

TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



IN THIS ISSUE:

50th BIRTHDAY OF TAEKWON-DO

Plus Masters Down Under, A Lesson Learnt, Practice Makes Perfect, The Road to Dortmund, and much more!

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About the Cover



This issue's cover is a collage of various Taekwon-Do photographs taken over the years by various photographers.

Some photographs came from the 1st edition of the 15 volume Encyclopaedia of Taekwon-Do, by General Choi Hong Hi.

The collage was compiled by Matthew Breen IV dan, of *Taekwon-Do Talk*.

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Editorial

Welcome to the first issue of *Taekwon-Do Talk* for 2005. We are sorry it is late. It is completely my fault – I didn't get onto it early enough. If only we didn't have to work for a living, eh!

Why the name change?

A valid question. It has been a long time coming. ITFNZ and this magazine have both changed a lot in the 20 years since "TKD Talk" first appeared as a folded A4 newsletter for our members. "*Taekwon-Do Talk*" is now a complete magazine, containing articles and news (notwithstanding my inability to get it out on time); ITFNZ is now a serious organisation with a strategy and direction – it is time the magazine name reflected all this!

We wanted a name that only changed slightly from the old, but we had to remove the acronym "TKD" because it does not fit with our strategy. You may have noticed in the last four years of this magazine, the only time the acronym was used was when referring to the magazine name.

(An acronym is a word formed by taking the first letter of each word in a phrase or name.)

Why doesn't the acronym fit our strategy?

The most important reason is we want to grow the original Taekwon-Do to be among the most popular arts and sports in every town in New Zealand. To achieve this, we must have one common image in the marketplace. That means one name: Taekwon-Do (or more completely, ITFNZ Taekwon-Do). The only way we will have one name is if our members only use one name, so we all have to eliminate the acronym from our vocabulary.

Another strong reason is that General Choi gave us "Taekwon-Do". That is what we do. To our knowledge, he never referred to his Art by its acronym, and he never endorsed that term. Further, our magazine is sent overseas, and some readers may dislike the acronym for this reason.

Thirdly, there are very few martial arts

magazines published in New Zealand, so we are filling the gap by raising the professionalism of this one. Using the name "Taekwon-Do" will help us to gain status as the definitive Taekwon-Do magazine in New Zealand.

These points were raised our Marketing Director, Mr Hayden Breese, when he researched ITFNZ from a marketing perspective about 10 years ago. Finally the time is right to make the change!

Other bits and pieces

Best of luck to the New Zealand Team for the forthcoming World Championships in Dortmund, Germany, in late July. Go Kiwi!

Best of luck to all regions for the forthcoming National Tournament in Levin, in early June.

Finally, happy 50th birthday to Taekwon-Do – 11 April 1955.

Mark Banicevich
Co-editor



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Letters to the Editor

Dear *Taekwon-Do Talk*

There we were, all ready to catch the bus when the phone rings and we are told the diesel pump had *broken* so another bus had to be found (guess you could say this was the start to a *breaking* weekend.) But bus driver, Ash "The Man", didn't take long to get it sorted and off we went.

After many refreshments and toilet stops we arrived at our camp site where we set up home for the weekend. Then into town we went, cruising around on the bus, checking it all out. Later, back to camp for shark and 'taties (the men cooked), a slice of birthday cake (thanks Camp Mum) and an early night was had by all.

Saturday morning we were all up early and waiting in anticipation for the full day ahead. A few rounds of cricket: a cracked bat, not quite *broken*, Mr Campbell, (and he even had a runner; man Kozmo can go), a game of rugby and we were off again.



Trudie Malone of Tauranga performs a flying twisting kick

Upon arrival at the combined training (and there was a huge turnout) we did our courtesies, warmed up and were into the day. In the morning, we did patterns and self defence. Then we took a *break* for lunch – our camp cooks were great, the food was yum and Anna got her lolly log. After lunch, we were back into it with specialties and sparring. Then we got to watch an awesome display put on by the black belts, where they did many different things including patterns, and all in time, *breaks* on boards (and arms too – Mr Campbell is doing fine now), running up walls and more *breaking* and then we learnt it's not wise to smoke.

Mr Bull organized a great day that everyone enjoyed. Back at camp we were all tired but still rearing to go. So out came the cricket set and golf clubs. Who could do the longest drive and not hit the bus? Logan's drive won and Daniel's hit the bus (way to go). We then had a barbeque, fizzy drinks, and the adults had a few light refreshments. Twister and cards followed, then sleep. Back on the road again the next day and a much quieter trip was had by all coming home.

Overall I think that everyone enjoyed themselves, it was a great *break* on the East Coast and I can't wait till next year.

Chayse Gorton
Waikeria Hawks

Dear *Taekwon-Do Talk*

Thanks to Kim and the team in Gisborne for a fantastic session on Saturday. In all we had 84 students training for the first time in Mr Bull's new Girls High gymnasium. A full day's training covering all aspects of Taekwon-Do left everyone buzzing. The day ended in a grand scale black belt demonstration from 16 Midlands black belts especially requested by the students. Mr Campbell unfortunately broke his arm in the process, but what a break, and awesome to see him back on the Taekwon-Do stage. It was also time to catch up with one of Kim's new black belt students, Bob Northover, who is back after 14 years and who coincidentally did his 1st dan testing the same day as I did, at the Trentham Army Hall, Wellington in April 1986! We look forward to our next visit in April 2005 for our Regional Tournament.

James Rimmer, VI dan
Instructor, Tauranga

Dear *Taekwon-Do Talk*

Central Districts Taekwon-Do, doing the hard yards – well, kms – and an awful lot of them.

Thirty members from several clubs within CD recently took part in their fourth Relay For Life. This is a twenty-four hour team relay event around a 400 metre running track with each team carrying a baton with an electrical transponder to record lap times and numbers of laps, and you can see where each team is placed, as the twenty four hours unfold. Not all teams are competitive – many are there to have as much fun as possible.

Each team is encouraged to have a team theme with costumes and to dress up each tent site as much as possible. This year our team name was "CD Kick Butt TKD" as in kicking the smoking butt or habit.



The Central Districts Taekwon-Do team at the Relay for Life

The running, whilst painful, was for some the easy part of Relay For Life as each team member had to raise \$100 in donations for the Manawatu Cancer Society. With donation sheets or buckets in hand we each had to make the commitment and seek money from people. Pleased to say this year our team of 30 raised in excess of \$3,500. Fantastic to see we contributed to the event total of \$252,000. The money raised this year will be used directly for family

support and assistance while a family member goes through their cancer treatment.

The hard yards, our team was one of the competitive teams from the start at midday Saturday and we still had many members lining up late on Sunday morning to take their turn on the track. With six High School teams that seemed to have an endless supply of fresh legs we knew that it was a case of how many laps in total we could complete versus trying to win the highest number of laps completed. Credit to all our team who dug deep when the cramp or seized joints made running painful, when a small number of people kept the baton circulating through the small hours of Sunday morning. At the end of the twenty four hours we had by far surpassed the target we had prior to the start. The team finished 4th in the laps completed: 848 laps in 24 hours, 339kms travelled by our team members. A huge effort and a very quiet week of training followed.

Q: would you do it again?

A: already booked our tent site for next year, March 11–12 midday–midday will again see a team of Central Districts Taekwon-Do trying to better 2005.

Many regions have their own Relay for Life event. Get a team; help your local Cancer Society to help others. It is rewarding, team building, and heaps of fun.

Dave Ballard, IV dan
Instructor, Palmerston North Academy

News in Brief

On the 11th April, 1955 Taekwon-Do was officially named. This month ITFNZ celebrated the 50th anniversary with this amazing cake. In the centre is the late General Choi Hong Hi, founder of Taekwon-Do, flanked by the tenets of Taekwon-Do and the belt colours. Pictured below is Mr Peter Graham cutting the cake on the 11th at a Counties Manukau grading.



Masters Down Under

by Sonya Robinson, I dan
Meadowbank



Master Daher demonstrates a stretching exercise using a partner for support – an exercise used to measure progress

With just over a hundred practitioners taking part – 48 of them black belts – the spirit was strong in this two day seminar.

People came from as far as Sydney, and as wide as Wanganui and New Plymouth, to come together and share some of the knowledge that our very own Masters from Down Under could impart in that short time. We are indeed lucky to have them!

Saturday, after registration Master Davidson warmed us up so that Master McPhail could help us master our patterns.

Master McPhail spoke of three levels towards achieving this: Knowing, Repetition and being in “The Zone.”

Knowing was about learning the choreography of each pattern, each movement in the correct order, the correct heights of blocks and kicks, what tool was being used and making sure that you have an understanding of what each step is for so that the pattern looks realistic.

In each pattern many new skills are being learnt – they could be a new form of motion (eg slow, connecting, continuous), or some new stances, blocks or kicks. This is where line work is so useful – keep that in mind when you are doing it in class.

He also taught us a way that we could learn a pattern in just 20 minutes!

Next time you see someone who was there, get him or her to show you how.

Repetition was about going over the pattern again and again until you can do it without really having to think about what comes next.

Master McPhail also stressed that it was important that we practise our patterns properly

because if you practise sloppily then you will most likely perform sloppily. Create great muscle memory when you practise and set up your patterns nicely.

He suggested that just as a musician practises the passages that he or she has the most difficulty with, rather than just go from start to finish over and over, that we should try that too – which we did.

Master McPhail then showed and taught us a section of Tong-II (the 24th pattern, a mere 56 movements), which we all got to practise and then we got to watch him perform the pattern in full.

Being in The Zone was about being in “the moment” when performing your patterns – throwing some spirit into it and really enjoying the movements. Of course you must truly know your pattern and would have practised it many times to do this successfully.

We went though a couple of our patterns concentrating on being in “The Zone” and I must say that the whole look of most people’s patterns improved quite dramatically in a very short time.

After a morning tea break it was Master Daher’s turn to show us through some traditional sparring and advanced stretching – something he is very adept at doing.

Traditional sparring is coming into its own as part of international competition so in Master Daher’s travels he has been studying ways that we can learn this successfully in club.

At present in competition, two people have 1½ minutes to perform a minimum of 20 movements per competitor, all proper Taekwon-Do techniques (no Jackie Chan stunts here I’m afraid) including two single flying kicks and one double flying kick technique.

As this is relatively new to us, how do we start?



Mr Daniel Jackson demonstrates an exercise used to improve accuracy – and he is right on the money!



A few of our senior dans discuss matters of philosophy with Master Daher

A great platform is by using our patterns and also by mirroring each other.

Person A does a kick and a block while person B does a block and then counters. Person B does the same kick and block while Person A does what person B just did.

Then add two more techniques in the same way and keep building.

You can do it in slow motion and then speed it up to normal or start at normal and get faster as you learn the steps and get into a nice flow, but the easiest way to learn is to start with the basics and get the general feel for it before adding in some more complicated techniques and dropping the copycat thing.

In many ways it is a combination of one-step sparring and pre-arranged free sparring put together which means that you must show a good understanding of the applications of the techniques we learn. It was challenging but fun coming up with new combinations.

Advanced stretching was not for the faint hearted, and there really are some freaks out there – in a stretching kind of way I mean. Master Daher’s secret is that he stretches every day; he also does weights.

Being flexible is extremely useful to any Taekwon-Do student and it is one area of fitness that anyone can improve, regardless of age, shape or size.

You do need to warm-up first and another person, the floor, or a wall can really help with providing some extra resistance to deepen any stretch. A little every day and we could all have twisting kicks to envy!

After lunch Master Davidson launched us into flying techniques, first by discussing the difference and the reasons why we would jump versus “fly” in Taekwon-Do.

We then tried lifting off first using just our ankles, then bending our knees, then using our arms and then concentrating on lifting our hips off the ground and believe me it helps to get your hips up in the air if you’re thinking of kicking someone in the upper body effectively.

We looked at the various flying and jumping techniques in our patterns, we did some drills and finished our flying techniques section with one minute of free sparring – flying techniques only. It’s tiring just thinking about it, isn’t it?

Master Davidson then introduced us to the delights of being upside down and explained how and why it is so good for us. Then we did some deep diaphragmatic breathing, which we should all try to consciously do more often.

The next morning after a violin version of the International Taekwon-Do song, Master Davidson warmed us up followed by about 20 minutes of body conditioning with Master McPhail.

Many people start Taekwon-Do because they wish to get fitter so Master McPhail spends a good part of the beginning of each year at club doing fitness work so that his students can enjoy their Taekwon-Do more throughout the year.

For legs – squats and lunges are hard to beat, for the upper body the humble press-up is supreme and by changing the width of the hands, wider or narrower, you can target your chest or triceps more specifically.

Our core, being our centre of gravity, is also vitally important, so we were treated to a variety of different crunches, sit-ups, oblique pulses and other forms of core conditioning. Excellent!

Then we all split off into three groups – coloured



Master Davidson shows us just how much better it is to be a Master

belts, 1st and 2nd dan, and 3rd dan and above, to get some even better quality time with each Master.

Master Davidson dealt with practical unarmed combat and conditioning, where his knowledge in the Police force certainly helped.

We discussed and practised finding our own personal space, and in pairs took turns at blocking, then blocking and checking and then blocking, checking and countering an attack from our partners.

Stances here are important; when first approached do NOT take an aggressive stance, which could just provoke a situation; and an L-stance is very useful when retreating or evaluating the situation as it gives you more options.

Use your whole body and body weight to break out of a hold or bad situation and utilise your centre of gravity too. You need to stay upright but can drop your body weight to give you more strength, get the other person off balance as quickly as you can, and all of a sudden you have the upper hand.

We also practised free-style punching and ducking and weaving and then during question time Master Davidson demonstrated (when asked what is one of the best forms of self defence) how effective a swift kick to the goolies can be for real life self defence! After all, our legs are longer than our arms aren’t they?

Master McPhail took us through our top patterns step by step making points along the way and then got us to do each pattern keeping in mind the points he had made.

His technical knowledge is awesome and there were plenty of little pointers that will all help us improve the way we do our patterns. Weapons and tools are really worth stressing here. Make sure you are using the correct weapons and tools.

Master Daher took us for sparring, where we were again reminded just how important flexibility is.

You need to be able to get your foot near your opponent’s head if you expect to kick it to score more points now, don’t you?

He then gave us a couple of drills that showed us how we can turn being at the edge of the ring into our advantage during tournament sparring.

Try the good old flying back kick as you fly out to avoid getting hit again. You’ll probably get a warning for leaving the ring... but if you scored some points while doing it and avoided being scored against at the same time then, you’re in front pointwise... and it’s also a quick break to re-think your next strategy.

We did some other drills too and as Master Daher said that if you watch the World Championships, which he had been doing for some time now, then you’ll notice that they generally only use two or three kicks, but they do them *very* well.

Practise, practise, practise until it becomes almost an automatic reaction, or instinctive. Create good muscle memory and your tournament sparring will definitely improve. As he also said, “It’s up to you. It’s up to you to commit to yourself if that’s what you want to do.”

Unfortunately, all good things must come to an end and many people had long trips in front of them, so it was five minutes of games (tag your friend on the shoulders, the knees, now shoulders and knees) followed by 20 minutes of designated question time, (we did ask questions throughout the weekend), certificates handed out... and before you knew it, it was over!

Was it worthwhile? Definitely! Should you be going to the next Masters Down Under Seminar (and there will be more)? Definitely!



Master McPhail and Master Daher resolve their aeons-old disputes about pretty much everything without consequence

Wellington Fuji-Mae Taekwon-Do Demonstration Team

by Lance Brunton, I dan
Wellington Demonstration Team



Valued sponsorship from Fuji-Mae New Zealand provide for suitably branded team apparel and equipment support. Team member Ms Sharlene Clark, who trains at the Brooklyn club kindly proffered her professional talent in designing a team logo which will be utilised in branding and promotion.



Wellington's Taekwon-Do Demonstration Team came together for the first time in 2003 and have since trained for and provided well-received performances at a number of public events.

Wellington has been fortunate enough to have Mr Jake Pearson's presence whilst studying and working in the region. He instigated the regional demonstration team's inception in 2003 and has since proactively and successfully directed and developed the team. Mr Pearson has earned all of the team members' appreciation and utmost respect for his fun, ethical and professional leadership and instruction style.

Past events have included Brooklyn Annual Street Festivals, Cuba Street Carnival, school fairs and the Regional Junior Tournament. The Cuba Street Carnival demonstration required that all participants dosed up on indomitable spirit to brave the hugely wet, torrid, windy cold Wellington day... however in true traditional Taekwon-Do spirit "the show went on".

The demonstration team members' enjoyment of Taekwon-Do and participation is evident in training and on the day. This, combined with the demonstration's diversity, pace, standard, duration and compeere make for a fun and dynamic public demonstration of some of the many elements that comprise our art.



The current team consists of Mr Jake Pearson, Mr Graham Patterson, Ms Thu Thach, Mr Nick Eley, Mr Mathew Brunton, Ms Louise Chan, Mr Lance Brunton, Mr Vince Chaber, Mr D'arcy Mellso, Ms Sharlene Clark, Mr Louie Vogt, Ms Chloe Parsons and Ms Suzanne Main. As members' family and work commitments dictate, the team also draws on the region's pool of talent; Mr René Kunz, and other regional members have provided awesome guest appearances at times.

The crowd response at all demonstrations has been positive with particular memories of gasps at Mr Jake Pearson's flying high kick board destruction, Mr Graham Patterson's clean three board side kick destruction (boards hand held), Mr Mathew Brunton's flying overhead kick destruction and Mr Nick Eley's flying reverse turning kick destruction (board over Mr Jake Pearson's head - how's that for trust). Well performed and received was also Mr Pearson teaching "naughty student" Ms Thu Thach a lesson... or was it the other way around

These are only some examples of the many high impact moments of previous demonstrations, with all participants' contribution and performance being high in energy and standard. The tile break finale also appears to be a suitable and impressive ending to a very enjoyable 20 to 30 minutes of Taekwon-Do promotion.



<http://www.itfnz.wellington.net.nz/html/news.html>

50th Birthday of Taekwon-Do

by **Matthew Breen, IV dan**
Co-editor, *Taekwon-Do Talk*



General Choi Hong Hi, Founder of Taekwon-Do

Important Dates in the History of the ITF

1955

April 11th – Taekwon-Do named

1966

March 22nd – ITF founded by General Choi Hong Hi, the Father of Taekwon-Do. Nine member countries were Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, Arab Republic of Egypt, and Korea.

1969

First Asian Tournament, Hong Kong

1972

ITF headquarters moved to Toronto (Canada)

1974

First World Championships, Montreal (Canada)

1976

First European Championships, Amsterdam (Netherlands)

1979

First Pacific Championships, Wellington (New Zealand)

1982

North American Federation created

1983

Central American Federation created

1985

ITF headquarters moved to Vienna (Austria)

2002

June 15th – death of General Choi Hong Hi
Mr Russell McClellan became Acting President

2003

June 13th – election of Master Trần Triều Quân as President of the ITF at the 14th Congress of ITF, Warsaw (Poland)

While Choi Hong Hi was teaching his martial art to troops under his command as early as 1945, it was not until 1955 that the style gained its name. Then-General Choi convened a special board, including master instructors, historians, military leaders, and politicians, for the purpose of choosing a single name under which to unify what was being taught.

It was eventually the General's own proposal of "Tae Kwon Do" that was chosen to represent the art, by a unanimous decision of the board.

In his recent message, ITF President Master Trần Triều Quân recounted an explanation the General had given him once as they travelled together in Europe. In the beginning, the General chose to write the name as three separate words to ensure the correct pronunciation of each syllable. However, in 1968, he used the now-familiar form "Taekwon-Do" in his book; this symbolises that the physical training (Tae and Kwon) must be balanced with the moral and spiritual aspects of the art (Do).

But despite changes in the arrangement of the syllables, the name "Taekwon-Do" has existed now for fifty years. Half a century. Longer than many of us have been alive. When the ITF was founded in 1966, there were nine member countries; now, the ITF has affiliated organisations in over a hundred.

New Zealand and ITFNZ's own association with Taekwon-Do passes the 35 year milestone this year. From humble beginnings decades ago, we now boast two Master instructors of our own, and our national teams have placed third in the world at the most recent World Championships and Junior World Championships.

Master Trần's message also contained a challenge. As the original pioneers from the 50s and 60s begin to retire, it is the turn of this current generation of practitioners to come to the fore. He exhorts us to "Lead Taekwon-Do to serve humanity".

Here's to another fifty years.

Key Dates in ITFNZ History

1970

First of our member clubs established in Palmerston North by Mr Norman Ng.

1974

Newly established clubs in Wellington joined together with Palmerston North to form grading panels and demonstrations.

1975

New Zealand ITF clubs joined the Australian Taekwon-Do Academy (ITF).

26 May 1976

General Choi visited New Zealand to meet with the instructors.

9 January 1978

South Pacific Training Camp held at Massey University conducted by Master YK Yun.

22 January 1978

South Pacific Taekwon-Do Championships held in Wellington with General Choi Hong Hi in attendance.

20 August 1978

National tournament held in Auckland.

16 June 1979

First Regional tournament, organised by Central Districts.

5 January 1981

New Zealand members attended seminar and championships held in Brisbane. General Choi Hong Hi in attendance. General Choi requested New Zealanders to return home and register their own national organisation with their Government.

28 March 1981

Formation meeting for ITFNZ held at Burma Lodge, Wellington and election of first executive committee. ITFNZ accepted as an incorporated Society and Mr David Lange became Patron of ITFNZ.

28 March 1981

First official ITFNZ National Championships held in Palmerston North.

10 October 1985

Hosted the Sharp International Tournament in Wellington, televised nationwide. Teams from USA and Japan in attendance plus Mr Chon Jin Shik. ITFNZ becomes Sister Organisation to USTF.

1988

Master Yun International Taekwon-Do Federation no longer with ITF. ITFNZ continue affiliation to MYITF.

1989

ITFNZ disassociate from MYITF to form independent organisation.

January 1990

ITFNZ participate in the opening ceremony of the 1990 Commonwealth Games.

January 1991

ITF Masters Visit in Auckland New Zealand – ITF Training course and Master Classes conducted by General Choi Hong Hi and Master CE Sereff.

January 1992

World Camp held at Massey University, Palmerston North.

October 1993

ITF Instructors' Course by General Choi Hong Hi and Master CE Sereff

1994, 1997, 1999, 2000, 2001

Sent NZ team to ITF World Champs and Junior Champs in Malaysia, Russia, Argentina, North Korea, Italy – four bronze medals in total.

November 2002

Attended the ITF Junior World Champs in Puerto Rico winning three gold, two silver and four bronze medals.

June 2003

Attended the ITF World Champs in Poland winning three gold, one silver and three bronze medals, plus Male Grand Champion and third-ranked country.

July 2004

Attended the ITF Junior World Champs in Italy winning three gold, two silver and eight bronze medals, plus Best Female Team and third-ranked country.

August 2004

Evan Davidson and Paul McPhail grade to Master.



General Choi directs for the photography in the first edition of the Encyclopedia of Taekwon-Do

<http://tkd-itf.org/50th.htm>
<http://tkd-itf.org/pdf/Memorandum50thAnniversary.pdf>

A Lesson Learnt

by John Coll, 1st gup
Miramar

For some reason it seems that instead of learning from the mistakes of others, we tend to learn only from our own mistakes. And so it stands to reason that my introduction to the proper etiquette at Taekwon-Do social occasions was steeped in a series of harrowing experiences which left me all the more wiser as to the dos and don'ts of our wonderful art.

As an Air Traffic Control Check Instructor I am very privileged to have access to a great teaching resource in the form of my younger brother Dr Richard Coll. He is the Associate Professor of Science Education at Waikato University and has Doctorates in Nuclear Physics and Science Education. He was recently awarded a Fullbright Scholarship for his work in the science education field. He is also one of the world's leading authorities on teaching and education. During one of our many discussions on teaching and training I mentioned that I was really enjoying the challenge of assisting Mr Lance Brunton, 1st dan (Miramar Taekwon-Do), with the training of the junior class. After talking about some of these challenges at great length it struck me that some of his ideas and thoughts could benefit ITFNZ as a whole. So, being an avid student of Taekwon-Do, I obtained permission from my instructor, Mr René Kunz, 3rd dan and contacted Master McPhail to see if he would be interested in a talk by Richard. Master McPhail was very enthusiastic and invited Richard to be the guest speaker at the Stripes 1 to 1, Level Four Instructors course at Taupo on 6-7 November.

After a few emails, phone calls and conversations between Richard and myself the stage was set. Following Richard's request for information which would enable him to "contextualise" his talk about Taekwon-Do, I suggested that we both attend a training session with Mr Eccles, 4th dan, at his Hamilton club. I obtained permission for the visit from Mr Kunz and Mr Eccles, departed for Hamilton and duly reported for training at 5:50pm on Thursday.

Richard and I were introduced to Mr Eccles and his club members and made to feel very welcome. I was invited to address the class in order to tell them the reason for our visit. Part of Richard's requirement was that the training was as normal as possible and he requested that everyone carried on as usual. Well, after the 30 minutes of intensive warm up I was gasping and wishing I had asked them to cut straight to the training and forget the warm-up!!

Mr Eccles certainly gives his students a vigorous work out. The class was made up of a mix of rather senior students with very few juniors or new members. Consequently the lesson of line-work, pad-work and patterns flowed with few interruptions. Richard made copious notes and observations. At the conclusion of the class the members of the club treated us to an incredibly polished display of patterns, pad work and destruction, culminating in a four board side piercing kick break by Mr Eccles which left Richard applauding and spellbound. Richard then interviewed Mr Eccles and a number of his students and, after a photo session, we departed

for his home and a well earned rest and cold beer. We were both struck by the courteous, friendly and dedicated nature of all the Hamilton Taekwon-Do members. Richard was very impressed with Mr Eccles, describing him as "a naturally gifted and exemplary instructor" – high praise coming from someone with Richard's credentials. Well done Mr Eccles and thank you and your club for a most enjoyable and informative training session.

The next day I rang Master McPhail to report to him on how the training session had gone and to make arrangements for Richard to get to the Stripes venue. To my astonishment and considerable consternation Master McPhail insisted that I attend Richard's talk and the evening dinner! Fortunately during a recent search through the ITFNZ website for details on our club constitution, I found and studied the rules and protocols for social occasions, giving me some idea of the expected etiquette. Being of a cautious nature however, I decided to stop off at an internet café for a quick update and refresher and soon came to the realisation that this was going to be a nightmare of trying not to make too many mistakes and of keeping a very low profile in a very dark corner somewhere!



The junior shows respect by standing at attention and bowing. A junior should never extend his or her hand to the senior, but should wait and shake hands only if offered by the senior. These rules become tricky if one is senior by rank and the other is materially senior by age!

It wasn't long before I was met with my first challenge. During our discussions on how Richard wanted to structure his talk, his wife, Sandyha, commented that she was looking forward to listening to his presentation, and I suddenly realised I had not informed Master McPhail that she would be there! (What was the rule? – "A member shall not bring uninvited guests"! Instant disaster! A string of phone calls to Master McPhail with no answer sent me into a spin. I was going to have to ask permission when we got there. This was not looking good!

We arrived at the seminar venue and I helped Richard set up his PowerPoint projector. In a room just down the corridor I could see the various members going through their training and so I kept a close eye out for Master McPhail or Master Davidson. After about 10 minutes

Master Davidson came out and I introduced myself (remembering to – "Not extend my hand until the senior extends his hand") and introduced Richard to Master Davidson (not Master Davidson to Richard – man this was getting complicated!). I explained my dilemma with regard to Richard's wife and Master Davidson had it sorted in a flash. Whew (I think).

Master Davidson had some business to attend to so we finished the setting up and, being in great need of the nearest restroom, I ducked out for about two minutes. Of course Master McPhail turned up with a number of the other participants while I was away. At least I didn't have to do the introductions! Master Davidson then suggested we go to the dining room. Little did I know the heat was really about to come on! As we entered (me at the back of course) I frantically ran through the dining room etiquette in my mind. I tried to sneak off to a nice dark corner but Master Davidson and Master McPhail insisted I sit at the top table! But where exactly? Seating etiquette rules immediately raced through my mind – "The middle is for the senior, the right side must be for the second highest rank and the left is for the third. The fourth place is again at the right"

– got it. The waiter came around and placed water bottles on the table. Remembering that the drinks should be poured by the junior and attention must be paid to guests, I proceeded to slop water into everyone's glasses without spilling too much and generally (I think) in the correct order. Next came the wine and, after a tasting by Master Davidson, I managed to get the wine distributed without getting a back fist to the philtrum for my clumsiness. After that it was time for the toast. (I was ready for this one – "when a toast is offered the glass should be held in two hands, the junior's glass being held slightly lower than the senior's").

Finally the meal arrived. This was an easy one for a change – "Wait for the senior member or an elder person to start first". I didn't have a



When a toast is offered, the junior's glass should be held slightly lower than the senior's glass.

problem there. We always waited for Mum and Dad to start their meals when we were children so that form of etiquette was well instilled in me. A quick glance around the table every minute or so and a steady flow of water and wine kept me occupied until I got back to my seat to find Mr Bhana pouring water for some of the others and filling mine as well! Sudden panic! Where does this fit in? Is it under, "When a drink is poured by a friend the recipient should immediately return the hospitality by pouring the friend's drink"? No. That was not going to work. He had already filled his own glass! I make a quick apology and a promise to fill his glass next time.

Mr Rimmer was sitting alongside me on my left and asked me a few questions about why I started Taekwon-Do. Silently I was asking myself the same question! I explained about a pledge made a number of years earlier and he talked about some of the techniques they had been studying during the seminar. I make a mental note of his words and then he told me he would shout me a beer if I do the techniques described during my next grading. This man really knows how to motivate someone! I glanced around to find Mr Bhana had filled up his glass and mine again. At that moment it suddenly occurred to me that I was sitting at the table with all the examiners for ITFNZ and I come to the



Drinks should be poured by the junior. The glasses of others should be filled before your own. If someone fills your glass, you should immediately return the hospitality by filling his or her glass.

sickening realisation that I was a black stripe due to grade very soon and the examination had already begun!

After the dinner concluded we retired to the lecture room for Richard to give his talk. The first 40 minutes were full of a very theoretical analysis on learning and teaching methods and I wondered how well this was all being received. Then Richard contextualised the theory to the actual teaching of Taekwon-Do and related them to his interviews and observations of Mr Eccles' Hamilton class. Interest picked up and the questions began to flow as people probed for ideas and thoughts on how to improve the teaching and training we do in ITFNZ. Richard concluded with a quote from the Instructor/Student relationship from General Choi's Condensed Encyclopaedia of Taekwon-Do (p43), "An instructor should be eager for his students to surpass him: it is the ultimate compliment for an instructor." Master Davidson thanked Richard and, much to Richard's delight, presented him with a copy of General Choi's Biography and his book on Moral Culture.

By 10:30pm we had packed and headed home. It was a fantastic, if somewhat harrowing, experience that gave me an incredible first-hand experience of some of the lesser known aspects of our art. Looking back on the evening all it struck me that during the whole evening all the tenets of Taekwon-Do were displayed by everyone I came in contact with. I was left realising the effect that these tenets have in making the whole world a better place and I now have a renewed commitment to embody them into my everyday life.

A Guide to Etiquette

Extracts from the ITFNZ Standards and Discipline document, pp8-11. <http://www.itfnz.org.nz/ref/documents/assets/s&d.pdf>

Introduction:

Etiquette is the most important, valuable and fundamental aspect in one's life. Etiquette is that hidden element which comes spontaneously from within a person's heart and is expressed in actions, behaviour and/or speech. It is associated with personality and character building. Etiquette is not something, which is forced upon someone to abide by rules and regulations, but it is that element which flows naturally and automatically to make a person more readily accepted in our society. Etiquette enriches one's quality of life and thus gives a person peace and tranquillity not only to oneself but also to society at large. ...

All the rules set out below may not apply to each cultural background. However, correct etiquette and courtesy will apply regardless of different cultural backgrounds. These rules are set out so that the students may be acceptable internationally within the largest boundaries. For these reasons, the following code of etiquette should be read in conjunction with the rules.

Correct Salutation and Basics in the dojang:

- ...
- 2. In the *dojang* or in the lounge or office etc, while sitting in the company of senior members (senior means higher ranking Taekwon-Do students or an elderly person) one must maintain proper posture. In case of any senior member entering the room one must stand immediately and bow. You take your seat only after the senior member is seated.
- ...
- 5. In the *dojang*, one must maintain silence as necessary, and attempt to build a serious training environment.

Protocols and Guidelines:

VIP Etiquette

When transporting a VIP, always maintain the following rules:

- 1. If you are the driver and host, then the seating order should be (in order of seniority):
 - (a) front passenger seat next to you,

- (b) rear passenger seat on opposite side to you,
- (c) rear passenger seat on same side as you.
- 2. If using public transport eg, a taxi or friends' car, the seating arrangements in order of seniority would be:
 - (a) rear passenger seat on side opposite driver,
 - (b) rear passenger seat on same side as the driver,
 - (c) front seat next to the driver.

3. Always show proper etiquette to a VIP, eg, you should open the door and allow him/her to be seated first. When getting out you should open the car door for the VIP, giving assistance as necessary.

Dinner Table Etiquette

- 1. Maintain proper seated position while eating.
- 2. Wait for the senior member or any elderly person to start first.
- 3. Do not stand or leave the table while eating without seeking permission to be excused.
- 4. If you are the host, do not eat fast and finish before your guest who may still be eating. Adjust your speed so that you can finish your meal just about the same time as your guest.
- 5. Do not take uninvited guests to a party.
- 6. When eating with a number of people, always be considerate in sharing the food evenly, irrespective of your favorite dish.
- 7. When inviting a VIP, you, as host, should be seated at the table with the VIP and be readily available to serve.
- 8. When going out to restaurants or any outings, you must be prepared to share costs evenly. Do not be a parasite.
- 9. If you are invited by your friend, eg, to a restaurant, and the costs are to be paid by the host, be reasonable and considerate when ordering food and drinks, ie, do not order very expensive wine and food.

Seating Arrangements during Social or Official Functions

The middle is for the senior or the VIP. The right side must be the second and left is the third. The fourth place is again at the right, etc.

Taekwon-Do Tournaments or Occasions – Order of Speeches

- 1. Organiser. (Introductions should be formal and follow the Forms of Introduction on pg 14).
- 2. The most senior guest present eg, President.
- 3. Ministers or other guests.

Drinking and smoking

- 1. Never force anyone to drink too much. Respect their knowledge of their own limits.
- 2. Before smoking, ask whether anyone objects, and respect their wishes.
- 3. Drinks should be poured by the junior, and attention should be paid to guests. When a drink is poured by a friend, then the recipient should immediately return the hospitality by pouring the friend's drink. When a toast is offered (often initiated by the senior), the glass should be held in two hands, the juniors glass being held slightly lower than the seniors.
- 4. When the occasion is over, the senior or VIP must leave first followed by others.

General Etiquette:

At Home or in Public

Always try to use proper language in your conversation and maintain good or normal spoken language, (eg, not slang). On all occasions, in whatever relationships you have (eg, teacher-student, worker-boss, etc) always maintain and display good etiquette.

During Conversation

- 1. Ensure that you use correct and appropriate language.
- 2. When speaking to others, do not talk in an abrupt, violent or aggressive manner. Speak with humility.
- 3. Always remember to address a person with a proper title.
- 4. Always be a good listener. Do not cut in on someone else's conversation. When giving an opinion, think very carefully beforehand.
- 5. Do not point fingers at someone while talking and do not touch another person unnecessarily during the conversation.

Social Meetings

- 1. If you are introduced by a friend to a VIP, let your friend complete the introduction first before you speak.
- 2. When shaking hands, junior students must wait until the senior extends his/her hand first. A junior must never be the first to extend the hand to the senior.
- 3. When shaking hands, do not hold too tight (or loose), or for too long.
- ...

Midlands Regional Boot Camp

by Jaime Teasdale, 5th gup
Tauranga



Look at that man jump!
Mr Cameron Casson takes a break from leaping tall buildings to smack some pads.

The Midlands Region had a Regional Boot Camp from 19–21 March. We all went to Angatete Lodge and the camp got started.

On Friday at about 5:30–6:30 everyone started arriving. We all caught up with each other. We played a bit of spotlight, then we went to bed.

We were woken at 6am on Saturday. It was still dark but we went for a run anyway. There were only three torches.

We got back from our run and went through sparring drills with Mr Kim Bull. It was really fun and we picked up a few tips.

After that we went back to basics with Mr Ian Campbell. It was a lot of punching and blocking. We only did forearm low blocks. It was a good session.

We had Mr Andrew Niven and Mr Carl van Roon down from Auckland. They took us through some more sparring drills. We all got a lot of good tips like in what frame of mind you should be.

After lunch we had special techniques with Mr Carl van Roon. He took us through what kicks you have to do at the World Champs. Unfortunately Mr Carl van Roon had a broken rib from a kickboxing tournament, so he couldn't jump. He got volunteers to demonstrate the kicks.

We had a bit of free time. Most of us went to the waterhole. The waterhole is famous for being cold so it wasn't surprising it took a while to enter.

We had an etiquette session with Mr Ian Campbell. We were asked lots of questions, which we had to answer.

It was time for dinner. On the menu was mince, pasta and potato bake. I would like to thank Mr Kevin Stevens for cooking all the food.



They breed 'em hard in the Waikato!
Walter Hitchins, of Hamilton, earns his Milo!

We had a talent quest. There were some really good ones. There were about three that won. They all got little Easter eggs. Then it was a bit of free time before bed.

We got to sleep for another hour because of daylight savings. We woke up and went for another run. We got back and played tug-o-war. The rope was mouldy so it snapped.

We had breakfast and packed up a little bit of our stuff.

Mr Kim Bull took us for destruction. We were breaking boards with punches, knife hands and side piercing kicks.

We all got split into groups for self defence. We worked on our syllabus.

We got sent to clean up. Once that was done we dug into the left over food.

It was time to go home. I would like to say thank you to the organizers, Mr Carlos McDiarmid and Mr Craig Hannah, and to all the instructors. I would especially like to say thank you to Mr Andrew Niven and Mr Carl van Roon. It was a really good camp and everyone had a good time. If you are in the Midlands Region and you didn't go to the camp, you missed out on a lot of fun.



There are some mental challenges on these camps, too. Mr Bull pits himself against: a tent!



The Campbell brothers sort out a minor disagreement.

<http://www.tfnz.org.nz/news/midlands/index.html>

Tips from the Beach

by Kirsty Irvine 2nd gup, Threshold
and Kris Herbison III dan
Instructor, Otago University

Changing Tactics

1. Begin opposite side facing
2. You kick...
3. They block...
4. Change tactics: quickly change the turning kick to a twisting kick to the opponent's side while it is open.



Ducking

1. You see a punch starting to move forward...
2. Duck the punch – watch out for legs!
3. Opponent's mid section is left open for a crescent punch.



Practice Makes Perfect

by Andrew Salton, V dan
Instructor, Horowhenua



The student approaches the instructor and asks for a specific technique to be corrected.

As a Taekwon-Do instructor, it is sometimes frustrating to cover the same old ground over and over with students who find the art a challenging experience, while there are others who relish the challenge of attaining high pass marks in gradings and tremendous results in tournaments. To a good portion of students, the art can be frustrating to learn and perfect. Nobody can claim to be perfect, but through constant practice to correcting our faults, we can all become better practitioners of this art and understand more about each movement and its delivery.

To practice the art outside normal training hours takes dedication and commitment. It is hard to find time away from other activities and the necessary hours we may need to become more proficient with techniques we need to perfect. However, dedicated students will make time and put in effort to achieve the goals they set themselves. We can't always rely on club training nights to improve our techniques – it is often not enough. Those who make time and commit themselves to extra training will reap the benefits.

An instructor's duty is to teach Taekwon-Do to the best of his or her ability, to students who wish to learn the art. As students, it is your responsibility to learn the art to the best of your ability: by listening, watching, writing

things down, and asking questions. One of the most important pieces of equipment all students should have in their kit bag every training session is a note book and pen. Why? The answer is simple: to write down any corrections that your instructor makes for you, so that when you practise at home you can refer back to your notes and make the adjustments necessary to correct yourself! This consumes some practice time, but it focuses your training on areas that require practice. As you become better at each technique, the time you spend practising it decreases, freeing time to cover other areas of training that you may enjoy more.

How then, should we practise? There are two ways: the right way and the wrong way. What's the difference? If you have a faulty technique and you continue to practise without correction, you will only improve at getting things wrong! This is practising the wrong way. Instead, draw up a training schedule in a time frame that suits you and your partner (if you have one). Approach your instructor and discuss any fault that he or she may have noticed in your technique, delivery, stances, etc. Practise in front of the instructor to obtain all the information you need record in your notebook. Then practise the technique in your own time, focussing on these corrections. This is the right way to practise.

Quality of practice is more important than quantity. You can spend hours kicking and punching and working up a great sweat, but if the technique or pattern is wrong, your practice is more for fitness than perfecting the art, and can often be a waste of time. If you wish to improve techniques within each pattern, it is better to practise a particular pattern, kick or technique constantly for an hour, breaking down each part of the pattern, kick or technique and analysing each movement. You should then constantly practise the correct movement over and over until it becomes automatic. It helps to practise in front of a large mirror so you can see yourself and adjust things accordingly. Without a mirror, a partner can help you to correct your faults. Alternatively, use a video camera, then go over the recording and watch yourself perform the patterns or techniques, looking for the faults about which you were advised.

A very useful practice method is to do each entire movement slowly, which makes it easy to identify mistakes. When practising you should analyse your stance: is it the correct width, length, weight distribution, are my feet at the correct angle, are my knees bent to the right degree, etc. Move onto your hand technique: are you crossing correctly, at the right height, at the right angle, are the wrists straight. Check your posture: is your back straight, bent, or perhaps leaning. During the movement: do you have a backward motion, is each technique coming from the correct intermediate position, are your eyes, hand, foot and breath finishing at the same time. Is your head up, are your wrists straight, is your reaction hand pulled back enough and in the correct position (eg, on the hip, fist clenched properly with the knuckles facing downwards). Do you make good use of knee spring to create sine wave, do you rotate your hips when necessary,



The student writes notes about key learnings, and things on which to work.



The student practices the technique at home. A large mirror is a fantastic training aid.

do you relax and tense at the correct times, are you full, half or side facing. Is your foot shape correct when kicking. And so on. Considering all of this, one hour practising doesn't seem long if you wish to improve! You need to understand the biomechanics of each and every movement so you can deliver the technique properly, know its true potential, and its purpose.

As you conquer each fault, move on to the next incorrect movement until this is also corrected. Keep asking for the instructor's help – they won't mind! Once you are satisfied with a technique, approach your instructor and ask them to watch and correct you again. Do this until the instructor is also satisfied with your technique. Then continue to practise these moves correctly so that you don't return to old habits. You can also pass the information on to other students who may have similar faults, which will reinforce your understanding. This way you are also contributing to the club and the instructor, maintaining the high standard of ITFNZ, and building your confidence to teach or demonstrate the correct movement.

Some of my best training sessions have been at home practising to perfect my own fundamental movements, patterns or step sparring techniques. Remember: to attain good marks in grading, and to achieve the goals you set yourself (perhaps in tournaments) is all about preparation. For grading, you should develop your training programme early so that you have plenty of time to correct mistakes (especially within your patterns) so that you are ready to grade at least three weeks before the grading

date. For tournaments, you need to spend a lot longer preparing yourself so that you can peak at tournament time.

Students who prepare themselves physically and mentally are those who have done the hard

work with the right attitude, perseverance, and determination. The preparation becomes easy, while the practice makes perfect.



The student practices the technique in the dojang: during class, before class or after class.

The Road to Dortmund - The 2005 ITF World Championships

by Carl Van Roon, 1 dan
Special Technique World Champion

It was the second weekend of March and a selection panel of judges from locations throughout New Zealand had assembled to carry out the final testing of our National contenders to determine who would have the opportunity to represent New Zealand at the 14th Senior ITF World Championships in Dortmund, Germany from 28–31 July this year.

For myself, the weekend had gone from being one of excitement and anticipation to one of apprehension... a broken rib from a WAKO semi-contact kickboxing tournament held over the first weekend of March had taken out whatever chances I had of actually participating in the selections. I had gone from feeling self-confident to losing whatever control I had over actually making the team. I would have to rely on my past performances if I was to be considered for a position on the National Team that I had been part of at the last Championships in Poland 2003. Now, I had been sidelined at the trials – the worst place for any athlete during a time when they are mentally prepared to prove themselves but are held back for physical reasons. The positive side to this was that I could pull myself away from the action for more of an objective view of my team mates' performances – or at least I liked to think so...

What immediately became apparent for me was the way the contenders were divided into groups. Three of the main groups seemed to be: the Junior Team that had competed in Italy in 2004; members of the Senior Team that had been to Poland in 2003; and last but not least the members of the team that had competed in 2001 at the World Championships in Italy. It would arguably be the strongest team we have ever taken to a World Championship. I did have one concern though – an apparent lack of team cohesion. This concern which was shared by others, including Mr van de Mortel who, at the previous camp asked everyone, "Why aren't you acting like a team?" It was true: other than Mr Campbell Gold's yells of encouragement to whoever was in action at the time, we tended to stick to our own groups. I was looking forward to creating strong bonds of cohesion with the rest of the team once selections were over. Self-belief is one thing, but knowing an entire pack of fellow New Zealanders is behind you is invaluable. With strong bonds we can feed off one another's focus and determination during times of pressure, something I feel is vital for

success – particularly in the team event.

The selection process was carried out in much the same way as a tournament. Those trialing would be given no second chances – they would have one chance to prove themselves, so competitors had to put themselves into the same mindset they would use under tournament conditions. The only difference was the lack of spectators and fanfare seen at an event as large as the World Championships.

The performances shown by those trialing were impressive – I immediately realised I had put the selectors into a difficult position regarding my selection... it would be difficult to justify selecting me when others would not be given one last chance to prove themselves directly against me, particularly in sparring. One thing that had come across time and again from the coaches was that "no one is definitely on the team at this stage... no one's name is set in concrete..." I constantly wondered what my chances were.

When it came to the interviews on the second day it became obvious that some difficult decisions were being made. Positions hadn't been finalised based on the physical performances alone that were mostly carried out the previous day. Recurring questions included: "what if you were only selected for (such and such a technique) in team event and nothing else? Would you still want to go?" Such questions frankly tested levels of commitment to the team among other things. I came out of the interview feeling as though it was all just a game of "good-cop, bad-cop" gone wrong – or as Mr Niven later explained it "bad-cop, worse-cop." Okay, I'm exaggerating, but one thing was for sure – several positions were being very closely contended. I later learnt that this had meant certain selectors had less than their desired amount of sleep the night before the interviews due to debates held over positions.

Finally the selections were over and after a brief wait letters were sent out confirming whether those who had trialed were to represent New Zealand or not and the events in which they would compete. Both news of relief and disappointment reached me from others soon after opening my own letter. It was one of those moments in life where you don't know what to do. I just froze while holding it. Honestly I felt



Mr Luke Thompson demolishes three polar boards with his reverse turning kick

I deserved to go, but my condition meant that I was less sure than ever over what the verdict would be... Opening the letter I automatically didn't read anything except the events I had been chosen for – it was there in italics: *heavyweight sparring, individual specialty and team event*. The only thing missing was 1st dan patterns, I was devastated... yeah right! I don't think I'd want to represent my own club at a regional event for fear of 'Carnesia' during individual patterns competition let alone at the *Worlds!* (Carnesia as taken from the Oxford Dictionary referring to a unique form of amnesia originally only experienced by its sufferer – Dr Cameron Snelling, another member of the New Zealand Team). So, I was in. Another full on World Championships experience – goodbye "life"! Whatever that means... I've got training to do!

Reneé Richardson and Suzanne Main slug it out • Richard Lavin executes a determined side piercing kick • Cameron Snelling takes on to the jaw • Thu Thack's turning kick slugs Suzanne Main



“The fight is won or lost far away from witnesses, behind the lines, in the gym and out there on the road, long before I dance under those lights.” Muhammad Ali

Where to from here for the New Zealand team? The next installment in a line of training camps is just around the corner. I know firsthand how much some of the team members are looking forward to seeing the arrival of our “beloved” Dutch friend and trainer Mr Willy van de Mortel. I’m sure his sessions will not only be gruelling and exhausting but motivating and inspiring as well. No doubt they will help us to once again truly appreciate the somewhat more “relaxing” nature of club training...

After the next camp those preparing to compete in sparring at the worlds will attend the Top-Ten Open tournament in early May in a bid to see who will be victorious in this exciting round-robin type event which is the first of its kind to take place here in New Zealand. Based on the systems used by other large tournaments held annually in Europe, such as the Viking Cup, the Top-Ten Open is a sparring only tournament designed to attract red and black belt competitors from not only within ITFNZ but other martial arts organizations as well. All competitors will compete following ITF rules and weight divisions in a round robin pool play style competition that promotes the chance to compete against a greater number of opponents on the one day. Encouragingly, Mr van de Mortel will be seconding and coaching those New Zealand team members competing at the Top-Ten Open for a chance to assess just how much we have actually taken onboard from the sparring training he has done with us.

Finally, what do you think our chances are at the World Championships in Dortmund? From my perspective, this team is the strongest New Zealand has forwarded to date. True, such past champions as ‘Great Patterns-San’ and Mrs Lena Walton will not be on the team – but they will serve as strong influences in the form of coaches and mentors for those who would like to follow in their footsteps. The success driven and proven team of Manager Mr Greg ‘Epson / Top Ten’ Skinner and Head Coach Mr Andrew Niven will also be a deciding factor in just how well we do.

New Zealand’s past successes in patterns competition, power-breaking and special

technique coupled with the experience and knowledge contributed by Mr van de Mortel and an enthusiastic sparring team made up of athletes who have competed at several different championships on the world stage will also undoubtedly influence the degree of our success. Some standout individuals such as the formidable Mr Luke Thompson with his clean sweep of power breaking at the trials only serve to reinforce feelings of faith in our team.

And we have team cohesion! Recently at team trainings in Auckland I have finally felt as though we are not separate teams going to compete in Germany but that we are *one team* united by a common goal. Before the trials I still felt as though ‘my team’ was still those who had competed alongside me in Poland, but now, I am happy to say that those who I am training with night after night have become “my team”.

Thank you for taking the time to read this report. At the last Senior World Championships in Poland and more recently at the Junior World Championships in Italy the overwhelming support for the New Zealand team was tremendous. With this support team members feel close to home even though we are so far away. Thank you to our supporters and ITFNZ. See you at the Top-Ten or in Levin for the Nationals.



Mr Jon Sawden executes a flying high reverse turning kick in the special technique trial

The New Zealand Team for the 2005 World Championships in Dortmund, Germany			
Male	Division	Female	
Steve Morris	I dan patterns	Chuan-Whei Lee	
Richard Lavin	II dan patterns	Lipi Shukla	
Dan Jackson	III dan patterns	Toni Moki	
Lawrence Mantjika	IV dan patterns		
Mark Trotter	Microweight sparring	Lipi Shukla	
Steve Morris	Lightweight sparring	Suzanne Main	
Samuel Skinner	Middleweight sparring	Amanda Cleland	
Carl van Roon	Heavyweight sparring	Antje Hollander	
Cameron Snelling	Hyperweight sparring		
Carl van Roon	Special Technique	Reneé Richardson	
Luke Thompson	Power	Rose Cherrington	
Carl van Roon, Dan Jackson, Cameron Snelling, Steve Morris, Samuel Skinner	Team pattern	Estelle Speirs, Toni Moki, Suzanne Main, Amanda Cleland, Rose Cherrington	
Carl van Roon, Dan Jackson, Campbell Gold, Cameron Snelling, René Kunz, Clint King	Team sparring	Estelle Speirs, Reneé Richardson, Toni Moki, Suzanne Main, Antje Hollander, Amanda Cleland	
Carl van Roon, Dan Jackson, Steve Morris, René Kunz, Cameron Snelling	Team special technique	Estelle Speirs, Reneé Richardson, Antje Hollander	
Luke Thompson, Dan Jackson, René Kunz, Clint King, Carl van Roon	Team power	Rose Cherrington, Cedar Brown, Amanda Cleland, Antje Hollander	

- Nick Eley goes for two points
- Louis Looi kindly offered to spar Mark Trotter...
- Sam Skinner takes one cleanly in the mush
- Did the ref warn Dan Jackson for holding Sam Skinner's foot?



Camp Akatarawa, 20 - 22 August 2004

by Louise Chan, I dan
Brooklyn

Any normal Friday night I would be kicking back celebrating the weekend – but not this Friday night. Instead I was kicking around in my dobok with about 80 others. We'd signed up for an action-packed weekend at Camp Akatarawa, fifty minutes out of Wellington.

Mr Alisdair Hamblyn kick-started training, assisted by Mr Ben Wylie-van Eeyrd and me. The two hour session focused on last minute practice for the next day's grading, and having a bit of fun. Meanwhile, Mr Jake Pearson gave the black belts a crash course on instructing.

On Saturday we met outside at 6am; it was still dark! Mr Greg Trilford formed us into two lines and took us for a military-style jog up the road, stopping along the way to do road-side drills, including knuckle press-ups, which imprinted the road's surface on my knuckles – ouch! Returning to camp we were split into teams and made our way around the obstacle course, getting to know our team mates a little better along the way.

After breakfast we split into groups, each instructed by a couple of black belts. I was in a group with Messrs Nick Eley and Richard Gabbitas. We had loads of fun with kicking techniques on pads.

Next we were privileged to be instructed by one of our new masters: Master McPhail. The hall exuded anticipation and excitement as we

awaited his arrival. The class began with an "old-school" warm-up involving interesting static stretching and a plethora of punches and kicks. Master McPhail emphasised using our hips to generate power. I was in awe of the cracking sound Master McPhail's dobok made when he executed a kick. I left with another item on my list of Taekwon-Do goals.

After lunch was grading! The hall was buzzing. People were practising, and psyching themselves up. After the usual formalities, we were into it. Everybody took part in the first part: saju jirugi and saju makgi over and over and over and over and over and over again, followed by patterns Chon-Ji to Hwa Rang by count and without count, with people peeling off as they completed their highest pattern. I think we all found it physically challenging. This was followed by specific syllabus testing. Master McPhail put Mr Steve Coburn from Kapiti through his paces for 1st gup; it was great to see Mr Coburn perform with such great spirit. The grading ended three and a half hours later.


After dinner Mr Trilford presented a slide show highlighting Master McPhail's journey to Master. It began with Master McPhail as a youngster starring in his own kung fu movie (complete with sound effects and kung fu outfits) followed by a collection of photos – some of which Master McPhail had never seen! Afterwards, Mr Nick Lourantos presented

Master McPhail with a gift from the region. Finally Mr Ben Wylie van Eeyrd gave a Taekwon-Do quiz.

After breakfast on Sunday we warmed up for self defense. A few groans indicated there were quite a few sore muscles from yesterday's effort. Mr Louis Vogt took us through some practical self defense manoeuvres, which involved putting Mr Nick Eley into rather helpless positions with minimal effort. I learnt a lot during this session – thanks Mr Vogt!

Next Mr "Grand World Champion" Patterson took us through patterns, refining movements as we went. He talked about things that may be changing in the syllabus, including sine wave, breath control, and individual movements within our patterns. Techniques he demonstrated looked effortless. It's times like this I realise how much I have to learn about patterns.

After lunch was the destruction queen, Mrs Walton, looking sharp in new stripes! She taught breaking techniques for competition. The front punch took the skin off quite a few sets of knuckles, including mine!

I thoroughly enjoyed the weekend, and learned some cool things to practice. One day my dobok will crack like Master McPhail's. A big thank you to Mr Martin and all the instructors who made the weekend happen. 

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SEE YOU AT THE ITFNZ NATIONALS IN LEVIN!

President's Corner

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

11th April 2005. A momentous day for Taekwon-Do. Fifty years ago, on this day in 1955, General Choi Hong Hi gave the name of his Art to the world. As we all know he developed and fully documented his Korean martial art. It is also a time to remember the General, Founder of Taekwon-Do, who is not here to celebrate this birthday with us. May he rest in peace.

Welcome to the Executive, Mrs Helen Miller from the Brooklyn branch in Wellington. She was voted in as our new Treasurer at the recent AGM. A big thank you to Mrs Tanya Katene from Palmerston North Academy for her time and expert assistance as Treasurer over the last four years.

Master McPhail confirmed that ITFNZ will again host an ITF International Instructors' Course from 4-6 August 2006. Masters Marano, Bos and Trajtenberg have kindly accepted an invitation to return to New Zealand to conduct the course. The venue and full details will be notified in due course; mark your calendars now.



Master Evan Davidson
President of ITFNZ Taekwon-Do

I welcome the new branches who recently joined ITFNZ. If you practised a system different to the ITF style, I trust the transition to the "original and true" Taekwon-Do is going smoothly.

If you have not done so, check out the "Kids Corner" on the ITFNZ website. New and interactive Taekwon-Do items are regularly added. Thanks to Mrs Pygott for her input here.

By now the first grading rounds for the year, and regional tournaments are complete. I'm sure these have been well run and organised. Good luck to all those selected to represent their region at the forthcoming National Tournament in Levin. Also a special "good luck" to the senior team representing ITFNZ at the 14th Senior World Championships in Germany at the end of July. "Go Kiwi"!

Lastly I need to remind all members – students and instructors – that our Taekwon-Do **dobok** is something special. It is what fully distinguishes us from other martial artists and organisations. Wear it with pride and please comply with the dress code as covered in the Standards and Discipline article on page 28.

Master Evan Davidson
President

Meeting Snippets

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

Executive Meeting 25 October 2004

1. ITFNZ and Martial Arts Apparel entered into a contractual agreement regarding the sale of ITFNZ branded clothing. (See advertisement page 18.)
2. The ITFNZ logo was trademarked. Permission must be gained from ITFNZ to use the logo for any purpose (contact your Regional Director). Commercial use (profit-making) will incur royalties payable to ITFNZ. A "TM" symbol was added to our logo on the electronic and printed formats.
3. Watch for the updated rules for the dobok in the Standards and Discipline document. (See article on page 28.)
4. George Konia took over ITFNZ Sales. (See advertisement page 2.)
5. The ITFNZ website now identifies instructors with current instructor's certificate and first aid certificate, with logos next to their names on the club pages.
6. A Risk Management Plan is required for all ITFNZ organised events. Every organiser of an ITFNZ event must ensure they have one. The template is available from <http://www.itfnz.org.nz/ref/documents/index.html>.
7. The requirements to qualify for a 25 year plaque, life membership, and President's Award were reviewed. Details at <http://www.itfnz.org.nz/about/awards.html>.
8. The Secretary and Treasurer each receive an annual honorarium of \$2,000, from the year beginning 1 April 2005.
9. Techniques Seminars will now be on a by

order basis. Contact the Technical Director to arrange a seminar, pmcphail@itfnz.org.nz.

10. ITFNZ held its first Strategy Day to discuss our future direction. From this meeting a Vision Statement and a new Mission Statement were adopted. See article last issue page 9, http://www.itfnz.org.nz/tkdtalk/articles_strategy.html.

11. ITFNZ will propose to the ITF that we host the 2009 World Champs in New Zealand.

Executive Meeting 3 April 2005

1. Mr Kessell became the new Regional Director of Central Districts. Thank you to Mr Ballard for his work in this role.
2. Limited discrete logos or brand marks will be allowed on the dobok subject to approval by the Standards and Discipline Committee. Contact icampbell@itfnz.org.nz for approval.
3. The 2005 Senior World Championships Team is exempt from the logos and brand mark restriction.
4. Mr Hayden Breese is the new Marketing Director. Contact hbreese@itfnz.org.nz.
5. The minimum first aid requirement for instructors is a basic life support course.
6. Happy 50th birthday ITF and 35th birthday ITFNZ commemorative items may become available.
7. The Marketing Committee is looking into nominating applicants for the Queen Service Medal. Nominees will be announced at the National Awards ceremony.
8. The \$10 annual club fee was removed.

9. Applications for Coaching and Selection Director are sought. For information, contact the Secretary, vpygott@itfnz.org.nz.

10. Wellington will host the 2006 ITFNZ National Tournament.

Annual General Meeting 5 April 2005

1. A new Sponsorship and Funding Committee was created, and a Director is need for this. For information, contact the Secretary, vpygott@itfnz.org.nz.
2. Master Evan Davidson was unanimously voted to President of ITFNZ for a second term.
3. Mrs Helen Miller was unanimously voted to Treasurer of ITFNZ. Thank you to Mrs Tanya Katene, who stood down as Treasurer after four years in the position.
4. Mr Grant Eccles and Mr Andrew Niven are both standing for Director of Tournaments. The decision was postponed until after the 2005 National Tournament on 4-5 June.
5. Any instructors who have ITFNZ flags that hang crooked, please return them to Master McPhail for a replacement: PO Box 75-549 Manurewa, Auckland. Be sure to include your name and club name with the package.
6. Sub-committees have been upgraded to Committee status.
7. The time line for AGM notices and resolutions has been extended to provide more time for instructors to propose resolutions and to submit their proxies on time.
8. AGMs will be held within two weeks either side of 1 May.

ITF NZ National Juniors Camp 2004

by Gwyn Brown, III dan
Tauranga

This camp had a different feel to it right from the beginning. We, the organisers, were older, wiser, but still tainted with that essential amount of insanity. Our venue was the same, Aongatete Lodge in the sunny Bay of Plenty; however the interest in the juniors camp was huge. There are 92 beds at the lodge, but there were 108 children and adults for the camp, along with many more that had to be turned away. A small logistical problem that was solved by the use of camp stretchers, mattresses, cushions, and one tent. However I did have to start saying no eventually to people that rang for spaces at the camp.



A target for popcorn? Is that your idea of fun, Mr Corbett?

Our plan from last year was tweaked a little, then rehased to appear like we knew what was happening at all times. We have learned that as long as it looks like things are going okay, it doesn't matter what chaos happens in the background.

Shaun, Trudie, and I were well organized this year. All the running around was done by Shaun and Trudie in the weeks leading up to the camp. This allowed me to take all the credit, so here is where I have to say that they did most of it and without them, there would have been no camp, so thanks guys.

We were all set up and ready to receive our guests by 3pm and we didn't really slow down until 7pm. Registering 82 children and 25 adults (one cancellation due to a broken arm) takes quite a while, but it was fantastic to see some familiar faces again, all excited about the weekend ahead.

As I said the camp this year felt different and not just because of the extra numbers. They seemed to be older, more mature somehow. We didn't have any problems all weekend. I can safely say that there are some hugely talented young practitioners out there. And better than that, there are some children that are clearly talented leaders and organisers, which I feel is more important.

Friday night saw us start off with lots of games to introduce the children to each other and to us as well. We somehow managed to get them all into bed and asleep by 10:30pm, a miracle compared to last year. These guys were a very switched on bunch.

5:45am saw Mr Skedgwell and myself out of bed and ready to wake the children up. However, certain "leaders" amongst the children, both boys and girls, were one step ahead of us and managed to get most of them up and prepared for the morning exercises already. To be honest, I was pretty impressed and tried to hide it by saying that if they were going to be clever and steal our thunder, we would just have to see how clever they were on Sunday morning at 5am!



Miss Kelsey Pottinger practising her breaking techniques, assisted by Mr Hicks.



Top: loads of fun at the swimming hole!

Above: entrants for the cake competition. The winning cake was a free sparring ring, complete with judges' chairs!

Off for a run. Out the gate went 82 children (including four six year olds) and three adults. We exercised in the red morning sun, the clouds flowing over the mountain ranges and the birds singing in the trees. Somehow I think only the adults appreciated the setting!

Inspection of the dorms took place at 7:15am and we were tough this year. We even got the white gloves out and inspected the rafters in the ceiling, I kid you not. The girls as usual were far better organised, and a whole lot less smelly! It was no wonder the possums didn't go near the boys' dorm.

Breakfast was at 7:30am and we started training at 8:30am. By 3pm the children had completed 4½ hours of sparring, breaking, and special technique. Now this may seem like a long day for any of us, which it was, but to watch a seven year old boy perform a perfect flying twin-foot front kick at two targets and get plenty of height and power showed us that we were well on the way to completing our camp goal of "Reaching new Heights".

At 3:30pm, we headed to the river, a 20 minute tramp through the bush, then a climb down to the riverbed and a freezing cold river swim. Children are funny, tell them it's cold and no one will go for a swim. But tell them it's a very cool spot, lots of separate pools, we are very worried about your safety, don't scare us by disappearing under the water for extended periods etc, then watch them all get in and have a fantastic time.

Saturday night saw us all assemble after dinner in the hall ready for the show that the children had prepared for the adults. Yes, that's right, they did 4½ hours training, a one hour river swim and 40 min tramp, and put together eight separate stage shows, all in one day!

We also announced the winners of the huge home bake-off contest. The children had to prepare some baking themselves, decorate it and bring it to camp for their supper. (Note to self: "Don't mention the word chocolate ever again on the entry form", because the smell of it now makes me nauseous.) The winner in the most creative section was a large cake, chocolate of course, decorated with icing in the shape of a tournament ring, complete with flags, small wooden judge's chairs, and a ring mat. The winner of the biscuit section made domino biscuits that looked like real dominos and she had put all the dots on individually and pressed them into the biscuits. They tasted great too. I can't imagine how the children will top that next year, but I am sure they will!

You would think they would be tired by now, but they weren't. At least, those that did several sets of press-ups after lights out, weren't!

Sunday saw Mr Skedgwell and myself again up at 5:45am. However we had to use the air-horn this time. No early morning risers today! Exercises were again completed to the start of another beautiful day. Some of you may recall that last year's camp was rained out, not this time round thankfully.

Inspection took place again and I have to say, there were more than a few tears of pride in the way both the girls and the boys managed to impress me with their clean rooms. Running my white gloves along the top of the doors,



An Auckland student practising her turning kick break, assisted by one of the many tremendously helpful parents during the weekend.

shelving, fire alarms, etc, produced no dust at all. Again however, the girls were better...just!

Sunday morning saw half of the group have a technical sparring session with Mr Steve Morris, while the younger children spent time again with Mrs Pygott, whom I also thank most sincerely for her help, suggestions, and advice.

Then it was into the games session, where each team competed in a round robin event at eight different games, some Taekwon-Do related,

some just plain weird. Like covering the children's faces in shaving foam and seeing how many pieces of popcorn can be thrown at them and stick. So, what was the prize at the end of the camp that the children worked so hard for all weekend? Simple, the last team on points had to clean the boys' toilets out. I can safely say that it wasn't one of the girls' teams! There is something inspiring about watching two eight year olds trying to clean a toilet, and the realization that this is what their Mum and Dad do all the time at home.

Then it was time for the final meal, a barbeque lunch and to award some individual prizes to those children that really stood out. None were given for Taekwon-Do prowess, for I firmly believe that being talented is secondary to showing courtesy, commitment, and integrity. I would like to have given prizes out for all the children, but it just wasn't possible. However, in my books they were all individuals and such a great bunch of children with whom to work.

Quite a few of them stand out. Two boys that helped at the river with the younger children. The "leaders" in each group that rallied the stragglers and got the groups working as a team. The children from last year that have shown so much improvement and maturity. The young stars that we were continually amazed by and the ability of all the children to make so many friends in such a short time.

Finally, a big *thank you* to all the adults, instructors and helpers. Without you we would not have been able to run this camp.

Next year's camp is still a year away but we already have 82 starters!



Mr Shane Black performs a flying twin foot back snap kick – and Mr Skedgwell (holding) is over 180cm tall! Mr Breen would be proud!

<http://www.itfnz.org.nz/events/camps/2004juniorcamp/index.html>

Theory of Power

by Master Paul McPhail, VII dan
Director of Techniques

In the last issue of Taekwon-Do Talk we discussed *mass* and *equilibrium* in terms of how they help us to generate maximum power. This issue we look at the next two factors: *speed* and *reaction force*.

Speed

According to the Taekwon-Do Encyclopedia, force equals mass multiplied by acceleration ($F = MV^2$). We mobilize our mass by using sine wave and/or hip twist, and we accelerate our attacking or blocking tool towards the target as quickly as possible to achieve maximum power.

Mass and speed go hand in hand. Without mass behind it, your punch would be like a paper dart. And without speed, apart from it being easy to block, your techniques will not have anywhere near the power that is possible to achieve. To be able to increase the speed of your techniques, a number of factors come into play.

Firstly, your muscles must be free from unnecessary tension. When you execute a technique, certain muscles contract, and at the same time, the opposing muscles should be relaxed. If both are too tense then this will slow you down. This is why your instructor encourages you to be relaxed before a movement and only consciously tense at the moment of impact. Breathing helps to achieve this relaxation too, and will be discussed in the next issue.

Speed also comes with repetition. Once you can execute the movements smoothly and without thinking, then you will be able to do them faster. Beginners find it more difficult to execute a kick with speed and power for example, because they have not mastered the technique yet. With repetition over a period of months you will achieve a good rhythm in your techniques and speed will gradually increase.



Timing your attack to when your opponent moves in towards you utilises their own reaction force against them.

Reaction Force

According to Newton's Law, every force has an equal and opposite force. In Taekwon-Do, this can apply in several different ways to help us maximise our power.

Firstly, if you execute your technique just as the opponent is moving towards you, then the impact will be greater than if they were stationary or moving away. We can utilize this idea on our step sparring, self defence and, of course, free sparring.

Secondly, it is possible to utilize the reaction force from the ground – called “ground reaction force”. This force helps us to spring quickly into a kick by quickly pushing into the floor as you move. That downward force is pushed back upwards, and enables you to jump further, kick faster or dodge more quickly.

Thirdly, a reaction force within your own body can also help to develop power. You will notice if you strike to the side, your other arm naturally moves in the opposite direction. This is natural body mechanics and with most Taekwon-Do techniques, there is often an opposing part of the body moving in the opposite direction to the technique itself. By emphasising this opposite or reaction force you can increase your power.



Ground reaction force is used to instantly spring into the air.

Taekwon-Do Theory of Power

Reaction Force
Concentration
Equilibrium
Breath Control
Mass
Speed

Neil Kettings, II dan

by Aimee Hannon, I dan
Dunedin

Mr Kettings is instructor of the Dunedin Taekwon-Do club. He is an inspirational and dedicated instructor, with a spirit true to the tenets of Taekwon-Do.

In the beginning...

Mr Kettings started Taekwon-Do in 1996. He attended his first lesson at the opening night of the South Pacific Taekwon-Do club in Dunedin, along with his wife Mrs Helen Kettings and their two daughters Nicole and Tash. After training there for two years they moved to the Dunedin Taekwon-Do club, under the instruction of Mr Jake Pearson.

The black belt family...

Mr Kettings continued to train at the Dunedin club and in 1999 he gained his 1st dan black belt. In 2003 he went on to achieve his 2nd dan. His wife Helen is also a 2nd dan black belt, and the highlight of Mr Kettings' Taekwon-Do career so far is his two daughters achievements in obtaining their black belts.



Members of the Dunedin club

When asked who his most admired practitioners are, Mr Kettings stated that "I really admire most people who train and are keen; this includes people at all belt levels, especially those who show a 'special something', for example their perseverance."

After experiencing the frustration of being limited by illness, Mr Kettings has become even more motivated and keen to make the most of his abilities. His health and well-being have become a major priority, and he has set a goal of reaching his personal potential.

Overcoming obstacles...

In 2004 Mr Kettings was diagnosed with cancer. Throughout the past five months he has received chemotherapy treatment, bringing with it a range of challenges and side effects.

The future and beyond...

Mr Kettings has great aspirations for the future. He has set goals for himself as a practitioner, as an instructor, and for the future of the club.

Mr Kettings has shown such strong dedication by continuing to train and instruct throughout this period of illness, and he is ensuring this experience will make him stronger. Even in times when he was too unwell to physically train, he was reading the ITF Encyclopaedia, practicing his theory and keeping his mind active and focused.

Along with the rest of the Dunedin crew, I would like to thank Mr Kettings for his wonderful contribution to Taekwon-Do in the South, and to wish him all the best for the future. We look forward to seeing these aspirations become realities.

Bucklands Crossing 2004



Don't mess with this family!
Left to right: Nicole, Neil, Helen & Tash Kettings

Life as an instructor...

Mr Kettings became instructor of the Dunedin club around 3½ years ago, when he returned from Police College training. He took over the role from his wife Mrs Helen Kettings, who had been filling in as the instructor since the departures of Mr Jake Pearson and Mr Daniel Kerr from the region.

Mr Kettings is a dedicated instructor, always seeking out new ideas and challenges to offer his students, and one of his aspirations is for the club to eventually have their own *dojang*. The best aspect of instructing for Mr Kettings is that it "encourages me to improve my knowledge and skills, it inspires me to learn more".

Mr Kettings with Master McPhail and other Dunedin instructors





Kicks for Kids

by Shirley Pygott, II dan

Welcome to Kicks for Kids issue #12. There are a couple of birthdays to celebrate in this issue, more on the life of General Choi Hong Hi, and much more. Anything you have to contribute can be sent to PO Box 457 Silverdale Auckland, or sent to taekwon-dotalk@itfnz.org.nz

Happy 50th Birthday to Taekwon-Do

Although Taekwon-Do has been around for a bit longer than half a century, April 11th 1955 was the day that it was officially named, which makes it 50 years old this year. Up until 1955 it had a number of different names including Dang-Su, Gong-Su and Kwon-Bhup. General Choi needed to find a name that did three different jobs:

It's a brand new modern art, and it needs a name that is quite different from the other martial arts that are around, so it can stand out.

plus...

It needs a name that shows it is a Korean martial art (not Japanese or Chinese like all the well known ones)

plus...

The group of important and powerful people choosing the name have to like it so much that they all will vote for it immediately.

will make a really great name !

Unfortunately to begin with, hardly anyone liked the name Taekwon-Do. The General then did two important things: he explained exactly what the words meant, and he likened the name to Taek-kyeun, an ancient Korean martial art. He was a very persuasive man, and luckily all of the voters then changed their minds and voted for Taekwon-Do. On the day it was officially named, General Choi said that his joy was "too great to be expressed in any words or writing".

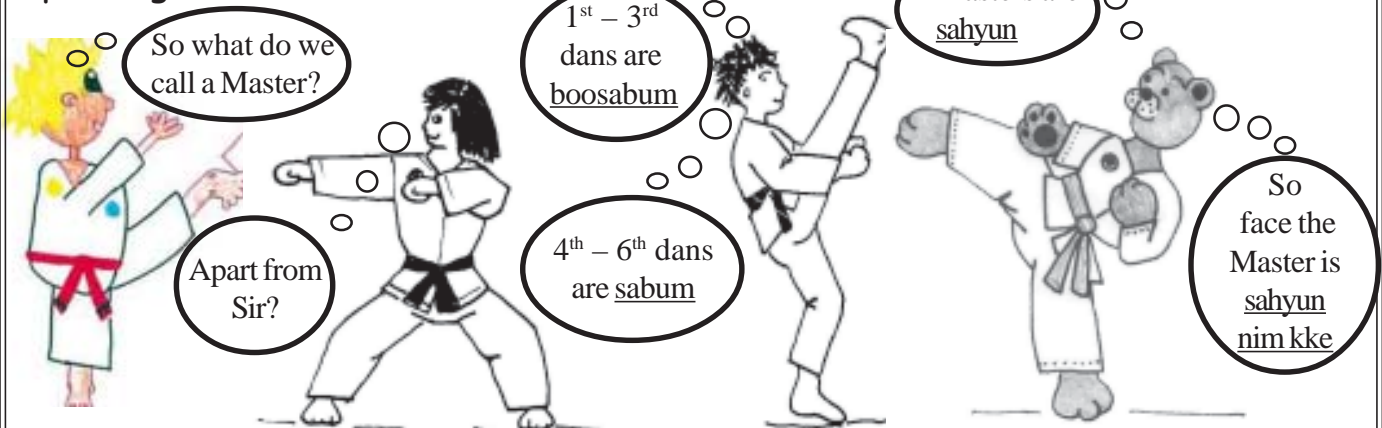
Happy 35th Birthday to Taekwon-Do in New Zealand.

The first club was opened in Palmerston North, in 1970 by Mr Norman Ng. After 35 years we have our own two Masters, our Junior and Senior teams are currently ranked 3rd in the world and we have a national organisation in ITFNZ that many other countries in the world would like to have. What will the next 35 years bring?



Kids in action at the Oceanias Tournament in October 2004. Can these guys jump or what?

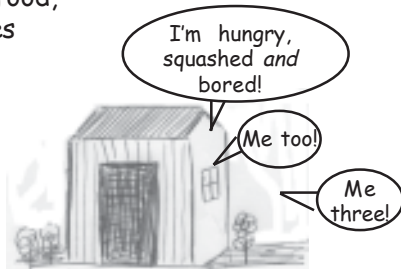
Speaking of names.....



Meet the Founder Part 3... Neighbour troubles



Imagine that your next door neighbours liked where you live so much that they turned up one evening and started living in your house, taking all the best rooms, eating all your food, taking the TV remote for themselves and making you live in the garden shed out the back with only left-overs to eat. You wouldn't be very happy about it, would you? This was the situation in Korea when General Choi was growing up.



Japan, one of their nearest neighbours, had come into their country, and taken it over. The Japanese took all the best things for themselves, and the Koreans had to make do with whatever was left. Most of the Koreans were scared, did what they were told, and tried to live their lives as best they could, but Choi Hong Hi could not do it. He was deeply upset at how the Japanese treated his fellow Koreans, and he decided to do what he could to stop it. It is very hard for one person to make a difference, but he figured that if he could study to become a lawyer, then he had a chance at beating the Japanese with their own laws, and defend the rights of his poor people. Good Plan! There was only one little problem...

...Japan was on the losing side in a big fight (World War II... you don't get a much bigger fight than that!). Too many Japanese had died and they needed a fast supply of soldiers to continue the fight if they had any hope of winning. The Japanese army decided that the Koreans could do this for them, and "encouraged" all the young men to join the army. Some of their ways of encouraging were not very nice, so though they knew they would probably die in the war. Many were just taken away, dragged from their homes, whether they liked it or not.



Choi Hong Hi was one of the ones that did everything they could to avoid joining the Japanese Army. They really didn't want to fight Japan's battles, and they didn't want Japan to win either! Which of the following do you think he did to get out of joining the army?

- Said, "No thanks, I want to be a lawyer, not a soldier"
- Went on the run so they couldn't find him
- Ate nothing for three weeks so he would look too sick to fight
- Got arrested and thrown in jail for hitting a policeman
- Chopped off his fingers so he couldn't hold a gun
- Deliberately ate tuberculosis bacteria so he'd get too sick to fight (a nasty and often deadly disease it was too!)

Even though some of the men who did not want to fight really did chop off their own fingers or deliberately give themselves a deadly disease so that they wouldn't get in the Army, Choi Hong Hi only tried all the other ways. It didn't do him any good though, and he found himself in the Japanese Imperial Army - a law student no more.

Entries in the 2004 Junior Camp Poster Competition

It's not easy to draw Taekwon-Do in action, but these guys did a great job for the competition. What can you do?



James Wright Age 8



Emma Pygott Age 11



Toby Tee Age 8



Samara Taki Age 11

Nominate Someone for the ITFNZ Taekwon-Do Awards

Do you know anyone who deserves one of the prestigious ITFNZ Taekwon-Do Awards for everything they did during the past year? The way to ensure they receive their due credit is to nominate them!

- Write a page about why they deserve the Award.
- Write a list of their achievements or efforts made during the past year.
- Fill out the appropriate form, available from your instructor or the website URL below.
- Get another member to second your nomination.
- Email (or send) it all to your Marketing Representative by 5 May 2005, subject "ITFNZ Taekwon-Do Awards".

There are six awards to be presented:

- (1) Paul M Taekwon-Do Dan Student of the Year (registered ITFNZ black belt at 5 June 2005).
- (2) WebWorld Gup Student of the Year (registered ITFNZ coloured belt at 5 June 2005).
- (3) Nibun ITF Junior Student of the Year (registered ITFNZ member under 18 at 5 June 2005).
- (4) Epsom New Zealand Instructor of the Year (active ITFNZ instructor at 5 June 2005).
- (5) Martial Arts Apparel Club of the Year (active ITFNZ club at 5 June 2005).
- (6) The President's Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do (any person who does a lot for ITFNZ Taekwon-Do).

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

Addresses for Nominations

Email nominations to:

marketing@itfnz.org.nz

subject "Awards" and your region name.

Or if you still use snail mail...

Auckland North

Mr Carl Matthews
PO Box 38 260, Howick, Auckland

Counties Manukau

Miss Hannah Honey
2/10 Anthony Place, Pakuranga, Auckland

Midlands

Mr Devon Pittman
28 Beech Crescent, Hillcrest, Hamilton

Central Districts

Mr Wayne Kessell
43 Ohio Beach Rd, Levin

Wellington

Mr Jake Pearson
76A Wright Street, Mt Cook, Wellington

South Island

Mr Kris Herbison
c/- OUSA, PO Box 1436, Dunedin



The Regular Faces of St John

by **Hannah Honey, II dan**
Marketing Committee

For more than five years, St John volunteers Ralph Belchamber and Alan McMasters have been attending ITFNZ events in most locations throughout Auckland.

Members who needed attention during that time were in good hands. Between Ralph and Alan they can boast more than 70 years of experience in St John.

During their long period of service with the Order of St John, Ralph and Alan have witnessed considerable change. Indeed, Ralph says it's hard to remember how things were back when he joined in 1949. "Most certainly we did not have such a high level of training or the specialist equipment that we have today."

Changes have not only been the domain of St John, of course. Alan says there have also been changes to the organisation of ITFNZ events. He remembers when very little attention was directed at general hygiene and cross infection from body fluids. Now officials and trainers working ringside all wear or have access to surgical gloves for protection, and when there is any blood to be removed from the ring mats the cloths are impregnated with disinfectant.

Ralph has been a member of St John since joining in Auckland in 1949. He has a very distinguished record of voluntary service and contributes between 900 and 1,000 hours of event duty each year. In 1991 Her Majesty the Queen, Sovereign Head of the Order of St John, appointed him to the Order as a Serving Brother. He was further promoted to the grade of Officer Brother in 1996.

Alan is also a long serving and dedicated member who first joined St John in Auckland on the North Shore in 1985. During his time he has advanced his skills to qualify as a primary care officer and passed his advisory defibrillation qualification. Alan was also honoured by the Queen in 2001, by appointment to the Order



In December 2004, at the Epsom Under 18 Tournament in Counties Manukau, Miss Honey presented Mr Belchamber and Mr McMasters with gift baskets to thank them for their regular service at ITFNZ tournaments in Auckland.

as a Serving Brother. His record shows a consistent pattern of between 700 and 1,000 hours of event duty each year.

For almost 20 years Ralph and Alan have been friends through their common interest in St John, and can regularly be found together at events as the on site medical team.

They both have a special interest in Taekwon-Do and greatly enjoy covering ITFNZ event duties. Ralph says fortunately there have been very few serious injuries over the years and they are able to deal with most situations. However, there have been some occasions when competitors have had to be sent to hospital or a medical clinic for further attention.

"A special characteristic of volunteering for duty at ITFNZ events is the manner in which

the organisers treat Alan and I", says Ralph. You feel as though your attendance is appreciated. We were both completely overwhelmed by the special presentation of gift baskets to us both at the end of last year he said.

Ralph is also pleased that recent discussion between Hannah Honey and events management has led to the appointment of an identified ITFNZ customer manager. "This will ensure that all bookings and arrangements are properly handled and without confusion," says Ralph.

Both Ralph and Alan say thank you for the acknowledgments from ITFNZ and they are looking forward to a further season of attendance at our events.



Defence against Grabs from Behind

by Chris Fitzgerald, IV dan
Tauranga

Two hand wrist grab



1. Take a step back towards your opponent in either a left or right L-stance, at the same time lifting your hands up around shoulder height. Be careful to keep your hands as close to your shoulders as is comfortable.

2. Push your palms forward (as though pushing away from an invisible wall) striking your opponent's chest with your back.

Two hand shoulder grab



1. Step back on a diagonal behind yourself, (ie, when stepping back to the right, step with your right leg between yourself and your opponent, and vice versa.)



2. At the same time swing your right arm backward (like swimming backstroke), hooking your opponent's arms.



3. Strike with free hand or arm (eg, front elbow strike, upward punch, etc) – perhaps even the knee.

We want YOU to send us your favourite self defence techniques!

In the last nine issues, we have covered the self defence syllabuses from 10th right through to 1st gup, thanks to Mr Steve Pellow and Mr Chris Fitzgerald.

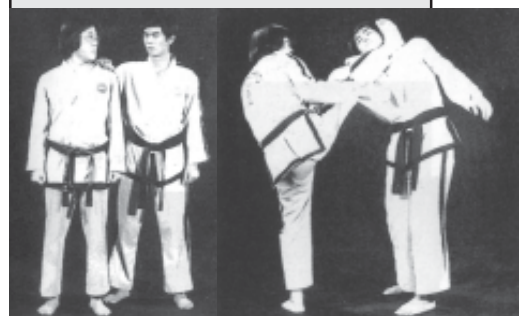
Now we need some new ones! Got any ideas?

Email us: taekwon-dotalk@itfnz.org.nz

We can help ensure you get pictures suitable for printing; they must be high resolution – at least 500KBs each.

We have a little space, so the Editors decided to include their favourite self defence technique from the Condensed Encyclopaedia of Taekwon-Do by General Choi Hong Hi.

When the lapel is being grabbed from the side.



Execute a vertical kick with the right reverse footsword.



The lapel is released.

The *dobok* : A Symbol of Pride and Identity

by Kane Raukura, IV dan
Standards and Discipline Committee

Throughout history uniforms have been worn as a symbol of pride and identity. To the people who wear them they cry out "I belong to this! I am a part of this!"

It is true to say that not all uniforms automatically provoke pride or identity. For example the convicted criminal in a prisoner's uniform may not exactly feel pride. But over time even jailbirds may develop a feeling of unity. This is especially true for political prisoners or prisoners of war.

When we put on a plain white dobok without any fancy trimming, labels or embellishment, we are signalling an outward sign of our humility and our ongoing quest for the unobtainable perfection which is the desire within the martial arts. As stated by Master Hee Il Cho, "One can go on forever developing perfection within the frame work of the martial arts."

Apart from being practical and healthy for the martial art we so enjoy to practice, our dobok should stir feelings of immense pride every time we wear it. It represents the hard work of all the pioneers that came before us: the vision of the late General Choi Hong Hi and a long line of inspirational characters throughout Korean history.

Our dobok ties us together as fellow students within New Zealand and as part of the larger ITF family worldwide. You may travel and be a stranger in a strange land, but don your dobok and walk into a dojang and you are family! You have a common bond with others through your dobok, it cries out that "Yes, I too am a part of this! I too have pride in my Taekwon-Do."

So the humble dobok is not merely a 30/70 mix of cotton and polyester. It is and should be a symbol of our pride and identity. As you pull on that jacket and tie your belt, you are sealing yourself in your own time capsule that echoes with the sounds of "ya!" from ages past and with reverberations of energy leading into the future.

Such importance is placed on our dobok that it gets special mention in both the ITFNZ

Standards and Discipline Document on pages 6 and 7, and in the Coloured Belt Techniques Handbook on page 11. If you are not familiar with the contents of these pages, you should be – see the sidebar.

As coloured belts you need to know this information so you can develop your own pride and identity in relation to your dobok. Seniors of any rank should know the ins and outs of the dobok code and should enforce it on themselves and within the dojang. The only exceptions allowed are those mentioned in the documents above – not those you decide for yourself!

It is important that as one body we strictly follow the guidelines laid out in the documents that govern our organisation. Otherwise they become merely paper with no actual weight. This must apply to the regulations surrounding our dobok also.

So next time you head off to training, spare a thought for your dobok. As you tie that belt envisage all it represents. Feel the history. Feel connected with legends. Feel the pride.

Origins of the dobok, tobok or hanbok

The origin of the hanbok is unknown, but records show that it was used during Korea's Three Kingdom Era. Wall paintings from the era show people wearing trousers and a long jacket. The early Chinese author Suikong in his book Koryo Tokyong states that "People in the Koguryo Kingdom wear white costumes with black silk belts around the waist." An article in the Choson Daily Newspaper, on 18 April 1990, says that a Japanese professor discovered a 400 year old Ch'onik Chollae P'um male costume that had been used during the Choson dynasty. This costume confirmed the style of the early hanbok. The hanbok gradually evolved into the to bok that is worn by Taekwon-Do practitioners.

The traditional hanbok was based on three shapes that signify the foundation of the universe "samishingo." The shapes were the circle "won" that symbolized heaven, the square "bang" that symbolized earth, and the triangle "kak" that symbolized man. The circle is related to the number "one," the square to the number "two," and the triangle to the number "three." The unity of the three shapes is called "han." These three shapes are symbolized in the hanbok: the waist is the circle, the legs and sleeves are the square, and the hip or torso area is the triangle. In comparison to the principle of Eum-Yang, the trousers are Eum or earth, the jacket is Yang or heaven, and the belt is man, who ties everything together.

Extract from "Why do students wear the strange uniforms?"
www.tkdutor.com/02.Taekwondo/FAQ.htm

How to fold the dobok



Fold the trousers in half along the seams, then in thirds vertically.

Spread the jacket onto a flat surface, tree to the floor, and place the trousers in the top centre.

Fold one side of the jacket to the edge of the trousers, and fold the sleeve back in half. Repeat with the other side.

Fold the dobok top up to the bottom edge of the trousers, then fold in half again.

Fold the belt in half. Tie the belt around the bundle in a square knot (or half a square knot if it is a black belt, because they are too wide to tie fully).

The dobok:

- style is symbolic of Taekwon-Do's heritage and tradition.
- style is extremely practical and healthy.
- distinguishes Taekwon-Do practitioners from other martial arts.
- instils pride in the student as a practitioner of Taekwon-Do.
- identifies the degree of skill that the wearer has attained. Rank levels indicated by belt colour create incentive while preserving humility.

Why does the belt wrap around once?

One or *il* (once around the waist) symbolises:

- 1 *Ohdoilkwan*, pursue one goal whatsoever, once it is determined.
- 2 *Ilpyondanshin*, serve one master with unshakable loyalty.
- 3 *Ilkyokpilsung*, gain a victory in one blow.

National and International Events

For international events a small national flag of the member's country may be attached to the left sleeve, midway between the shoulder and elbow. Qualified instructors and international instructors shall wear the approved ITFNZ instructors' insignia (see appendices).

ITFNZ members must wear the approved uniform when attending or competing in any regional, national or international event and including gradings. The wearing of dobok bearing another country's insignia is not permitted at these events.

Ian Campbell IV dan
Director of Standards and Discipline



Standards for Dress

The correct uniform to be worn by ITFNZ members is a white dobok top with white dobok trousers. Insignia and design is to be as follows:

- 1 The dobok top is to be of the front zip up or velcro style.
- 2 The ITF badge is to be correctly mounted on the front left breast. The foundation badge is to be mounted on the front right breast. A small club badge may be attached to the right sleeve for individual club identity. (This will be smaller than the ITFNZ badge)
- 3 The ITF tree is to be worn on the rear of the dobok top. The trouser leg should have the words ITF down the outside placed at about knee height.
- 4 Black belt holders shall wear an official ITFNZ black belt and have 3cm wide black trimming around the bottom of the jacket; 4th dan and above are distinguished by 3cm black stripes down the outside of the jacket sleeves and trousers.

Requirements for Training

- 1 On arrival check you are wearing an approved dobok and remove all accessories, eg, rings, necklaces, watches, earrings and anything else considered dangerous.
- 2 Dobok must always be clean, ironed and worn correctly. They should be in good repair. Students may wear a white singlet or T-shirt under their dobok top with the permission of their instructor.
- 3 Belts shall be worn by those qualified for them. Wrapped around the waist once and tied in the correct manner. Care should be taken to ensure the colour of the belt is representative of the grade – some dyed belts often do not give a true colour.
- 4 If the dobok needs to be tidied up, students must turn to the left, away from the instructor to adjust.
- 5 Dobok should not be worn outside the dojang unless traveling directly to or from training or on special occasions as specified by the instructor.
- 6 Members who have participated in an authorised event of the Foundation may be allowed to wear any specialised dobok worn for that event.

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For the martial arts' total requirements contact:

info@fujimae.co.nz or [021 493068](tel:021493068)

Directory Changes

Auckland North

Northland

Russell, *Kororareka*: closed
Thanks to Mrs Carol Harvey for her hard work instructing this club

Whangarei, *Chang Hun*
Mr Derek Coradine I dan
New venue: Manaia View School, Murdoch Cres, Otaika
Tuesday < 5 gup 5:45pm – 8:30pm;
Thursday 6:00pm – 8:00pm;
Friday > 4 gup 6:00pm – 8:00pm



Whangarei, *Chang Hun Maunu*
Mrs Sar Coradine I dan
Maunu Primary School gym, Austins Rd, Maunu
Monday and Tuesday 5:45pm – 7:30pm
Congratulations Mrs Coradine!

Whangarei, *Hurupaki*
Mr George Konia II dan
Hurupaki Primary School, 20 Dip Rd, Kamo
Monday 6:00 – 8:00pm
Thursday, Kids 7-12yrs: 6:00 – 7:00pm
Saturday 9:30 – 11:30am
New venue: Kamo High School hall,
1 Wilkinson Ave, Kamo
Wednesday 6:00 – 8:00

Rodney

Whangaparaoa, *Jungshin Red Beach*
Mr Vince Pygott IV dan
New venue: Red Beach Primary School Hall,
Albert Hall Dr, Red Beach, Whangaparaoa
Monday 7-12 yrs 5:30pm – 6:30pm; Monday
and Thursday > 12 yr 6:30pm – 8:00pm

Auckland City

Remuera, *Ji Shin Remuera*
Venue unavailable: combined with Ji Shin Royal
Oak during second school term

Counties Manukau

East Auckland

Maraetai, *Ji Shin Maraetai*
New instructor: Mr Brett Kimberley I dan
Thanks to Mr Peter Franich for her hard work
instructing this club, and congratulations to
Mr Kimberley!

Manukau South and Papakura

Ardmore
Mrs Angela Dunn II dan
Ardmore School, Clevedon Rd, RD2, Ardmore
New times: Monday and Wednesday
6:00pm – 7:30pm

Franklin and Counties

Pukekohe, *Xtreme*
Mr Luke Thompson II dan
New venue: Harrisville Hall, Harrisville Road,
Pukekohe
Monday and Wednesday jnr 7:00pm – 8:30pm,
snr 7:00pm – 9:00pm



Midlands

Poverty Bay

Gisborne, *Gisborne RTR*
Mr Kim Bull II dan
New venue: Gisborne Girls High School,
Gladstone Road, Gisborne
Tuesday and Thursday, 5:00 – 7:30pm

Central Districts

Napier / Hastings

Napier
Mr Andrew Ogle I dan
Tamatea Intermediate School, Freyberg Ave,
Napier
Monday and Wednesday 6:15pm – 8:00pm
Welcome Mr Ogle!



Taranaki

Bell Block
Mr Krishna Reddy II dan
Bell Block School Hall, Devon St, Bell Block,
Taranaki
Tuesday and Thursday 5:30pm – 7:00pm
Congratulations Mr Reddy!



Palmerston North

Palmerston North, *Tiger*
Mr Mike Lowe IV dan
Boys' High School Gym, Featherston St
New time: Monday and Wednesday
6:00pm – 7:30pm

Rangitikei

Marton, *Ngatawa Girls Diocese*
Mr Daniel Motu I dan
Ngatawa Girls Diocese, Events Centre, Calico
Line, Marton
Thursday 6:30pm – 8:00pm
Congratulations Mr Motu!



www.itfnz.org.nz/clubs

Next Issue

As usual, we have plenty of great stuff in store for you next issue.

Kiwi results from the World Championships

We will have a fascinating read from the 2005 ITF World Championships in Dortmund, Germany, written by our correspondent at the scene!

Which region will reign supreme?

You are going to the National Tournament in Levin. Read about the triumphs and tragedies you may have missed, and catch the full results!

Who will be honoured at this year's ITFNZ Taekwon-Do Awards?

We will bring you the scoop on this year's National Awards dinner, together with photos, nominees and recipients.

What is the difference between fast and continuous motion?

Find out in this revealing article by Mr Brendan Doogan – written following discussion with Master McPhail himself!

Plus more of our great regulars...

A profile of Mr George Konia, the final instalment on the Theory of Power, more about General Choi's amazing life in Kicks for Kids, and who will write next issue's columns for free sparring and self defence? Maybe you could send in your ideas! taekwon-dotalk@itfnz.org.nz



Will Counties Manukau clean up at this year's Nationals?



A common answer if you asked General Choi the difference between fast and continuous motion

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