendous amount. He is a very positive person and I respect that greatly.

- Master YK Yun, from whom I learnt much about the generation of power, kicking and instructing style.

- General Choi Hong Hi of course, it is an honour to have trained with him on many occasions.

- Grand Master Sereff from the United States has also been of tremendous support to me and the organisation over the years.

### **In your view, how has Taekwon-Do changed in New Zealand in the past few years (for better, for worse)?**

Compared to ten years ago, we have more tournaments, camps, seminars, gradings and clubs. We have increased our knowledge and our skills - no doubt about it. There is access to far more information too, whether it be in written form, video or on-line.

The down side to this is that it tends to be taken for granted and not appreciated. In 1979 half our club drove from Palmerston North to Hamilton to watch a 20 minute demonstration by Master

Hee il Cho. These days it's near impossible to get 30 people to drive across town to train with a visiting 9th dan! Ironically, I think that ITFNZ has done such a great job of bringing everything to our doorstep, it's now not really appreciated.

Also not appreciated is that today, unlike 15 years ago, we have a democratically run organisation. ITFNFZ is admired around the world for this, as many groups are run by the most senior in their art, regardless of that person's management skills or ability. Our organisation is run by an amazing group of volunteers, who spend so much of their personal time planning and organising events, dealing with disputes, paper work and accounts - and often for little thanks. Until you have been on the Executive or a Sub-Committee, you just don't appreciate the work involved.

## Profile

1975 - Started Taekwon-Do training in Palmerston North, instructor Mr Norman Ng.

1978 - Participated in National Tournament held in Auckland - 4th place in red belt sparring. Graded 1st dan black belt by Master Y.K. Yun, age 16.

1979 - Taught children's Taekwon-Do classes in Palmerston North.

1980 - Became the assistant instructor of the Khandallah branch of ITFNFZ in Wellington.

1981 - Attended Instructors' Seminar in Brisbane and was graded to 2nd dan by Master C.K. Choi. Participated in South Pacific Championships - 1st in special techniques competition. Became Assistant Secretary of ITFNFZ. Participated in New Zealand National Champs - 1st black belt patterns.

1982 - Became Secretary of ITFNFZ. Manawatu Champs - 2nd black belt patterns. Nationals - 1st black belt patterns.

1983 - Manawatu Champs - 1st black belt patterns. Nationals - 1st black belt patterns. South Pacific Champs held in Fiji - Gold medal in patterns.

1984 - Attended Instructors' Seminar in Brisbane and graded 3rd dan by Master Park Jung Tae.

1985 - Became professional Taekwon-Do instructor in Auckland. Led the New Zealand Demonstration Team at the Sharp International Championships.

1986 - Attended Sereff's Camp Taekwon-Do in Colorado, USA - Participated in sparring and patterns at camp tournament - 1st black belt patterns. Participated in New Zealand black belt champs - best overall black belt, 1st in light-weight sparring, 1st in patterns, 2nd in destructions. Selected to represent New Zealand at the ITF World Champs in Malaysia.

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

One that turns up. I respect the people in TKD that you can depend on. This an important characteristic of a good Taekwon-Do student. He or she should also strive to be respectful and courteous at all times, and challenge themselves to do things out of their comfort zone. I hope I also encourage my students to be humble and considerate of others. And with practice, the good techniques will follow.

1987 - Appointed Director of Instruction & Techniques for MYITF.

1988 - Attended Instructors' Course, Senior Instructors' Course and International Instructors' Course in Brisbane. Graded 4th dan by Master Y.K. Yun.

1989 - Appointed member of ITFNFZ techniques and grading sub-committees.

1990 - Organised the martial arts contingent of the 1990 Commonwealth Games opening. Attended Sereff's Camp Taekwon-Do Colorado, USA and attended International Instructors' Course conducted by Gen. Choi Hong Hi.

1991 - Organised ITF Masters Visit in Auckland New Zealand - ITF Training course and Master Classes conducted by Gen. Choi Hong Hi and Master C.E. Sereff.

1992 - Member of the organising Committee for the 1992 World Camp held at Massey University, Palmerston North.

1993 - Graded 5th dan by Master C.E. Sereff.

1994 - Worked as a martial arts stunt double in TV series 'High Tide'.

1994 - Awarded the 'Outstanding Instructor Medal' from the International Taekwon-Do Federation.

1996 - Attended 5th dan and above Conference in Toronto, Canada.

1997 - Organised and attended International Instructors' Course by Gen. Choi Hong Hi and Master Choi Jung Hwa in Auckland.

1998 - Attended International Instructors' Course by Grand Master C.E. Sereff in Hawaii and promoted to 6th dan on 23 June.

1999 - Attended ITF Umpires' Course by Master Leong Wai Meng.

2000 - Attended ITFNFZ World Camp, guest instructor Master Robert Wheatley.



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

[Please sign our Guestbook](#)

Here are some of the recent comments from the ITFNZ Website Guestbook:

*Visitors to our website as at 20.6.00 = 113340*

**Name:** Vladimír Machota

**Location:** Prague, Czech, Czech Rep.

**Comments:** I'm just flying in the Taekwon-do webs. But I didn't find better webs than Yours. Still best and nice days. Always Yours in our beautiful art ( Art of best way of life ).

ITF Instructor Vladimír Machota 4-th degree

**Name:** JAREN PHILLIPS 2ND DEG ITF

**Location:** JOHANNESBURG, SOUTH AFRICA

**Comments:** MUST COMPLIMENT YOU GUYS ON YOUR SITE, ALWAYS GOOD TO KNOW THAT WE HAVE UP TODATE INFO.

**Name:** Oscar Jimenez

**Location:** Midland, Texas, USA

**Comments:** I am the instructor and owner of Jimenez TKD & Fitness Studio. A member of the ITF/USTF # A-5-70 You have a great website and I often visit it to just to see what your part of the world is doing. Keep up the great work. Maybe we will see you at World Camp 2000

**Name:** Freddie Cowns

**Location:** Buena Vista, Colorado, USA

**Organisation:** United States TaeKwon-Do Federation

**Comments:** Thank you for this wonderful website. TaeKwon!!

**Name:** Chong Soon Kean

**Location:** Kuala Lumpur, WP, Malaysia

**Comments:** Hi, it is a great site and I'm honoured to be one of the guests. I was the captain for the team who won the world championship in Montreal 90, Pyong Yang 92 and Malaysia 94.

**Name:** BATMUNKH BATKHUU

**Location:** ULAANBAATAR, MONGOLIA

**Organisation:** ITF IN MONGOLIA

**Comments:** Hi, everybody who is interesting taekwondo, sorry my English not very well, but I am trying to contact someone who loves taekwondo, I have studying taekwondo since 1989, and I have 4th dan, black belt, I read about World Camp 2000 in New Zealand, and I really want to join this camp, but I don't have financial opportunity right now, I am studying in MBA in UC Berkeley in the US.

**Name:** V.Ram Kumar

**Location:** Chennai, Tamilnadu, India

**Organisation:** Not another Martial art, ITF style in India

**Comments:** I liked your home page very much. I have respect and appreciation for The Masters and members of the ITFNZ who are obviously spreading the message of original taekwon do which has prevented me from being paralysed due to road accident when working towards 2nd gup requirement in the Chang hon style.

People thought after the accident I would never walk again but the indomitable spirit I learned in taekwon do proved them wrong. Today I have recovered a little more and at least practice my patterns daily till 2nd gup even though physically my flexibility has been spoiled due to the internal damage done near the back bone. But I will always be in touch with taekwon do and go through the wonderful sites like yours which gives me a pleasure.

Wishing the ITFNZ Peace, Prosperity and progress in the years to come.

V.Ram Kumar.



# International Taekwon-Do Foundation of New Zealand

## Inaugural ITFNZ Taekwon-Do Awards Wellington, July 2000

### **What are the ITFNZ Taekwon-Do Awards?**

The ITFNZ Taekwon-Do Awards are a new initiative to recognise the efforts of ITFNZ members. To receive one of these awards is the most prestigious recognition a member can have. There are four awards:

- (1) Student of the year
- (2) Instructor of the year
- (3) Club of the year, and
- (4) The President's Award for Contribution to Furthering ITFNZ

The awards will be presented at the annual ITFNZ Taekwon-Do National Tournament dinner. This event was chosen because it is the most highly attended ITFNZ Taekwon-Do event.

In addition to the awards, other items will be presented at the dinner:

- (1) International Instructor certificates
- (2) Certificates for fourth dan and above, and
- (3) ITFNZ Taekwon-Do Honorary Life Membership awards.

In all cases, if a recipient is not present at the dinner, awards will be presented *in absentia*. That means the award will be announced and recognised, and the presenter will accept the award on the recipient's behalf.

### **What is the procedure for choosing recipients?**

The procedure is as follows:

(1) Nominations are made by members and instructors and presented to a nominee's Regional Director (RD). There are two types of nomination (discussed below) – regular nomination and special nomination.

(2) Each region selects one Regional Nominee for each award at a regional meeting, and presents the Regional Nominees to Mr Mark Banicevich. The RD is responsible for his or her region having one Regional Nominee for each award, if a potential

recipient exists. Regional Nominees must be received by Mr Banicevich no later than two weeks prior to the award dinner.

(3) An executive subcommittee selects the recipient of each reward.

Regular nomination – each year each instructor nominates one person for each award. This person may or may not be from their club. Nominations are presented to the RD of the nominee’s region.

Special nomination – any member of ITFZN Taekwon-Do may nominate any other person for an award. A special nomination must be seconded by another member of ITFZN Taekwon-Do. The nomination is then presented to the nominee’s RD to be considered together with regular nominations for the region. Each member can nominate one person per award per year only.

At the ITFZN Taekwon-Do National Tournament dinner, a presenter announces each Regional Nominee. This is followed by announcing the recipient of the award. The names of Regional Nominees may be released prior to the dinner. The recipient will not be disclosed before the award is presented.

### **What is the format for nominations and Regional Nominations?**

Regular nominations are submitted in a combination written and oral form: for Student of the Year and President’s Award, the instructor informs his or her nominee, and the nominee writes a short summary of what they have done in the past year. This is accompanied by a standard form with the name and club of the nominee and the nominating instructor (signed). The instructor can make oral or written submissions at the regional meeting.

Special nominations are presented in writing: the nominator writes a short summary about why they have nominated the person. The nominee writes a short summary of what they have done in the past year. These documents are accompanied by a standard form (attached) with the name and club of the nominee, the nominator (signed) and the seconding member (signed).

Regional Nominations are submitted in written and oral form: written documents comprise the nomination documentation, plus an additional short summary by the nominating instructor or RD. Oral submissions are made by the RD to the executive subcommittee.

## ITF NZ Taekwon-Do Awards



### Nomination form

Date of awards: \_\_\_\_\_

Award (circle):  
(1) Student of the year  
(2) Instructor of the year  
(3) Club of the year  
(4) The President's Award

Nomination type: \_\_\_\_\_  
(circle) Regular nomination / Special nomination

**Nominee name:** \_\_\_\_\_

ITF NZ Taekwon-Do Club: \_\_\_\_\_

Nominating member: \_\_\_\_\_  
(or instructor)

Signed: \_\_\_\_\_

ITF NZ Taekwon-Do Club: \_\_\_\_\_

Seconding member: \_\_\_\_\_  
(Special nominations only)

Signed: \_\_\_\_\_

ITF NZ Taekwon-Do Club: \_\_\_\_\_

#### Regular nominations:

Attach a short summary by the nominee of what they have done in the past year.  
Attach a short summary by the instructor with reasons for the nomination (optional).

#### Special nominations:

Attach a short summary by the nominee of what they have done in the past year.  
Attach a short summary by the nominator with reasons for the nomination.

#### Submission:

This document and its attachments must be sent to the nominee's Regional Director. All instructors have the addresses of the Regional Directors.