

2002 ISSUE 2

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# TKD Talk

The Official Magazine of ITFNZ Taekwon-Do

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

## GEN. CHOI HONG HI

9 NOVEMBER 1918 – 15 JUNE 2002



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**ITF Sparring Seminar**

**World Champs - A Coach's  
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**World Camp 2002 Report**





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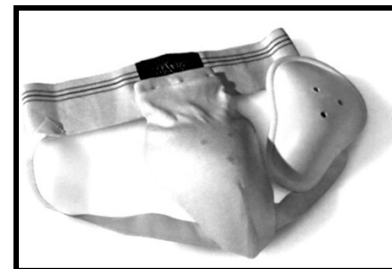
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## Editorial

Welcome to the second issue of TKD Talk for 2002. It is with great sadness that the biggest piece of news in this issue is the passing of the Father of Taekwon-Do, General Choi Hong Hi. It is only now that I realise how lucky I have been: we are the last major martial art to have had a living Founder. I had the incredible opportunity to train with him on a number of occasions. I am sure those of you who have also trained with General Choi will realise your fortune, too. If you have not trained with him, we have a tribute to General Choi as the main feature of this issue – a celebration of General Choi in New Zealand. I also

recommend you seek out video footage, to witness his singular dedication to teaching Taekwon-Do throughout the world.

Now we continue his legacy without him. Everything we do is a celebration of his gift. And so the rest of this issue is filled with great news and articles. We have the promised articles from ACC on injury prevention (including an insert), Mr Kris Herbison on community funding, and part two of Mr Andrew Salton's feature about preparing for the World Championships.

We also have articles on Mr Paul McPhail's recent trip to the renowned Sereff Camp in the Rocky Mountains of

Colorado, and my own experience at the recent ITF Sparring Seminar with Grand Master Park Joong Soo in Queensland. We have news about upcoming events, including the 2002 National Tournament later this month in Hamilton, and the 3rd Epsom Open in Auckland (which sounds like it will be huge!).

This issue also welcomes new regulars: pictorials on free sparring and self defence techniques. These join our array of existing regulars, such as technical tips, kicks for kids, and news from the Executive Committee. I hope you enjoy the issue.

Mark Banicevich, Co-editor

Do you have something for TKD Talk?

Email letters, photographs, and articles to [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz), or post to TKD Talk, 26 Merton Road, St Johns, Auckland 1006.

Non-ITFNZ members can subscribe to TKD Talk for \$NZ20 within New Zealand (overseas \$US15), including postage and handling. Some back issues are available at \$NZ5 each (overseas \$US5) – limited stocks available! See [itfnz.org.nz/tkdtalk](http://itfnz.org.nz/tkdtalk) for more details.



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### About the Cover



The photos on the cover are of General Choi Hong Hi, the Founder of Taekwon-Do, featured in this issue.

The main photo was taken while General Choi was teaching at the seminar held in Auckland in 1998. The smaller background photo was scanned from the cover of his book "Taekwon-Do" published in 1975.

### TKD Talk Staff

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The Breen Family	



# Letters to the Editor

*With the authors' permission, the following letters have changed since the original submissions due to subsequent events.*

**Dear Editor,**

I have a couple of issues for discussion, regarding sending our hardworking instructors to important seminars. I feel instructors should be heavily subsidised as a reward for their hard work, week in and week out. A thank you, to make the instructors feel valued: a value they deserve.

The money could come from a number of places. The UGS scheme could be set aside for this purpose only. The Instructors' bonus should be evenly divided amongst all instructors (who's to say that instructors of bigger clubs work harder than any other instructor, and what about the instructors that have refused the bonus system). Why not use that money to reduce seminar fees?

There are many students I know who would like to attend important seminars (once in a lifetime for many) except for the price. Why are they so expensive? This puts the seminar out of the financial reach of the very people for whom it is supposed to be of value. There are many things we could

do to keep costs down, such as hold them near centres with cheap accommodation, travel and food. I think interest will be a lot higher and a lot more people will plan to attend if they are a bit more financially realistic.

Kirsten Livingston, III dan  
Instructor, Taranaki Taekwon-Do

**Dear Mrs Livingstone,**

Thank you for your letter. Here are a couple of points in response to your discussion points.

**Price.** One way to reduce this is to introduce various cost options. One option could allow participants to sort out their own accommodation and food. (Of course, if everyone stays in one venue, participants would become eligible for volume discounts on the room rate).

Another option could be to offer alternatives to the full seminar, such as a master class, concurrent seminars run by ITFNZ Taekwon-Do seniors rather than international guests, video link of main seminars to another room (for those of insufficient rank to attend international seminars), and question-and-answer sessions with dignitaries.

**Funding.** Your point about subsidising instructors is a valid one. This is something I will raise at the next Executive Committee meeting. I recommend you discuss your ideas in full with your Regional Director prior to this meeting, so they may be presented in full. As an alternative, many clubs are fundraising to get their seniors to important seminars. My club, for example, had already raised 50% of the cost for its senior members to go to the General Choi seminar before its unfortunate cancellation.

Yours sincerely  
Beryl Pimblott, III dan  
Wellington Regional Director

*This is an interesting discussion. Should ITFNZ Taekwon-Do subsidise its instructors to come to major events? From where should the money come? Are there alternatives? Mr Herbison's article about community funding on p13 tells us he has been very successful getting community funding for these things. My own opinion is that community funding is the best option, because it is the only option where we use other people's money – not that of our instructors or members!*

Editor

# Esplanade Open Day

**by Sherylene Kohiti, I dan**

The Esplanade Open Day on 24<sup>th</sup> February drew people from all over the Manawatu area. This is an annual full-day public event, where you find people selling and advertising all sorts of things, as well as demonstrations and performances from local groups and artists, and rides and competitions. This year the combined clubs of Central Districts returned to spread the Taekwon-Do word. Last year was a huge success, and we were determined to make it even better this year.

Ms Nikki Mantjika (demonstration coordinator) and myself (organiser) arrived on a cold, windy, and rainy morning to set up our information stall and meet with our members to practise the demonstration scheduled for later that morning. The weather forecast was for wind and scattered showers, but we were a determined bunch and the day was supposed to improve.

After ten minutes of trying to figure out how to put up the gazebo, we had a very well-advertised and colourful stall full of information, photos from club training and World Championships, and enough medals and trophies to lure the public (tacky, but it worked!). We were also fortunate enough to have a large grass area beside us to

rehearse our demo and perform for the public throughout the day, accompanied by the squawking from the aviaries behind us.

A demo practise was scheduled for 9am, and after running through it a few times and doing some fine-tuning, members were left to their own devices. They were practising their showpieces, chasing each other with the fake knives, or joining in a session of Tai Chi on the main stage (for those of us who were brave enough to give it a go!).

Throughout the day Ms Mantjika and myself were busy looking after the stall and attending to the public. At this point I have to say that nothing attracts people like action photos and cute kids in dobok, so there's some advice for others out there. We were pleased with the number of people coming up and requesting information about how to start, especially for their children.

The time for our demonstration arrived and we all trooped to the main stage. Upon arrival, we decided to perform on the grassy area in front of the elevated stage so that the public could see us up close (and to avoid splinters from the stage's wooden floor). The demonstration went for fifteen minutes, including some line drills, step sparring, free sparring, breaking, and a great

self defence skit involving two cute but very dangerous younger members. It went very well and was well-received by a large audience, with people coming up afterwards for more information. Special thanks to my sister Annette for being our photographer, and her 'support crew' for their very loud (and embarrassing) support.

About that time I had to leave for an hour; those members remaining behind performed impromptu demos, and supplied information to the public. When I returned it was raining buckets, and the gazebo had to be pulled down before it could take flight! We decided to pack up and leave with only two hours of the Open Day remaining. It was not going to get any better. A few of us remained afterwards, taking the opportunity to look around, and track down the stall selling fudge, toffee, and other goodies!

The Open Day was a success despite the weather, and we were very pleased with the amount of interest received. We were able to inform people about who we are and what we do. I would like to thank Ms Mantjika for organising the demo, my Mum for 'anchoring' the stall, and all the members and non-members (you know who you are) who braved the weather to be part of our demo and stall. See you next year!

TKD Talk, 2002 Issue 2

# Be Sport Smart

## Injury Prevention, ACC

Sports injury is a reality. But it's also a common myth that sports injuries just happen. Every day there is news of international, national and local sports people who are unable to perform because of a sports injury. This is a reminder that preventing injury is crucial to achieving optimum performance. It is also crucial if optimum performance is to be maintained. And this is true whether you are taking part in the Olympics, playing cricket for New Zealand, coaching a Taekwon-Do team or working with a group of school children training for the cross-country.

Studies have shown that injuries are a major barrier to increased participation in, or maintenance of, physical activity. This means that when a person has a sports injury they may not only struggle to return to their chosen sport, but they may drop out of participating in any sort of physical activity altogether. This has significant implications for maintaining the pool from which we can select our sports talent, and for maintaining the health of the nation – it is commonly accepted that physical activity is important for reducing the risk of stroke, diabetes and obesity.

So, whose responsibility is it to keep sports people injury free? There is a range of key influencers – ACC, the coach, parents, players, the sporting code and Sport & Recreation NZ (formerly the Hillary Commission). Basically, we are all responsible, but sometimes it is hard to know just what to do and how to consistently focus on injury prevention as a priority when there are always many other aspects of the sport to concentrate on.

ACC has recently developed ACC SportSmart – the 10-point action plan for sports injury prevention. This programme aims to assist sports organisations, coaches and participants to reduce the number and severity of injuries in New Zealand sports by providing them with relevant, accurate and practical information on sports injury reporting, prevention and management.

The ACC SportSmart action plan outlines the key areas that are important to consider when preventing sports injury. It is a plan that can be applied to any sporting activity, irrespective of whether it is at an individual, team or code level. The 10 points are shown at the right.

Working on all of these aspects means that not only will players reduce their risk of injury, they will also be performing at their best. For more information, visit the ACC website at:

[www.acc.co.nz/sportsmart](http://www.acc.co.nz/sportsmart)

This year, ACC is continuing its focus on Point 10: Injury Management. To this end, brochures have been produced outlining the correct management of soft tissue injuries (e.g. a sprained ankle) by following the R.I.C.E.D (Rest, Ice, Compression, Elevation, Diagnosis) procedure. Proper treatment will help to relieve immediate symptoms and speed recovery. Please find enclosed in this magazine a copy of this brochure. Further copies of this brochure can be ordered free by calling 0800 THINKSAFE (0800 844 657).

There is ACC SportSmart training happening throughout the country, and to date there has been great feedback about the resources and the training. If you'd like to receive the training, contact your regional sports trust – they are currently delivering ACC SportSmart injury prevention courses to secondary school students, clubs and Coaching New Zealand Getting Started and Level 1 courses. For more information on ACC SportSmart training, visit the ACC website at:

[www.acc.co.nz/sportsmart](http://www.acc.co.nz/sportsmart)

There are so many reasons why people, especially school students, don't stay interested in sport and recreation – don't let injury be one of those reasons. We all need to be responsible for ensuring that today's participants become tomorrow's champions by keeping them injury free.



1. **Screening:** Get your health and physical condition assessed before you start training for your sport. If you are injured during the season, get reassessed to ensure you are fit to return to play.
2. **Warm-up, Cool-down & Stretch:** The right preparation for mind and body makes for a better performance. Cooling down helps your body recover, and is a good time to work on flexibility.
3. **Physical Conditioning:** Getting fit and staying in condition means you participate to your maximum potential – whatever the sport or the level at which you participate.
4. **Technique:** Know how to play it safe with good technique. Practise the right techniques – especially for kicking, jumping, landing.
5. **Fair Play:** Good sport is about positive attitude – fair play means respecting the opposition, the officials and the rules, and staying calm no matter what happens.
6. **Protective Equipment:** Protect yourself against injury by using the right equipment, e.g. mouthguard, foot and hand protectors, and other free sparring equipment.
7. **Hydration & Nutrition:** Eating the right food and drinking adequate fluid helps maintain health and sports performance.
8. **Injury Reporting:** Gathering information on injuries and monitoring how and why they occur will help to make changes to prevent them happening again.
9. **Environment:** It's not only the weather that counts – safe surroundings mean safer play. Use the right equipment and facilities, and check that the playing surface is safe, e.g. use mats for free sparring and for breakfalls.
10. **Injury Management:** Getting the right treatment sooner means less pain and a faster recovery. Identify, treat and recover from an injury properly, before participating again. It is important that a well-stocked first aid kit is always on hand, and that all participants know where it is kept.





# ITF International Sparring Seminar

by Mark Banicevich, IV dan

19<sup>th</sup> - 21<sup>st</sup> July 2002

It was another fantastic weekend in Queensland. I would like to tell you about the kindness of Mr and Mrs Forte, who put us up on Thursday night; the continuing friendship of Mr and Mrs Rounthwaite, Mr and Mrs Walkinshaw and the whole RTR Taekwon-Do family; and Charlie, our nickname for the onboard GPS system in our hire car that spoke directions to us as we drove – but I know you want to hear about the ITF International Sparring Seminar conducted by Grand Master Park Jong Soo.



GM Park : not bad for a sixty-year old!

This is a new kind of seminar developed following the wishes of General Choi, who was unhappy with the poor variety

## Key points from the seminar

1. Warm up, including strength work, is very important
2. Stretches to improve flexibility in the hips are essential
3. A short stance in free sparring improves speed
4. Lead with the hip (start every movement by moving the hips)
5. Hand and foot move in the same direction as the hip
6. Avoid any pre-motion, because it telegraphs your moves to your opponent

## A couple of techniques from the seminar

1. Side step straight attacks with the back leg, and counter attack with the hands
2. Side piercing and back piercing kicks can be jammed, counter attacking with the hands
3. Turning kicks can be countered effectively with back piercing or reverse turning kicks

of techniques used in ITF tournaments. I believe the first such seminar was held in Hungary last October, and Mr McPhail found a great article about it on the RITA website ([www.rita-itf.org](http://www.rita-itf.org)).

This seminar drew about 150 people from all over Australia. About half were black belts; the remainder were of all grades down to yellow belt. It was a great feeling to be a 4<sup>th</sup> dan in the second line.

During the six three hour sessions, Grand Master Park provided excellent tuition on an array of useful techniques. He would demonstrate the technique, or ask one of the black belts to do so, and allow us enough practice time to get very comfortable with it. Aside from the hour of self defence at the end (which was a rapid fire sequence of great stuff), we probably covered about six techniques each session.

The first day covered stretching, hand techniques, and counter attacking with the hands. Grand Master Park opened with the importance of stretching, including a couple of great stretches to improve flexibility in the hips. This probably explains the ease with which Grand Master Park slides into both front and side splits. He also emphasised strength work as part of stretching, such as posing side piercing kicks for five to ten seconds while holding a partner for support. I could feel the muscles involved after fifty of those!

We progressed onto hand techniques and counter attacking with the hands.



Messers Mark Banicevich & Rocky Rounthwaite

When a Grand Master loses a contact lens, everybody helps look for it

During these exercises, Grand Master Park introduced a couple of key points that he emphasised throughout the seminar: begin each technique by moving the hip in the direction of the attack, and execute the technique without any pre-motion so the movement is not telegraphed to the opponent. (In my head I heard General Choi say, "Hip move same direction as hand does.")



... the importance of stretching

At the end of the first session I was talking with the parents of a Sydney student that accompanied us. To my amazement, Grand Master Park approached me and said, "You were in Jamaica, weren't you." After I replied in the affirmative, Grand Master Park asked after Mr McPhail, and as Master Daher called him away for lunch he said he would like to continue our conversation later. Knock me over with a feather!

The second day focused on basic kicking techniques, for attack and counter attack. Grand Master Park emphasised leading with the hip for front, turning, side piercing and back piercing kicks.

# Queensland - Australia



Grand Master Park demonstrates defense against a tackle

On Saturday night, about 50 of the attendees went to dinner with Grand Master Park and Master MacCallum. It was a new experience for me to sit at the senior table (albeit at the far end). During the night, I was able to speak with Grand Master Park about his thoughts for the future of Taekwon-Do (which are contained in the interview opposite).

Sunday focussed on flying kicks. The air shields came out, and we spent most of the day trying to launch into flying kicks without any pre-motion. Along with the usual array of basic kicks, we performed

mid-air kicks and 360° turning kicks.

The seminar concluded with an hour of great self defence techniques in the afternoon. After the seminar, three third dan students graded to fourth – something I wouldn't want to do with the aches I accrued during the seminar!

In summary, the seminar was fantastic. In addition to his technical knowledge (he is Technical Director of the ITF), Grand Master Park is a wonderful man, and I hope we can host him in New Zealand in the near future.



These Romans are crazy...

## An interview with Grand Master Park

Conducted by Dana Bower, II dan and Mark Banicevich, IV dan

At around six foot and 180 pounds, Grand Master Park Jong Soo has always been big for his age. He was born in 1941, and in the small (South) Korean village of Chung Nam where he grew up, he was able to protect his friends from local bullies. Yet when asked why he began Taekwon-Do, this quiet, gentle man replies that he didn't want to intimidate anyone.

When he was 14 he went to middle school and saw a small boy leading a group of larger boys. He asked other students why, and was told the boy did martial arts. That inspired Grand Master Park to begin Tang Soo Do (this was before Taekwon-Do was named) under the tutelage of Mr Choi Chang Nam, who is now a 4<sup>th</sup> dan in the USA.

Grand Master Park would train two hours a day, six days a week, and he converted his mother's backyard to a kind of personal gymnasium, with parallel bars and punching bags. He became the best free sparrer in his province. At 1<sup>st</sup> dan, he was teaching classes, including the police. In the military, he was selected for special training in martial arts, and in 1964 he was the Korean National Taekwon-Do free sparring champion.

In 1965, Taekwon-Do took him around Europe, Asia, Africa and the Middle East, as a member of the Goodwill Tour. When he returned to Korea, an invitation to travel to Germany to teach Taekwon-Do was waiting. From there he went to the Netherlands, and ultimately to Toronto, Canada, where he resides and teaches his own Taekwon-Do club.

Grand Master Park sees a positive future for Taekwon-Do. Now that North and South Korea are talking, General Choi will become known to all Koreans. WTF and ITF Taekwon-Do will begin to work together. He believes WTF will adopt our 24 patterns, because they do not work hard on this area and know ours are superior. On the other hand, WTF Taekwon-Do is an Olympic sport, and we will begin to compete in their arena. (Grand Master Park also tells us WTF are changing their rules to give 1, 2, or 3 points for different types of techniques.) Our two styles already have the same name, and while we will continue to operate independently for some time, eventually we will become one martial art.

Photographs by Junya Onuki and AJ Bryant



# 'Sereff World Camp' Report

by Paul McPhail, VI dan

Over 130 keen students of Taekwon-Do made the hike up to nearly 10,000 feet above sea level, for the bi-annual Sereff Camp. Numbers have been limited to under 150 since it got too big in previous years. At the General Choi Seminar in Denver last April, the USTF had over 400 members on the floor!

I was hosted before and after camp with Master Dale Burkhardt and his family. We first met Master Burkhardt when he visited New Zealand as a part of the US team competing in the Sharp Tournament in 1985. The friendships established way back then mean there is always a place to stay when we visit the US. Special thanks to the Burkharts from myself, Mr Rounthwaite, Master Daher and the others who stayed with them.

Following training sessions at the USTF headquarters and the Foothills club, we travelled up to the Rocky Mountains for camp – about a 2 hour drive from Denver. The camp was held at Snow Mountain Range – exactly the camp spot we had been to in 1986. There were great memories of that Killer Camp – and we hoped we would be able to survive this one too.

Training began each day at 6am with a warm up session, then breakfast. There were no breaks during the course of the day – one session after another late into the afternoon, and then evening activities as well.

I think the hardest day was the first afternoon when we did three one hoursessions outside in the sun – and it



Mr McPhail and Mr Suarez from New York in special weapons class



All the crew that stayed with the Burkharts



Mr Suarez and Mr Affatagato forging

# Colorado - USA

was hot! Each afternoon we trained in this fashion, with a different instructor each hour. Special sessions included Master Classes by Grand Master Sereff, Master Renee Sereff and Master Daher. We also had a three hour weapons self defence class, and a three hour sparring class, finishing with a solid hour of one minute rounds.

The traditional trek to the waterfall happened midweek. We were all given bear whistles in case we were attacked (!) – but the slippery rocks were more dangerous, as shown in the photo opposite.

Special presentations were made at the completion of camp and a final training held in the town of Grand Lake. Once back in Denver we had a training session under Grand Master Sereff at HQ, and a visit to his home, plus a breaking class with Master Burkhardt.

It was another great experience and I encourage anyone of any grade to attend the next one in two years time.

<http://www.itfnz.org.nz/news/worldcamp>



Ouch! Not the ideal waterfall pose.



Master Daher demonstrating side piercing kick in his Master Class



One of the junior black belts



The grand tour of the Grand Master's home.



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Master Daher and Samantha Johnson from Sydney  
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Master Daher, Grand Master Sereff, Rocky Rounthwaite and Paul McPhail



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# Technical Tips

by Paul McPhail, VI dan  
Chairman, ITFNZ Techniques Sub-Committee

## One Step Sparring

Here are two examples of one step sparring techniques suitable for green belt / blue stripe level.



In one step sparring, both the attacker and the defender should always begin from a parallel ready stance. The distance between you and your opponent is flexible. Notice there is quite a big distance for this example.

### EXAMPLE 1



*Pre-arrange with your opponent to defend against a middle side piercing kick. Block the kick with a crescent kick, then step across and counter with a high side piercing kick to the temple. Finish with a guarding block, then step back to ready stance together.*

### EXAMPLE 2



*In this second example, the attack is a middle front punch, and again you can defend with the crescent kick and counter attack with the side kick. You can try the same defence and counter attack against a variety of attacks. You should use a single counter attack only.*

Both these examples show how you can defend straight in front of your opponent, then step out to the side to create the correct angle for the counter attack. A middle section side kick could have been used too – to the floating ribs or kidneys. Keep the techniques simple and concentrate on good power, accuracy and performing your compulsory techniques well.



# Self Defence

by Steve Pellow, V dan

With years of experience in Korean, Thai, Filipino, and Japanese styles, Steve Pellow has a versatility few in ITFNZ Taekwon-Do can match. In this new regular feature, the designer of the ITFNZ Taekwon-Do senior gup self defence syllabus brings you insights into the techniques over the next several issues.

In the early part of 1992 it was decided by the Techniques Subcommittee to restructure the self defence syllabus for ITFNZ Taekwon-Do. It was felt that gup students required a simple-to-learn yet effective means of self defence.

I was invited by Mr McPhail to submit some ideas toward this end. These ideas have grown to become the basic self defence syllabus for ITFNZ Taekwon-Do up to the rank of 1st degree black belt, tested at gradings for 4th gup and above.

The concept I had was to have one series of practical techniques that could be used to defend against several common forms of attack. As most street confrontations occur at very close range, the syllabus would concentrate on using the elbow and knee as the primary attacking tools, combined with basic movements from patterns. This would give a small person – particularly a woman – the most powerful techniques possible for defence, if the situation should warrant it. However by changing the target areas for attack, the same techniques can be used to precede an arm- or joint-locking technique, or effectively by a small child in the school playground without the risk of injury to either party.

At the end of the day I believe self defence to be the *awareness* you get from the training. Once you have started hitting back, to me it has become more *defensive offence*. If this is the case then 6 seconds is a long time; remember, we are not talking about a fancy tournament or sparring session with rules and referee, but an *attack on your person*.

The techniques in this series can work with devastating results, and should be used only as a last resort, with practice supervised by your instructor. Remember: anyone can take a life or maim another, but health, life, and well-being cannot be given back.

## General Principles

- It is imperative that students exercise the greatest care while practising, because of the close distance at which the techniques are performed. Even light contact with elbow techniques may result in unnecessary injury.
- The most important quality to gain is the ability to flow, the movements should be performed in a rhythmic fluid motion, one technique blending in a seamless fashion with the next.
- The arm or leg must not move or rotate separately from the body, the whole body weight must be behind every technique.
- Short stances must be employed to aid in quick movement if necessary.
- Pivot on the balls of the feet generating sine-wave from the transference of body weight. Keep the knees bent and one heel raised at all times.
- When executing a left elbow strike transfer your weight to the right leg, and then to the left leg in the case of the right elbow.
- When delivering elbow techniques the hands must remain open with the arms relaxed. The arm is to be fully bent at the elbow so as not to flex when it makes contact with the target.
- The right hand is always to guard the forehead when delivering left elbow strikes, the left elbow folding under the guarding arm before lifting to simultaneously guard, as the right elbow is delivered folding in turn under the left arm.
- This flow may be continued in an endless manner, delivering elbows horizontally, vertically, diagonally up and diagonally down. The guarding hand provides reaction force for the action of the elbow.
- The most common mistakes are lowering the guarding hand, and the defender being at too great a distance with the arm unflexed while delivering the elbow.
- Always try to be as relaxed as possible and use your body weight to create power. Don't rely on sheer muscular strength; optimum power is attained only by the transference of your mass into the chosen target.
- Small steps are required during or between most techniques, to adjust distance, and ensure body weight is transferred for maximum power. You must be VERY CLOSE to strike with the elbow.

## Elbow Training Drill

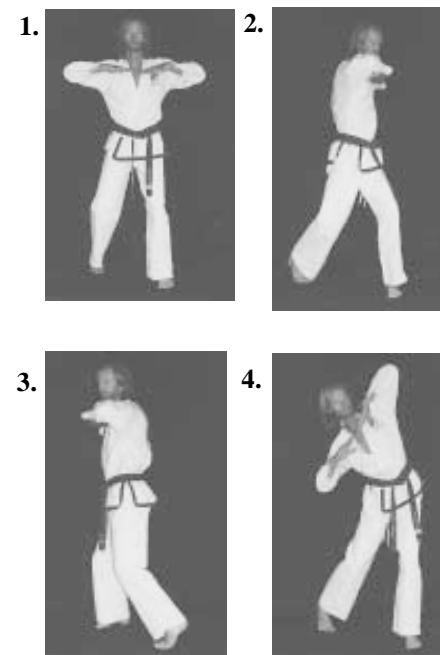
This drill is designed to aid the beginner in the development of the body mechanics for elbow strikes and may be used in the warm up portion of a class.

There is no set pattern to this drill, the following steps are only a guide to begin with. Elbows should be delivered smoothly and rhythmically; pivoting the body and weight transference are the key

points here. It is vital to ensure the student pivots the whole body (including the feet) at each step.

This is just an exercise, so no power is required in its performance. When in a combat situation remember to always retract the opposing arm to guard the forehead; failure to do this can have unhappy consequences for the defender.

- Left foot forward of the right (one natural walking step), with the right heel raised and knees bent. Thumbs held against the chest with the fingers overlapped. Elbows fully flexed, arms held parallel to the ground.
- Pivot anti-clockwise bringing the right elbow forward; the weight will remain mostly centred though slightly toward the front.
- Pivot clockwise bringing the left elbow forward transferring the weight to the right leg while raising the left heel. Ensure the whole body including the feet pivot as one unit to a position side facing to the front.
- Dip the knees slightly, pivot, and transfer the weight to the left leg while raising the right heel. Bring the right elbow up on a 45 degree angle. The left elbow may be brought down at 45 degrees now continuing with the next strike that feels natural.



# Introduction to Community Funding

by Kris Herbison, III dan

As Taekwon-Do becomes bigger and more popular, things become more professional, more competitive and, more importantly to the individual, more expensive. It has been my goal, as the Instructor of the Otago University Club, to make training in Taekwon-Do affordable to my members. Having adequate training equipment, to ensure that my students were keeping up with the students of other clubs around the country, was also a goal. Finally I wanted to make sure that my students could make it to training camps, and myself and my other black belts could make it to instructors' and officials' courses, seminars and conferences, in order to keep our knowledge in Taekwon-Do up to date.

The average student at University lives on a student loan or allowance of approximately \$150 per week, and there are many other groups in our society that have a similar income levels. Over the last few years I have organised many events in the South Island, including camps and tournaments. Attending these events worked out at about \$40 per person – more when travelling up to 12 hours. This does not seem so bad to a single member such as myself, but then there are families of four or five who also want to attend. I have tried to keep the costs associated with these events down, but there are limits. I feel that these people should not be disadvantaged just because they have a low income or a family. So what is the answer? Should there be a reduction of the things we have at camps, such as guest instructors? Or should we have reduced safety gear at tournaments, which is dangerous? I thought that there must be another way, without sacrificing the quality of instruction offered, or the safety of students.

I remembered that when I was an assistant instructor at other clubs in Dunedin, we applied to the Hillary Commission through the local council for equipment and black belt grading fees. After I opened my club I spoke to the Clubs Development Officer at the university and he told me about the pub charities and the Community Trusts. I got in

contact with these different organisations and sent in a few small applications. Now I have contacts with most of my local funding sources and I regularly make applications to them. Over the past two years I have raised funds for my club, and the South Island Region, to the total of \$25,000.

This money has been used to purchase basic equipment such as body shields, focus pads and rebreakable boards, for use in club training. The money has been used to send myself and my assistant instructors to camps and seminars, as well as to help pay black belt grading fees, and to improve the quality of instruction provided to the members of my club and the other local clubs where we assist. I also managed to arrange funding for travel and accommodation for the team from Dunedin going to the Nationals. My major achievement so far is the purchase of a full-sized sparring ring of interlocking foam safety mats for my club.

These days sports clubs and organisations must become more business-like, and generate their own operating revenue, in order to secure funding. Funders will seldom fund club administration and operating costs; you must have a steady flow of cash coming into your club to fund these costs, usually called 'core funding'. This includes toll calls, stationary and postage costs, as well as rental for your dojang and repairs and maintenance of equipment. These costs should be covered by membership fees or internal fundraising, such as sausage sizzles, raffles, and quiz nights.

Funders usually do not provide core funding, because it is an ongoing cost that keeps growing with inflation and increasing membership. Funders usually prefer to provide financial support for a project that will help you meet your goals. A project is specific and measurable, project funding is more popular than core funding as funders feel that they are playing a measurable role in a tangible activity. This is unlike core funding, where they are funding an ongoing activity that is difficult to evaluate. Projects have a definite beginning and end, they involve a tangible product that can be evaluated, and they can be

assigned a definite budget. Purchasing equipment is a good example: identifying the need is the start point and the final purchase is the end point. The equipment itself is the product to be evaluated, as well as the benefit of having it, and it has a cost that can be quoted. Most project funding is derived from a public source such as the Hillary Commission via a local council, or a charitable or community trust.

Funders do not usually fund retrospectively, so if an event has happened or a purchase has been made, your application is likely to be declined. Often if you make the purchase or hold the event after the closing date, but before it is approved, it is all right, but if you receive none, or only a portion of what you asked for, you have to cover the rest with your own funds. So if you are planning on making an application in this manner, make sure you have enough money to cover the whole purchase. Make sure it has been decided if the club or region will cover any shortfall or if the cost is to be passed on to participants before you pay for anything. Remember that some of the participants might not

## NZ Team World Champs Poland 2003

The management and coaches for the New Zealand squad to the World Championships to be held in Warsaw, Poland during June 2003 are pleased to advise that applications from interested students are now being called for.

Application forms are available at [itfnz.org.nz/ref/tournaments/worlds2003](http://itfnz.org.nz/ref/tournaments/worlds2003)

For more information contact the management and coaches or your instructor.

### Team Manager

Greg Skinner  
021 948 486  
[gskinner@itfnz.org.nz](mailto:gskinner@itfnz.org.nz)

### Head Coach

Andrew Niven  
021 444 077  
[aniven@itfnz.org.nz](mailto:aniven@itfnz.org.nz)

### Assistant Coach

Lawrence Mantjika  
021 880 132  
[mantjika@inspire.net.nz](mailto:mantjika@inspire.net.nz)



be able to afford the cost without the funding.

Most funders will not pay for the full costs of a project; they expect you to find the rest of the funds elsewhere. Most funders encourage you to apply to other funding sources for the shortfall, or a portion of it. This shows them you are committed to the project, you are trying to raise the rest of the funds and the project will be likely to go ahead – rather than them giving you some of the required funds but the project not going ahead due to insufficient money. Often the funders will contact one another and discuss your applications, and be more likely to give you funds if the other is supporting your project. Again this makes them feel that the project will go ahead and they are not wasting their time and money.

It can take months before a decision is made, and even longer until you receive the funds, so allow for this. If the application is for money to purchase basic club training equipment, time is usually not an issue. However if it is for an event such as a seminar, camp, or tournament, make sure you have your applications submitted well in advance. Always keep a copy of the application that you make. It is a record of why you asked for the funding, how much you sought, when you asked for it, and to whom you applied. It will also save time when you make your next application.

Discussing the application with the advisor is a good idea as they will understand your project more thoroughly and know with whom they are dealing. This will help build up a relationship with them for next time. Assistance can also be provided by staff at your council's community recreation office or regional sports trust. Also contact your regional marketing committee representative.

In my next article I will explain who the three main types of funders are. I would like to take this opportunity to thank those funding sources and acknowledge their contributions to my club and region. They are:

- Community Trust of Otago
- Hillary Commission Community Sport Fund
- Lion Foundation
- Otago University Students Association
- Scottwood Trust
- Pub Charities

## Central Districts Kicking Seminar

by Sherylene Kohiti, 1 dan

Fourth degree instructor Mr Andrew Salton held a kicking seminar for the CD region on 23<sup>rd</sup> March. It was hosted by the Rangitikei Dragons club, in Marton. This seminar was designed to cover basic kicks like front snap kicks and turning kicks, more advanced techniques and flying kicks, and unusual sweeping and takedown techniques.



Self defence against low-flying aeroplanes

The seminar began at 10am on a beautiful sunny day, which left some of us wondering what we were doing inside the dojang when we could be soaking up the sun outside. As the day progressed, however, it turned out to be more exciting trying out some of the speciality techniques, and the hot summer day was soon forgotten.

Starting with the basics, we relearned how a technique was supposed to be performed – positioning of feet, dynamics of the kick, the target area, etc – and Mr Salton taught us some really clever drills for making sure our kicks were performed correctly. The favourite drill of the day was *human tabletops*, where one student was down on all fours, and the other student performed side kicks over their partner without hitting them, while raising the leg up into the kick. The punishment was 100 pressups if you hit your partner, so you can imagine all the students had a lot of incentive to do well!

Going through all the basic kicks such as front snap, turning, side, pick-shaped, etc was an especially high point for many of us, as there is a tendency to forget the dynamics of a kick if not taken apart and

practised constantly (instead of, as usual, learning and forgetting).

We moved on to some flying kicks, and then advanced combinations involving flying double, triple, and two-direction kicks to variously-positioned opponents. This was a great chance to have some fun and try kicks we had never tried before, or never thought possible, and also unveiled some hidden talent within our region.

The section that everyone was most looking forward to was Mr Salton's sweeping and takedown techniques, for which he is renowned. Mr Salton demonstrated some very unusual and acrobatic takedowns involving only the legs, including the scissor-shaped kick – flying into your opponent sideways with one leg at the front and the other at the back of the target, using a scissoring action to take them down. Rather scary at first for some of us, but taken to with great gusto as we learned that it was really easier than it looked and didn't hurt *that* much (although Mr Salton's guinea pig probably thought otherwise). It was amazing to see how effective the techniques were, and even more exciting to see them performed in action by one of the best, who was repeatedly asked "Can we see that again, please?"



Mr Salton demonstrates scissor-shaped kick

The seminar concluded with a quick-fire round of what we had learned that day and finished around 4pm. Some comments from the students were "extremely educational", "worth giving up your Saturday for", and "fun, exciting, learned heaps!"

On behalf of all the students who attended, we want to say a huge thank you to Mr Salton for such a great seminar, and also to Mr Motu and his club for hosting it.

## President's Corner

I am very sad to note that our beloved General Choi Hong Hi, Father of Taekwon-Do, President of ITF passed away on 15 June 2002. He was a special man who dedicated his life to Taekwon-Do and who succeeded in popularising Taekwon-Do as the world's #1 martial art. We will miss him.

Some of you may be wondering what we are going to do now that General Choi is no longer with us. ITFNZ Taekwon-Do will continue to support and affiliate to ITF and to General Choi's teachings.

On a happier note, special welcomes to Mr George Konia of Hurupaki Branch (Whangarei), Mr Rikki Lawrence of Kororareka Branch (Russell), Mr Mike Smith of Tikipunga (Whangarei) and Mr Kim Bull of Gisborne Branch who recently joined ITFNZ Taekwon-Do. I hope you will enjoy the benefits of being in a large family.

A number of tournaments are set for the coming months, including the Nationals and Epson Open. I hope our members will support them with great enthusiasm.



Norman Ng  
President of ITFNZ Taekwon-Do

The ITFNZ Taekwon-Do Awards will be presented at the National Tournament Dinner in Hamilton in August. I hope there will be many nominations put forward for Gup Student, Dan Student, Junior Student, Instructor and Club of the Year as well as the President's Award.

Congratulations to Miss Raewyn Coburn, Miss Toni Moki and Mr Mark Trotter for their haul of trophies when they represented ITFNZ Taekwon-Do at

the Oceania Invitational Tournament in Canberra in March.

Congratulations also to Mr McPhail, who was the fourth ITFNZ Taekwon-Do member to be inducted into the NZ Martial Arts Hall of Fame in June.

A further Taekwon-Do unification meeting was called by NZOC in May. At last WTF Headquarters in Korea has granted recognition to the NZ Taekwon-Do Council. It is now up to the various parties to agree to a Constitution, which each organisation can live with.

Messrs Davidson and McPhail have scheduled a seminar for 4<sup>th</sup> degree black belt and above to be held at Taupo in November. It will be a great opportunity for all our senior members to attend.

ITFNZ Taekwon-Do have edited a 10<sup>th</sup> gup to 1<sup>st</sup> gup grading syllabus video showing how to perform the patterns, 3-step and 1-step sparring. Every member, and every instructor in particular, should have a copy in their reference library. Many thanks to Messrs Breen and McPhail for putting this together.

## Executive Snippets

Including the AGM of 13 April, and Executive meetings on 13 April and 13 July

### Committee changes since 13/04/02, with thanks to out-going members

- Secretary, Vince Pygott re-elected
- Treasurer, Tanya Katene replaces Margaret Pepper
- WBT Regional Director, Gwyn Brown replaces Ian Campbell
- Marketing Subcommittee: Mark Banicevich resigns; Auckland North, Carl Matthews replaces Andrew Niven; Counties Manukau, Hannah Honey joins
- Tournament Subcommittee, Darren Ward replaces Brett Kraiger

### Finance, funding and marketing

- UGS funds are underutilised by instructors
- The Instructors' Bonus Scheme has been revised
- Treasurer and President have authority to reinvest our term deposits in better yielding investments in an on-going basis
- RDs can now sign Funding

Applications on behalf of ITFNZ (Note: application requiring the Common Seal will still need to go through the Secretary)

- RDs have Funding and Marketing documents to go over with Instructors
- Marketing Director still needed
- Marketing Subcommittee is applying for Smoke Free Sponsorship
- Marketing Subcommittee looking into ITFNZ Branding concept
- ITFNZ Sales Officer is now part of the Marketing Subcommittee

### Other news

- Congratulations to Mr Bhana on his promotion to 6th dan
- Welcome to new Instructors Mr Konia, Mr Lawrence, and Mr Bull
- Alterations to Constitution made to modernise the document and reflect the fact that all Directors and office bearers now have job descriptions
- S&D to formulate a Sexual Harassment Policy

- We now have a Health & Safety Policy
- A copy of any letter sent out on ITFNZ letterhead must be sent to the Secretary
- ITFNZ's "Instructors of the Year" will be put forward to the ITF as a nominee for ITF's "Outstanding Instructor" Award
- Black Belt handbooks sold very well, and the book has been reprinted
- New ties are still in progress, but we're getting closer
- Tauranga club members are going to a Bai Rui Tournament in Brisbane; others are welcome
- Master Daher will be invited to attend the National Camp in January 2003
- A National Memorial is being planned in memory of General Choi
- We will host the Oceania Taekwon-Do Invitational Tournament in 2004
- We recommend that members wear mouth guards whenever they are sparring



# Memories of General Choi

by Matthew Breen, IV dan

General Choi Hong Hi was an extraordinary man.

I have been fortunate enough to attend two of his seminars held in New Zealand; to perform in a demonstration in his honour; to dine with him on several occasions; and even to have a couple of very memorable personal conversations. It is from the perspective of these contacts that I repeat: General Choi was an extraordinary man.

He was short. He was old. His English was imperfect. (In 1991, *3 Sport* aired an interview with him, in English. They gave him subtitles.) And yet, he could hold a hall full of black belts spellbound. For hours. Practising *Chon-Ji*.

---

*Junbi? What kind of junbi?  
Junbi for eating? Junbi for  
sleeping? What kind of  
Junbi?*

---

There was always an aura of both authority and dignity surrounding him. He rarely raised his voice, expecting his students to listen harder (and we did). During his seminars in New Zealand, he invariably taught in a suit – jacket, tie, dress shoes – although admittedly, he would often take off his tie and roll up his sleeves as his demonstrations grew more physical. A high twisting kick from an eighty-year-old in suit pants and shoes is an impressive sight!

General Choi made five trips to New Zealand; his sixth was planned for earlier this year. He first came here in 1976, a brief visit to meet New Zealand's instructors, and again in 1979 to attend the first South Pacific Taekwon-Do Championships, held in Wellington.

He next returned in 1991, accompanied by then-Master CE Sereff, conducting a seminar for red and black belts. This was a landmark moment for ITFNZ Taekwon-Do, signifying a "return to the fold" after a period of gradually drifting away from the technical standard of the ITF worldwide.

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*Doesn't work, cannot; you  
already dead!*

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General Choi and Master Sereff again ran a seminar in 1993, and graded ten senior black belts to 5<sup>th</sup>, 4<sup>th</sup>, and 3<sup>rd</sup> degrees.

---

*Bah. Sit down. Who your  
instructor?*

---

The next time we saw the General in New Zealand was 1998, accompanied by his son Master Choi Jung Hwa, and by Master Tom MacCallum. One of the seminar participants was David Sutrisna of Indonesia, who graded at the conclusion of the seminar. The General made a presentation at the post-seminar dinner: not only did David receive his result (successful), but the General unclipped his personal ITF dan pin from his lapel, and pinned it on Mr Sutrisna. The moment was profound for those of us watching.

Mr McPhail remembers one aspect of the General with wonder – his eternal focus and dedication to teaching. Following the 1998 seminar, several ITFNZ members accompanied the three Masters on a boat trip to Kawau Island.

---

*Power. No power, see?*

---

"We'd just finished a three-day seminar," Mr McPhail recalls. "Anyone else would have just wanted to relax. We arrived at the island – everyone was fairly quiet. Then, as we walked up the beach, the General turned to me and said, 'Now, when you perform a 9-shaped block...' He was always teaching."

Despite his solemn and serious demeanour, the General was not without a sense of humour. A self defence skit in

our 1998 demonstration brought a smile to his face; a similar routine in a demonstration at a World Championships left him streaming tears of laughter. Even so, he was usually *so* dignified that when he would make a joke during a seminar, it always came as a surprise. During one class, he had a student demonstrate flat and upset fingertip thrusts, and used himself as a target to show the class the appropriate vital spots. He then indicated

his assistant. "Very lucky," he informed us. "This only man touch General's head and genitals, same day."

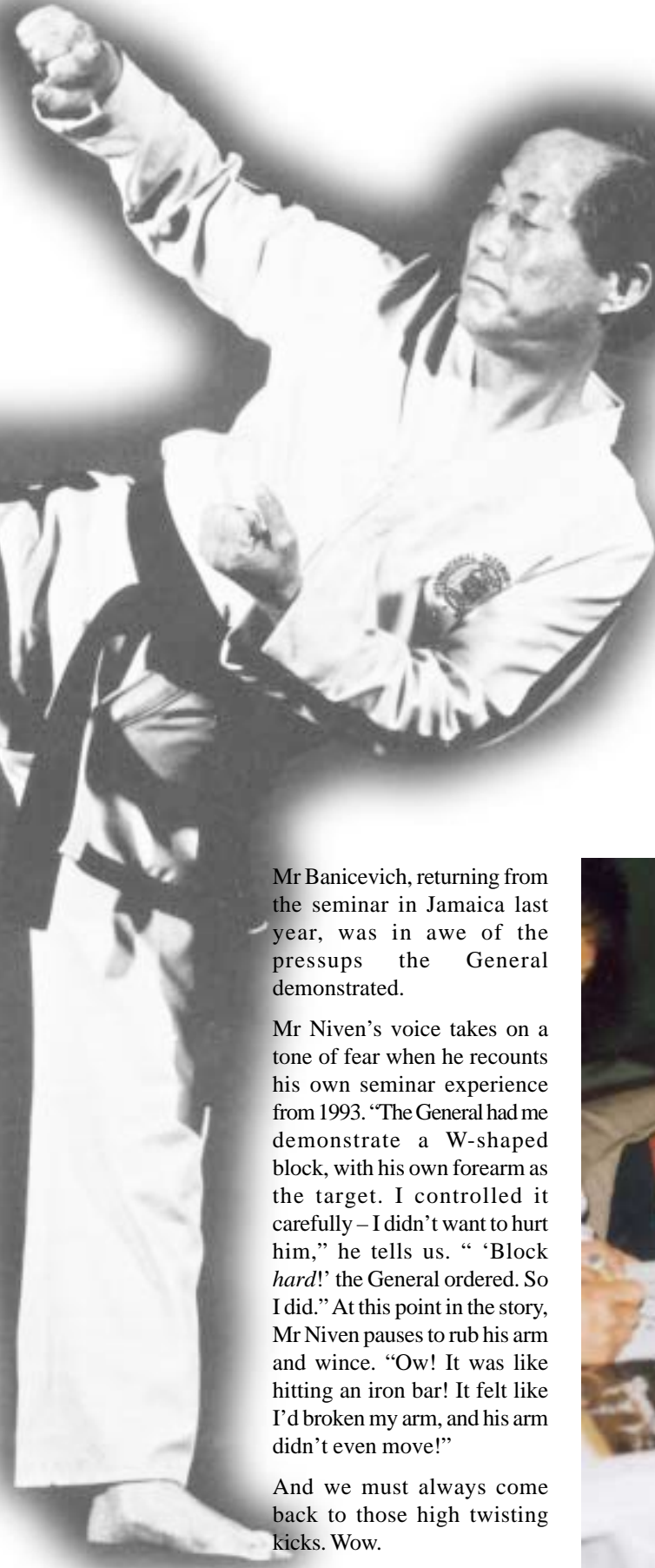
We were... speechless.

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*You are instructor? You  
teach him.*

---

His physical prowess, especially at his age, was nothing short of remarkable. He was asked to leave a hotel, for his habit of conditioning his right hand every morning. *Early* every morning. By bashing it against a convenient solid object, like a concrete pillar; a hundred knifehands, a hundred forefists, a hundred backfists... Unfortunately, this particular concrete pillar sent vibrations through half the hotel, treating guests to a *boom... boom... boom...* for an hour. (Always the right hand, never the left. We heard two explanations for this. The first – the General was left-handed, and noted for his calligraphy. The second? "Self defence, only need one hand.")



All the ITF logos were designed and hand drawn by General Choi himself

The General's teaching style was distinctive. He spent the last several decades travelling around the world running seminars almost constantly – he once pointed out that in any given year, he spent more time in aeroplanes than in any particular country. Teaching so many seminars, he had

---

*No power, nothing, at all,  
just wasting time.*

---

obviously refined what he considered the vital points into a concise form. Mr Banicevich recalls:

"I had the good fortune to attend five seminars with General Choi (the first as cameraman as a blue stripe). He covered

Mr Banicevich, returning from the seminar in Jamaica last year, was in awe of the pressups the General demonstrated.

Mr Niven's voice takes on a tone of fear when he recounts his own seminar experience from 1993. "The General had me demonstrate a W-shaped block, with his own forearm as the target. I controlled it carefully – I didn't want to hurt him," he tells us. " 'Block hard!' the General ordered. So I did." At this point in the story, Mr Niven pauses to rub his arm and wince. "Ow! It was like hitting an iron bar! It felt like I'd broken my arm, and his arm didn't even move!"

And we must always come back to those high twisting kicks. Wow.



One of the many signing sessions





The General putting Jon Sawden through his paces

the same material every seminar, but I still picked up dozens of things each time that I had missed in the previous seminars. I am so glad I went to Jamaica.

“My fondest memory is his pearls of wisdom, from which Mr Breen and I love to quote! (\*Power. No power, see?)”

Among the most important things the General stressed at each seminar is the Training Secret. I still find that any time I have a “revelation” in my own training as to how or why something works, I can

### You better than General Choi! Who your instructor?

go back to the Training Secret and discover it staring me in the face from one or another of the points. Students – learn, study, memorise, analyse the Training Secret. He knew what he was talking about.

In his interview here in 1991, the General reaffirmed his intention that Taekwon-Do be available to anyone, regardless of race, religion, or ideology, and expressed his happiness that his art was now practised in nearly every country of the world.

“Some day,” he said, “I would like Taekwon-Do to travel to the moon, and the stars. But until then, I can say – I can honestly say – I am the happiest, one man alive, see?”

The General is gone, but his art and his teachings remain. It falls to us to see his dream fulfilled. ✈

*Hip move same direction as hand does.*

Those who would like to pass on wishes to General Choi's family can find the Book of Condolences at <http://www.itf-generalchoi.com>. A memorial service will take place on 22nd September, 100 days after his passing, in Pyongyang, North Korea. Details can be found at [www.itf-generalchoi.com/news/memorial.htm](http://www.itf-generalchoi.com/news/memorial.htm)



Master Park Jung Tae, Gen. Choi and his son Master Choi Jung Hwa

# Free Sparring Techniques

by Andrew Salton, IV dan

In this column, we bring you tips and combinations to help your free sparring. This issue, we have some ideas from Andrew Salton, twice New Zealand National Coach, and recent recipient of an Insights to Martial Arts Magazine ‘Top Fighter’ award.

1.



Attacker and defender begin in guarding block for all three techniques.

Defender

Attacker

**Technique 1 :** Block and counter against a front snap kick

2.



3.



X.



2. Attacker executes a front snap kick with the rear leg. Defender slides the front leg back, turning the foot slightly while executing a low inward block with the reverse knifehand (striking the lower tibia), knocking the attacker off balance.

3. Defender winds up to execute a reverse turning kick, utilising the momentum of the inward block to spin in a clockwise direction.  
**Counter :** Reverse turning kick, striking the opponent in the head on the open side.

**Technique 2 :** Block and counter against a turning kick, using leg blocking techniques.

2.



3.



X.



2. Attacker executes a turning kick with the front leg. Defender executes a crescent kick with the rear leg, blocking the attacker's kick at the shin and knocking the attacker off balance.

3. Defender uses momentum from the block to spin anti-clockwise, preparing to execute the counter-attack.  
**Counter :** Back kick to the mid-section. (For those more adventurous, maybe a mid-air kick to the head.)

**Technique 3 :** Block and counter against a stepping side kick.

2.



3.



4.



X.



2. Attacker begins stepping motion, while defender slides front foot back into a rear foot stance, at the same time preparing to block with the front arm.

3. Attacker's kick is fully extended, while defender shifts front foot across his own body line performing a close step, simultaneously executing a forearm downward block against the kicking foot.

4. After successfully sidestepping the kick, defender transfers body weight to the front foot and prepares for counter-attack.  
**Counter :** Flying punch to attacker's head, using front foot to push off the ground. ✈



# A Coach's View on Preparing for

by Andrew Salton, IV dan  
Part two of three

## Sparring

To me the easiest thing to do in Taekwon-Do is to free spar; the hardest thing to do is to free spar properly. I say this because anybody can spar in a ring, and without the proper training it doesn't always look good. To the spectator who knows nothing about the art of Taekwon-Do, it would look like a street brawl.

In my classes I offer competitors all that I think is required to be a very successful sparrer. I base my training methods on all of my experiences, whether as a competitor, or as a student learning from those who have more knowledge and experience than myself. I have competed in both non-contact and full contact sparring events with good results.

Coaches must be aware that everyone has strengths and weaknesses, and their own style and favorite technique. By covering all aspects of sparring, you are sure to build a better sparring competitor.

The things that I offer to the squad members are the following:

1. Fitness training
2. Basic sparring techniques
3. Side stepping
4. Countering
5. Sparring backwards
6. Focus pad work
7. Leg blocking
8. Ring craft
9. Sparring

## 1. Fitness Training

I find this sort of training very important, as it helps the competitor prepare themselves properly. Fitness will help prevent injury and it also helps one recover more quickly from injuries that may arise. The fitness a coach encourages students to do should be hard, enjoyable and interesting – even training to music.

I have found that not everybody likes exercise, so if you don't do this training routine at team sessions then I'm sure that some squad members may not even try to get fit. It's always easier to do something else that takes less effort, resulting in team members becoming tired at training sessions.

One needs to be fit to prevent injury, to last the distance and to recover quicker. Students should monitor their own

heartbeat to help them register their fitness levels. We can't just get fit on sparring, as we spend a lot of time moving around the ring without throwing any techniques. Even professionals do push-ups, sit-ups, run and sprint work; it's something that can't be ignored. The circuit training we do incorporates a lot of Taekwon-Do in it anyway, so should be of benefit to all competitors.

Two-minute work is also a very effective way to keep fit, and also acts as a sparring exercise. First of all you will need to set up a series of exercises that can be done individually so that each person in the team is performing a different exercise at each set station. Then everyone commences their exercise for a period of two minutes, with a one-minute break between rounds, before moving on to the next station.

Some exercises could include leg combinations on a punch bag, hand combinations on a punch bag, sit-ups, skipping, sparring, and the list goes on.

## 2. Basic Sparring Drills

First of all we do basic sparring combination drills. These drills are designed to help the student develop combinations rather than just throwing one technique at a time (which is something I have witnessed people do over the years). This also helps develop a student's control, as sparring is after all supposed to be a non-contact event, and it does help if you are able to throw, say a reverse turning kick and stop it from passing your centre line (which leaves you open for a counter attack).

Kicking pads of course means that we are looking for power when this is not necessary, as a student will tend to put everything into their kick without realising what could happen if their opponent sidesteps this technique, or they go past the centre line and even fall off balance; obviously they will be hit and scored against. This training is to help develop technique, speed and to understand why the techniques are to be executed; the coach should demonstrate the reasons why he teaches this technique.

The chances of students using these techniques in a tournament is probably low, but what it offers the student is technical ability to let a technique flow. One technique thrown at a time will not win. We need to be able to use both hands and feet together in a constant action, and

this training offers that. Combinations should also be practiced in a situation by executing the techniques and then moving to the side, rather than forward and backward. Students should also perform at speed and practise in their own time at home to prevent them from forgetting these techniques.

## 3. Side Stepping



This is probably the most difficult part of training for a squad member, as it takes timing, accuracy, and, of course, speed, but it is the second best line of defense that you can master (the first is *attack*). The purpose of this training is to help develop defense and foot work.

A lot of people I have trained over the years don't like this training as they find it difficult to master, and would prefer to move backwards rather than to the side.

I teach this by showing the students to learn to read their opponent's body language. The way we do this is to observe our opponent perform a kick and watch for any part of their anatomy that moves such a way as to tell you what kick they are going to perform. You can repeat this exercise for a different kick and once again watch how the body moves, and I'm sure you will see a difference in the way the person's body moves between the two kicks that have just been performed.

This is your way of finding out which technique your opponent is about to perform. If you can learn this, it will help you read your opponent's movements, which in turn will help you to create space to perform a counter attack, and hopefully you will avoid being hit. This will also help you be aware of the way you move when you perform your own kicks, and you will probably try not to give too much away in the future.

Of course this is easier said than done and it takes months or years to master, so I would like to encourage you to start

# the World Championships, Part 2

practising those side steps now; the earlier the better.

## 4. Countering

This part of training is designed to develop speed in counter-attacking. Each squad member faces a partner, and they take it in turns to throw a technique at each other instantaneously with either foot or hand while moving around.

It is important that the techniques are thrown towards each other with speed. This will help our students develop quick reaction time, to perhaps regain a point that they may have just lost by being hit with a hand or leg technique from their opponent, before the opponent manages to retreat to a safe distance.

This is also a fitness drill, as the object of the exercise is to continue this method for two-minute periods without stopping during the exercise.

## 5. Sparring Backwards

Quite often I have witnessed people being snowballed or rushed, and it has come to my notice that not everybody knows what to do when being forced backwards. This part of training is designed to offer the student a range of ideas on how to cope with this situation.

It is always an important part of training, as some students who can't cope with the side stepping drills can often revert to this type of sparring to help them conquer their opponent. Once again this is a very suitable training exercise to develop fitness levels. The student is, however, encouraged to try and mix backward stepping with sidestepping, etc.

## 6. Focus Pad Work

This to me seems to be the most enjoyable part of the sparring training; it is designed to help improve reflexes, timing, accuracy, footwork and body movement. The idea behind this training is to partner up, with one of the two holding a pad behind their back. They then bring the pad in front of them and hold it out for up to one second. Their partner must try and hit the pad before it is withdrawn. They must strike the face side of the pad, as this is acting as the torso or head (depending on what height their partner is holding it at) of their opponent. If they hit the back side of the pad then this results in the guilty party doing five push-ups (this also counts for every time they miss the target). We could

consider this as hitting an illegal target, such as the back.

In this exercise so far we have helped develop our students' speed, accuracy, and timing. We can develop further by experimenting with the pad; for example we could move around a bit more, we could have a pad in both hands switching from hand to hand occasionally trying to catch our students off guard. This is where foot work and body shifting comes into play.

To help further develop our footwork we could bring the pad out one way and then quickly turn our hand so that the pad face is facing the opposite way. This would mean that our partner would have to be quick off the mark to be able to diversify his body movement and to change his original idea or kicking leg to the opposite side. We should encourage our students to be able to do this sort of thing.

As a result I quite often saw people using the same leg but with a different kick to the one they were going to originally use. More often than not, the kick was too weak and too slow, or they were caught off balance. You can even develop this further by having people in threes and doing the same exercise with two holding pads – one in front and one behind. This will help their focus even more as they can't anticipate what is coming out next, resulting in quicker reflex action.

## 7. Leg Blocking



A very powerful way to stop an opponent from attacking you. This training is similar to side stepping in that it involves learning to read your opponent's body language, which of course will help you understand how they are planning to attack you.

The use of legs as blocking tools is something rarely seen in Taekwon-Do tournaments, and yet it is one of the most powerful ways to stop your opponent from attacking you. Sure, we get the odd person using the knee to stop a kick from

getting through, but believe me a leg is far more effective.

## 8. Ring Craft

Knowing our way around a ring is very important. We should study from where we are going to gain most of our points. To me it is in the center of the ring, as all judges should be able to witness you scoring your points. Easier said than done, but in reality all the training one has done up until now has been leading you up to this ultimate objective.

We also need to understand how best to get out of a corner, and the best ways to corner our opponent. This is what makes a good sparrer a great sparrer – knowing how to out-think our opponent as well as being physically prepared, and finding out our opponent's weaknesses.

It would also be a good idea to use a smaller ring than the size used at the World Championships.

## 9. Sparring

Then comes the ultimate test: are we ready to go into battle? All the hard work is done; now it is up to the individual. How much do they want to win? How much effort did they put into their training?

Still they find that they have more to learn. Like any sport it is easier to watch from the sideline and find holes in our opponent's armour than it is actually competing. The coach stops the bout and shows the student what they could do if the situation arises again.

I have found that whenever we have sparred too early, people have tended to get hurt. I think this is because people didn't do enough fitness work, or they damaged an old injury by sparring too soon.

I think it fair to say that we have to learn to crawl before we can run. I think at this stage of our development we are more than halfway there. I would like to say we are at a walking pace, with a few exceptions that are at a jog. I think it is important for us to start using some of these type of training methods at our clubs, as the sooner people learn this type of training the easier it will become at black belt level.

Too many of our black belts don't know how to side step, and therefore cannot perform it well enough to be confident to use it.



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## Relay for Life

by Nikki Galpin, I dan

One man. One track. One goal. In 1985 an American Cancer Society Volunteer, Dr Gordy Klatt, put on his jogging gear and headed for the local oval after a good friend of his succumbed to cancer. 24 hours and 81 miles later, Dr Klatt had raised over \$27,000 in sponsored donations for the American Cancer Society. Since then Relay for Life has developed into the world's biggest fundraising event.

Relay for Life is an event where a team of 10 or more people spend 24 hours walking or running the track and at least one person from each team is to be on the track at any one time. Each team member is asked to raise \$100 by way of sponsorship or donation.

This year Palmerston North held a Relay for Life on 9<sup>th</sup>-10<sup>th</sup> March. Two teams from Central Districts Taekwon-Do entered, Tiger Taekwon-Do and Palmerston North

Taekwon-Do Academy. Mr Ballard entered a team from our club to show our support for the local community but little did we know what a test it was going to be.

It was a huge event supported by over two thousand runners – over 70 teams, each with between 10 and 100 people. There was a great amount of enthusiasm and a lot of support. During the 24 hours there was entertainment such as singers, poets, dancers and sports groups performing for those who had finished their part of the relay and the many supporters who turned up. The Japanese drummers were awesome. It really was a 24 hour party.

The Relay for Life started midday Saturday with the Survivors' Walk joined by relay participants before starting the 24 hour countdown. At 9pm a Candlelight Ceremony was held in remembrance of those who had been lost to cancer. This

definitely touched all those who were there and many of our team members did a couple of laps together. Nearly every member had a story to share.

Then came the hard work. Some team members disappeared home but ten of us stayed on to run through the night. Aches and pains began to set in as we did shifts between the track and the tent. We were a real team with sore people running and cheering on everyone on the track. We did not give up.

After the coldest night I can remember being in, we finally came to maybe the most anticipated thing... breakfast! Bacon, eggs, hash browns, yoghurt, free cartons of milk – what more could any frozen, hungry person wish for, except for the sun to rise?

We finished the relay at noon on Sunday, very proud of what we had done – raised over \$3,000 from our club alone. We are hoping we can do the same again next year.

## New Zealand University Games

by Russell Stuart and Charlotte Meyers  
Otago University Club

Getting up early in the middle of the week can have good and bad effects on people. Our bus left Dunedin from the Clubs and Societies Centre of Otago University at 6:15am on Wednesday 24<sup>th</sup> May. After a five hour bus trip we made it to Christchurch; we had a small stop over before boarding our plane. The flight to Auckland was passed with theory study, finalising divisions for the tournament, and enduring some heavy turbulence while touching down in Auckland. Typical.

As we were in Auckland we decided to attend a training, and Mr McPhail's club was training that night. There were several people training who were intending on grading in the upcoming round of dan gradings. Mr McPhail had them perform all their patterns alone, and then again with the class. As some had 12 or 15 patterns to do twice, it was hard work! Mr Kris Herbison, Instructor of Otago University Club, demonstrated a high flying twisting kick break at the end of training. Afterwards we made the final leg of our journey to Hamilton and arrived at about 11:30pm.

On Thursday morning all teams had to register and get their Games ID. Aside from the registration, the bigger part of Thursday was spent finalising tournament draws and making sure everything was ready for the tournament. Thanks to the helpful people who knew their way around Hamilton, we picked up the mats from the karate dojo and set up in the gym just in time to make our way to the opening ceremony. Team

Otago had to hand the Best University Shield, which we won last year, back to University Sport New Zealand (USNZ). The Opening Ceremony was great, with a good time had by all. Most of those competing the next day, including the Taekwon-Do competitors, left early to get plenty of rest before the competitions.

The Taekwon-Do tournament started with a quick welcome given by the tournament organiser, Mr Kris Herbison. The four Universities participating in the Taekwon-Do tournament were the University of Auckland, Auckland University of Technology, Massey Palmerston North, and the University of Otago.

The patterns got under way almost immediately, beginning with 10<sup>th</sup>-5<sup>th</sup> gup, followed by 4<sup>th</sup>-1<sup>st</sup> gup within half an hour. Then came the 1<sup>st</sup> dan patterns; the most impressive patterns were performed by the 2<sup>nd</sup> dan and above, with brothers Hong Looi 3<sup>rd</sup> dan, and Lewis Looi 2<sup>nd</sup> dan competing in the finals for UofA and AUT respectively.

The sparring got off to a kick-start just before lunch. Team sparring was run as a demonstration event. The UofA and AUT teams competed against each other for pride alone. The audience (school students from St. John's High) enjoyed it immensely; this was supposed to be a demonstration but it got a lot more competitive than the full event sparring, especially in the women's team.

Sparring took up the majority of the day. The sparring held throughout the tournament was of a very high standard, with many of New Zealand's top sparrers

competing. This included several who have competed at the World Championships : Hong Looi, Lewis Looi, Zahn Buchannan and Cilla Brown. The Men's black belt final between Hong Looi and Zahn Buchannan was inspiring to watch, with many spectacular trades of techniques.

The final events were special technique and power test. All competitors put in a huge effort in their board-breaking attempts. Well done to Thomas Young, a blue belt from Massey, who came third in the men's power test!

On Saturday, after we had recovered, we went to have a look at some of the other sports still competing; almost any sport can be found at the Games.

On Saturday night the Closing Ceremony was held, and apart from a meningitis scare, everything went well. Everyone who competed seemed to have enjoyed the games and their competitions. The overall places for the Taekwon-Do tournament were: Auckland University 1<sup>st</sup>, Otago University 2<sup>nd</sup> (again!) and Auckland University of Technology 3<sup>rd</sup>. This year the Best University at the Games was the University of Auckland with Otago University coming in fourth. We comforted ourselves with the knowledge that we would train harder over the next year and compete even harder at the next games.

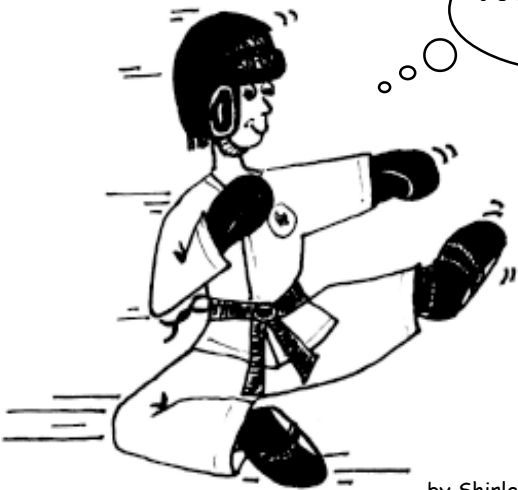
This was the second year that Taekwon-Do has been held at the University Games. It is getting bigger and better, and we hope to see you all there next year.

<http://www.outkd.org.nz> : University Games link



Tournament Time !!

# Kicks for Kids



by Shirley Pygott 2nd dan

Welcome to the fourth edition of Kicks for Kids. Tournaments are featured this time around, and we have an awesome poem by an 8th Gup from the Kapiti Coast Club. If anyone else would like to see themselves in print like Chloe, post something to: **KICKS FOR KIDS**, P.O.Box 457, Silverdale, Ak 1462, or E-mail us at [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz).

This poem and photo were sent in by Chloé Parsons, a Yellow Belt from Kapiti Coast TKD. Well done Chloé!

Taekwon-Do training every single day  
 'More power Chloe!' I hear my trainer say.  
 Working hard my muscles ache and groan  
 'Have to keep on going,' inside my head I moan.

Grading's almost here, I want my yellow belt,  
 I train so hard I get so hot I very nearly melt.  
 High punch, low kick, don't forget to block,  
 Grading's almost here - just look at the clock!

Taekwon-Do training every day and night  
 Practise practise practise! I have to get it right!  
 Grading's almost here, my nerves start to come  
 Taekwon-Do, I love it, it's really lots of fun.



## What am I?

Use the clues in the shapes to figure out the identity of the mystery object used for entering tournaments.



## ARE YOU READY?

Below are a whole lot of things that you could have or do before entering the ring for a sparring match. Put a RED CIRCLE around each thing that you must have. Put a BLUE BOX around each thing that you can have if you want to. CROSS OUT anything that is a bad idea for a sparring match.

- |                        |                  |
|------------------------|------------------|
| Fizzy Drink            | ITFNZ Dobok      |
| Red or Blue Tag        | Water Bottle     |
| Sparring Boots         | Helmet           |
| Big Lunch              | Second           |
| Sparring Gloves        | Chest protector  |
| Positive attitude      | Hardly any sleep |
| Leg and Arm protection | Groin Guard      |
| Mouthguard             | Earrings         |
|                        | Bad Temper       |

## You be the Corner Judge:

In tournament sparring, points are given by the corner judges for techniques that they see. (The corner judges are the 4 people sitting on chairs at the corners of the ring.)

The points are given as follows:

- ONE POINT
  - Middle section or high section hand attack
  - Middle section flying hand attack
  - Middle section foot attack
- TWO POINTS
  - High section foot attack
  - High section flying hand attack
  - Middle section flying foot attack
- THREE POINTS
  - High section flying foot attack

The judge writes 1, 2 or 3 on the scoresheet every time he or she sees a good attack. They have to learn to write without looking at the paper, because if they look down they might miss something. They also have to be careful to put the points on the correct side of the page for each competitor. When the bout is finished, they add up each person's score, circle the winner and hand it to the referee. You be the corner judge, and fill out the points on the scoresheet for the two competitors on the other side of the page. All their successful attacks are listed. Add up the points and circle the winner.



Blue:

- High kick
- Middle flying punch
- Middle flying kick
- Middle punch
- High flying punch
- Middle flying punch
- High flying kick

Red:

- Middle punch
- High punch
- Middle kick
- High punch
- High kick
- Middle punch
- Middle punch
- Middle kick
- Middle kick

Blue	Red
Total:	Total:

Was the winner who you expected it to be?



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# Instructor Profile : Mahesh Bhana

by Haydn Cain, III dan

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

I started Taekwon-Do in 1982, at the age of 15.

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

I started at the Pakuranga Taekwon-Do club. My instructor was Mr Graeme (Rocky) Rounthwaite.

## When did you receive your black belt?

I received my 1<sup>st</sup> degree black belt in April 1986, under Master Young Ku Yun. It was a very memorable grading, especially when Master Yun called out each of the flying techniques for one step sparring – I didn't expect that.



## When did you start instructing and what club was it at?

I started instructing when I was a red belt. This was at Pakuranga club. Officially, however, I began instructing at 1<sup>st</sup> degree. I then continued to instruct at the Pakuranga club until about 1989 when I changed clubs and started to instruct at the Clover Park club in Manukau City as an assistant instructor along with my brother for several years. I returned to Pakuranga in 1993 as an assistant instructor. In 1997 I took over as Instructor of Pakuranga from Mr Quentin Travis.

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

Some of my biggest achievements in Taekwon-Do have been:

Becoming the first NZ born Indian to achieve 1<sup>st</sup>-6<sup>th</sup> degree black belt within the ITF style of Taekwon-Do in New Zealand.

Becoming an International Instructor and Senior Examiner.

Patterns coach and panel selector for the NZ team to Russia in 1997.

Helping students achieve their goals in Taekwon-Do.

## What is the highlight of your Taekwon-Do career?

The highlight of my Taekwon-Do career was seeing General Choi in person for the first time in January 1991. It was something quite unreal, being in the presence of the creator of Taekwon-Do. Truly inspirational.

## What are your personal goals for the future?

My personal goals are to: continue training and instructing in Taekwon-Do, continue learning, improve my own technique, and improve my instructing skills.

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

My goals for ITFNZ Taekwon-Do's future are: to play an active part and add value as a contributing and loyal member; to retain the authenticity of the original art of Taekwon-Do; and to be a role model for future generations.

I believe that ITFNZ Taekwon-Do is a good organisation; we have a core of good people who work very hard voluntarily behind the scenes to keep the organisation functional. However, in order to sustain this we need the support of the members. I believe we are a well-respected organisation within the Taekwon-Do community.

## Which practising Taekwon-Do practitioner do you admire the most? Why?

There are many practitioners of Taekwon-Do that I admire, both here and overseas, however, for me General Choi Hong Hi would have to be the most admired. The reason is quite simple; he is the creator of Taekwon-Do, the "master", and one incredible individual. We can all learn from the General Choi's life experience, his development of Taekwon-Do and his physical ability even at age 83. I would like to thank General Choi for introducing Taekwon-Do to the world.

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

I think Taekwon-Do in NZ has changed in the last few years. However, rather than referring to it as a change, there has been a gradual evolution towards an alignment to the ITF system especially in the area of tournaments (in recent years) and technique. This evolutionary path will no

doubt continue into the future as new developments and enhancements occur. I think this is healthy.

## What is your favourite hand technique and foot technique?

Knifehand strike, pick shaped and downward kicks.

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

For me there are several elements to being a good Taekwon-Do practitioner:

- (1) One must understand the principle and philosophy (including moral culture) of Taekwon-Do. There needs to be a solid base or foundation of your core belief.
- (2) The practitioner must have a good understanding of the principles of the martial arts and the martial artist.
- (3) Have a good attitude and outlook on life.
- (4) Physical ability and the ability to teach and pass on knowledge.
- (5) Make Taekwon-Do a way of life. And be a positive role model.

## What was the hardest part of your latest grading?

I think with any grading they are always difficult, however for me the hardest part of my grading was not knowing what I would be tested on – however, I do prefer this type of grading as this then becomes a "true" test of your ability and mental readiness. Very similar to a real life situation where you are not given a syllabus or guidelines for your survival.

## What was the most rewarding part of your last grading?

The most rewarding part of my last grading was that I achieved the goal that I had set for myself. That was, to successfully grade to 6<sup>th</sup> degree black belt under an ITF Master.

## What advice (if any) would you give to a student just starting Taekwon-Do?

The advice I would give to a beginning student of Taekwon-Do is to have lots of patience. There will always be challenges, and you need patience and perseverance to deal with the challenges. Ask lots of questions so you understand what you are doing. Be willing to learn. Practise religiously, seek knowledge, set goals, perfect your technique, understand the principles and philosophy of Taekwon-Do, and enjoy the journey.



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#### Devonport

Ms Jeanette Joe  
HMNZS Officer Training School  
Narrowneck Gymnasium, Vauxhall Rd  
Tuesday and Sunday, 6:00 - 7:30pm

#### Glenfield

Mr Vaughan Rae  
Windy Ridge Primary, Seaview Rd, Glenfield  
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20 Albert Hall Dr, Red Beach  
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Mr George Konia  
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#### Papatoetoe

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Stratford Primary School Hall  
Regan St, Stratford  
Tuesday and Thursday, 6:00 - 7:30pm

#### Taranaki

Mr Neill Livingstone  
and Mrs Kirsten Livingstone  
Ferndale Hall, Barry St  
Frankley Rd, New Plymouth  
Tuesday 5:15 - 6:45pm  
Friday 5:30 - 7:00pm  
Sunday 10.00 - 11.30am

#### Tauranga

Mr James Rimmer  
Tauranga Girls College  
Cameron Rd, Tauranga  
Wednesday 6:30 - 8:00pm  
Sunday Beginners: 5:00 - 6:00pm  
Up to 3rd gup: 5:00 - 6:30pm  
from 2nd gup: 6:00 - 7:30pm

#### Te Awamutu

Mr Evan Davidson  
The Martial Arts Centre, 350 Bond Rd  
Te Awamutu  
Sunday and Wednesday, 6:30 - 8:00pm

#### Waikeria

Mr Ross Campbell  
Community Hall, Main St, Kihikihi  
Tuesday 6:00 - 7:30pm  
Sunday 5:30 - 7:00pm

Official National Governing  
Body for the International  
Taekwon-Do Federation





## Central Districts Region

### Cloverlea

Mrs Nikki Mantjika  
Cloverlea Primary School  
Herbert Rd, Palmerston North  
Tuesday, Kids 4-6: 3:30 - 4:00pm  
7-12: 5:30 - 6:30pm, Adults 6:30 - 8:00pm  
Thursday 6:30 - 8:00pm

### Horowhenua

Mr Andrew Salton  
Horowhenua College Gym  
Nelson St, Levin  
Monday and Friday, 6:00 - 8:00pm

### International Pacific College

Mr Kenny Chiang  
IPC Recreation Centre  
Palmerston North  
Tuesday 6:30 - 8:30pm  
Saturday 2:00 - 4:00 pm

### Milson

Mr Lawrence Mantjika  
Milson School Hall  
Rutland Pl, Palmerston North  
Monday and Wednesday, 6:00 - 8:00pm

### Palmerston North Academy

Mr Dave Ballard  
Chinese Association Hall, Napier Rd  
Palmerston North  
Monday and Thursday, 6:00 - 8:00pm

### Rangitikei Dragons

Mr Daniel Motu  
Morton Wrestling Gym  
Wilson Park, Marton  
Monday and Wednesday, 6:00 - 7:30pm

### Taekwon-Do Cubs

Mrs Rose Cherrington  
Fairfield School Hall, Levin  
4-10 yrs only: Mondays 4:00 - 5:00pm

### Tiger

Mr Michael Lowe  
Boys' High School Gym  
Featherston St, Palmerston North  
Monday and Wednesday, 6:15 - 7:45pm

### West End

Mr Don Booth  
West End School, cnr College St  
and Botanical Rd, Palmerston North  
Monday 5:30 - 6:30pm  
Thursday 6:30 - 7:30pm

## Wellington Region

### Avalon

Mr Byron Cummins  
Avalon Intermediate School  
1041 High St, Lower Hutt  
Monday and Thursday, 6:30 - 8:00pm

## Berhampore

Mrs Lena Walton and Mr Ian Walton  
Berhampore School, 106 Britomart St  
Berhampore  
Monday and Thursday, 6:30 - 8:30pm

### Brooklyn

Mr Brett Kraiger  
Vogelmorn Hall, Vennell St, Brooklyn  
Thursday, Juniors: 5:30 - 6:20pm  
Seniors: 6:30 - 8:30pm  
Sunday 4:30 - 6:30pm

### Kapiti Coast

Mr Greg Trilford  
Memorial Hall, Tennis Court Rd  
Raumati South  
Tuesday and Thursday  
Under 13 6:00 - 7:00pm  
Over 13 7:00 to 9:00pm

### Khandallah

Mr Graham Patterson  
Onslow College New Gym  
Burma Rd, Johnsonville  
Monday and Thursday, 6:30 - 8:00pm

### Paparangi School Hall

Beazley Ave, Paparangi  
Tuesday 6:30 - 8:00pm

### Lower Hutt Academy

Mr Wayne Ebert  
Dyer St School Hall, Dyer St, Lower Hutt  
Monday 6:30 - 8:00pm  
Wednesday, Juniors: 6:00 - 7:30pm  
Seniors: 6:30 - 8:00pm

### Miramar

Mr René Kunz  
Miramar South School, Kauri St, Miramar  
Monday and Thursday  
Juniors: 5:30 - 6:30pm  
Seniors: 6:30 - 8:00pm

### North Wellington

Ms Beryl Pimblott  
West Park School, Broderick Rd  
Johnsonville  
Monday and Thursday  
Juniors 5:00 - 6:00pm  
Seniors 5:30 - 7:00pm

### Silverpine

Mr Nick Carter  
Pinehaven School, 93 Pinehaven Rd  
Pinehaven  
Monday and Thursday, 6:30 - 8:00pm

### United

Mr Blair Martin  
St Brandon's School Hall  
Trentham, Upper Hutt  
Tuesday and Thursday, 6:00 - 7:30pm

## South Island Region

### Dunedin

Mr Neil Kettings  
St Clair Primary School Hall  
Richardson St, St Clair  
Monday and Thursday, 6:00 - 8:00pm

### Greymouth

Ms Sonia Smith  
Greymouth High School, High St  
Wednesday 6:30 - 8:00pm  
Cobden School, Cobden  
Sunday 10:30am - 12:00pm

### Mosgiel

Mr Mark Allen and Mrs Teresa Allen  
Taiera High School Gym  
Church Rd, Mosgiel  
Monday and Wednesday, 6:00 - 8:00pm

### Nelson

Mrs Pam Colee  
Scout Hall, Richmond A&P Showgrounds  
Richmond, Nelson  
Monday and Wednesday, 7:00 - 8:30pm

### Otago University

Mr Kris Herbison  
Activities Hall  
Clubs and Societies Building  
Albany St, Dunedin  
Tuesday and Friday, 4:00 - 6:00pm

### Redwoodtown

Mr Rex Stuart  
Cnr Cleghorn and Weld Sts  
Redwoodtown, Blenheim  
Tuesday and Thursday, 6:00 - 8:00pm

### Riccarton

Mr Stuart Mayes  
48 Carruthers St, Burnside, Christchurch  
Monday and Wednesday, 6:30 - 8:00pm

## Details Wrong?

If the details for your club differ from those shown here, please email all of the following people:

Mr Vince Pygott, Secretary  
[vp ygott@itfnz.org.nz](mailto:vp ygott@itfnz.org.nz)  
Mr Paul McPhail, Webmaster  
[pmcphail@itfnz.org.nz](mailto:pmcphail@itfnz.org.nz)  
Mrs Sue Breen, Database Administrator  
[sbreen@itfnz.org.nz](mailto:sbreen@itfnz.org.nz)  
Mr Mark Banicevich, TKD Talk Editor  
[mbanicevich@itfnz.org.nz](mailto:mbanicevich@itfnz.org.nz)

# The Nationals come to Hamilton

by Jodie Collins, I dan  
and Grant Eccles, III dan

The Wai-BOP-Taranaki-Gisborne Region is proud to be hosting (for the first time) the 2002 Epson ITFNZ Taekwon-Do National Tournament in Hamilton on 24<sup>th</sup> - 25<sup>th</sup> August. This year's Nationals will be held at the Te Rapa Sportsdrome, a purpose-built modern indoor sports arena only minutes from the Hamilton motel zone where most teams will be staying.

The Sportsdrome has hosted several successful martial arts tournaments in the past and this year's Nationals will be no exception. Spectators will not be too far from the action in the rings which will lead to an awesome pressure cooker atmosphere for competitors. This is sure to bring out the best in everyone!

But never fear, the Sportsdrome is well equipped to cater for recovery from hard competition as well. Spacious male and female changing and shower facilities are provided and a well-stocked kitchen will sell energy food for all tastes!

As you would expect at a modern facility, the competition arena floor is magnificent and something all attendees at this year's Nationals must make sure to look after carefully. Made of "pulastic" material (and valued at \$80,000) the arena floor produces very little impact on your joints during activity - this will be especially good for specialty technique entrants who will (hopefully!) be landing from great heights!

This year's Nationals will feature several

**ITFNZ**  
**Taekwon-Do**

**EPSON Nationals 2002 - Hamilton NZ**

new divisions to add to the excitement. First dans and seconds dans will now clash in one sparring division. Juniors are now classified as those under the age of 18 at the date of the tournament - this brings the junior age into line with ITF international rules. The junior divisions should produce some spectacular competition, with this year's Junior World Champs team members using Nationals to build up for their ultimate test in Puerto Rico in December! There are also new patterns divisions to watch out for - it seems every year new patterns stars emerge to impress us with their power and precision.

This year the highlight for many will be the fully-fledged black belt team sparring competition - the first time at an ITFNZ Taekwon-Do Nationals. Each region will enter a team of their five best black belts to do battle against the other ITFNZ Taekwon-Do regions - this should produce some classic competition as old and new (but friendly) regional rivalries get put to the test! Only in team sparring is there the potential for real David and

Goliath battles - a lightweight may spar a hyperweight, or a middle weight may spar a microweight (indomitable spirit needed to the max!).

As always, this year's Nationals will not be just about the competition. The weekend will be a chance to see old friends and make new ones, and share stories and laughter. On that note a great venue has been secured for the Nationals Dinner and ITFNZ Taekwon-Do Awards evening on the Saturday night. The Waldorf Lounge at the Claudelands Events Centre will host the dinner and Awards, which I'm sure will be attended by all. A great time will be had; an awesome chance to relax with your Taekwon-Do friends and families from all over NZ. And for those who want to carry on with the good times, the bars and nightclubs of the central city are only 5 minutes' walk from the dinner venue!

This year's Nationals organisers are working hard to make the 2002 event a great follow up to last year's. The tournament director is Mr Ross Campbell (3<sup>rd</sup> Dan, Waikeria Club Instructor). He can be contacted at [odtkd@xtra.co.nz](mailto:odtkd@xtra.co.nz). Please feel free to contact Mr Campbell should you have any queries at all about this year's Nationals.

Finally, the success of the tournament ultimately depends on you, the competitors and supporters. The organisers will provide the venue and set the scene - but your attitudes and efforts will create the atmosphere and memories. Bring your most positive attitudes and Taekwon-Do spirit and the tournament weekend is bound to be one to remember.

See you in Hamilton in August! 🏆

<http://www.itfnz.org.nz/ref/tournaments/nats2002>



**- EXECUTIVE -**  
President: Mr Norman Ng, PO Box 67, 161A College St, Palmerston North. Ph (06) 357 5426, [nng@itfnz.org.nz](mailto:nng@itfnz.org.nz)  
Secretary: Mr Vince Pygott, PO Box 457, Silverdale, Auckland. Ph (09) H/F 426 6696, (025) 965 947, [vp ygott@itfnz.org.nz](mailto:vp ygott@itfnz.org.nz)  
Treasurer: Mrs Tanya Katene, PO Box 5346, Palmerston North. Ph (06) H 357 1845, W 358 0058, [tkatene@itfnz.org.nz](mailto:tkatene@itfnz.org.nz)  
Auckland North Regional Director: Mr Andrew Niven, PO Box 7612, Wellesley St, Auckland. Ph (09) H 846 3551, (021) 444 077, [aniven@itfnz.org.nz](mailto:aniven@itfnz.org.nz)  
Counties/Manukau Regional Director: Mrs Sue Breen, 26 Merton Rd, St Johns. Ph (09) 521 3244, (025) 277 9210, [sbreen@itfnz.org.nz](mailto:sbreen@itfnz.org.nz)  
Waikato/Bay of Plenty/Taranaki Regional Director: Mr Gwyn Brown, 99b Argyll St, Tauranga. Ph (07) 541 3741, [gbrown@itfnz.org.nz](mailto:gbrown@itfnz.org.nz)  
Central Districts Regional Director: Mr Mike Lowe, 483 Ruahine St, Palmerston North. Ph (06) 358 3171, [mlowe@itfnz.org.nz](mailto:mlowe@itfnz.org.nz)  
Wellington Regional Director: Mrs Beryl Pimblott, 2 Exploration Way, Whitby. Ph (04) H 234 7343, W 234 7832, [bpimblott@itfnz.org.nz](mailto:bpimblott@itfnz.org.nz)  
South Island Regional Director: Mr Shane Rahui, 118 Haris Cres, Papanui, Christchurch. Ph (03) 352 2067, [srahui@itfnz.org.nz](mailto:srahui@itfnz.org.nz)

## - SUB-COMMITTEES -

**Grading:** Paul McPhail (Director, [pmcphail@itfnz.org.nz](mailto:pmcphail@itfnz.org.nz)), E Davidson, J Rimmer, M Bhana, G Patterson, P Graham.  
**Techniques:** Paul McPhail (Director, [pmcphail@itfnz.org.nz](mailto:pmcphail@itfnz.org.nz)), E Davidson, G Patterson, M Lowe.  
**Tournaments:** Kevin Joe (Director, [kjoe@itfnz.org.nz](mailto:kjoe@itfnz.org.nz)), L Mantjika, G Eccles, D Ward, K Herbison, G Ward  
**Marketing:** Mark Banicevich (Director, [mbanicevich@itfnz.org.nz](mailto:mbanicevich@itfnz.org.nz)), H Honey, J Collins, D Ballard, J Pearson, D Ward, L Walton, K Herbison.  
**Standards & Discipline:** Evan Davidson (Director, [edavidson@itfnz.org.nz](mailto:edavidson@itfnz.org.nz)), and Regional Directors.



# Coming Events

24<sup>th</sup>-25<sup>th</sup> August  
 30<sup>th</sup> August – 1<sup>st</sup> September  
 7<sup>th</sup>-8<sup>th</sup> September  
 21<sup>st</sup>-22<sup>nd</sup> September  
 22<sup>nd</sup> September  
 29<sup>th</sup> September  
 6<sup>th</sup> October  
 13<sup>th</sup> October  
 27<sup>th</sup> October  
 2<sup>nd</sup> November  
 24<sup>th</sup> November  
 2<sup>nd</sup>-8<sup>th</sup> December  
 7<sup>th</sup> December

National Tournament – Hamilton  
 Sports Expo – Auckland  
 Otago Interclub Tournament – South Island  
 Regional Camp – Queenstown  
 Instructors Course – Auckland  
 Epon Under 18 Tournament – CD  
 Instructors Course – Greymouth  
 Bai Rui Tournament – Brisbane  
 Epon Open Tournament – Auckland  
 Epon Under 18 Tournament – New Plymouth  
 Women's Training Day – Wellington  
 Junior World Champs – Puerto Rico  
 Christmas Parade – CD

## Dan Gradings

16<sup>th</sup>-17<sup>th</sup> November

Auckland  
 Examiners: Mr Davidson & Mr Rimmer

23<sup>rd</sup>-24<sup>th</sup> November

Palmerston North  
 Examiners: Mr Rimmer & Mr Bhana

## Gup Gradings

3<sup>rd</sup> September – 20<sup>th</sup> September  
 27<sup>th</sup> November – 8<sup>th</sup> December

# ITFNZ National Camp 2003

Massey University  
 Palmerston North  
 24<sup>th</sup>- 26<sup>th</sup> January 2003

**Special Guest Instructor**  
 Master Michael Daher

[www.itfnz.org.nz/news/camp2003](http://www.itfnz.org.nz/news/camp2003)



30<sup>th</sup> August - 1<sup>st</sup> September 2002  
 Auckland Showgrounds, Greenlane

Friday 12.00m - 6.00pm  
 Saturday 10.00am - 6.00pm  
 Sunday 10.00am - 6.00pm

[www.retailing.co.nz/sportsexpo](http://www.retailing.co.nz/sportsexpo)

# Next Issue



## 2002 National Championships

We'll bring you a report on the action, as well as the table of 2002 medallists.

## 3rd Annual ITFNZ Taekwon-Do Awards

Best Instructor, Best Students, and more!



## 2002 Epon Open

ITFNZ Taekwon-Do's 3rd annual international tournament for all styles of Taekwon-Do

## A Coach's View on Preparing for a World Championships, Part 3

The final instalment of Andrew Salton's thoughts about preparing for a World Championships



## More on Community Funding

Kris Herbison discusses the three main types of community funding available to us.

# ITFNZ Sales

## Taekwon-Do and I:

The Memoirs of the late General Choi Hong Hi, the Founder of Taekwon-Do.

\$90 for the 3-volume set



## ITF and ITFNZ badges

\$8 each

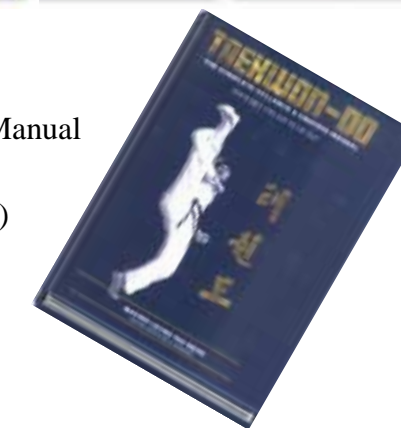
## Back patches

\$6

## Master Leong Wai Meng's Complete Syllabus and Grading Manual

\$80 for this 342 page volume.

Complete pattern diagrams (movement-by-movement photographs) for every colour belt pattern.



## ITFNZ Techniques Handbooks

\$2 Coloured Belt      \$10 Black Belt

## Car stickers

\$2

## Video: Grading Syllabus Seminar.

(all patterns from Chon-Ji to Choong-Moo demonstrated)

\$20      <http://www.itfnz.org.nz/sales/video/index.htm>



# ITFNZ DOBOKS

Do you usually:      receive your dobok order within a week or two?  
                                  receive a confirmation of the order within a day or two?  
                                  receive urgent orders in the time-frame promised?

If the answer is "No" perhaps you should place your next order with ITFNZ Sales. Our dobok orders are usually posted within two days and often posted the day the order is received.

## These doboks are very good quality, well made, and conform to ITFNZ specifications.

ITF Style (zip up front) with embroidered ITF and ITFNZ badges, "Tree" print on back and ITF print on pants. (A white belt is included.)

Jackets and trousers can be ordered separately.

Jacket and trouser sizes can be mixed. (Most common adult sale is size 3 jacket and size 4 trousers)

Size 0	\$68	(Very small child)
Size 1	\$74	(Small child)
Size 2	\$80	(Child)
Size 3	\$87	(Slim teenager)
Size 4	\$89	(Adult)
Size 5	\$95	(Large adult)

Ample stock on hand at all times

Enquiries - ITFNZ Sales, Sue Breen

Phone (09) 521-3244

Fax (09) 528-4149

E-mail [sbreen@itfnz.org.nz](mailto:sbreen@itfnz.org.nz)



# EPSON OPEN

ASB  
Stadium  
-2002-

**Sunday 27th October 2002 - Labour Weekend**

**Competition starts at 9.00am. Spectators: individual \$5, family \$10.**

**ASB STADIUM - Kohimarama Road, Kohimarama  
AUCKLAND, NEW ZEALAND**

**Open to all styles of Taekwon-Do  
and all organisations - ITF Rules**

**Sparring - Patterns - Special Techniques - Power Breaking**

**We have two teams confirmed from Australia including members of the 2003 Australian World Champs Squad!**

**More details and entry forms at [www.itfnz.org.nz/news](http://www.itfnz.org.nz/news)**