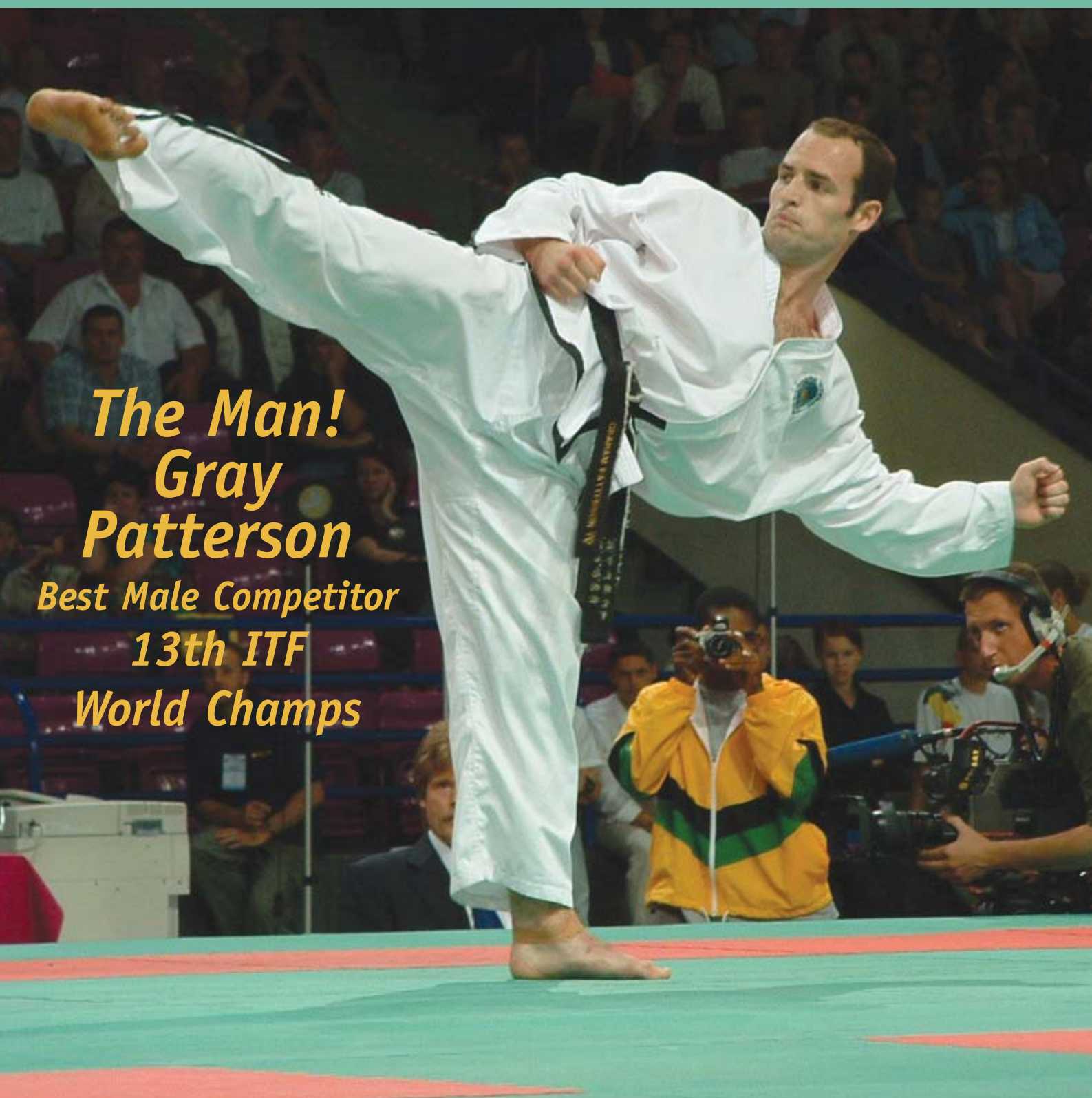


TKD Talk

The Official Magazine of ITFNZ Taekwon-Do

www.itfnz.org.nz/tkdtalk



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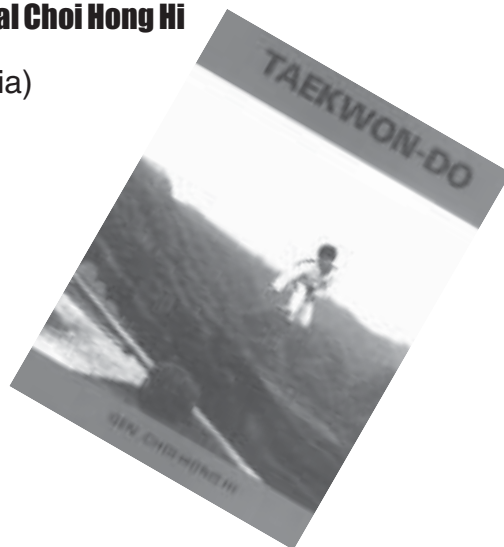
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Please note that this is not a "professionally" produced video, but certainly good enough to use as a guideline for training and instructing. Thanks to Mr Neil Breen for doing the filming, editing and copying of the tapes.

Cost: \$20 each

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The photo is of Mr Gray Patterson performing Kwang Gae in his gold medal winning performance of IV dan patterns at the World Championships in Poland, taken by Mr Paul McPhail.

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Editorial

Win with Martial Arts Apparel and TKD Talk

Get those cameras out – it is time for the TKD Talk Photo Competition. This year Martial Arts Apparel are providing prizes:

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- 2nd prize 1 x Macho forearm shield
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The winning photo will be printed in *full colour* in our centre spread 2004 calendar in the December issue of *TKD Talk!* Last year Mr Ryan van Heerden took a great shot to win the competition. This year it could be *you!*

Rules:

- 1. The competition is open to registered members of ITFNZ Taekwon-Do only.
- 2. Entries must be new original photographs of registered members of ITFNZ Taekwon-Do.

- 3. Entries must include the names of the people in the photograph and the name of the photographer, together with a couple of sentences about where and when the photograph was taken.
- 4. Entries must be received by 15 October 2003.
- 5. Entries may be posted or emailed:
 - Post to
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Auckland 1006.
Include a stamped, self addressed envelope with your entry if you would like your photo returned.
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Entries must have sufficient resolution to be printed clearly at A4 size.
- 6. Winners will be selected at Stripes 1 to 1. Judges' decision is final, and no correspondence will be entered into.

<http://www.itfnz.org.nz/tkdtalk>

Check out the great *TKD Talk* content on the website! I spent hours converting some of our key articles to html format, so you can read our old stuff online. Most of our regulars appear here, too. We want to get some kids pages up, but I don't know enough about web pages – email secretary@itfnz.org.nz if you can help.

This issue

What a great National Tournament! And how about the team's success at the World Championships in Poland!

It is appropriate that this issue's Instructor Profile is on the Male Grand Champion from the Worlds – our own Mr Gray Patterson. Even better – Mr Patterson shares some tips on power breaking!

There is so much great stuff this issue. Get reading! And get snapping, too! Then send us your letters or articles – have your say next issue!

Mark Banicevich, Co-editor

Letters to the Editor

Dear TKD Talk,

I am 12 years old and I am a 7th gup at Kapiti Coast Taekwon-Do. On 18th May, I was privileged to attend the afternoon session of the dan grading in Wellington. It was truly awesome. I don't think I have ever sat still longer in all my life. I loved the patterns, and I thought they must surely be the best part. And then they did the step sparring, and the breaking, and the self defence. Everyone who was grading was so focused and dedicated to what they were doing, it was obvious to what they were doing, it was obvious to what they were doing, it was obvious to what they were doing. The youngest person there was only nine years old and he was amazing. He didn't even look nervous.

Although I thought everyone there was terrific, the person who stood out to me was Mr René Kunz, the instructor from Miramar. He made the patterns look like beautifully-choreographed dances. All the moves were crisp, sharp, and precise. His sparring was hard, and left his opponents on the ground, and I'm sure the boards self-destructed when they saw him coming. Self defence involved fighting off attacks with knives, crowbars, and even a golf club. I'm still having trouble with the double lapel grab! He was really awesome, and is an example of what dedication can achieve.

Watching all the incredible things these people were doing has inspired me to work harder on all my techniques, and maybe one day it will be me up there going for my black belt...

I want to thank my instructor Mr Trilford for encouraging me to go. It's an afternoon I will never forget.

Chloe Parsons
Kapiti Coast

Dear Editors

Well done to Kris Herbison, Hayden Breese, Neil and Sue Breen and everyone else who helped organise and promote the national tournament in Dunedin.

They did a great job marketing the tournament and it was good to see ITFNZ get a lot of well deserved publicity from national radio and TV.

As a competitor it was fun to be a part of a tournament that was extremely

well run and professional in every way.

The South Island has set a high standard for future tournaments that Auckland North will try to meet next year.

Well done South Island!

Carl Matthews, I dan, Auckland North

Dear TKD Talk

On Monday 23rd June, after Mr Mantjika returned from Poland, we had our first anniversary party. Mr Mantjika told us over and over again that our main focus is the grading. Most of our members may be taking the floor.



We all sat down as he told us of his experiences in Poland with the New Zealand team. On behalf of Milson Taekwon-Do we would like to say well done, and we hope to see an even more brilliant performance at the next World Championships.

Chris Davies, 7th gup, Milson

Dear TKD Talk,

I congratulate your publishing team for an excellent magazine. Many people contribute, and you print a good balance of news and technical stuff with wide appeal. I'd also like to promote the new look website – www.itfnz.org.nz – there is a wealth of interesting information here.

I invite feedback from readers on a subject that has recently been a hot topic around our club. The CD Regional Tournament was held in Levin recently, and I was surprised at the level of violence allowed throughout free sparring bouts. There were numerous injuries, and I witnessed some huge hits. In our club we received a fractured arm, three blood noses, and two guys knocked out for a few seconds.

I feel that allowing this level of force

restricts sparring to elite or big students, and discourages the average student from having a go. What do people think of scoring two points for a flying punch to the head, which turns many bouts into boxing matches, displaying less skill but scoring highly? Taekwon-Do sparring gloves have less padding than boxing gloves, so self-control and strict refereeing is vital when punching to the head. At regional level it is common to have people mismatched in size or ability, increasing its importance.

This is not the 'World Champs'. I believe regional tournaments should give ordinary club students an opportunity to compete in a safe and friendly environment. For most it is the only level at which they will compete.

There also are issues of infection when a contestant is bleeding. Should a match continue when someone has a blood nose? Hepatitis can be passed via gloves through later matches. Perhaps when a competitor receives a big knock to the head, resulting in a blood nose or knock out, the match should be controlled to eliminate further blows to the head?

General Choi's encyclopaedia clearly expresses that free sparring should be a display of technique rather than power. Injuring or disabling the opponent is not the intention. Often competitors use leniency on force as an opportunity to dominate early in the bout with a few big hits. When allowed, this can effectively win a match. Should more emphasis be given – in training and in tournaments – to one point for a well executed block?

Refereeing is a difficult task and without guidelines set prior to the tournament, things just evolve and competitors often do whatever they can get away with. I am not knocking the referees at our tournament – I am suggesting that it might be good to have some national policy about how much force is allowed in sparring bouts. Although my comments may seem negative, I appreciate the work involved in putting on an event and I am grateful to the people who freely give of their time and expertise so we can participate.

Best regards,
Ivan Simpson, Westend

Letters are continued on page 24...

National Championships 2003

by **Hayden Breese, II dan**
Nationals Marketing Manager

This was the first year that ITFNZ held its Nationals in Dunedin. It made history in more ways than one. It was an amazing feeling to see the hours of work over many months turn into a great event enjoyed by all who attended.

The Nationals in Dunedin needed enough competitors and officials to make it work. With this in mind the organizers set out to find a special venue, and they secured the Dunedin Town Hall. Travel and accommodation subsidies encouraged enough full time officials to attend both days. A budget that rose into the tens of thousands quickly became realistic with support from major funding bodies. Marketing and promotions, managed by Myth Consulting, helped to build hype around the event and attract 180 of New Zealand's best competitors to Dunedin.

The opening ceremony set the scene for the patterns to come. World Grand Male Champion, Mr Graham Patterson emerged from the darkness to perform Moon Moo under the spotlight. With music pumping in the background, this was a sight few will forget.

Competition on day one saw patterns start in three rings, with power test and special technique in the fourth ring. The quality of Counties Manukau team members' patterns was of particular note and would hint at what was to come. Lunch arrived on day one, and Counties Manukau lead Auckland North by only a few points. The South Island team followed closely, and finished the day in first place.

Sparring began after lunch, a real test for the electronic recording system created for the event. The scoring network, which fed information back to a central computer, successfully compiled event data and results as the day progressed. Day one concluded well on time, a rare occurrence for a national championships.

The media frenzy surrounding the event continued with the first of two TV3 crews visiting for hours of footage and interviews with competitors. Not to mention two prime time news spots, three News Talk ZB updates and visits from local newspapers.



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Later that evening ITFNZ members converged on the Glenroy Auditorium for the 2003 ITFNZ Awards. Awards host Mr Hayden Breese provided a great night of humour. The quality of nominees was very high. So congratulations to everyone who was nominated and to the award winners.

On Sunday the Town Hall erupted with the finals. The large video screen and music set the scene for team sparring – by far the most exciting event of the weekend. The South Island team beat Auckland North in the male final, winning this event for the second year in a row.

The Counties Manukau female team won all their team events showing a real dominance over the opposition.

The highly sought after best overall Adult black belt title was won by Mr Jon Sawden from Auckland North. Mr Sawden showed that his competition days are far from over with an impressive performance and rare drive to win throughout the competition. It was one of four best overall titles that had to be selected by tie-breaker – testament to the high calibre of competition.



Best Overall Region was a highly anticipated announcement that went to Counties Manakau. Throughout the weekend they did nothing but impress with enthusiasm and performance. Full credit to their Coach, Mr Daniel Jackson, for building and training a very professional team. Congratulations to the Counties Manukau Team!

In conclusion, the 2003 Nationals will be remembered for its lights and sounds, mats and video screens, electronic scoring, punctuality, great venue and its digi-flag. If you didn't make it down, you missed one of the best.

On behalf of the organisers, Mr Kris Herbison and Mr Hayden Breese, thanks to all those people who helped to make this event a reality. See you next year!

On behalf of TKD Talk, a big thank you to the organisers for a fantastic event! The marketing and funding success sets a high standard for future tournaments. See you next year in Auckland North!

itfnz.org.nz/events/tournaments/nats2003

Advertorial

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National Championships 2003 Results

Patterns	Gold	Silver	Bronze	Bronze
4th dan+	Matthew Breen, AN	David Ballard, CD		
3rd dan	Mark Trotter, AN	Haydn Cain, CM	Sandi Galpin, CD	Kris Herbison, SI
2nd dan	Toni Moki, CM	Jon Sawden, AN	Thu Thach, WN	Harmony Moki, CM
1st dan	Thomas Young, CD	Chanthie Thach, CM	Cilla Brown, CM	Nicole Kettings, SI
Red belt adult	David Wu, CM	Nicola Tse, AN	David Butchers, CM	Julia Palmer, AN
Red belt junior	Joanna Northey, AN	Campbell Gold, SI	Chris Clencie, CM	Roseanne Carston, ML
Blue belt adult	Jonathon Wong, SI	Carolyn Faithfull, SI	Andy Wong, WN	Karaat Edwards, CM
Blue belt junior	Anna Voss, AN	Paige Moki, CM	Cameron Casson, ML	Renee Richardson, AN
Green belt adult	Vincent Chaber, WN	Lisa Jack, AN	Tim Murray, CD	Natalie Filer, SI
Green belt junior	Yimu Wang, SI	Ethan Parker, CM	Bradley Wickman, CM	Levi Carthew, AN
Yellow belt adult	Troy Stodart, ML	Ewen Atkins, ML	Peter Goodyer, CD	Rob Tregurtha, SI
Yellow belt junior	James Hunt, CM	Melissa Timperley, CM	Adam Harvey, SI	Benjamin Edwards, SI
Free sparring				
Mens 3rd dan+ openweight	Mark Trotter, AN	Matthew Breen, AN		
Vets womens 1st dan+ openweight	Teresa Allen, SI	Pam Colee, SI		
Womens 3rd dan+ openweight	Sandi Galpin, CD	Rose Cherrington, CD		
Mens 1st/2nd dan hyperweight	Jarrad Ramsay, SI	Rob Severne, ML	Blair Martin, WN	Shaun Skedgwell, ML
Mens 1st/2nd dan heavyweight	Cameron Snelling, AN	Jon Sawden, AN	Aaron Dahl, CM	Phillip Diggelmann, ML
Mens 1st/2nd dan middleweight	Kim Bull, ML	Dan Jackson, CM	Johnny Ormsby, CM	Clint King, ML
Womens 1st/2nd dan heavyweight	Amanda Tolley, CM	Lorraine Eade, SI	Lauren Patterson, SI	
Womens 1st/2nd dan middleweight	Cilla Brown, CM	Cedar Brown, AN	Helen Kettings, SI	Natalie Ewen, SI
Womens 1st/2nd dan lightmiddleweight	Nikki Galpin, CD	Toni Moki, CM	Thu Thach, WN	
Vets mens 1st dan+ openweight	David Ballard, CD	Richard Burr, CD	George Konia, AN	William Mclvor, SI
Junior boys 1st dan+ hyperweight	Robert Buddle, CD	Sam Skinner, AN	Nicholas Eley, SI	Regan Diggelmann, ML
Junior boys 1st dan+ middleweight	Kane Baigent, WN	David Burr, CD		
Junior girls 1st dan+ middleweight	Harmony Moki, CM	Chanthie Thach, CM		
Mens 1st-4th gup hyperweight	Upoko Poko, CM	Walter Hitchins, ML	Craig Hannah, ML	Joseph Baker, CD
Mens 1st-4th gup heavyweight	Jeremy Paterson, AN	Andrew McLeod, SI	Vallen Peterson, SI	Benjamin Kautapa, CM
Mens 1st-4th gup middleweight	Thomas Petersen, WN	Wayne Heywood, CM	Dean Jenkins, SI	Justin Teare, SI
Mens 1st-4th gup lightweight	Matthew Draper, WN	David Wu, CM	Richard Pedley, SI	Jonathon Wong, SI
Womens 1st-5th gup heavyweight	Nicola Tse, AN	Sarah McCardle, WN	Charlotte Meyers, SI	Karaat Edwards, CM
Vets mens 1st-4th gup openweight	Gregory Christie, WN	Fritz Niu, CM	Ken de Koster, SI	Nick Lourantos, WN
Vets womens gup openweight	Mary Daborn, ML	Deborah Olesen, CM	Michelle de Koster, SI	Dianne Hinson, SI
Junior boys 1st-4th gup hyperweight	Josh Parker, CM	Hadyn Hitchins, ML		
Junior boys 1st-4th gup middleweight	Campbell Gold, SI	Chris Clencie, CM	Todd Drinkwater, AN	Thomas Pygott, AN
Junior boys 1st-4th gup lightweight	Chris Broughton, CM	Jamie Smith, CD	Daniel Campbell, ML	Samuel Brown, SI
Junior girls 1st-4th gup hyperweight	Carlos Macdiarmid, ML	Shane Black, ML		
Junior girls 1st-4th gup heavyweight	Ariane Heynen, AN	Laura McIntosh, AN	Roseanne Carston, ML	Alicia Yates, CD
Junior girls 1st-4th gup middleweight	Joanna Northey, AN	Anna Voss, AN	Robin Bates, ML	Natalie Read, SI
Junior girls 1st-4th gup lightweight	Cori-Jean Topia, CM	Renee Richardson, AN	Rebecca Walthall, AN	
Junior girls 1st-4th gup lightweight	Sheylah Moki, CM	Alisa Parker, CM	Nadia de Koster, SI	
Junior girls 1st-4th gup microweight	Paige Moki, CM	Xian Konia, AN	Ewen Atkins, ML	
Mens 5th-8th gup heavyweight	Vincent Chaber, WN	Shakeel Mirza, SI	Rob Tregurtha, SI	Troy Stodart, ML
Mens 5th-8th gup middleweight	Nigel Patterson, SI	Mohamed Mohamed, CM	Katherine Gilmore, WN	
Womens 5th-8th gup middleheavyweight	Lisa Jack, AN	Carolyn Faithfull, SI		
Womens 4th-8th gup lightmiddleweight	Toni Wallace, CM	Natalie Walker, SI		
Vets mens 5th-8th gup openweight	Peter Goodyer, CD	Tim Murray, CD	Robert Hurring, SI	
Junior boys 5th-8th gup heavyweight	Levi Carthew, AN	Seb Gorrell, AN	Brian Bellve, CM	Quinn Peterson, SI
Junior boys 5th-8th gup middleweight	Yimu Wang, SI	Terrence Edwards, CM	Adam Harvey, SI	
Junior boys 5th-8th gup lightweight	Bradley Wickman, CM	James Hunt, CM	Angus Oliver, SI	Benjamin Edwards, SI
Junior boys 5th-8th gup microweight	Ethan Parker, CM	Zeb Corbett, ML	Luke Cherrington, CD	
Junior girls 5th-8th gup hyperweight	Sasha Millar, CM	Erin Keighley, ML		
Junior girls 5th-8th gup heavyweight	Candice Millar, CM	Sheri-Jane Lander, ML		
Junior girls 5th-8th gup middleweight	Ashlee Millar, CM	Angelique Edwards, SI		
Junior girls 5th-8th gup lightweight	Donna Hopkins, SI	Rachel O'Connell, CM	Uma Goodyer, CD	
Junior girls 5th-8th gup microweight	Melissa Timperley, CM	Annalise Burr, CD	Sonja de Koster, SI	Jenny Edwards, SI
Special technique				
Mens black belt	Jon Sawden, AN	Dan Jackson, CM	Clint King, ML	
Womens black belt	Nikki Galpin, CD	Sandi Galpin, CD	Toni Moki, CM	
Junior mens black belt	Regan Diggelmann, ML	Nicholas Eley, SI	Sam Skinner, AN	
Junior womens black belt	Nicole Kettings, SI	Harmony Moki, CM, Anna Wintle, AN		
Power test				
Mens black belt	Shaun Skedgwell, ML	Dan Jackson, CM	Johnny Ormsby, CM	
Womens black belt	Cilla Brown, CM	Lorraine Eade, SI	Thu Thach, WN	
Team event				
Male	Auckland North, 8	Midlands/South Island, 7	Central Districts, 4	
Female	Counties Manukau, 12	South Island, 8		

Best belts	
Yellow	James Hunt, CM
Green	Yimu Wang, SI
Blue	Anna Voss, AN
Red	Joanna Northey, AN
Junior	Harmony Moki, CM
Black	Jon Sawden, AN



Best region	Key	Points	People
Counties Manukau	CM	125	38
Auckland North	AN	83	24
South Island	SI	81	51
Midlands	ML	47	27
Central Districts	CD	44	22
Wellington	WN	27	13

A Night of Taekwon-Do Honours

by Mark Banicevich, IV dan
Sydney (near Papakura)

There were some very deserving nominees for the ITFNZ Taekwon-Do Awards this year. They must have been difficult decisions.

But let's start with the dinner. We arrived to a full hall. Apparently there were only a handful of free seats in a room set up for around 200 people. Soup was served at the table, followed by a buffet dinner. It was good food. A spicy vegetable soup; a fine selection of salads and vegetables with roast beef.

We had the opportunity to have a couple of drinks and mingle a little before Mr Hayden Breese got hold of the mike. Time for the ceremony to begin. Judging from the laughter nearer the stage, it seems Mr Breese was quite the comedian. He called Mr Grant Eccles to the stage, and they entertained the crowd with, "an interview with Grand World Champion of the World Poobah, Mr Gray Patterson".

A couple of awards later, Mr Patterson had the last word. In response to a crack about his calves of iron, Mr Patterson raised his pants to the knee and slowly mounted the stairs to present an award. That wasn't the funny part – he kneeled at the mike and introduced himself as Mr Breese. His target accepted the comeback gracefully.

I was standing on the mezzanine with Mr Martin from Wellington and Mr Herbison



John Matsuoka –
Dan Student of the Year



The de Koster Family –
Gup Students of the Year



George Konia –
Instructor of the Year

from Otago University. Mr Herbison, nominated for three awards, was pleased when the first three recipients accepted the awards without making a speech. I think his reluctance was a façade, but that's just speculation.

Mr John Matsuoka, Dan Student of the Year, finally received an award after nominations in three of the last four years. Humble in success, Mr Matsuoka dedicated his award to the late Mr Stuart Overton, who died suddenly in June.

Mr Paul McPhail, finally receiving the President's Award for all the great work he does for ITFNZ Taekwon-Do, also spent time talking about another. Mr Rob Severne was nominated for Dan Student of the Year by his instructor, Mr Ross Campbell. After Mr Campbell's serious motor accident a little over a year ago, it was the support of Mr Severne that kept him involved in Taekwon-Do.

Mr Herbison did win an award – Club of the Year – and he had to make a speech. To his credit, he dedicated it succinctly to his students.

The ceremony seemed to be over very quickly. A little while later, the auditorium emptied. A number of us moved the party around various Dunedin pubs, but even the diehards were abed by 3am. A great night had by all.

If only the night had been long enough for me to talk with everyone I haven't seen for two years!

http://www.itfnz.org.nz/about/awards_2003.html 🇳🇿

A bit about the winner	Other Nominees
<p>WebWorld Gup Student of the Year The de Koster family, Ken, Michelle, Nadia and Sonja Travel 1½ hours to get to their club – 12,000 km per year – attend events all over the South Island, and have every Taekwon-Do resource they can find.</p>	<p>Alfred Saboonchi Levi Carthew</p>
<p>Nibun ITF Junior Student of the Year Nicole Kettings Trained 5 – 6 times per week and proactively sought skills; competed in Puerto Rico; continued to train and help 4 – 5 times per week upon return; is polite and courteous.</p>	<p>Cara Harrison Thomas Pygott</p>
<p>Paul M Taekwon-Do Dan Student of the Year John Matsuoka Always helps behind the scenes, in both AN and CM; provided lunch for the entire AN team so they could eat together; persevered to attain an A pass to 2nd dan after injuring his knee on the first morning.</p>	<p>Jarrad Ramsay Carl Matthews Rob Severne Richard Burr</p>
<p>Epson New Zealand Instructor of the Year George Konia After only a year with ITFNZ, received an A pass to 2nd dan and the best club results at the recent grading; biggest club grading twice last year; attends most events in both AN and CM with a large contingent of students and his set of tournament mats.</p>	<p>Kris Herbison Kim Bull</p>
<p>Martial Arts Apparel Club of the Year Otago University Prominent club on campus; achieved best grading results in the second gup grading 2002; excellent tournament results; regularly help out at tournaments and other events.</p>	<p>Tribal Hurupaki</p>
<p>The President's Award Paul McPhail Inducted into the NZ Martial Arts Hall of Fame; many roles in ITFNZ, including Webmaster; official in Poland; wrote the Black Belt Techniques Syllabus; nominated for four Counties Manukau Sports Awards, winning Administrator of the Year and Club of the Year (Papakura Taekwon-Do).</p>	<p>Grant Eccles Kris Herbison Greg Skinner</p>

itfnz.org.nz – Better Than Ever!

by Mark Banicevich, IV dan

Co-editor, TKD Talk

Have you ever visited the ITFNZ Taekwon-Do website on the internet? If not, you are missing out on something *awesome!* If so, have you visited the ITFNZ Taekwon-Do website *recently?* The new look website was released on 2nd June, and it is *better than ever!*

In this article I show you how to find your way around the website. To do this, I describe some of the key navigation features. I also outline things that are different from the old site.

Where do I find stuff?

The homepage

The website homepage is pictured to the right. This page has a number of features, pointed out in the picture:

1. The main *menu bar*. This is described more fully below.
2. The keyword *search*. If you are looking for something in particular, enter a word here to search for it.
3. *Instructors Only* login. Instructors can enter their password here to enter the Instructors Only pages.
4. *What's New* takes you to a page with the latest updates. If you are a regular visitor, this is where you go for the new stuff.
5. *Contact* takes you to a page with ITFNZ Taekwon-Do's contact details.
6. Click this icon to sign the *Guestbook*. You can view the entries to see comments from people around New Zealand and the world.
7. Click on the *Sponsors* to go to a page about our major sponsors, like Epson and Web World.
8. Latest news items with live links.

The menu bar

The menu bar can be found at the top of every page. This makes it easy to get to any page on the site from any other page very quickly. Click on an item in the menu bar to go to that page, or if you hold the mouse over a menu item, a number of submenu items appear. Click on a submenu item to go straight to a submenu page. The diagram on the next page shows you where to find things using the menu bar.



Other pages

All of the other pages have the same format (pictured below). The menu bar appears at the top of the page, as do links to the guestbook, contents and search pages. The items from the menu bar appear at the bottom of the page, too, but they don't have submenus down there. There is a little green icon to take you back to the top of the page, though.

The left side of each page has a submenu, the same as the submenu from the menu bar for the current selection. For example, if you are in the *News* section, the left menu has *News*, *Regional News*, *TKD Talk Magazine* and *News Archives*.

Sometimes on the right side there is also a sub-submenu! This is a short list of things you will find in the current submenu pages. For example, if you are in the *TKD Talk Magazine* pages, the sub-submenu has links to *Current Issue*, *Back Issues*, *Key Articles*, *Advertise* and *Subscribe* pages.

The last menu feature is the *breadcrumb* navigator in green under the menu bar on each page. This shows you where you are on the site, you can click on any item in the *breadcrumb* path to return to it.

Oh, and on any page, if you click the ITFNZ logo in the top corner, it will take you back to the home page.

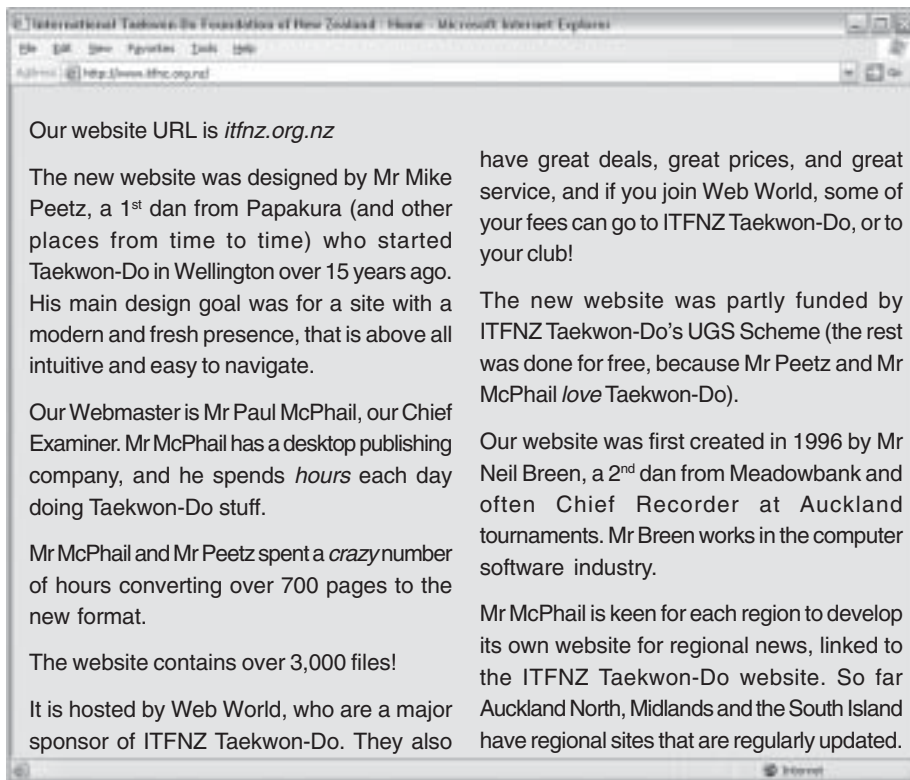


What's different?

You may notice there is no *Features* section any more. Instead there is a new *Events* section. Now everything about tournaments, gradings, seminars and camps is there – before some was in *Features*, some was in *News* and some was in *Reference*. The *Calendar* is now in *Events*, too. The rest of the old *Features* section is under *What is Taekwon-Do?*

The new site has a number of new pages. *What is Taekwon-Do?* contains some general information about our art. An exciting feature is the TKD Talk pages, under *News*. A number of key articles and regulars are now on the site. We select articles that are not about specific events, which future members should read. That way we don't have to reprint them regularly in future issues.

itfnz.org.nz



General Choi Cup

by Paul McPhail, VI dan

The Australian International Taekwon-Do Federation hosted the inaugural General Choi Cup on Sunday 30th March 2003. Around fifteen ITFNZ members participated in the event, which comprised a technical seminar and tournament over a two day period.

The seminar was conducted by Master Michael Daher, Mr Paul McPhail, and Mr Rocky Rounthwaite. The tournament was a part of the New Zealand Team's preparation for the 2003 World Champs, so was also attended by Mr Andrew Niven and Mr Greg Skinner.



Results for the New Zealanders:

Patterns

Male open black belt, Hong Looi, 2nd; female open black belt, Megan Matsuoka, 1st.

Sparring

Coloured belt heavy weight, Samo Ng, 1st; female open middle weight, Carolina Dillen, 1st; female open heavyweight, Antje Hollander, 1st; male microweight, Kenny Chiang, 1st; black belt heavy weight, Hong Looi, 1st.

Special Technique

Black belt, Jon Sawden, 1st.

Power Breaking

Womens, Antje Hollander, 2nd.

Plans next year are to have new guest instructors for the seminar and more countries participating in the tournament. Formal invitations were extended to many countries that attended the World Champs in Poland.

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itfnz.org.nz/events/tournaments/gc-cup

National Women's Weekend 2003

by **Kirsten Livingstone, III dan**
Event organiser

On 10 and 11 May, approximately 50 women from all around the North Island come to Spotswood College, New Plymouth. Ages ranged from the very young to the not so young; ranks from 10th gup to 4th dan.

Saturday

As everyone formed up, it was a wonderful sight to see so many females in dobok, ready to tackle the weekend ahead.

First class up was the 'dynamics of jumping techniques' with Mr Neill Livingstone IV dan, and Mr Hayden Price II dan. The session was for two hours, so we made sure that it wasn't all jumping – or it would have been the first and last session for many!

Skills such as the obvious, getting the knees up, tucking the leg, etc, were taught. The 'spin the bottle' game (originally taught to us by Mr Lowe) was a favourite. It's an easy game teaching an easy way of getting the legs tucked (or else you get your legs hit by the bottle), and have fun at the same time.



Second up was "Tools of the Trade" by Miss Jeanette Joe IV dan. Basically it was an information session showing the resources available for study: the Encyclopaedia, Legacy CD-ROM, Master Leong's Book, Mr McPhail's book, etc. We split into groups by rank, and then had a good look at what's available and how to use each resource.

After lunch (included in the entry fee), Mr Alan Gillon III dan, held a session on "real life self defence". Dressed in street clothes, we went through different scenarios, such as being pulled by the hair, head locks, and being attacked on the ground in a rape situation. We played around with different ways to escape.

I must admit, one of the funny points of the weekend was when Mr Price had to lie on top of Mr Gillon to act out a rape attack. The pure disgust on his face when he had to lie on top of him brought many laughs all around, to a serious situation.

Yoga was next. The instructors were two local New Plymouth men, who instruct yoga at a local gym. Mr Shane Stockwell demonstrated the moves at the front with a CD playing in the background, while Mr Al Hall came around to correct body position.

It was a beginners' class, which was still challenging in certain positions. The relaxation at the end was a great way to finish off the day's events. I must admit, I had a lot of positive feedback about this class. Especially about Mr Stockwell's physique!

Saturday evening was an optional night out at the Aquatic Centre (included in the entry fee). Most people took up the offer, and enjoyed a relaxing soak in the spa, steam in the sauna, or surf on the wave pools. It was a great way to catch up with new and old friends, and ease pains from the day.

Sunday

Kung fu was first up, with Miss Joanna Smith Holley from New Plymouth taking the session. A very talented woman: she does Shiatsu and Tai Chi as well. We were fortunate to have her and a few of her students attend the whole weekend.

We did self defence with an attacker coming forward with a punch, where we deflected the punch with blocks, and used their momentum to get them off balance. It was a great class. Personally I found it difficult to change from a closed hand to open for the majority of blocks, and using the back of my hand. It felt just like being a white belt again, learning all these new techniques. It was great.

Footwork sparring drills with Miss Joe was next. She was so full of energy and enthusiasm, which made it an exciting, full on class, with lots of drills – great for the thighs! Miss Joe taught us

techniques they use for World Champs training to help develop speed and travel distances quickly. It was a wonderful class, and could have easily continued for at least another hour.

After lunch Dr Diane Jones gave us a bit of a talk about the body, and the statistics for martial arts injuries. (She works for ACC as well). It was an informative session, with the chance to ask questions about our areas of concern. It was good to see that on the whole, she quotes "Martial arts injuries are only a blip' as far as statistics go." Lets hope it stays this way.

The last session was syllabus training. Messrs Gillon, Price, Livingstone and Hayward instructed, and we split into ranks. The black belts went through our patterns, with Miss Joe leading the way. Time flew, and before we knew it, it was time to finish. I tried to keep on schedule

as much as possible because many had several hours' drive back home ahead of them. It would have been easy to train for another couple of hours.

There are a few people I would like to mention:

Miss Joe, for all of her instructing over the

weekend, and for putting up with all the pestering emails and phone calls from me.

Mr Alan Gillon, for travelling from Auckland to instruct at the weekend.

Messrs Livingstone, Price, and Hayward for helping over the weekend, and for instructing.

Ms Dale Copeland for organising the T-shirts.

My Mum for the hours and hours she spent making soup and cakes.

Ms Trudie Malone (Tauranga club) for being so enthusiastic and for being my first entry (which I received only a week after they were handed out).

All of the entrants who attended the weekend. Without you guys, it wouldn't have happened. Thank you.

Special mention to **Quality Performers**, my sponsor for the weekend, who provided 10 chest protectors to 10 lucky people. 🙏

Tournament vs Grading Free Sparring

by Paul McPhail, VI dan
Director of Techniques

Since our first taste of World Championships free sparring in Malaysia 1994, we have come a long way. At last we have reached a point where we can compete at a world level, with the special skills that are ITF style sparring. Slowly, but surely, our sparring style has changed from a solid, grounded stance that only moved forwards or backwards, to a lighter, faster, more dynamic style that is exciting to watch.

Throughout the 70s and 80s our sparring style didn't develop much at all. With the implementation of ITF rules and the extra points for flying techniques, sparrers learned to counter attack with flying multiple punches and dodging kicks. The distance between sparrers increased as speed, timing and tactics became more important.

As Chief Examiner, it is frustrating to see our sparring develop at tournaments on one hand, yet resort to older style sparring at gradings on the other. It certainly makes no sense to perfect skills for tournaments, and not use them at gradings. It is my view that the sparring *style* for both should be the same.

By style I mean the way you move, the stance you use, the techniques you use, the tactics of counter attacking employed, and so on.

Style is one thing however, rules are another.

Tournaments have a written set of rules, that limit the attacking of certain areas of the body such as the back and below the belt. General Choi states that: "the student of Taekwon-Do has a number of weapons at his disposal. Proper selection of the weapon for the proper target is of primary importance. From a closer range an upset punch, knee, elbow, or even a throw would certainly be more effective than an extended kick or punch." (Condensed Encyclopedia, 1999, free sparring, page 659).

Your instructor will tell you what is expected when sparring at your club. Some instructors prefer to work on tournament rules, while others allow a greater variety of attacks. Whichever it is, most importantly, make sure your techniques are controlled, to avoid injuring your opponent. This is especially important at gradings.

Keep in mind that the goal of a grading is to pass, and hopefully for your fellow club members to pass too, so a certain amount of give and take in free sparring



is expected. The goal of a tournament match is to win, so the philosophy is different.

General Choi was always frustrated with the standard of free sparring generally, as he felt it hadn't developed to the same level as patterns in Taekwon-Do. He often called it "chicken fighting" and wrote: "Chicken fighting is caused by those students who use only stereotyped movement without any tactics and regard for the opponent's position at all". He wanted us all to try to develop Taekwon-Do free sparring to a much higher degree in the future. Let's see if we can!



- Our tournament sparring has reached a high standard, but our grading sparring lags way behind.
- The only difference between tournament sparring and grading sparring is that at gradings you are not limited by tournament rules (such as attacking tools and targets).
- In gradings the goal is to pass, not to win, so students can give and take a little to show their best, and their opponents' best.
- It is very important that grading and club free sparring is very controlled, to avoid any injury.

Defence against Double Hook, and Grab and Hook

by Steve Pellow, V dan

Technique 5 : Double Hook

This technique follows the right palm strike before the down elbow in technique 4, last issue.

STEP 1

a The right arm from its position at the chin strikes across and forward, hitting the attacking arm either in the forearm or biceps, ideally rendering this arm incapable of further actions.

b Strike the chin with the left palm (as in 1a of technique 4). Once again both the block and the strike make contact at exactly the same time.



c *Do not* move the right hand backwards from the chin before striking. You must again keep the elbow at more than a 90 degree angle.

STEP 2

a Pivot now and deliver a right elbow strike to either the opponent's head or rib cage. Use the left hand to create reaction force by pulling sharply on the chin, bringing your left hand to the forehead. (For greater power, slide into this strike.)



b This is exactly the same motion as breaking boards with an elbow strike, beginning half facing, rotating to full facing at the point of impact (also like the elbow strikes in Yul-Gok).

Variations for Practice

A left elbow may be substituted for the palm strike in step 1a. Hit the neck with the left forearm, now sharply with a cupped hand, strike downwards to the back of the neck. Follow with step 3b or 3c and 4 of technique 1 (*TKD Talk* 2002 Issue 3).

From step 1a – A left reverse knife-hand strike may be targeted to the opponent's neck, continuing to wrap around the neck pulling the face tightly into your left elbow joint locking it securely as you proceed with the right elbow strike.

From step 1c – Perform variation 3 from technique 4 (*TKD Talk* 2003 Issue 1) by reversing all steps.

Alternate targets for attack – As in technique 4 (*TKD Talk* 2003 Issue 1) step 1.

Technique 6 : Grab and Hook

This text assumes a left handed grab to your right lapel. (Although it will work against either hand grabbing either lapel). This should be practised in all variations. A right grab is shown in step 1. Reverse hand positions before beginning the technique.

STEP 1

a Trap the left hand against your chest with your right forearm while striking to the biceps with the left forearm, both arms rotating and raking sharply back toward you.



Close both fists on impact here.

This movement is similar to movement two of Won-Hyo, and will cause the opponent to rapidly come down and forward!

Remain stationary in this position to perform the variation from step 1a.

This step may be used before proceeding with 1a and 1c.

b Take care to drop your body weight onto the arm when you strike it. Pivot while stepping the right foot forward 45 degrees, continuing the strike of the left arm into a turning action that looks almost like a low block.



c As the opponent turns, release the left hand and execute a punch to the side of the neck, driving this technique in with torque from the legs, and twist of the hip.



d *Warning* – it is imperative to move simultaneously with this technique for leverage and to prevent the opponent from crashing on top of you!

If for some reason you fail at step 1a and the opponent releases a punch:

STEP 1a

Step your right foot forward 45 degrees while pinning the right hand tightly to your chest with your left forearm. Block the attacking arm again on the forearm or biceps ensuring that, for greatest strength, your centre line (as always) faces the point of contact with the opponent's attacking arm.



STEP 2

Pivot sharply now maintaining the trap on the right hand and deliver either a right palm or elbow strike to the jaw. Be sure to keep the arm tightly pinned with your right forearm when using the palm strike; this will ensure maximum use of the action/reaction forces available. These two techniques should take no more than half a second.



STEP 3

a Releasing your left arm simultaneously strike with your right forearm to the biceps of the opponent's right arm, breaking the grip. (Be sure to rotate your arm to add torque.)



b This step effectively creates a loading position for step 4. *Do not pivot here!*

STEP 4

a Pivot now and deliver a left elbow strike to the head of the opponent.

b The time delay between steps 1a to 4 should be no more than one second.



Points to Ponder

1 The time delay between steps 1a and 2 should be less than half a second.

2 There is no danger from the opponent's free arm here, it will simply snap backwards as the body turns clockwise. The opponent is almost back-on to you by step 2. The left arm is trapped, unable to release the grab.

3 Step 1a through step 2. This sequence of strikes may cause a knockout; the jaw is an alternative target for this punch.

4 If you have struck the arm very hard by dropping your body weight to a crouching position, the opponent may suffer serious damage to the knees. As a result of hitting the ground in an uncontrollable manner.

5a Step 2 – A possible follow up here is to grab the opponent's left shoulder (the hair or chin grabbed from the left side are also variations) pulling them tightly toward you for a come-along.

5b Take care, this can place unhealthy pressure on your opponent's elbow and shoulder joints.

6a From step 5a just step back allowing the opponent to be taken to the ground.

6b A pressing kick to the calf muscle of the leg may be used to support steps 5a, 5b and 6.

WARNING – This is a very dangerous technique, even in practice, and may cause severe damage to the knee or ankle of your opponent. Take great care with this one.

Loud Insects in Tall Grass – World Champs Poland 2003

by **Lena Walton, III dan**
World Championships Team

Did you catch Poland World Championships fever?

ITFNZ Taekwon-Do sent another worthy New Zealand Team to compete at the 13th International Taekwon-Do Federation World Championships in Warsaw, Poland in June 2003. Many of those who had access to the Internet enjoyed the roller coaster ride that the Team endured on their travels. Armed with awesome coaches, manager and supporters, what could go wrong?

was most of our luggage not arriving in Warsaw. Ever seen steam flare from nostrils, eyes turn red or a volcano erupt? Neither had I. Fortunately, and I can happily say this now, it all worked out in the end. Lewis Looi's luggage eventually turned up, which was lucky for Lewis as you can only turn those things inside out so many times! (A small chuckle at your expense Lewis, I knew you wouldn't mind.)

What most of the Team lacked in experience on a World Champs stage, they certainly made up in heart and attitude. Mr Skinner received a comment

room numbers and had our keys waiting for us with a smile (even when we trickled in during the wee hours of the morning of the last night).

A tired NZ Team arrived in Warsaw, but we were keen enough to train that afternoon. After 40 hours of travelling, we needed to blow out the cobwebs. We were fortunate to train in the stadium before the rings were set up, so we were able to get the feel of the place. Some of us didn't account for jetlag, and sometimes found it difficult to remember a pattern. There was a timely call to have a rest and gear up for the next day.



Well, it could only be described as a comedy of errors that plagued the Team all the way to Warsaw. Cancelled and delayed flights subjected us all to lessons in the fine art of *waiting*. We became experts; it took us 40 hours to get to Poland. I have fond memories of Sydney airport and our impromptu photo positions – I mean sessions – in various parts of the airport. All in good taste, I tell you. And if I ever get stranded again, I hope it is at Changi Airport in Singapore. Shopping was great, people were polite, and we all felt welcome!

The straw that broke the camel's back

that the New Zealand Team was considered the Dark Horse of the Championships. All countries knew of us and our potential to cause upsets on the medals table, as our Juniors did in Puerto Rico last year.

The Team chose to stay at the Orbis Solec Hotel, only five minutes walk to the Stadium and 25 minutes walk to the city. If you like modest and basic accommodation, then the Solec is for you. It proved to be an ingenious move because it certainly saved us money! We had a friendly man at the hotel desk. By the second day he remembered all our

Registration day loomed and I am sure every country has competitors who are close to or above the range of their weight division. New Zealand is no exception. In the four World Champs I have attended, there has always been a New Zealand competitor who had to drop a few grams. If you don't already know, we had two this time. I remember getting a knock on my door at 4:00am. A weary Lena opens the door to, "I need to go to the gym". "What!? Now?!" My drowsy brain registers her request and good old common sense comes to the rescue, "The gym isn't open at 4:00am." Lena closes the door.

Miss Thach's determination and willpower to make her weight division meant that she was running and training between 4:00am and 9:00am that morning. Miss Hollaender was also pounding the pavement. It was worth it – they both weighed within their divisions. We were elated when we all registered successfully that morning. We were rewarded with a couple of hours off, and some of us were lucky enough to sample the ware of the world's most famous pastry shop – Blikies!

The first day of competition arrived, and all the tiredness, insecurities and nervousness fell away. In its place, a quiet confidence, anticipation and

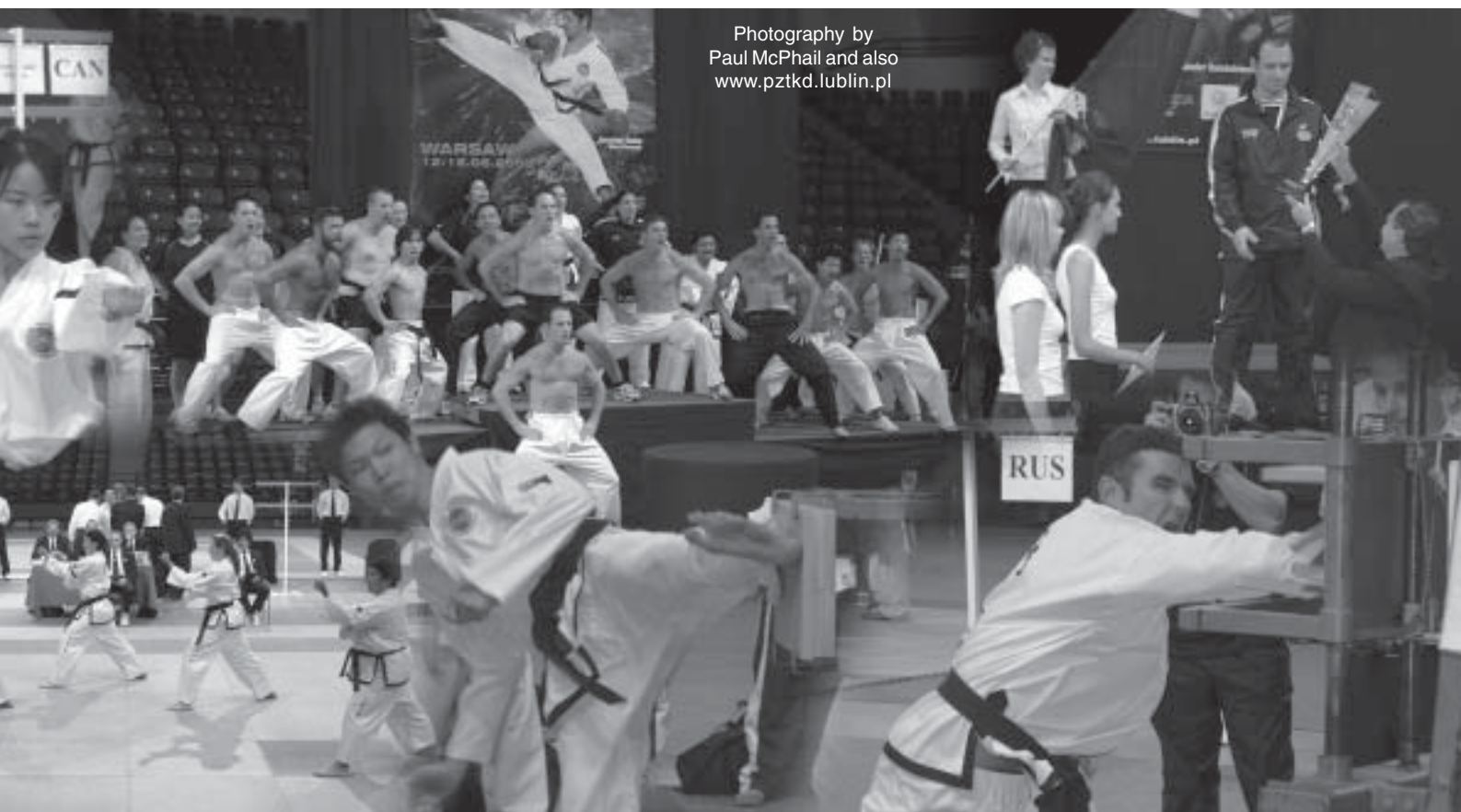
matches to secure the medal, and is also ranked fourth in the world in women's individual special technique.

Mr Graham Patterson managed to dethrone the reigning World Champion in the semi finals of male 4th dan patterns – Poland's Suska Jaroslaw. He went on to win the event in true style, New Zealand's second gold medal, and we were all proud of him. He also won silver in the individual men's power test, scoring on four of the five breaks. In fact, only one point separated Mr Patterson from the gold medallist. He didn't stop there though – he became Male Grand Champion! He was the only male in the competition to win gold and silver. I am

job. I was therefore pleased to win a bronze medal in the individual women's power test, and extremely thrilled to be in the team winning our third gold medal for the women's team power test. My hand and foot were bruised after all the breaks that day, but it was worth it.

The Men's Team won bronze in the men's team power test. The successful breakers were Messrs Jon Sawden and René Kunz. When you are competing at this level, medals are often decided on a cracked board.

Other great NZ Champs moments had to be the NZ Men's and Women's Teams sparring matches. The Men's Team drew Poland and managed to lead Poland by



Photography by Paul McPhail and also www.pztkd.lublin.pl

readiness swept over the Team. Like a puzzle piece slotting into place, the Team entered the stadium in pairs, heads held high, led by the coaches and manager. The Dark Horse had arrived. On every day bar one, New Zealand medalled.

Mr Carl van Roon secured New Zealand's first ever gold medal in a Senior World Championships by hitting four out of five special techniques. Miss Antje Hollaender won New Zealand's first ever sparring medal in a Senior World Championships with her Bronze. Miss Hollaender had to win two sparring

always amazed with how calm and unfazed Mr Patterson is in his victories. Surely it's to disguise the overjoyed jumping jelly beans that must be trapped inside him, desperately trying to get out!

I was disappointed to learn that at their lowest point, the breaking machines were about 30cms higher than my breaking range. To be at the height I needed, I would have had to stand on a pile of nine mats! At previous World Champs this problem never arose, and with my specialty event at hand there was nothing I could do but get on with the

2-1 after three bouts! This caused excitement throughout the stadium, because Poland is one of the leading sparring countries. Poland went on to win the match, but only after some serious action. They weren't anticipating the valour of the NZ men. No other team came as close to beating them.

The NZ Women's Team drew Sweden in their first round. Our Team forced the Swedish Team to use all five competitors to overcome us. Our women should be proud of their efforts, as this was their first time competing at this level, and against such seasoned opponents.



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Our youngest team member, 16 yr old Miss Megan Matsuoka, made her debut this Championships in individual women's 1st dan patterns. While she didn't medal this time, it is easy to recognize her potential to go far in the future. She performs with grace, skill and finesse.

Throughout the competition, and in true New Zealand fashion, we performed the haka with great gusto and enthusiasm. So much so that the Australians and Jamaicans joined us on some of our performances. In fact the Polish Team described us as "Loud Insects in Tall Grass". This was met with hilarity – as all would know, if you couldn't see us you could certainly hear us!

where the result was a surprise. This goes hand in hand with competing at any level and unfortunately, you have to expect it. With the exception of breaking and special technique events, everything is based on the subjective decisions of human umpires. What is important is how well you deal with the decision.

On behalf of the Team, I would like to thank a number of people. Every member that traveled to Poland had a special network of people backing them – spouses, family, friends – for the six months leading up to the tournament. It's always important to remember these special people. Without their support it can be a lonely road, so a huge thanks to all those who took an invisible "back

were on, how far away it was and to which ring to go. Someone with a level head when we needed one.

To Mr Andrew Niven (Coach), Messrs Lawrence Mantjika, Jake Pearson and Honza Kubat (Assistant Coaches) and Mr Greg Skinner (Manager), congratulations on presenting such a fine New Zealand Team. Also thanks to Mr McPhail, the first ITFNZ member to officiate at a World Champs. His support of the New Zealand Team was always welcome and the knowledge he gained from officiating will help New Zealand in future competitions and improve our own tournaments. Your precious time was appreciated by all. I was proud to be a part of it, and I keenly anticipate the next



Photography by Paul McPhail and also www.pztkd.lublin.pl

One of many things I enjoy about attending Championships is meeting up with friends you see only every two years. It was wonderful to see Mr Rocky Rounthwaite and Mrs Trish Rounthwaite. I hadn't seen them in thirteen years, so it was great to see their familiar faces. New Zealand and Australia were supportive of each other and we often heard the "Aussie, Aussie, Aussie" chant replaced with "Kiwi, Kiwi, Kiwi".

As always with World Championships there were a few questionable decisions

seat". We really appreciate it.

A special mention must be made of the NZ Team Reserves. They knew that unless a NZ Team member was unable to compete due to an injury or sickness prior to registration, they would not have a chance to compete. Their dedication to continue training with the rest of the Team, and their support in Poland, was immeasurable, and didn't go unnoticed. Mr Darren Ward did a great job with the NZ draw and assisted with coaching. He kept everyone informed of when they

NZ Team who will compete in Germany in 2005. The results from this Championships show that New Zealand's standard is lifting each time. We managed to medal in every discipline and this is testament to a network of fine people who attend overseas events, witness the skill and instruct our members. New Zealand went into the Championships ranked 45th and came out 3rd in the world!

Loud insects in tall grass – something of which we can all be proud.



President's Corner

by **Evan Davidson, VI dan**
ITFZNZ President

Much has happened in ITFZNZ in the last few months.

What a tremendous achievement by our Senior Team at the recent World Champs in Poland. Their efforts will certainly put ITFZNZ on the international map. My congratulations go out not only to the medal winners, but to all team members and officials. You have been excellent ambassadors for ITF Taekwon-Do in New Zealand.

I'd like to welcome to our organisation Messrs Trevor Harbrow 2nd dan, Rhys Dempster, Hung Nguyen, Jeremy Harre, Billy Little and Peter Franich, all 1st dan, and their students. Their eight clubs have joined from Rhee Taekwon-Do (Australia), four in Auckland North and four in Counties Manukau. We are pleased to have you on board and trust you benefit greatly from belonging to ITFZNZ.

It is with sadness that we hear of the sudden death, from natural causes, of one of our newly promoted 1st dan from Auckland. Mr Stuart Overton aged 21yrs. My deepest condolences go out to Stuart's family and his club.



Evan Davidson
President of ITFZNZ Taekwon-Do

Regions and clubs can enhance ITFZNZ's profile by taking advantage of media opportunities when Taekwon-Do events happen in their respective areas. For example, the following email was received from our past President Mr Norman Ng:

"I was pleased to see the Taekwon-Do photo on the front page of the Dominion Post on Monday 26 May. This will raise the Taekwon-Do profile a little bit and such publicity is good publicity for Taekwon-Do in general. Congratulations on taking the initiative. I hope every region is taking every opportunity to do the same. Please convey my best wishes to Lance and Mathew Brunton on their promotions and making it on to the front page of the Dominion Post."

This is an excellent way to present ITF Taekwon-Do to the public in a positive way and to market your regional clubs. Thank you Mr Ng. If you would like any assistance contacting the media, contact your marketing representative.

I hope all members get a chance to check out the revamped ITFZNZ website. Messrs Paul McPhail and Michael Peetz have done a tremendous job.

I would also like to take this opportunity to thank the South Island Region, in particular Dunedin clubs, for running an amazing National Tournament. Congratulations to all medal winners and recipients of ITFZNZ Taekwon-Do Awards 2003.

Finally, news from the ITF Congress held in Poland. The following people were elected to Executive Positions:

President: Master Tran Trien Quan
Senior Vice-president: Master Pablo Trajtenberg
Vice-president: Master Paul Weiler
Vice-president: Mr Juan Ferrando
Secretary General: Master Thomas MacCallum
Treasurer: Master Wim Bos
Senior Advisor: Mr Russell MacLellan



Meeting Snippets

by **Vince Pygott, IV dan**
ITFZNZ Secretary

- ▶ The executive are pleased to announce that Mr Grant Eccles is the new Tournament Sub-Committee Director and Mr Ian Campbell is the new Standards & Discipline Director. Our heartfelt thanks go to Mr Kevin Joe and Mr Evan Davidson for their hard work as retiring directors.
- ▶ A new Coaching & Selections Sub-Committee was formed. Mr Greg Skinner will be the interim Director until the position is filled.
- ▶ The Executive approved a new Technical Sub-Committee initiative to grow ITFZNZ into the future. It involves a four level Instructor training and development programme put together by Mr McPhail and Mr

Bhana. You will hear more from the Technical Sub-Committee.

- ▶ The Instructor and Umpires' ties are almost here (honestly!).
- ▶ We have adopted a Smokefree policy, provided by Mr Kris Herbison.
- ▶ A number of tournament rule changes were put forward and ratified by the Executive. You will hear more from the Tournament Sub-Committee.
- ▶ Development of a Kids' Techniques Handbook was approved, along with a kids' section for our website. Anyone talented in the area of flash, JavaScript, etc, who would like to help develop a kids' area on our website please contact me, secretary@itfnz.org.nz.
- ▶ The Executive will order another 30 condensed encyclopaedias; contact

Mrs Breen if you wish to pre-order one, sbreen@itfnz.org.nz.

- ▶ The Executive is pleased to announce a new travel subsidy available through your RD, for members of the Auckland North, Midlands and South Island clubs who have to travel long distances for ITFZNZ organised events. Each of these regions has up to \$1000 for travel related expenses.

The Executive would like to remind everyone that, when talking to the media, if you are uncertain of facts you should refer them to a person qualified to answer their questions. When putting anything in print, double check that you have your facts correct before it is published. Anything going to print, other than club promotion, should come from a Sub-Committee Director, or the President or Secretary of ITFZNZ.



Graham Patterson, IV dan

by Suzanne Main, II dan,
Khandallah/Newlands.

History

Graham Patterson began training in 1987 at the tender age of 12 at the Khandallah club, Wellington under Mr George Nicolls. In December 1990 Mr Patterson graded to 1st dan under Mr Paul McPhail and Mr Norman Ng. In January 1994 he took over Khandallah's reins and officially began instructing. Mr Patterson is one of few senior dan who still train at the same club where he began his training.

Mr Patterson owes his time in Taekwon-Do to his two friends, Messrs Jake Pearson and Simon Benbaruk. After those two decided they wanted to be "kung-fu fighters. Thank goodness for that!

Attributes

Mr Patterson is self-motivated, extremely modest and above all else, dedicated to Taekwon-Do and his students. There wouldn't be many weekends in the year when Mr Patterson isn't helping someone train for a grading or a tournament, giving a seminar, or assisting at a tournament. Students asking Mr Patterson for help are used to hearing a reply of "yip, no worries".

A 'can do' or 'try anything' attitude is something Mr Patterson tries to instil in his students. A good example of this 'can do' attitude is the tumbling kick he attempted at the Blenheim Nationals in 1997 (pictured). When I asked him why he decided to do something he had never attempted or practised before, the answer was "I always wanted to try it so I thought I'd give it a go – what's the worst thing that could happen?"



Upside-Down Graham

Taekwon-Do and Baked Beans

You may ask "What on earth has a can of baked beans got to with Taekwon-Do?". If you have ever spent time training with Mr Patterson you will have heard some of his (in)famous "Grayisms" and you will probably understand why training is like lifting a can of baked beans.

Baked beans explained:

"Sometimes some of the things we do in training may seem a little strange, and you might wonder what the point is. A common question from students is 'why do we use big stances, and why do we pull our opposite hand to our hip – wouldn't that be impractical on the street?'"

"Well, it's like baked beans, really.

"People lift weights and they get stronger. As a result, doing day-to-day things, like lifting a can of baked beans out of the cupboard, becomes much easier.

"It's a form of 'over training' – practising the way we do allows us to potentially generate the maximum amount of power we can – the stances provide a solid platform for our hand techniques, and also develop our leg strength, which in turn develops kicking power. Pulling the opposite hand back to the hip gives us all-important reaction force.

"That's the lifting part.

"If we ever need to use our techniques in a self-defence situation, by having developed our techniques the way we have, we are able to maximise our power when we apply the techniques in a practical situation. Even though you may have less to work with, ie, your techniques may be executed with shorter stances, and pulling the opposite hand towards the head rather than the hip, the fundamental application is the same, and the body finds it easier to create power with the reduced movement.

"That's the baked beans part.

"The total amount of power may not be as great as it could be if the full technique was used, but it will certainly be more than if the initial development hadn't been done at all."

Admired Practitioners

There are a number of people in Taekwon-Do whom Mr Patterson hugely respects:

- General Choi – the sheer scale of what he has done with Taekwon-Do is enormous. He became an historical figure by following his passion.
- Messrs Ng and Davidson – pioneering anything anywhere is a huge task, and look where we are today as a result.
- Mr McPhail – a perfect example of where dedicated study and training will get you – his knowledge and

technique are internationally renowned.

- Messrs Jake Pearson and Grant Evans – great ability, dedicated and fearless.



Best Patterns in the World – it's official!

Life outside Taekwon-Do

If you asked Mr Patterson what life would be like without Taekwon-Do, I don't think he would be able to answer. However, outside of Taekwon-Do he has many interests and hobbies you may know little about. He has been known to dabble in multi-sport events, fishing, soccer, mountain biking, mountain running and guitar playing. You can see from the flavour of activities that Mr Patterson is an outdoors man – dare I say a 'mountain man' (okay, a guitar playing mountain man... but you get my drift!) This brings me to his favourite pastime – tramping. Mr Patterson regularly goes bush and gets 'feral' with his tramping buddies Messrs Pearson and Evans (together they are the 'Terrible Trio'). God help anyone staying in the same tramping hut as the three of them! If only a photo could make it past the censors!

– *We can't print that!* – Eds

Hopes and aspirations

Although Mr Patterson would never admit to it, one of his aspirations would be to win the gold medal for power breaking at the World Champs. Okay, that's the whole of ITFNZ's hopes, but if anyone can do it, he can! One aspiration Mr Patterson would admit to is competing in the Speights Coast to Coast (he would, of course, consume the sponsors' product in the spirit of competition too!). With his 'can do' attitude anything he puts his mind to is achievable.

Apparently the best is still to come! ➡

Power Breaking

by Gray Patterson, IV dan
Part one of two

The ITF has two categories of ‘breaking’ – power breaking and specialty breaking. Power breaking involves striking a stack of multiple boards (or other suitable material) with enough force to demolish the target. Specialty breaking – ‘special technique’ and ‘free specialty’ – is essentially the gravity defying act of kicking a target that is placed well beyond one’s normal reach, or breaking multiple targets with ‘Matrix’-like style.

My own aerodynamic and gravity defying qualities have a striking resemblance to those of a brick, so specialty breaking is far from my specialty. (*Ed - Yeah, right. What about the picture on p21...*) I have, however, had some success with power breaking, so I’ll share some of my thoughts on this topic, for you to use or discard at your discretion.

One of the things I like about power breaking is that the end result is largely objective – either the target is broken, or it isn’t. You don’t have to wait for a judge’s or an examiner’s evaluation – your satisfaction or disappointment is instantaneous.



Mr Patterson’s turning kicks hold something of a record for appearances in *TKD Talk*

“Just do it”

I think Nike said it best with their slogan “Just Do It”. That is power breaking in a nutshell.

Power breaking is a true test of one’s mind power – your ability to take charge of your body, and make it do something that might appear to be dangerous, or a touch masochistic. I would say that 90% of power breaking comes down to simply backing yourself and going hard. For most people, developing total



“Back yourself and go hard.”

commitment to the task will lead to the greatest improvements. If you hit something hard enough, regardless of whether or not your technique is textbook perfect or even if you hit the target flush in the centre, it will break. The last 10% of the equation is ‘fine tuning’ – the focus and technique that will give you the edge when competing against an equally committed person.

Conditioning

Before you think that I’m suggesting you simply take an attitude of complete reckless abandon, there is some important ground work to undertake to both reduce the risk of injury and increase your confidence to the point where it no longer seems like a daft idea to go launching your body parts at a stack of boards.

One of the most important synergists to fully committing your limbs to striking solid targets is undoubtedly conditioning – the act of developing one’s own personal armor. Conditioning takes time, and a lot of it, so it’s not something you can necessarily achieve by turning up to training a couple of times a week and doing a few push ups on your knuckles. You’ve got to start slowly, and maintain a conditioning regime to get any real benefit.

There are many different theories about conditioning, but probably one of the

most effective methods I have used basically involves repeatedly striking a solid surface with the attacking tools that require conditioning in a manner not dissimilar from that which you would use to knock on a door. The ‘knocks’ are fairly quick and light, and are maintained for a comfortable period of time. The force of the knocks and the period for which they can be maintained will increase as the body becomes conditioned.

Bear in mind that you are not trying to punish yourself, but simply put the attacking tools under a little stress. The human body is actually reasonably clever, and will set about reinforcing the stressed area in a similar fashion to which it mends broken bones. You can discreetly do this type of conditioning virtually anywhere – at home, in the office, wherever, by simply knocking your forefist, backfist, knifehand, etc, on walls and other solid objects. I reiterate that this should probably be done discreetly... Ball of the foot and footsword can be done any time you’re barefoot, by simply tapping them on the floor as you continue with whatever else you are doing.

Although conditioning takes time, children and adolescents shouldn’t attempt this type of conditioning. It may deform their softer, growing bones.

Other useful conditioning tools, such as punching bags or heavy pads, can be

used by anyone. Hitting a softer target that provides some resistance will help to develop the muscles and joints used when executing techniques, and teach the body the type of balance correction and body weight shifting that is required to hit *through* a target. Smaller focus pads are great for speed work, but they aren't all that useful for developing power. They fly away when struck, offering little resistance.

When it comes to practicing on boards, you may like to consider wearing shoes, or placing some padding (eg, a thin piece of foam or a folded towel) over the boards to reduce the sting and prevent skin tearing when performing repeated breaks. Further, breaking a smaller number of boards more frequently is an excellent way to harden your tools and develop technique.

Eventually, through continued conditioning, you will be able to overcome the body's propensity to back off at the last second in fear of injury, and the ability to overcome this reflex is very important.

“Just do it”

(with complimentary steak knives)

Once you can get in there and “Just Do It”, it is developing your technique – the ‘fine tuning’ I mentioned – that will enable additional improvement and actually make it a little easier to break the target.

When preparing for a specific event, such as a grading, a tournament, or a demo, I suggest practicing with the same materials as those that will be used “on the day” whenever possible. Different

breaking materials behave in different ways when you hit them. Boards, for example, come in three types – pine boards, UMAB peg style plastic rebreakable boards, or ‘Polar’ style slot-together plastic rebreakable boards. All three types have markedly different characteristics in terms of how they are to break, so you can't compare one type to another (ie, a single polar board is not ‘worth’ two pine boards, or whatever). The difficulty of breaking pine boards will vary widely, from tinder dry and very easy to break, to virtually dripping wet and difficult to split with an axe. Polar boards tend to be fairly dense, so they sting a bit more than the UMAB peg boards when you hit them. Polar boards don't flex anywhere near the same amount as UMAB boards, so they can ‘pop’ apart when struck sharply. Multiple UMAB boards require a good deal of penetration to separate due to the gaps between the faces of the boards, but this means you are less likely to injure yourself than with the denser pine and Polar boards.

One of the major elements of technique that will help you, regardless of the technique you are performing, is focus – being able to strike the target exactly where you want. As I mentioned earlier, if you hit something hard enough it will break, but you make your life a whole lot easier by hitting boards in the centre. This is particularly true when using rebreakable boards, as they are designed to break *only* in the centre. If you hit a rebreakable board above the centre or below the centre, it takes extra force to create enough leverage to separate the board.



From David Letterman's “Top 10 Reasons Not to be a Rebekable Board”

Most of your ability to ‘focus’ and steer your attacking tool towards a specific spot relies on your eyes never leaving the intended point of impact until that point is no longer there (because the target is broken). From ‘go’ to ‘woah’ your eyes should stay fixed on the same spot, just like a golf swing where you keep your head down and eyes on the ball until the ball is sailing down the fairway. If you take your eyes off the target not only are you unlikely to hit the target in the intended spot, but your body can't be sure when to brace for impact, leading to potential injury.

Something else that can be developed with practice is ‘how you hit something as hard as you can’. The Taekwon-Do encyclopaedia contains the formula for ‘power’:

$$P = \frac{1}{2} mv^2$$

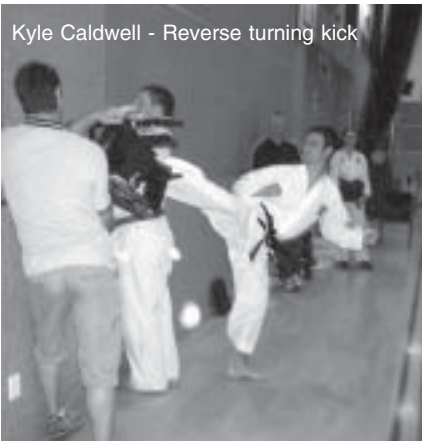
$$\text{Power} = (\frac{1}{2}) \times (\text{mass}) \times (\text{velocity})^2$$

Basically, if you throw as much bodyweight as possible (through using correct Taekwon-Do technique, incorporating as many muscles in the body as possible) as fast as you possibly can, you will achieve optimum power. The usefulness of this is still only as good as your commitment to hitting the target with 100% effort. You can have all of the ingredients in the formula working well up to the point of impact, but “second thoughts” will slam on the brakes faster than the Roadrunner when he reaches a cliff edge. The key is maintaining momentum *through* the target, not just *to* the target.

The Demolition Man returns next issue with part 2 of this article, focusing on specific tips for the destructions used in ITF Power Test competition and for breaking at your gradings.



Is it any wonder they call him the “Demolition Man”?



Kyle Caldwell - Reverse turning kick

Dear TKD Talk

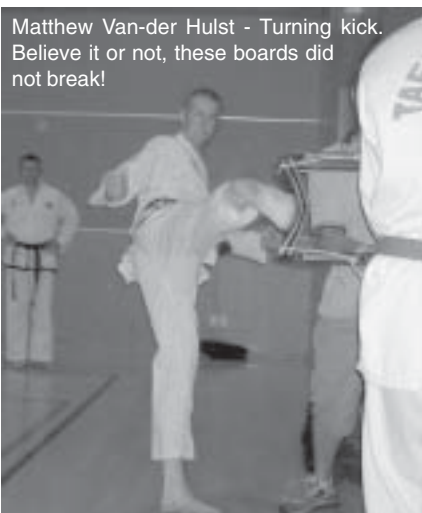
Recently we held the Midlands Regional Tournament.

The competitors were allocated to divisions and I was given the job of working out the sparring draw. We conventionally use a knock out draw – you know the type – where two people spar for two rounds, the winner moves on and the other person sits around for the rest of the weekend because they are out of the event.

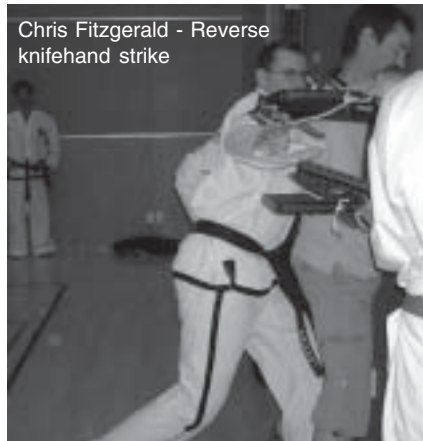
This year I did a type of round robin draw, where everyone got to spar everyone else in their division. Unfortunately there were a couple of divisions with only two people and they ended up in the same situation, but in divisions with three or more, competitors had to spar everyone before they knew what medal they got.

Bouts were spaced out over the weekend, to allow competitors as much rest as possible.

There are many more bouts than in a knock out draw, so everyone gets a bit more experience, and more involved in



Matthew Van-der Hulst - Turning kick. Believe it or not, these boards did not break!



Chris Fitzgerald - Reverse knifehand strike

the tournament. I heard a lot of comments during the weekend that students don't enjoy being eliminated in the first bout. Not everyone was concerned about getting a medal (although they all tried their best to get one); most wanted to have more bouts, which the draw allowed.

Because we knew the sparring combinations, it was easy to create a two ring schedule so that people had a rough guide of when their bouts were. This seemed to run fairly well. At the end of one day we were overtime by just seven minutes – not bad, eh!

It wasn't until the last bout of each division that people knew their placing, and those that missed out in the first bout were not eliminated from the medals.

This may not work in all tournaments, but is certainly worth a try.

Congratulations to all who participated in the Regionals.

Craig Hannah, 1st gup
Tauranga



Rob Severne - Knifehand side strike

Dear TKD Talk

The Best Weekend Ever!

Day 1

On Saturday the 16th of May 2003 I entered the South Island regional tournament in Nelson. I entered two divisions: patterns and sparring. My first opponent for patterns was Sonja from Grey mouth. I won this match. My next opponent was Nigel Patterson. I won this match. I was now put into the finals for gold against Natalie Filer. We did our first two patterns and it was a draw. After we did our next pattern I lost. So I won the silver medal.

Day 2

I had two sparring matches, one against Sophie Ruston and the other against Natasha Kettings. My first match I won 10-6. My next match was hard and rough. Because I won against Sophie I was put into the finals. I tried my hardest but unfortunately I lost 11-13. But I won silver, which was a huge buzz.

I went home with a very badly bruised arm and two silver medals. It was my best weekend ever!

Donna Hopkins, 6th gup
Redwoodtown



Dear Editors

Fifty women Taekwon-Do practitioners, from 10th Gup to 4th dan, together for two full days of well planned activities. Highlights were an intense session on flying kicks, sessions from the other disciplines kung fu and yoga, and a session with sports medicine specialist Dr Diane Jones. (Favourite quote, about foot and shin injuries: "You do a lot of jumping in bare feet on hard surfaces? So what do you expect!")

As always, meeting others was a major bonus.

Thanks to Mrs Kirsten Livingstone, 3rd dan, for organising the weekend so well in spite of spending the fortnight before either overseas or miserably sick! And thanks to her team of men who did the cooking.

Dale Copeland



Happy Birthday Devonport



History of Devonport Club

by Nikki Turner

Ms Jeanette Joe opened the Devonport club in February 1998, assisted by Mr Jon Sawden. The

club's five white belts all graded to yellow belt that April. Gradually the club gained new members, including students from Takapuna when that club closed. In mid-2001 the club shifted from the Devonport Community House to the Navy Base on Vauxhall Rd, to accommodate all the members. Later that year, Devonport hosted their first grading in the new venue.

In 2002 the club continued to grow, and Mr Sawden departed for the Meadowbank branch. Black belt training classes were introduced, and the club gained its first black belts, Sean Davis and Lorraine Booth. This was a great inspiration for the other students, and the new black belts brought a wealth of new knowledge and added leadership to the club. This year the club celebrated its fifth anniversary.

Celebrating Five Years

by Chris Mills

Sunday 6th April 2003 was the fifth anniversary of the Devonport club. Our instructor, Ms Jeanette Joe, organised a special surprise for us all.

In the centre of the do jang were two large covered boxes that filled the entire club with anticipation and suspense. Ms Joe heightened the suspense by first gathering members together for a group photograph. It was only after the photo that we were allowed to uncover the surprise.

Once we had removed the covering, we were all surprised and ecstatic. There were piles of pads, from paddles to large body pads, totalling almost 100 individual pieces!

Ms Joe had organised with the Devonport Bar & Brasserie, Pub Charities and the Perry Foundation in Hamilton to provide the club with enough money to buy the pads.

From the entire club we would like to thank these sponsors for their generous contribution. We would also like to give special thanks to Ms Joe for organising such a large and fantastic gift, which will be used by the club in the years to come.

Future of Devonport Club

by Jeanette Joe IV dan, Instructor

It's been exciting to be part of the beginning of Devonport club and its first five years of growth and development. Short term plans and long term strategies are steadily coming to fruition as they are developed and achieved.

We have launched the new Devonport logo. A sincere thanks to Dave Sauvage who designed it.

New classes

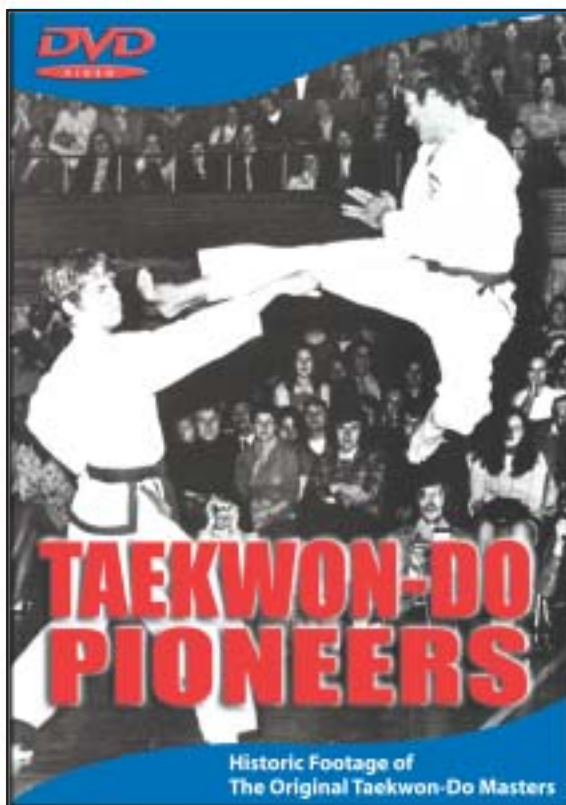
Sunday: black belt training 5:00-6:00pm;
all students 6:00-7:30pm

Monday: sparring class 6:00-7:00pm

Tuesday: 5-12 year old beginners 5:00-6:00pm; over 12 years, family and seniors 6:00-7:30pm

There will be a new surprise at the end of August

Without a doubt the next five years will be even more exciting than the first five in growth, events and friendships within the club and throughout the organisation. I would like to thank the visitors who came to celebrate on our anniversary, and all our visitors and guest instructors over the years. We look forward to seeing you all soon.



The TAEKWON-DO PIONEERS DVD contains historic footage of some of the original Taekwon-Do Masters. It is a priceless record of the early Pioneers of Taekwon-Do!

What Mr Ed Newcomer (4th dan) said:

What you've produced is among the top five "must have" items in the world of ITF Taekwon-Do. It is a beautiful, and beautifully done, record of important ITF history that, for the most part, is only handed down through stories. It is already one of my most cherished TKD items. I would definitely describe this as something every ITF practitioner, past and present, must have.

Only \$29.95

plus postage & handling - \$5.00
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ORDER ON-LINE AT:


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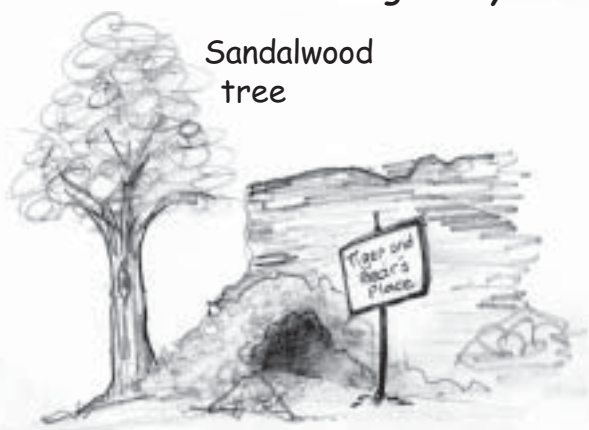
Kicks for Kids

by Shirley Pygott, II dan

It's Kicks for Kids issue #7, and in this issue, we look at the legend of Dan-Gun, some hot shots from Hurupaki, and some vital information on the upcoming Junior Camp. Anything you would like published on these pages can be sent to: KICKS FOR KIDS, PO Box 457, Silverdale, Ak 1462, or email us at tkdtalk@itfnz.org.nz.

The Legend of Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea, in the year 2333 BC.



Sandalwood tree

According to legend, a prince was sent from Heaven to govern the people living in a certain part of East Asia. He made his home near a sandalwood tree, not far from where a bear and a tiger lived in a cave.

Prince



The mugwort is not as bad as it sounds!

100 days in a cave? I can do that!

I'll do it if you will.

Both animals had a deep desire to be human, so they begged the Prince to give them human form. He gave them some garlic and a bitter herb called mugwort. He told them that they must stay in their cave for 100 days, and eat nothing but the garlic and mugwort. If they did this, he promised he would turn them into humans.



They settled down in the cave to wait 100 days. After a while, the tiger really missed his exciting life as a hunting cat, so he gave up and left after 21 days. The bear had more perseverance.

I'm beary pleased to meet you!

Just don't expect me to eat garlic for a while!

The prince kept his promise, and made the bear into a beautiful woman. She became his wife, and they had a son named Tan'Gun (or Dan-Gun), who came to be known as the Sandalwood King. Tan'Gun was a real person, bringing the scattered tribes of Korea together to form a single kingdom. He was the first great King of Korea, and made his capital in the ancient city of Pyongyang.



Dan Gun has 21 movements and makes the shape of a capital I. Dan Gun Day is celebrated in Korea on October 3rd.

Mystery Kid #3



Last issue's kid was Nikki Galpin! This issue's mystery kid started Taekwon-Do when she was 12 yrs old, and gained her black belt when she was 15. She was the youngest person in NZ to be selected to go to the recent World Champs in Poland, reaching the quarter finals in first dan patterns. She trains at the Meadowbank club.

Who is our Mystery Kid?

10TH - 8TH GUP CROSSWORD

All the answers to this crossword can be found in your Theory Handbook on the pages for white belts, yellow stripes and yellow belts. Some of the answers are in English, and the rest are in Korean terminology:

Across

- 1. Forwards
- 3. Pattern played by the beginner.
- 6. Gunnun sogi is _____ stance.
- 7. Jirugi
- 9. Left
- 10. Foot/fist/art or way
- 12. General Choi was a ninth _____.
- 14. Block

Down

- 1. L-stance is _____ sogi.
- 2. Nine
- 4. Chon-Ji means the _____, the Earth.
- 5. Rising block is _____ magki.
- 8. Yellow stripe is _____ gup.
- 10. Yol
- 11. Chagi
- 13. Front



Across: 1=nagagi 3=Chonji 6=walking 7=punch 9=wen 10=TaekwonDo 12=dan 14=makgi Down: 1=niunja 2=hohp 4=heaven 5=chookyo 8=ninh 10=ten 11=kick 13=ap

NATIONAL JUNIORS CAMP 2003

Are you a coloured belt, aged 14 or under? Then this camp is for you!

It's on 21st-23rd November at Aongatete Lodge, near Katikati in the Bay of Plenty

There will be Taekwon-Do training, team events, games, fun, and best of all, kid-friendly food.

Wow! It only costs \$20 per kid! What a bargain.

Go to itfnz.org.nz > events > camps. The application form will be there from September 23rd. See you there!



Read what happened the last time a camp was held in the Midlands Region...

Hi my name is Hayley. I am 10 years old and I am a red stripe. I come from the Taekwon-Do club in Tauranga and I went to the Midlands Camp held at Narrows Park in Hamilton. When I got there we all got into teams. There was a blue team, a red team, a yellow team and the best team of all, the green team. I was in the green team. We stayed in cabins. The girls in my cabin were very nice. I made some new friends. People came from as far as Auckland and Gisborne. We did some neat training and some fun games. Then we were taught some Aikido. Mr Eccles kindly offered himself to help them. We all then had a go at Aikido which was all self defence. It was so different to Taekwon-Do. We did some fun activities with our group, like treasure hunts, piggy back rides and more. And then we got grading hints, and we did self defence using our patterns. And pattern work. I had a really good time. At the end of the weekend our team points were added together and green came first! We did our cleaning jobs and went home.

From Hayley Rosser
Thanks Jodie and Devon for a awesome weekend.

Sparring Tall Opponents – Tips and Traps

by **Hong Looi, III dan**
and **Peter Casale, II dan**

It's daunting: stepping into the ring in your first round and staring up at the eight-foot-going-on-nine tower the organisers found to be your opponent. "There weren't many people in your division," they explain pleasantly, immediately after you signed the injury waiver, "so we mixed your division with the giant, black belt heavyweight division. Have a nice day!" Your second says to give it everything, but the ogre whose head you can't see for the clouds kicks you in the head with a low front snap kick from the other side of the ring...

What's the use? Most of you know that sparring a much taller opponent is difficult. Tua and Tyson, after fighting Lewis, will vouch for that. But are there any tricks – simple ways to take advantage of any common weaknesses found in tall opponents? Read on, and thou shalt see the light...

Several years ago, a cocky blue belt was training for the nationals with his team. They were all practising sparring. The coach, Mr Niven, was watching this blue belt (who was about six and a half feet tall) toy with a much smaller yellow belt, much like a cat toys with a mouse before biting off its head. "Ok, stop." Called Mr Niven. "Find a new partner." The cocky blue belt looked around for a new victim. "Hong," called Mr Niven, and nodded toward the blue belt. "The blue belt had never seen this person before, but wasn't too concerned. He was black belt, but like everyone else, much shorter than himself. "Si Jak!" Hong stood back, with his guard down. "Fool!" Thought the blue belt. "He thinks I can't reach him from here! I'll kick him good." Out went the turning kick, straight for Hong's unguarded face. But sometime between then and the point in time when the kick should have made contact, Hong turned, spun and delivered a "tornado kick" to the blue belt's stomach, levitated above the blue belt's head and rained punches into the bewildered blue belt's face.

This had never happened before. For the rest of the round, the blue belt had to be on 100% guard mode, and the surprised look was set unrecoverably into his face. Hong knew how to get past the ridiculous range of his legs, somehow

manipulate the blue belt's balance so he was unable to respond efficiently with his arms, and manoeuvre to such a position that he could attack the blue belt cleanly.

The blue belt was me. I am 202 cm tall (six foot seven inches) which is more than sufficient height to be considered a "tall opponent". Several years have passed since then, and many people have asked me if there are any tricks or techniques that make sparring easier against taller opponents. Not having sparred many taller opponents myself, I arranged an interview with Mr Hong Looi, to find out his secret.



Stopping short with side piercing kicks: defence against jumping punches



"The only reason taller people are harder," Mr Looi pointed out, "is that they have longer arms and legs. Therefore they can hit you from further away than you can hit them." (Remember, this is coming from someone who has no problem kicking far above his head height!) "So you have to be faster."

You can look at the limbs of a tall person and a short person, and compare them to holding a broom handle in one hand and a half-length broom handle in the other, holding them both at the end. The longer one (representing the tall person's limbs) is harder to move as swiftly as the shorter one, but if you get hit by the end of the taller one, it hurts a lot more.

When sparring a tall opponent, you have to be in one of two places: too far away for the tall person to attack you or too close for them to attack you. If you are too far away, you should not be in one spot for too long, because nine times out of ten, the tall person will be trying to move into a position where they can attack you. You should always be ready to move sideways or counter attack and then move sideways. If you are too close for the tall person to attack you, you should be attacking the taller person.

The trick is to get in and out of the tall person's threat range without being attacked. There are two tricks that I have seen Hong use to get close. One, as described above, is to use a 360° turning kick (tornado kick) to use your back as a shield (be careful) to get close. The other is to start moving backwards so the tall person begins to charge at you, and find an appropriate time to spring upwards with punches and have the tall person walk into it. As with all jumping punches, this is most effective if you can get above the opponent's head height and punch downwards. A tall person is rarely used to having to defend themselves from above.

"When the tall person is good with their fists, you have to be better with your legs. You must out-manoeuve them and put them off balance." Hong advised me. "If they are fast with their legs, then you have to get past them and score with your hands. You must be too close for them to punch effectively, and they will move backwards to get you in range. You have to be ready for this."

"What if the tall person is good with their hands *and* their legs?" I asked.

"Then you need to be a better sparrer. Timing is very important, and you have to be fast. If they hit you, don't get mad, because your sparring is not as sharp when you are angry. Messy sparring is not good sparring, and good sparrers never look messy."

Mr Hong Looi has competed in the last three world championships, and has won a great number of medals and trophies in various national and international tournaments. Hong would like to thank his brother Lewis and sister Lisa, his supporters and Mr Niven for always welcoming him and his family.

Defense against side piercing kick



Tall opponents will use this technique to keep the shorter person away, ie, out of the shorter person's attacking range.



Wait for the kick to be chambered and dodge to the closed side (towards the back) of the attacker. Twist your body to the side and jump above the attacker.



Keep your front hand in the attacker's face to block their view, and when you are in range, attack with a reverse punch to the high section, or if you can't reach, the middle section.



"Ducking" reverse turning kick counter-attack

When the taller attacker has his weight on his back leg, there is very little or no weight on his front leg. Sometimes the attacker is even generous enough to take the front leg completely off the ground. His weight is not poised to spring off the supporting leg, the attacker is leaning back slightly. This indicates that the attacker is going to perform a front leg attack, and by the look of the leg, either a turning kick or a downward kick. Are your reflexes fast enough to see which it will be? That depends on the speed of the attack. But there is a single counter attack which will foil either of these attacks.

The "ducking" reverse turning kick is simply a reverse turning kick, except the kicker's head swoops or ducks low, close to the floor, putting it out of the tall person's expected target zone, whilst counter attacking at the same time. Practise this technique by putting your hand right hand on the floor whilst performing a left reverse turning kick and vice versa. Your head will have to go fairly low to achieve this. Once competent and fast, practise not putting your hand on the floor but still going fairly low with your head. Make sure your guard is in front of your face as you do this kick, because if the opponent sees it coming and manages to kick your face, it will hurt.



In this example, the tall opponent will attack with a turning kick, aimed for the defender's high or middle section.



As you turn, make sure your arms come in to guard against the turning kick, and swoop down with your head. The hands should immediately get ready to guard your face against pending punches.



In this example, the tall opponent will attack with a downward kick, aimed for the defender's high section.



Turn and raise your leg and lower your body at the same time. Make sure your upper hand is guarding, because the downward kick can still hit. Try to connect your kick before this happens.



Directory Update

Ji Shin Auckland North

Glendowie

Mr Trevor Harbrow II dan
Churchill Park School, Kinsale Avenue,
Glendowie
Tues and Thurs, Kids 6:00 - 7:00pm
Adults 7:00 - 8:30pm

Keri Keri

Mr Rhys Dempster I dan
Keri Keri High School,
Hone Heke Road, Keri Keri
Mon and Tues, Kids 6:00 - 7:00pm
Adults 6:00 - 7:30pm

Remuera

Mr Hung Nguyen I dan
Victoria Avenue School,
Victoria Avenue, Remuera
Mon and Wed, 6:30 - 8:00pm

Royal Oak

Mr Jeremy Harre I dan
Royal Oak School, Manuaku Road,
Royal Oak
Mon 6:00 - 7:30pm, Wed 6:00 - 7:00pm

Ji Shin Counties Manukau

Howick

Mr Trevor Harbrow II dan
Botany Downs School,
Mirrabooka Avenue, Howick
Mon and Wed, Kids 6:00 - 7:00pm
Adults 7:00 - 8:30pm

Manurewa

Mr Billy Little I dan
The Gardens School, Charles Provost Dr,
The Gardens, Manurewa
Tues and Thurs, 6:00 - 7:00pm

Maraetai

Mr Peter Franich I dan
Maraetai School, Maraetai Drive,
Maraetai
Tues and Thurs, Kids 6:00 - 7:00pm
Adults 7:00 - 8:00pm

Point View

Mr Trevor Harbrow II dan
Point View School, Kilkenny Drive,
Dannemora, Howick
Mon and Wed, Kids 4:30 - 5:30pm

Other Directory Changes

Kororareka (Russell)

Mrs Carol Harvey I gup
Russell Town Hall (The Strand Russell)
Mon and Tues, Juniors: 5:00 - 6:00pm
Seniors: 6:00 - 7:30pm

Raumanga (Whangarei)

Mr George Konia II dan
Manaia View School,
Murdoch Crescent, Otaika
Tues and Thurs, 6:00 - 8:00pm

Kidz Kwon-Do, Clevedon

Mrs Angela Dunn I dan
Clevedon School, 13-17 North Rd,
Clevedon
Kids 6-10yrs Mon 3:30pm - 4:30pm

Milson

Mr Lawrence Mantjika IV dan
Milson School Hall,
Rutland Place, Palmerston North
Wed and Fri, 5:30 - 7:30pm

Redwoodtown (Blenheim)

Mr Shane Eade II dan
Redwoodtown Hall,
cnr Cleghorn and Weld Sts
Redwoodtown, Blenheim
Tues and Thurs, 6:00 - 7:30pm

Coming Events

Date	Event	Location
August 3 rd - 23 rd 24 th	Gup gradings, Mr McPhail Epson Under 18 Tournament #4	Nationwide Wellington
September 6 th 6 th - 14 th 17 th - 19 th 20 th	Instructors' Course, Mr Lowe Techniques Seminars, Mr Patterson Gup gradings, Ji Shin clubs Techniques Seminar, Ji Shin	Tauranga 6 th Auckland, 7 th Tauranga, 13 th CD/WN, 14 th SI Auckland Keri Keri
October 11 th 25 th - 26 th 27 th	Minis and Masters Tournament Epson Open Tournament Submission deadline, December TKD Talk	New Plymouth Auckland
November 1 st - 2 nd 11 th - 21 st 22 nd - 23 rd 29 th - 30 th	Stripes 1 to 1 and Technical Seminar Gup gradings, Regional Examiners Dan grading, Mr Davidson and Mr McPhail Dan grading, Mr McPhail and Mr Rimmer	Taupo Nationwide South Island Wellington
December 6 th - 7 th 7 th	Dan grading, Mr Davidson and Mr Bhana Epson Under 18 Tournament #5	Auckland North Central Districts

Next Issue

Power Breaking

In part 2, the Demolition Man reveals his secrets for breaking at tournaments and gradings.

Tournaments

An article about the Epson Open, and the winners of this year's Epson Under 18 series.

Seminars

Just what do our sabumnim do at Stripes 1 to 1?

Plus our regulars

Club directory, 2004 events calendar, winners of our photo competition, profile of one of our 5th dan instructors, white belt self defence, Kicks for Kids, and more!



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Contact: Mr Gwyn Brown, 15 Dunrobbin Pl, Greerton, Tauranga, ph (07) 578 6680, gbrown@itfnz.org.nz

**See www.itfnz.org.nz/events/camps
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* Please note that a maximum of 20 adults only can be accommodated.
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