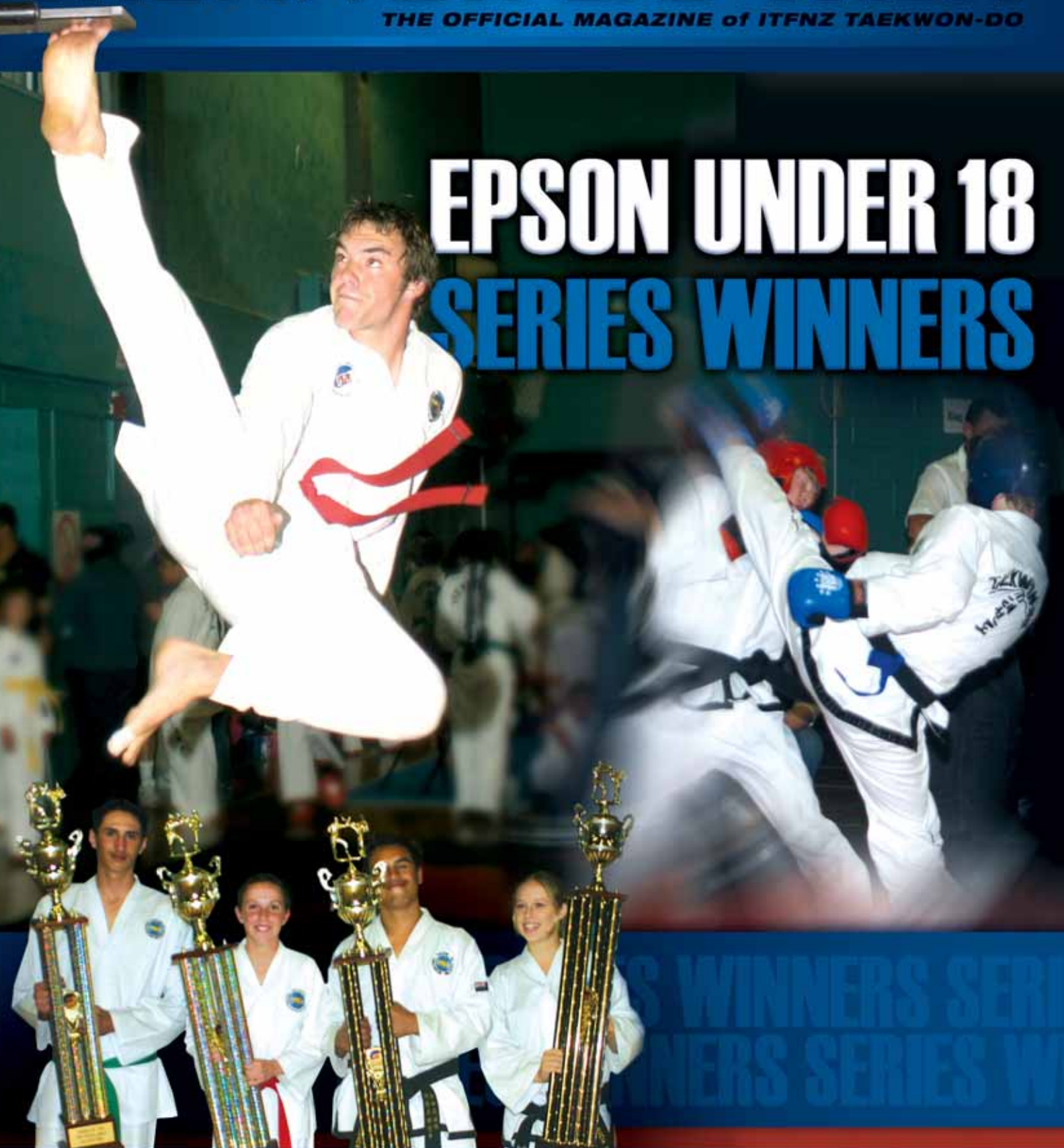


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# TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO

## EPSON UNDER 18 SERIES WINNERS



### IN THIS ISSUE:

2nd ITFNZ INSTRUCTORS' CONVERENCE • SENIOR DAN GRADING

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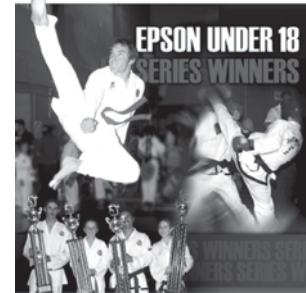
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**About the Cover**


Photographs on the cover were taken at the fifth Epsom Under 18 Tournament in Howick on 13 November. Mr Josh Parker 1st gup, Waiau Pa, performing flying high kick; junior male dan middleweight sparring, a tournament highlight; and this year's Epsom Under 18 Series Champions. Photographs by Neil Breen. Layout by Trudie Malone.

**Features**

- 6 **I Can't Believe it's not Real Meat**  
Shaun Tolley
- 8 **Epsom Under 18 Series Winners**  
??
- 9 **ITFNZ's Own Senior Dan Grading**  
Matthew Allan
- 10 **Is Your Club Really Non-profit?**  
Kris Herbison and Mark Banicevich
- 12 **Does Your Club Need New Equipment?**  
Carl Matthews
- 13 **Giving Something Back**  
Siobhan MacDonald
- 14 **A Brief History of ITFNZ Taekwon-Do**  
Master Paul McPhail and Vince Pygott
- 22 **Masters Seminar Downunder in Whangarei**  
George Konia
- 27 **South Island Black Belt Training Weekend**  
Richard Pedley

p6



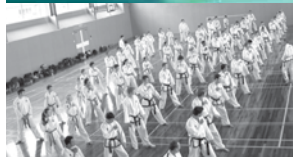
p8



p14



p22



p27



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**Regulars**

- 3 Editorial
- 5 Letters to the Editor
- 11 Free Sparring
- 17 ITFNZ Taekwon-Do club directory
- 18 2006 Calendar of Events
- 21 Technical Tips
- 24 Self Defence
- 28 Kicks for Kids
- 30 Executive Update
- 31 Instructor Profile: Kane Raukura
- 32 Standards and Discipline
- 34 Photo Competition and Next Issue

<http://www.itfnz.org.nz/tkdtalk/key.html>
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**Editorial**

Welcome to *Taekwon-Do Talk*.

**Thank you to the Taekwon-Do Talk team**

Thank you Artech Print. That pretty colour cover, the pretty colour calendar – all thanks to Artech Print. Your sponsorship is greatly appreciated.

The Executive Committee: I believe *Taekwon-Do Talk* is a valuable part of ITFNZ Taekwon-Do. Thank you for paying the bills.

Ms Trudie Malone and Miss Kirsty Irvine: you do fabulous work, and your reliability makes my job easier and my life less stressful. Thank you.

The proofing team, Ms McNie, Mr Couling, Mr Coll and Miss Sligo: thank you for your help. One day soon, I hope to have the process working smoothly, and I hope to make better use of your skills. Please don't give up on me.

Master Paul McPhail: thank you for sharing your immense knowledge with us. Thank you also, for your valuable expertise and generous work in

desktop publishing. I know how busy you are now, Sir, and I appreciate your time.

Mrs Shirley Pygott: your pages never cease to impress me. I couldn't do without you. Thank you for battling those nasty PCs to produce such wonderful pages.

Mr Kane Raukura: welcome to the team, Sir. Your first two columns have been great. I look forward to the next few instalments!

Master Evan Davidson: you always seem to know just what to say in your column, Sir. Thank you for your time, and your words.

Mr Vince Pygott: I know how little time you must have to sleep, Sir. I feel bad every time I email to ask you to do something. Thank you.

Tribal Taekwon-Do: this is wonderful – my job ends when *Taekwon-Do Talk* goes to the printers. The magazines arrive on your doorstep, and the next thing I know, I get mine in the post. Thank you for taking such a load from my shoulders.

Mr Neil Breen and Mrs Sue Breen: once again, thank you. For turning the ITFNZ database into useful information for Tribal. And also for keeping me honest, and inspiring me to improve my grammar.

Mr Matthew Breen: I can't do it without you, Sir. I tried last issue, and you spotted a dozen mistakes within minutes of opening the magazine. Thank you for putting up with my persistence!

**Merry Christmas and happy New Year**

To all members of ITFNZ Taekwon-Do, your families and friends, a very Merry Christmas and a safe and happy New Year.

Remember to keep training over the holidays. Christmas isn't just about presents and eating too much food! Practise your patterns, go for a run along the beach, stretch while watching those DVDs.

Most of all, I look forward to seeing you all back in dobok in 2006!

Mark Banicevich, Editor.

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# Letters to the Editor

Dear *Taekwon-Do Talk*

*Power breaks: Together or apart?*

I have a question for those with a greater knowledge of physics than myself.

In power breaking, some breaking materials sit flush against each other, such as wooden boards and polar boards. Others have a space between them, such as tiles and some rebreakable boards. I am interested in the difference this makes to the break, from two perspectives.

First, a comment on the comfort of the break and the stress it places on the attacking tool. I find breaking materials that have gaps between them more comfortable. This is because the spaces allow the materials to break one after the other, rather than simultaneously. Effectively you have to execute a number of smaller breaks in very rapid succession. The stress on the attacking tool is less, as a smaller reaction force is exerted on the attacking tool a number of times, rather than a larger reaction force being exerted all at once.

Second, a question regarding the force required to execute the break. Does having the materials flush or spaced apart make a difference to the total force required to break them? Different people seem to have different views on this but they seem to be subjective opinions, rather than a scientific answer. My view is that the total force required should be the same, as the total force required to break multiple boards or tiles should simply be the sum of the force required to break each of them separately.

Does anyone know whether this is correct, or whether other factors mean the total force required to break multiple boards differs, depending on whether they are flush or spaced apart?

Breon Gravatt, 1 dan  
Nibun Central

Dear *Taekwon-Do Talk*

*Founders Memorial Challenge Trophy 2005*

For the third year, Palmerston North Academy and Kapiti Coast came together for an afternoon of inter-club rivalry to honour and remember the passing of General Choi Hong Hi, 15 June 2002. Could Academy take it out again, or would the Coast step up and rule the day?

Competition included many elements of training, which were scored and added to the team total:

*Strength and power.* Each club member performed push ups and sit ups per the black belt grading.

*Pattern.* A member from each club performed one pattern of choice against someone from the opposing club. Our guest official, Miss Jeanette Joe, scored each pattern out of ten. We had no winner or loser; points were added to the club total.

*Power breaking.* Each person performed one hand and one foot technique. Technique and board quantity were optional; no break, no points. Boards value varied (white 2, green 5, black 10). Some were ambitious, but great attempts were made.

*Special technique.* Twelve members from each club competed at several different flying techniques. Height and distance were optional.

*Sparring.* Two male and two female members padded up for a one minute round of sparring. There were no judges, but a very proficient referee (Miss Joe) made the decision and awarded points. Calls were difficult, and on some of decisions the instructors assisted to make the final call.

*Self defence.* Four pairs from each club each performed one self defence technique, scored for accuracy, realism, balance and spirit.

Our guests for the afternoon, Miss Joe and Mr Burr, had a final chance to award or deduct points for such things as courtesy, sportsmanship, team support, spirit and other elements as they saw fit or unfit as the case may have been. After points were tallied and deductions or additions made to each team score, the winner was: *Kapiti Coast*.

A well deserved win. Mr Trilford's club of young members showed Academy how to compete and support as a club. To all who assisted and to the many parents who came along, a big thanks.

Mr Trilford, the Academy looks forward to the return visit to Raumati South for the fourth Challenge Trophy next year.

Thank you

Dave Ballard, 4V dan  
Instructor, Palmerston North Academy



Mr Kraiger cuts the Brooklyn 10 year anniversary cake

Dear *Taekwon-Do Talk*

*Brooklyn's 10 year anniversary*

Ten years ago, two black belts decided they were ready to give instructing a go. Mr Brett Kraiger (now 3rd dan) along with Ms Christine Young (now 4th dan, recently returned from the UK) set off to find a hall they could call their dojang. Fate would have it that there happened to be an instructor in Brooklyn closing his club to travel overseas. The space was there for the taking, so Ms Young and Mr Kraiger stepped up and started their own club in the same hall in Vennell St, Brooklyn, Wellington on Sunday 31 July 1995 with about 10 students.

Ten years on, Mr Brett Kraiger is still instructing in the same hall with 23 members, six of whom are black belts (and two of whom, Mr Alisdair Hamblin and Mr Don Martin, recently opened up

their own club in Thorndon, Wellington!).

So at the end of July we gathered to celebrate our 10th anniversary and to say a big thank you to our instructor.

Mr Kraiger has shown true dedication and commitment to the club, its members, and Taekwon-Do throughout these years, and though he says "It's not that hard" the effort and time he puts in is certainly appreciated by everyone in the club.

Thank you, Sir.

Louise Chan, 11 dan  
Brooklyn

Dear *Taekwon-Do Talk*

My name is Cameron Doidge. I'm 10 years old and a yellow stripe. Recently, I went to the awesome Fuji-Mae Wellington Junior Tournament. Although I'm from Brooklyn club in Wellington, there were lots of people from all over (Horowhenua and Rangitikei) so it was a really hard out, fun day!

This was my first tournament so I was a bit nervous, but when I got onto the mats and had to get those points, I forgot about that. The boys I sparring with were really good coloured belts, so when my hand went up at the end, it felt great!

My dad and sister, who are the same gup as me, were competing as well. I came 3rd in the peewee boys sparring division – my first time sparring!

I feel our club did really well at the tournament. There were four of us competing out of 110. My dad got 3rd in the veterans light/heavy. Our club-mate Emma got 3rd in the womens patterns. Our coach for the tournament, Mr Burns (2nd gup), helped us all with training weeks before, and was there telling me what to look out for.

I had an *awesome* day.

Cameron Doidge, 9th gup  
Brooklyn

Dear *Taekwon-Do Talk*

Taekwon-Do successes featured at the ASB Northland Secondary Schools Sports Awards Dinner held at Kensington Stadium, Whangarei, on Friday 28 October, 2005. Four students from Kamo High School, trained by Mr George Konia through the Hurupaki club, were finalists in the Taekwon-Do section.

Female Taekwon-Do Northland Secondary School Award winner was Amy Reeder; Male, Gary Fyfe. Both Amy's and Gary's awards recognized their achievements throughout the year, including medal winning performances at the Levin Nationals (for Auckland North), the Auckland North Regionals, and Epsom Under 18 Tournaments.

The evening was attended by sports students from schools throughout Northland, and their supporters, as well as coaches, managers and school staff.

Amy Reeder, 2nd gup  
Hurupaki

# I Can't Believe it's not Real Meat

Second ITFNZ Instructors' Conference – Tui Ridge Rotorua, 4 – 6 November 2005

by Shaun Tolley, IV dan  
Instructor, Eastern ITF Howick



Photographs top to bottom: Mr Gray Patterson and Mr Andrew Salton woo the crowd with an impressive display of strength and control during prearranged sparring. (Photo courtesy of Neil Breen.)

Get your very own "Tickle me Peter" from a toy store near you. Or is that breathing exercises? (Photo courtesy of James Rimmer.)

Mrs Shirley Pygott facilitates discussion about Taekwon-Do: art versus sport. (Photo courtesy of Neil Breen.)

Mr Jake Pearson demonstrates a superb flying combination break during the 1st - 3rd dan syllabus demonstration on Saturday evening. (Photo courtesy of James Rimmer.)

*1:00pm:* Master Davidson effortlessly spliced the old with the new, using an aged copy of his armed forces handbook and power point laptop projection to draw parallels to the armed forces system of rank and instructional techniques. The lessons of 1951 are still so relevant today!

*3:00pm:* This time was extremely interesting and beneficial as we all attended discussions in various groups chaired by those interested enough to indicate on their application form a topic they felt should be raised over the weekend (see the sidebar).

After all groups had rotated the chairperson debriefed us. There seemed to be a very regular pattern of interest and intent from all.

It was a very positive moment with an underlying feeling that over the 66 instructors present and regardless of geographic distance we all share the same concerns and ideals.

*7:00pm:* After dinner at 6pm, Master McPhail and squad demonstrated the black belt syllabus, which I'm sure will be out on DVD shortly. One hour to cover this saw some tag team efforts demonstrating patterns, step sparring, self defence and destructions.

Mr Lawrence Mantjika showed great courage and some spirited effort performing flying kicks; Mr Graham Patterson made most of us feel weak with his matter of fact "This is how it is done" power breaking explanation. (I'm sure you can see the boards shake with fear when he steps up to them.)

I look forward to the DVD release as there was some great footage taken which will be of benefit to black belts looking to grade.

Sunday's first class after breakfast was instructed by Mr Rimmer. A one hour session dedicated to pre-arranged sparring. "Does that crescent kick match the middle side kick from player X, Mr Rimmer?"

"It may or may not match player X, Mr Breen, we will just have to wait and see."

Having instructed us on the first four movements for either side, we were paired up and asked to complete the arrangement with six more, and given what seemed a very short time to practise before we all had to demonstrate.

"There will be no hiding."

*10:30am:* Mr Bhana attempted to change the bad habits of incorrect breath control which most of us have had since joining as a beginner.

This involved partnering up and poking your finger into another's relaxed abdomen to feel the effect of a short sharp exhalation. The main effect was said



Looking back on the weekend spent at Tui Ridge with 66 of New Zealand's ITFNZ instructors attending, it is hard to believe we accomplished so much.

After checking in and catching the tail end of the senior dan grading, I was a little nervous to hear what I thought were urban legends pertaining to what the examiners expected of those grading. I'm sure the editor may attest to the legend of it all!

Mr James Rimmer, Master Davidson and Master McPhail opened the conference Friday evening welcoming the following collection of grades: 15 I dan, 19 II dan, 12 III dan, 13 IV dan, 3 V dan, 2 VI dan, and 2 VII dan. I am sure you will agree, an enviable collection for any Taekwon-Do organisation.

Saturday's civilised 8:00am start was breakfast where we caught up with friends not seen since the same time last year. At 8:45am we all mingled out in the courtyard for photos. Mr Breen assured us that even though the morning sun was blinding and we happened to be facing directly into it, we all should just relax our eyes on his request so he could feverishly snap away a few dozen frames before we strained our eyes.

*9:00am:* Master McPhail commenced the first of the day's classes, dedicated to the coloured belt syllabus. This session was a valuable time for instructors to ask all those difficult questions about sine wave, speeds of techniques and coloured belt pattern techniques. And to attain some practical coloured belt pattern practice.

*11:00am:* Mr Banicevich updated us with what is shaping up to be an amazing amount of hours spent by a small group focused on the direction of the organisation relating to future goals and strategy. This will have a big impact on the way we are able to receive funding, and on the retention and addition of student numbers.

Overall we should be in for an exciting future – maybe even 10,000 members?

*12:00 noon:* Lunch. Was that meat or not? Well it's a vegetarian campsite so I suppose it wasn't.



finger evicted from abdomen rapidly. A fairly easy single task, but when combined with your favourite pattern and added to a career of incorrect breath control, it became puzzlingly difficult.

*11:30am:* Set aside for general discussion, mostly surrounding the ITF and its requirement for instructors to be licensed. This also would help with our voting rights at Congress, which in turn would strengthen our bid to host a world championships.

This can only be a good thing surely?

The only thing left was to have a spot of lunch and present certificates to attendees, and examiner certificates to newly promoted regional examiners.

*Best moment of the weekend:* Too hard to pin point. The senior dan grading was a highlight for sure. I really got an intense sense of kinship from the focus groups, and you can never suppress the enjoyment of extending fond relationships and forging new ones.

*Worst moment of the weekend:* For me, "I can't believe it's not real meat?"

*Thank yous:* Mr Rimmer and his team for their organisational achievement.

Masters Davidson and McPhail, and Messrs Rimmer, Bhana and Banicevich for instructing informative and inspiring classes. Sixty six of what I consider to be ITFNZ's dedicated instructors.

The Executive Committee also need to be congratulated for having the foresight to invest in its instructors which will only benefit our membership.

Photo courtesy of James Rimmer



Revenge is sweet. Mr Salton demonstrates self defence on Mr Patterson.



Photo courtesy of Neil Breen

Master Davidson divides instructors into three groups, to make sense of a 50 year old teaching manual.

**Brief summaries of the six discussion groups**

**Instructors' qualifications and protocol**  
Andrew Salton V dan, Instructor of Horowhenua

Instructor qualifications: all instructors present believed that we should all have current Instructor and First Aid Certificates. Perhaps a reminder could be emailed to instructors (from the person responsible for recording the qualifications of each instructor) to let instructors know when they need to update these qualifications.

Protocol: again all instructors saw the necessity to maintain our discipline and courtesy, especially towards our Masters, and to lead by example. All agreed that it would make ITFNZ look more professional and set the standard for etiquette. As instructors we have to remind our students of etiquette as it applies to martial arts.

**Loyalty**

Greg Trifford II dan, Instructor of Kapiti Coast

What we have today is a direct result of those who have gone before. Perhaps we should all reflect upon our "duty" and "loyalty" to the roots of Taekwon-Do and to those who have devoted their lives to handing down to us Taekwon-Do's knowledge, and the connection to its source.

It works both ways, from and to: student, instructor, club, ITF, ITF, General Choi Hong Hi. We are interdependent, with each relying on the other.

There are different types of loyalty, such as "blind loyalty" or "loyalty that has evolved". Loyalty is used and marketed commercially in NZ sport, eg All Blacks "stand in black", Team NZ "red socks". Blind loyalty is arguably dangerous; loyalty that is earned and returned is a value we should treasure.

Loyalty musters undeniably strong emotion in some of us. We all need to understand loyalty before we can objectively what we want.

**Sponsorship on the dobok**

Gwyn Brown III dan, Tauranga  
and Carl Matthews I dan, Nibun Central

Instructor opinions varied greatly. Most instructors agreed there is a difference between a manufacturer's logo and a corporate sponsor's logo on the *dobok*. Most instructors don't want sponsor names on *dobok* used in New Zealand. If sponsorship is allowed on *dobok*, there must be great monetary benefit to ITFNZ, and the logo would be subtle. Manufacturer brand on the *dobok* is more acceptable to most instructors. All instructors prefer sponsor names on tracksuits or signage in dojangs. Instructors also agreed the minimum standard should be the ITF approved *dobok*.

Instructors agreed they are happy for New Zealand representatives to wear their special *dobok* at club trainings, as it inspires other students, but a most instructors want only official ITFNZ *dobok* at tournaments and camps. This was not unanimous. Mr Raukura is looking into it.

Most instructors were unhappy with the variation of *dobok* being sold and used in New Zealand, because it looks untidy. There are different ITF badges (size and colour), tree variation (size and printed or embroidered), and different fabrics (ridged and plain).

There have also been problems with some suppliers. Some suppliers provide incorrect *dobok*, and some take too long (up to four months in one case). ITFNZ could regulate this more closely and set minimum supply standards to suppliers of *dobok*.

**Art versus sport**

Shirley Pygott II dan, Instructor of Jungshin Stanmore Bay

The Art in Taekwon-Do is based on principles such as philosophy, beauty, history, moral culture and protocol. It is based on how individuals relate with people around them. Rewards are intrinsic, and not immediately or easily visible. The profile of 'Do' within ITFNZ and the community is presently small, but it is an essential component of Taekwon-Do.

Sport in Taekwon-Do has increased in focus markedly over the last 10 years. Sports are based on competition, measuring yourself against others, often with tangible rewards for success (eg medals). Participation and success can be limited by finance, age or body type. Rewards are generally extrinsic, so they offer opportunities to increase our public profile (eg media), which is important for sponsorship.

A high sport profile will help us to attract more members, but we need to ensure we keep our sport firmly influenced by our Art. Instructors need to promote our students' awareness of 'Do', by observing correct etiquette and behaving as good role models, ensuring our tournaments and our competitors always display high standards of behaviour and courtesy, organising camps, etc, focussed on 'Do', and using Taekwon-Do Talk and the website to highlight examples of 'Do'.

**Getting your own training in when you instruct**

Brett Kraiger III dan, Instructor of Brooklyn

How do we maintain our own training when we are instructors? Many ideas were raised, in four main themes.

Your mindset. It is important to have a reason for training. Set goals, be disciplined and commit to your own training.

Extra training sessions (if time is available). Use existing opportunities (such as other clubs), or make your own opportunities (eg, hold black belt only sessions, or schedule regular time with a reliable partner).

Extra training sessions (if time is unavailable). Utilise your assistants and other instructors around you. The world won't fall apart if you aren't there every session!

Make the most out of your 24 hours. There are lots of opportunities for better using your time. Sleep is overrated. Use snippets of time consistently. Don't waste downtime before, after or during club.

**Working with practitioners who have disabilities**

Richard Iotua II dan, Instructor of Tribal

Mr Iotua has a number of students with disabilities. By sharing experiences, instructors can improve their ability to teach these students, and give other instructors someone to call when they first meet the challenge. We discovered a commitment to people with disabilities, and would like it known that disabilities are not a barrier to joining ITFNZ Taekwon-Do.

Instructors have experience with wheelchairs, limb loss, chronic asthma, heart problems, hearing and vision impairments, club foot, late learning disability, permanent body injury, allergies, epilepsy, bowel disorder, and clinically diagnosed ADHD, obesity, diabetes, and Autism Spectrum Disorder.

We decided to list experienced instructors on the website, so other instructors can call them for advice. We also discussed a phonic syllabus for the vision impaired.

To give students the best instruction, it is important that students or parents disclose any form of disability or injury to the instructor.

# Epson Under 18 Series Winners

by Mark Banicevich, V dan  
Editor, Taekwon-Do Talk

Sunday 13 November, Howick Recreation Centre, Manukau City. It wasn't until 3:30pm a couple of the overall winners were determined.

Coloured belt male was so strongly contested, that four competitors had 22 or 23 points before the fifth tournament began; three from Waiau Pa and one from Dragons Spirit Papatoetoe.

It all began way back on 27 February, when the first tournament was held in Palmerston North. After the second tournament, in Porirua (Wellington), a few leaders started to emerge – but there was a long way to go.

The third tournament was held in Auckland in July, then things really started to heat up in Tauranga, on 25 September. After this tournament it became clear that a couple of overall winners were going to go to the wire.

Now that the season is drawn to a close, we can ask a few questions of this year's winners. Maybe we can get some pointers that will help next year's champions.

At this point, we must reiterate our gratitude to Mr Greg Skinner and Epson New Zealand. This series has been a major feature of our calendar for four years, and we look forward to another great series in 2006!

1. How many times per week do you train, and where?
2. With whom do you train regularly?
3. Who inspires you in Taekwon-Do?
4. What are your goals in Taekwon-Do next year?
5. What have you enjoyed about this year's Epson Under 18 Series?
6. Do you have any tips for young students who want to improve their Taekwon-Do?
7. Is there anybody you would like to thank?



Mr Chris Clencie, male dan champion, in action against Mr Thomas Pygott in the male hyperweight final.

## Chris Clencie, I dan, Waiau Pa

1. Three, at Waiau Pa club and with the junior team at Waiau Pa.
2. Josh Parker, Dan Jackson, and the junior team (Tauranga and Counties Manukau at Waiau Pa squad members).
3. Mark Trotter was an inspiration for a long time, and he definitely made me a better sparrer.
4. To compete at the Junior World Championships in Honduras, and come home with some medals.
5. Travelling. I also love the tournaments because they have a great atmosphere – everyone talks to one another.
6. Keep at it and go hard!
7. My parents and family for their support, and for getting me to all the places.



Mr Robert Horton, male gup champion, credits Mr Dan Jackson for helping him with special technique

## Alicia Yates, I dan, Palmerston North Academy

1. Twice at Palmerston North Academy, and once with the Junior World Championships team. Also at the gym once a week for body combat.
2. Mr Dave Ballard, IV dan.
3. Mr Ballard inspires me, and all the people against whom I compete, because they push me.
4. To compete at the Junior World Championships in Honduras, aiming for gold – a placing will do (she says with big smile on her face).
5. I love it. It was good to compete in different places and also see old friends.
6. Keep training hard and enter Epson U18s to get more experience.
7. My instructor and family for their ongoing support and transportation (she says grinning).

Miss Alicia Yates, female dan champion, grinning.



Miss Melissa Timperley, female gup champion, trains seven times per week at four different clubs!

## Melissa Timperley, 1st gup, Papakura

1. I train around seven times a week: Papakura three times, once at Infinity, once at Waiau Pa, and twice at Dragons Spirit Papatoetoe.
2. Master McPhail, Mr Steve Pellow, Mr Jackson and Mr Raukura
3. Mr Jackson, because I like the way he teaches.
4. To be selected for the Junior World Championships team to Honduras, and gain my 1st dan
5. It's awesome! The atmosphere is really great, and I like travelling around the country meeting new people and old friends.
6. Practice makes perfect.
7. All the people I train with and the instructors who train me. My parents for their complete support. Our wonderful Counties Manukau Regional Director.

## Robert Horton, 5th gup, Waiau Pa

1. Twice, at Waiau Pa.
2. Dan Jackson and Steve Morris, and Chris or Greg Clencie.
3. Mr Jackson because he has brought me a long way in special technique, and Mr Morris because he has helped my sparring and really improved me in that event. Master McPhail because he helped me with my patterns by repeating the same stuff over and over.
4. To win the next Under 18 Series!
5. Tournaments, training, and all my mates.
6. Get out there and give everything a try.
7. Mr Jackson, Mr Morris and Master McPhail.

<http://itfnz.org.nz/events/tournaments/epsonunder18/2005.htm>



# ITFNZ's Own Senior Dan Grading

by Matthew Allan, III dan  
Dragons Spirit Papatoetoe

The 2005 Instructors' Conference was held this year in Rotorua. It saw the beginning of a new era for senior dans in ITFNZ. Both Master McPhail and Master Davidson were present to conduct the senior grading of Mr Mark Banicevich, Mr Matthew Breen, Mr Kris Herbison and Mrs Kirsten Livingstone. The examination was broken into a closed and open session, which was conducted on the Friday afternoon. As a 3rd degree myself, I was very interested to learn firsthand what I was in for later in my career.

After arriving at the conference venue, I was persuaded by Mr Rimmer that helping with the sparring was a good idea; there was something about him pointing that long finger at me that inspired me to say "Yes, Sir". As the gradees continued in their closed sessions, myself and three other black belts warmed up, psyched up and were then led like lambs to the slaughter up the hill to a closed room. We were greeted by the grinning expression of Master Davidson as he looked out the door. Obviously he was not happy with the specimens sent; we were sent away to await our fate at the formal part of grading.

At around 6pm the gradees emerged from their closed session, looking like they had just completed a marathon. On closer discussion it became clear that 100 squat kicks have a similar effect. Not to mention the immediate performance of patterns from Chon-Ji to Chong-Moo without stopping as a test of power, endurance and spirit. I am told sine wave was more of an ideal than a reality for the gradees by this time. From here their session progressed into other areas.

The thought of the special techniques seemed to whet Master Davidson's appetite. Both Mr Herbison and Mrs Livingstone completed their breaks before Mr Banicevich and Mr Breen were called to the floor. At this point Master McPhail enquired into just how many boards were left – and there were many. This only seemed to excite Master Davidson's creative breaking flair into over drive. It began. Mr Breen opened with the attempt on a three board aerial break, followed by a flying two direction kick, and to finish, two consecutive high twisting kicks to the rear whilst seated. Mr Banicevich was assigned four continuous flying reverse turning kicks to four directions, a flying mid-air overhead kick over two people and a 180 degree downward kick. That brought about the conclusion of the grading on Friday night.



ITFNZ Taekwon-Do's two new fifth degrees:  
Mr Matthew Breen (left) and Mr Mark Banicevich.

On Saturday evening, Master Davidson bought the suspense to an end for our gradees. He reported each gradee's percentage of marks they received for each section, and their final result, keeping the rest to anxiously await their turn. Mr Breen 72%, V dan. Mr Banicevich 77%, V dan. Mr Herbison 75%, IV dan. Mrs Livingstone 69%, IV dan. All gradees successfully passed their grading. Further recognition must be given to Mr Herbison whose thesis was awarded 95%, and Mr Banicevich who received 96% in the written exam. Needless to identify who I will be calling in the future!

Congratulations must go to all four gradees for the effort they put in at their grading. For all present it was very inspiring and satisfying to see those hard working members of the organisation advancing themselves. And finally congratulations must go to Mr Herbison who is now the first 4th dan on Mr Brees's island.



Photograph courtesy of Mark Banicevich



"They certainly put us through our paces. I am still feeling the closed session six days later." – Mr Matthew Breen, V dan



All photographs courtesy of James Rimmer unless otherwise noted

"Preparation is everything. I was prepared for fitness, patterns, sparring and self defence. Breaks were at the examiners' discretion, so I thought I couldn't prepare for them. I didn't. It showed. I was wrong. I will be working on breaking for the next couple of years." – Mr Mark Banicevich, V dan



"I remember I found it physically and mentally demanding. If I hadn't done so much preparation, fatigue would have caused the end of it. I had practised so much that I couldn't forget it, even when I was so exhausted." – Mr Kris Herbison, IV dan



"Months and months of training, patterns, sparring and theory. Squat kicks weren't part of my training, but I guarantee from now on they will be." – Mrs Kirsten Livingstone, IV dan

[http://itfnz.org.nz/events/archives/2005\\_conference.html](http://itfnz.org.nz/events/archives/2005_conference.html)



Mr Breen chewed up any break the examiners threw at him – power or special technique. Here Mr Breen demolishes five boards with a back piercing kick.

At 6.30pm the members present were assembled to witness the formal part of the grading. Patterns commenced first followed by step sparring, model sparring and self defence. All gradees were a sight to see as they battled through their fatigue to show the masters just what they were made of.

The final part of the grading focused on destructions, starting with power tests. Both masters decided on a number of boards before giving each individual the choice of technique used to break it. This was followed by special techniques. For those grading to 5th degree, none of the breaks are made known until the moment gradees were asked to do them.

# Is Your Club Really Non-profit?

by Kris Herbison, IV dan, South Island Regional Director  
and Mark Banicevich, V dan, Auckland North Regional Director

Mr Grant Eccles is the instructor of the Hamilton club, which he does not run to make a profit. A little while ago, Mr Eccles received a letter from Inland Revenue saying they would take him to court if he did not pay income tax for the club's income. Mr Eccles rang Inland Revenue and explained how his club was run. Fortunately they decided not to continue the proceedings. What if they decided to take him to court anyway?

This situation highlighted a legal issue that is pertinent to many of our clubs: running a club to make zero profit is not the same as a legal non-profit club.

## What's the difference?

A legal non-profit club has rules, which says it is non-profit. This does not mean you have to spend lots of money incorporating and having your accounts audited, but it does mean you must have a constitution. *Aargh! Hard work!* Not any more. This article, and Mr Herbison's 4th dan thesis, ease the process of making your club legally non-profit – in just four simple steps!

What's more, a legal non-profit club can actually make money. It just isn't allowed to distribute it to its members as profit, although it can employ them to do jobs such as instructing.

## ***A legal non-profit club has rules, which says it is non-profit. ... you must have a constitution.***

### Why become legally non-profit?

Not all ITFNZ clubs are non-profit, and there is no need for them to be. Instructors have invested a lot of money – not to mention time – into learning the skills they teach, and they are completely entitled to earn money from teaching. Indeed, many instructors overseas make a living from teaching Taekwon-Do.

Many instructors, however, are happy to teach for free, or to teach if the club simply covers their Taekwon-Do expenses.

Of course, non-profit clubs can also pay their instructors a wage or salary, so even instructors who want to earn money from teaching may create their club as legally non-profit. (The NZ Rugby Union is non-profit, and we all know the All Blacks don't play for free!)

There are three major advantages of being legally non-profit:

1. The club can become exempt from income tax and resident withholding tax (RWT).
2. The club has access to community funding.
3. There can be less work for the instructor.

### *Income tax exemption*

A legally non-profit club can apply to Inland Revenue for exemption from income tax (under an



Mr Herbison opened the Otago University club in 2000, and it became legally non-profit in 2001. He is pictured with some of the equipment purchased from over \$90,000 he has raised from community trusts in the past five years.

warming them down over the course of a few training sessions. With the idea planted in their heads, they had their own ideas about who would make a good President, Secretary and Treasurer. He opened the positions to adult students and the parents of younger students.

Then he distributed a notice that announced a training session when the club would finish half an hour early to have a club meeting. At that meeting, students and parents agreed on a President, Secretary and Treasurer.

### *Draft a constitution*

Legally non-profit clubs must have adopted a constitution, so the next step is to draft one. *Hey!* Mr Herbison has already done that for us! All your club needs to do is read it, and change things you might like to change. (Note that there are some clauses that *must* be in the constitution, so don't change the important bits.) The draft

constitution is available in the "Instructors Only" section of the ITFNZ website with Mr Herbison's thesis.

You might make the second draft yourself, then give copies of it to your students so they can suggest changes. Mr Banicevich let the club Secretary do that (the workload reduces already!). If you do make changes, Mr Herbison is happy to review it to ensure you haven't changed anything that must not be changed.

## ***It is easy to become a legally non-profit club. There are four easy steps:***

- 1. Vote in an Executive Committee.***
- 2. Draft a constitution.***
- 3. Adopt the constitution at a General Meeting.***
- 4. Apply to Inland Revenue for tax exemption.***

### *Adopt the constitution at a General Meeting*

Mr Banicevich's club Secretary then suggested a date for the first club General Meeting. The Secretary produced a notice for the students (which must be at least two weeks in advance), and an agenda.

On the date of the General Meeting, the club finished training half an hour earlier and parents attended. Students and parents voted to adopt the Constitution, which was easy because everyone had

**continued on page 16...**

exemption for "amateur sport promoters"). Once you have that hot letter from Inland Revenue, you never need to worry about getting the nasty letter from them that Mr Eccles received.

### *Access to community funding*

Many community trusts exist to give money back to the community. Most of these trusts require a club to be legally non-profit to receive funding. In the past, many of these trusts have been a bit slack ensuring a club is actually non-profit, so even profit-making clubs have received funding. This is changing. Many trusts now require proof of your non-profit status before they will consider your funding application, and it will only get stricter.

### *Less work for the instructor*

Legally non-profit clubs are usually run by a Club Committee. That means other people do all the paperwork. Isn't that great! You put controls into your constitution – so the "Taekwon-Do" club doesn't decide to become a "fishing club", and the instructor retains control of what is taught – so the instructor keeps control of the important stuff. You can also write into your constitution that the instructor is a member of the Club Committee, or even its President, but you might get some of the work back if you do that!

### **Four easy steps**

It is easy to become a legally non-profit club. There are four easy steps:

1. Vote in a Club Committee.
2. Draft a constitution.
3. Adopt the constitution at a General Meeting.
4. Apply to Inland Revenue for tax exemption.

### *Vote in a Club Committee*

When Mr Banicevich went through this process, he started by talking to his students about it while

# Countering the Counter

by Carl van Roon, 1 dan  
Nibun Mt Albert

This issue, Mr Carl van Roon has two techniques for us. Mr van Roon competed in heavyweight sparring, individual special technique and team event at this year's World Championships in Germany. Mr van Roon is now twice World Champion in individual special technique.



## Left Hand Side

1 - Mr van Roon steps into range, leaving a gap in his guard to invite a side kick



2 - Dr Snelling takes the bait; Mr van Roon sidesteps, keeping guard high and prepares to deflect the kick



3 - Dr Snelling's kick is deflected thus turning his body, making it difficult to follow up with his hands



4 - Mr van Roon takes advantage of this by delivering a quick 1-2 flying punch to the blindside of Dr Snelling's head



## Right Hand Side

1 - Mr van Roon steps into punching range inviting a jab to the head



2 - Dr Snelling takes the bait and begins to move in while Mr van Roon to prepares counter

3 - Mr van Roon slips outside the jab to avoid the follow-up cross left punch, and counters to the body



4 - Dr Snelling tries to follow with a left cross punch; Mr van Roon evades by leaning back forcing Dr Snelling to commit fully, and setting up a back kick



5 - Mr van Roon uses a dodging back kick to score in the opening, while keeping him away from Dr Snelling's hands

## Does Your Club Need New Equipment?

by Carl Matthews, I dan  
Director of Sponsorship and Funding



Everyone knows that equipment can help with your Taekwon-Do training. It could be training aids such as kick bags and focus mitts, or important safety equipment such as sparring gear and safety mats. They all help a student's skill progress, and can increase their enjoyment of Taekwon-Do.

It would be great if our clubs had all the equipment they wanted. Unfortunately this is not the case. Some clubs I visit have a lot of new training equipment while other clubs have a small amount of older equipment. The problem is that equipment can be very expensive and most clubs find it hard to fund the purchase of equipment from students training fees or raffles and sausage sizzles.

Clubs with a lot of new equipment have often taken advantage of an easier option: applying to Charitable Trusts for a funding grant. These Charitable Trusts are situated throughout New Zealand and they receive a portion of all proceeds from gambling (gaming machines). The proceeds have to be distributed back to community groups and amateur sports clubs. Each year this amounts to millions of dollars.

The trusts often print a list of all the applications they have approved in the national papers. I am always disappointed at how few of our clubs have applied for funds. Other sports are well represented such as bowling, rugby, soccer and netball, and they frequently receive grants – often for large amounts. As the gaming machine money has to be given back to the community, we may as well put our hands up for a share.

There have been funding articles in Taekwon-Do Talk before but still there are only a few clubs making applications. The application process is not difficult, yet the reward can be great for your club and its students.

As an example my club has received grants totalling \$25,000 towards sparring gear, safety mats, International Instructors course fees and travel costs for our students competing at the World Championships. Obviously our success with applications means we can reduce the expenses and

costs to our students. Our club would have to sell a lot of sausages or raffle tickets to raise an equivalent amount, which is why I believe applying to a Charitable Trust is one of the easiest methods.

ITFNZ recently formed a new committee for Sponsorship and Funding. The aim of this committee is to encourage and help our clubs make the most of the funding opportunities available. A representative will soon be selected in your region that can help you with the application process.

A list of the Charitable Trusts in your region can be found on the SPARC website [www.sparc.org.nz/about-sparc/funding](http://www.sparc.org.nz/about-sparc/funding). An application form can usually be downloaded directly from the trusts website.

For each application, you will need:

- a completed application form
- a pleading letter – Why you are applying for funds.
- a letter of resolution from your club's committee
- two recent competitive quotations from suppliers
- a printed deposit slip for your club bank account
- proof of affiliation to ITFNZ (a printed club list from the ITFNZ website is acceptable)
- ITFNZ Certificate of incorporation (which can be supplied by the Sponsorship and Funding Committee)

Your club also needs to be formally set up with a constitution and a committee with a secretary and president. (Refer to the article on page 10.) This is not difficult, and once formed it means you can start applying to the charitable trusts.

Once you send a completed application to the trust you should receive an answer within two to six weeks. They may ask for more information, or

We need regional representatives to join the newly created Sponsorship and Funding committee. This is a very rewarding position and a great way for you to give something back to your region.

Our role is to help ITFNZ's instructors and clubs make the most of the funding and sponsorship opportunities available. Your knowledge and assistance will benefit clubs by helping them gain funding for sparring and training equipment, regional team costs, tournament costs, seminar fees, etc.

You don't need to have any funding or sponsorship experience because all training will be given.

Please contact me if you would like further information.

Carl Matthews  
[sponsorship@itfnz.org.nz](mailto:sponsorship@itfnz.org.nz)

they will let you know if your application has been successful or declined.

If your application is successful the grant money will be deposited directly into your club account. You can then purchase the equipment from one of the suppliers whose quotes you forwarded in your application. The grant money must be used for the purpose stated in your application. If the purpose has changed, you must contact the trust to get their approval before spending the money.

A receipt and a thank you letter must be sent to the trust after the money has been spent. It is also useful to send photos of your students using the equipment as this can help develop a relationship with a trust. A copy of the application and all correspondence must be kept for your club's records.

I hope this article has encouraged you to consider applying to a Charitable Trust. If you need help or advice with funding please contact [sponsorship@itfnz.org.nz](mailto:sponsorship@itfnz.org.nz). A full sample application form is available by emailing this address.

I would also like to keep records of club funding applications, so we can improve our success rate in future. If your club applies for funding, please email [sponsorship@itfnz.org.nz](mailto:sponsorship@itfnz.org.nz) with the name of the Charitable Trust, the purpose of the funding, the amount sought, and the amount received. 🐦

# Giving Something Back - Epson NZ Open

Epson New Zealand Open – Auckland, 23 October 2006

by Siobhan MacDonald, I dan Hurupaki

It was an extremely early start from Whangarei. I was picked up by Mr. Konia and a carload of others from my club (Hurupaki). We were heading to Auckland to attend the Epson New Zealand Open 2005.

This event has been hosted by ITFNZ and sponsored by Epson since 2000. It is open to all styles of Taekwon-Do and similar martial arts, and ITFNZ see this as a great opportunity to promote interaction between different styles. The tournament is open to yellow belts and above, and this year there were no age restrictions.

were many people competing. I also noticed the different styles of dobok besides the standard ITF style. There was a good atmosphere amongst not only the competitors but also the spectators. One of the things I love about tournaments is catching up with old friends and new friends from all over New Zealand who all share the same interest.

The day began with a weigh-in for the competitors, followed by form up. This year it was mentioned that there was a good turn out of umpires. Speeches were made and rules laid out and finally we were ready to kick start the day!

preparing us with fruits and delicious slices. There was a break between lunch and the afternoon sparring so I took that opportunity to enjoy myself, and talk to as many people as I could.



Photo courtesy of Master Paul McPhail

Mr Butchers of Paul M Botany making his dad proud!



Photo courtesy of Master Paul McPhail

One of the most exciting matches of the day was Mr Mark Trotter and Mr Chris Broughton.

After lunch it was my turn to umpire. I was told that this would take place in ring three with Mr. Konia. At first I thought that I was going to be a time-keeper but then was informed that I was able to corner judge. I was slightly nervous but my pals Amy and Xian were in the same position as me and we all tried to ease the nerves together. Once I was in there it was much easier than I thought, however in one bout it was very difficult to determine the winner because the two ladies were very talented and hungry to win. They ended up with a draw several times before a decision was determined with the help of other higher ranks.

Another bout that stood out to me was one between Kunihiko Kaneko and Seichiro Yamada. This was one of the better contests in that division and given their grade, 5th and 4th gup, they did extremely well and used a wide variety of techniques.

Now I was given a break and was able to watch the black belt boys sparring. This was very entertaining and of a very high standard. One of the definite highlights of the day was the bout between Mark Trotter and Chris Broughton, which was extremely action packed and very popular with the crowd.

Finally, everybody formed up and final speeches were made, medals given and also the best belts trophies.

After a two and a half hour trip and many complaints about my singing, we finally reached our destination. The tournament was held at the brand new Papatoetoe High School gym, which happens to be Dragons Spirit Papatoetoe's new dojang. It was a very appropriate venue for the event and it was set out wonderfully and spaciouly.

I decided to come to the Open this year as an umpire. I felt that the experience would be very

Patterns commenced and as I observed the different styles I found there were some similarities in technique. I headed to observe the smaller kids in the far ring first as I love watching the way they do their patterns – how they are so full of energy and so adorable. My other favourite grade to watch is the black belts. The standard was very high and competitive. I thoroughly enjoyed myself that morning, however I was very much looking forward to the sparring.

Photos courtesy of Cassie Bednall / Mark Bancevich (1, 2, 4) and Master Paul McPhail (3)



Competition was fierce at all levels



Chris Broughton flies high above a retreating Mark Trotter



Best belt winners: Chris Broughton, Jody Griffin, representative for injured Lizzie Fa'afili, Danielle Drylie and Hayden Anderson



Black belts demonstrated the grace of Taekwon-Do with some beautiful shots.

beneficial and I owed it to myself to put back in the effort that others have given to me. I did an umpires' course a few years ago and have only had a few opportunities to put this into practice.

My first impression when I arrived was that there

Following patterns in the morning, the sparring got underway. Mostly the lower gup grades were competing before we had a lunch break. By that time I was starving so I was extremely pleased to discover that the umpires had their lunch provided for them. And a very good job they had done in

Overall, I felt that the tournament was organised wonderfully, thanks to the main organiser Master McPhail, the tournament director, Mr Tolley, Dragons Spirit Papatoetoe, along with all the others that helped make the day run so smoothly.

<http://www.itfnz.org.nz/events/tournaments/epsonopen/2005/index.htm>

# A Brief History of ITFNZ Taekwon-Do

by Master Paul McPhail, VII dan  
Director of Techniques



Black belt attendees of the International Instructors Course in Auckland, 1993, with General Choi Hong Hi and (now Grand) Master Charles Sereff. Back row: Michael Muletta (Melbourne), unknown, Bruce Imatana (Papua New Guinea), Michael Lowe (Tiger Palmerston North), Barbara Inglis (Khandallah), Tina Grey (Greymouth), Glen Sandal (Hobsonville), Steve McQuillan (Takapuna and City), Matthew Breen (Meadowbank), Peter Liao (Meadowbank), Andrew Salton (Horowhenua). Front row: David Lee (Epsom), Mahesh Bhana (Pakuranga), Peter Macefield (Manurewa), Paul Dowden (Palmerston North), Steve Lines (Howick), Alan Gillon (Infinity), (then) Mr Evan Davidson (Te Awamutu), Brent Elliot (Howick), (then) Mr Paul McPhail (Papakura and Manurewa), Mark Banicevich (Papakura), Steve Seagal (Papatoetoe), Garry Hastings (Miramar), Rocky Rounthwaite (Papua New Guinea, formerly Pakuranga, now Thailand), Jake Pearson (Khandallah), Rua Kaiou (South Auckland), Peter O'Toole (South Auckland), Sam Clark (Papatoetoe), unknown, Sheryl Rounthwaite (Pakuranga), James Rimmer (Tauranga), Quentin Travis (Pakuranga, Secretary), Graham Patterson (Khandallah). Photograph by Shaun Tolley.

## Part 2 of 3

### Formation of ITFNZ

On Saturday 28 March 1981 the following members attended a meeting at the Burma Lodge in Wellington to form the International Taekwon-Do Foundation Inc. (NZ):

Padre Tairea (Waiouru), John Moran (Stokes Valley), Mike Ratana (Upper Hutt), Tere Maorikava (Auckland), Wayne Joseph (Wellington), Harry Hemana (Upper Hutt), Francis Ting (Wellington), Mark Cotton (Upper Hutt), Nick Moke (Upper Hutt), Russell McBride (Upper Hutt), Tufa Fau (Wellington), Ian Matheson (Wellington), Roy Tapuni (Upper Hutt), George Taylor (Wellington), Norman Ng (Palmerston North), Evan Davidson (Khandallah), Richard Hall (Palmerston North), Sonny Ooi (Wellington), Francis Karauti (Miramar), Peter Graham (Miramar), Paul McPhail (Palmerston North), Paul Meyrick (Miramar).

For the name of the national body the following motions were put (in order of preference, with the name of the person suggesting each):

- International Taekwon-Do Federation of New Zealand (Wayne Joseph)
- New Zealand Taekwon-Do Alliance (John Moran)
- Associated Taekwon-Do New Zealand (Ian Matheson)

The name 'International Taekwon-Do Federation of New Zealand' was not accepted by the Registrar of Incorporated Societies as it was too close to the name 'New Zealand Taekwondo Federation' already registered by the WTF. Evan Davidson came up with the idea of changing 'Federation' to 'Foundation' so the initials ITF could be retained, and this was accepted. That is why we have 'Foundation', rather than 'Federation' in our name!

*The first executive committee of the International Taekwon-Do Foundation Inc. were:*

- President Bill McPhail
- Secretary Rocky Rounthwaite
- Treasurer Norman Ng
- Vice President Peter Graham
- Asst. Secretary Paul McPhail
- Asst. Treasurer Wayne Joseph

*Regional Reps:*

Auckland Tere Maorikava, Wellington Harry Hemana, Central Districts Padre Tairea, South Island Evan Davidson.

On the 10th of October 1981 the Foundation held its first official National Tournament in Palmerston North. This has become an annual event. The Palmerston North club had successfully run a local tournament prior to this, so they were chosen to organise the nationals because of this experience.

In the committee's first year of office they undertook to send, and successfully sent, a black belt team to the Asian Championships in Indonesia, early 1982. All clubs were asked to donate money to finance the trip as there were no funds to draw on at this early stage. The tournament turned out to be a poorly run affair with some suspect judging. Things went from bad to worse when some of the team received death threats. This pressure on the Indonesians to win at all costs was something the New Zealand team had also witnessed in Brisbane in 1981. The Indonesians would borrow trophies from other countries to pose for their team photos!

Wellington was by far the strongest region for Taekwon-Do at this time. Padre Tairea had moved from Waiouru and set up a huge club in Porirua. Evan Davidson opened a second branch, and clubs in Upper Hutt, Stokes Valley and Wellington Central enjoyed large memberships. In contrast, Auckland had only a few clubs mainly in the South,

which would eventually become independent, leaving no clubs in Auckland by 1982.

The man to turn this around was Graeme (Rocky) Rounthwaite. When the Otahuhu club withdrew from Young Ku Yun, he set up a club in Pakuranga. His larger-than-life personality and enthusiasm, coupled with new teaching ideas from his wife Trish, met with instant success and the club had 100 members and a waiting list – unheard of at that time. The club was very innovative and was later to produce more black belts than any other, setting up the expansion of the Auckland region.



Mr Pygott's team try to fill a bin full of holes with water. Early regional camps included all sorts of crazy activities.

The Foundation took a year or so to recover from expenses incurred from sending the team to Indonesia, but on 21st August 1983 another team was sent to Fiji for the 3rd South Pacific Taekwon-Do Championships. This was the first international tournament under full contact rules, and there were many exciting matches.

The next official trip away for New Zealanders was again to Brisbane, this time to a seminar conducted by Master Park Jung Tae, 8th dan, in May 1984. At the completion of the seminar the Kiwis were asked to organise an international tournament in New Zealand to be held the following year.

**1985 International Tournament to the End of the Millennium**

This was to be the Sharp International and instructors returned home to plan the event.

The tournament organiser was Charles Birch, a Miramar member who had experience organising international hockey tournaments. In many ways he helped to get things running well within New Zealand. As well as achieving national television coverage and a major sponsor for the tournament, he also established organisational systems which are still in place today such as the regional cells. Others who made exceptional contributions towards the tournament were Harry Hemana, Sonny Ooi and Steve Mulholland. Seven countries attended the tournament including Japan and the United States. The ITF Vice President, Chon Jin Shik, donated \$10,000 to ITFNZ which really enabled the Foundation to make some headway.



Left: USA team at the Sharp International Championship. Included are (now Grand) Master Charles Sereff (back centre), (now Master) Fabian Nunez (front left), and the late Mr Wayne Schofield (Master Sereff's left). Right: The tournament poster.

In August 1986 members attended "Camp Taekwon-Do" in Colorado USA (USTF). Paul McPhail and Rocky Rounthwaite led a team of 14 to the Rocky Mountains for a week long camp; and a chance to renew acquaintances made at the Sharp tournament. The team were exposed to many new ideas including theory testing which was later introduced into the ITFNZ syllabus.

Later in the year ITFNZ held its first national black belt championships in Auckland, followed by a black belt seminar at Massey University.

January 23rd 1988 saw the second national training camp at Massey University, which was then made an annual event. 1988 saw members travelling to Brisbane for seminars with Young Ku Yun.

1989 was a major turning point in the history of Taekwon-Do in New Zealand. ITFNZ, until now under the Young Ku Yun banner, was to become independent, and it would take another book to explain in detail the reasons for all this happening. The events that took place were to split the organisation apart. Each and every instructor had to decide which way they were to go. Young Ku Yun's exit from the ITF, the inevitable introduction of new patterns, coupled with financial concerns, had caused an explosion of discontent within the ranks. A letter was composed by the executive committee to address the situation. Unfortunately this controversial letter was leaked to Young Ku Yun in its early draft form and he replied by expelling four of the executive committee members: Peter Graham, Steve Mulholland, Paul McPhail and Viv Holmes.

The Foundation decided to hold a Special General Meeting with a motion put to disassociate ITFNZ

from Young Ku Yun. The meeting turned out to be a valuable learning experience for the executive as far as tightening up voting procedures for the future. At this extraordinary meeting held at the Waipuna Lodge in Auckland, many heated arguments took place followed by a bizarre vote. The pro-Foundation instructors followed the rules and lodged votes according to their current active membership. The pro-Yun camp lodged their votes based on their life membership numbers supplied to them by Young Ku Yun via the Waipuna lodge foyer payphone 5 minutes before the meeting. The Yun camp had played a card the executive had no defence against so the votes were counted. Unbelievably the votes ended up dead even and the meeting disbanded with no firm outcome. The final result of all this was that the Foundation retained two thirds of the membership. The majority of instructors supported the executive and those who had been expelled. In the end, most opted for a New Zealand organisation run by New Zealanders rather than one controlled from overseas.

A massive task lay ahead for the Foundation. A new logo had to be designed, badges, forms, membership cards, certificates and a mountain of new paperwork produced. New examiners and sub-committees were appointed.

The Foundation launched into 1990 with a new enthusiasm which saw 125 members participate in the opening of the Commonwealth Games, and a national demonstration team touring throughout the country. The year concluded with a team travelling to the United States to train and meet with General Choi Hong Hi and re-establish links with the ITF. This was successful and General Choi and Master C.E.Sereff, President of the United States Taekwon-Do Federation (USTF), were invited to New Zealand to conduct a seminar in January of 1991.

With the help and support of Master Sereff, ITFNZ was able to put in place systems for examining senior dans. In January of 1992 Palmerston North hosted a World Camp and senior dan grading with participants from Australia, USA and Holland.



Mr Mike Lowe organised fire walking as an activity for everyone at the World Camp in 1992. Mrs Ng, wife of pioneer Mr Norman Ng, was a little nervous...

New Zealand then had a third team attend the USTF camp in Colorado in July 1993 and in October hosted an ITF training course in Auckland conducted by General Choi and Master Sereff. 1994 saw ITFNZ send a team to the ITF World Champs held in Malaysia with Mark Rounthwaite bringing home a bronze medal in patterns.

**Key Dates in ITFNZ History**

- 1981 28 March** 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.
- 1981 28 March** First official ITFNZ National championships held in Palmerston North.
- 1983 21 August** Members attended South Pacific Taekwon-Do Championships held in Fiji.
- 1984 26 May** Members attended seminar in Brisbane conducted by Master Park Jung Tae.
- 1985 10 October** 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.
- 1986 3 August** Members attended "Camp Taekwon-Do in Colorado USA (USTF).
- 1986 20 September** Held the first National Black Belt Championships in Auckland to select the team to represent New Zealand at the ITF World Champs in Malaysia.
- 1986 29 January** First National Black Belt seminar held at Massey University.
- 1988 23 January** Second National Training Camp held at Massey University, made an annual event.
- 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.
- 1990 January** ITFNZ participate in the opening of the 1990 Commonwealth Games.
- 1990 12 March** National demonstration team tours New Zealand to promote ITFNZ, demonstrating to over 6000 people.
- 1990 17 June** Members attending "Camp Taekwon-Do" (USTF) and International Instructors' Course conducted by Gen.Choi Hong Hi. Established direct links with the ITF.
- 1991 January** ITF Masters Visit in Auckland New Zealand – ITF Training course and Master Classes conducted by Gen.Choi Hong Hi and Master C.E.Sereff.
- 1992 January** World Camp held at Massey University, Palmerston North.
- 1993 October** ITF Instructors' Course by Gen. Choi Hong Hi and Master C.E.Sereff
- 1994** Sent NZ team to ITF World Champs in Malaysia – bronze medal individual patterns.
- 1995** ITF Masters Visit – Auckland, with Gen Choi Hong Hi, Master C.E.Sereff and Master Tom MacCallum.
- 1996** Sent representative to April Conference in Toronto, Canada
- 1997 July** New Zealand team participated in the ITF World Champs in Russia – bronze medal, womens team destructions.
- 1998 January** ITF Training Course held in Auckland by General Choi Hong Hi, accompanied by his son Master Choi Jung Hwa and Master Tom MacCallum.
- 1998 June** ITFNZ members travel to Maui to attend International Instructors' Course conducted by Grand Master C.E.Sereff and senior dan grading.
- 1999 April** Held the first ITFNZ Development Camp in Auckland for double graders.
- 1999 September** New Zealand team participated in the ITF World Champs in Argentina – bronze medal in Power breaking.

The Foundation, under the Presidency of Mr Peter Graham, continued with its philosophy of trying to have as many people as possible benefit from its endeavours by bringing guest instructors to New Zealand to teach, motivate and update skills. With this in mind Master Tom MacCallum attended the national camp in Palmerston North in January 1995.

The late 1990's saw more interaction between the various Taekwon-Do groups, in particular with the emergence of the Taekwondo Union - a break-away WTF group. The late 90's also saw a move to have teams sent to the ITF World Championships following our first exposure to competition at this level in 1994. Teams were sent to Russia in 1997 (Women's Team Bronze medal), Argentina in 1999 (Men's Power Breaking Bronze).



Mr Mark Rounthwaite attained New Zealand's first medal in an ITF World Championships, taking bronze in 4th dan patterns in Malaysia in 1994. He is pictured competing against Mr Mark Hutton of Scotland.



General Choi Hong Hi, Master Choi Jung Hwa and Master Tom MacCallum visited New Zealand for a seminar in 1998. Mr Thomas Pygott and Miss Emma Pygott present flowers to General Choi.

In 1998 General Choi again visited New Zealand for a seminar, accompanied by his son Master Choi Jung Hwa and Master Tom MacCallum. Later that year a team travelled to Maui, Hawaii for an International Instructors' Course and senior grading conducted by Grand Master C.E. Sereff. We also had a junior team compete in Texas USA.

Over a period of just under a decade from the mid 1990's to the mid 2000's ITFNZ saw a growth and expansion take place. The Foundation continued to spread through New Zealand, with the formation of the South Island as its own region, the Auckland region splitting in two to form Counties Manukau

and Auckland North, and the Waikato/Bay of Plenty region having to change its name to Midlands as it spread west and south across the middle of the North Island. During this time ITFNZ hit the 2000 members mark (2004) doubling in size from just over 1000 members in 1997. This came alongside an almost 50% growth in the number of clubs (from 50 – 70).

*In the next issue of Taekwon-Do Talk, we conclude our brief history of ITFNZ Taekwon-Do. Mr Vince Pygott takes over the narration, and outlines events from the past five years.*

<http://www.itfnz.org.nz/taekwon-dotalk/history.html>

...continued from page 10

had time to read it, and changes had been discussed and made already. They then formally voted in the President, Secretary and Treasurer and a few other officers (which was easy too, because they had already done this informally at the first meeting).

*Apply to the Inland Revenue for tax exemption*

Mr Herbison's thesis includes a draft letter to send to Inland Revenue. Complete the blanks and you are away. Soon a hot letter of tax exemption finds its way to your door. Mission complete!

**Is there more work afterwards?**

There are a couple of things a legal non-profit club must do. Most instructors do half of them anyway, but now someone else does them. How cool!

1. Keep accounting records.
2. Maintain a register of members.
3. Hold an Annual General Meeting (AGM).
4. Keep a minute book.

*Keep accounting records*

A legally non-profit club must keep records of its income and expenses. This doesn't need to make an accountant euphoric – just a simple record of student fees, and a cashbook of other income and expenses. Issue a receipt for all money coming in

and bank it all, so it balances with the receipt book. Try to pay all expenses by cheque. If you need to pay for things in cash, you should cash a cheque to do so. This is what the Treasurer does.

If members agree, its records do not have to be audited.

***...the draft constitution, letter to send to Inland Revenue, and Mr Herbison's thesis are all available in the "Instructors Only" section of the ITFNZ website.***

*Maintain a register of members*

Most clubs have a list of their active members. Yep, that's pretty much it for this requirement. You just have to record the names, addresses, occupations and dates of joining of your members. You will probably want their telephone numbers and email addresses as well.

*Hold an Annual General Meeting*

Now this is new. Once a year you have to have an Annual General Meeting. Stop class half an

hour early, or hold your AGM before a club social event, such as a barbecue. Elect a few officers, and be happy with the financial records – not a big deal really.

*Keep a minute book*

The Secretary has to have something to do! They just keep a record of the decisions the Club Committee makes. At your first AGM, there will be minutes about who is voted in as officers, and adopting the constitution.

**So there you have it**

Four easy steps to making your non-profit club legally non-profit and income tax exempt. There is a bit more to it if the instructor is paid a salary or wages – you have to pay PAYE. If your annual fees are over \$40,000 (I wish) you have to register for GST. Most clubs won't be affected by these bits. Read Mr Herbison's thesis for more information about them.

Once again, the draft constitution, letter to send to Inland Revenue, and Mr Herbison's thesis are all available in the "Instructors Only" section of the ITFNZ website.

Go forth, and be non-profit!





**ITFNZ**

# Taekwon-Do

0800 800 495

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

## Auckland North Region

### Northland

Keri Keri, *Ji Shin Keri Keri*  
Mr Tim Couling II dan  
Keri Keri High School, Hone Heke Rd  
Keri Keri. Mon and Tues  
Kids 6:00 - 7:00pm  
Adults 6:00 - 7:30pm  
Sun 5th gup+: 9:30 - 11:30am

Whangarei, *Chang Hun Raumanga*  
Mr Derek Coradine I dan  
Manaia View School, Murdoch Cres  
Otaika. Wed 5:45 - 8:00pm  
Thurs and Fri 6:00 - 8:00pm

Whangarei, *Hurupaki*  
Mr George Konia III dan  
Hurupaki Primary School, 20 Dip Rd,  
Kamo. Mon and Wed 6:00 - 8:00pm  
Thurs, Kids 7-12yrs: 6:00 - 7:00pm  
Fri, dan only: 6:00 - 8:00pm  
Sat 9:30 - 11:30am  
One Tree Point Primary School, RD 1,  
Ruakaka. Tues 6:00 - 8:00pm

Whangarei, *Chang Hun Maunu*  
Mrs Sar Coradine I dan  
Maunu Primary School gym  
Austins Rd, Maunu  
Mon and Tues 5:45 - 7:30pm

Whangarei, *Tikipunga*  
Mr Mike Smith I dan  
Tikipunga High School, Kiripaka Rd  
Tikipunga  
Tues and Thurs, 6:00 - 7:30pm

### Rodney

Orewa, *Nibun ITF Orewa College*  
Mr Francis Fong II dan  
Orewa College, 76 Riverside Rd  
Orewa. Tues and Thurs 7:00 - 8:30 pm  
Visiting students please obtain  
permission before visiting this branch.

Red Beach, *Jungshin Red Beach*  
Mr Vince Pygott IV dan  
Red Beach Primary School Hall  
Albert Hall Dr, Red Beach  
Whangaparaoa  
7-12yrs: Mon 5:30 - 6:30pm  
13+yrs: Mon and Thurs, 6:30 - 8:00pm

Stanmore Bay, *Jungshin Stanmore Bay*  
Mrs Shirley Pygott II dan  
Hibiscus Coast Leisure Centre  
Stanmore Bay  
Wed, Kids under 7yrs: 4:00 - 4:30pm  
over 7yrs: 4:30 - 5:30pm

### Shore City

Devonport  
Ms Jeanette Joe V dan  
Officer Training School, Vauxhall Rd  
Devonport. Sun 6:00pm - 7:30pm  
Mon Kids 5:00 - 6:00pm  
Hauraki School, 82 Jutland Rd,  
Takapuna. Wed 7:00 - 8:30pm

Takapuna, *Jungshin Rosmini*  
Mr Vince Pygott IV dan  
Rosmini College, Catcheside Building  
36 Dominion Rd, Takapuna  
Tues and Fri, 3:30 - 5:00pm

Glenfield  
Mr Vaughan Rae III dan  
Windy Ridge Primary, Seaview Rd  
Glenfield  
Mon and Thurs, 6:30 - 8:30pm

### Waitakere

Avondale  
Mr Robert Ireland I dan  
Waterview Primary, Herdman St  
Waterview  
Tues and Thurs, 6:30 - 8:00pm

### Auckland City

Auckland Grammar, *Nibun ITF Auckland Grammar*  
Mr Francis Fong II dan  
Mountain Rd, Epsom  
Mon and Wed 7:00 - 8:30 pm

Baradene, *Nibun ITF Baradene*  
Miss Renee Richardson I dan  
Victoria Ave, Remuera  
Wed and Fri, 7:00 - 8:15am  
Visiting students please obtain  
permission before visiting this branch.

Diocesan, *Nibun ITF Diocesan*  
Miss Lipi Shukla II dan  
Margot St, Epsom  
Tues and Thurs, 7:00 - 8:15am  
Visiting students please obtain  
permission before visiting this branch.

Epsom, *Nibun ITF Central*  
Mr Francis Fong II dan  
Auckland Grammar School  
Mountain Rd, Epsom  
Mon and Wed, 7:00 - 8:30pm

Glendowie, *Paul M Glendowie*  
Mr Mark Banicevich V dan  
Churchill Park School, Kinsale Ave  
Glendowie  
Tues and Thurs, 6:00 - 7:30pm

Kingsland, *Impact Kingsland*  
Mr Mark Trotter III dan  
399 Great North Rd, Kingsland  
Thurs and Sun, times to be advised

Onehunga, *Gurusports Onehunga*  
Mr Paul Hicks I dan  
Onehunga Community Centre  
83 Church St  
Tues and Thurs 6:00 - 8:00pm

Mt Wellington, *Tamaki*  
Ms Thu Thach III dan  
Sylvia Park School, Longford St  
Mt Wellington  
Tues and Thurs, 6:30 - 8:00pm  
Sat 1st gup+ 10:00am - 12:00pm

Remuera, *Meadowbank*  
Mr Peter Graham IV dan  
Remuera Intermediate, Ascot Ave  
Remuera.  
Tues and Thurs, 6:30 - 8:00pm

Royal Oak, *Ji Shin Royal Oak*  
Mr Hung Nguyen II dan  
Royal Oak School, Manuaku Road,  
Royal Oak  
Mon and Wed, Kids 6:00 - 7:00pm  
Adults 6:30 - 8:00pm

## Counties Manukau Region

### East Auckland

Botany, *Paul M Botany*  
Mr Dave Butchers I dan  
Botany Downs School, Mirrabooka Ave  
Howick. Mon and Thurs, 6:30 - 7:45pm

Howick, *Eastern ITF Howick*  
Mr Shaun Tolley IV dan  
Howick Intermediate, Botany Rd  
Howick. Tues and Thurs, 6:30 - 8:00pm

Maraetai, *Ji Shin Maraetai*  
Mr Brett Kimberley I dan  
Maraetai School, Maraetai Dr, Maraetai  
Tues and Thurs, Kids 6:00 - 7:00pm  
Adults 7:00 - 8:00pm

Pakuranga, *Eastern ITF Pakuranga*  
Mr Mahesh Bhana VI dan  
Farmcove Intermediate, Butley Dr  
Pakuranga  
Mon and Wed, 6:30 - 8:00pm

### Manukau South and Papakura

Ardmore  
Mrs Angela Dunn II dan  
Ardmore School, Clevedon Rd, RD2  
Ardmore. Mon and Wed, 6:00 - 7:30pm

Mangere, *Wairua-Do*  
Mr John Harrison II dan  
Southern Cross Community Centre  
Ngatapuawai College, Mangere  
Mon and Wed, Kids 6:00 - 7:00pm  
Adults 6:00 - 7:30pm

Manurewa, *Ji Shin Manurewa*  
Mr Brett Agnew I dan  
The Gardens School  
Charles Provost Dr, The Gardens  
Tues and Thurs, 6:00 - 7:00pm

Otahuhu, *Tribal*  
Mr Richard Iotua II dan  
Otahuhu Primary School Hall  
41 Station Rd  
Mon and Thurs, 6:00 - 8:00pm

Papakura, *Paul M Papakura*  
Mr Evan Impson III dan  
Papakura Normal School Gym  
cnr Porchester and Walters Rds  
Papakura  
Mon and Wed, 6:30 - 8:00pm  
Kids, Wed 5:30 - 6:30pm

Papakura, *Infinity Papakura*  
Mr Steve Pellow V dan  
Kelvin Rd Primary School, Kelvin Rd  
Papakura  
Tues and Thurs, Kids: 5:00 - 6:15pm

Papatoetoe, *Dragons Spirit Papatoetoe*  
Mr Kane Raukura IV dan  
Papatoetoe High School gym  
Carlie St, Papatoetoe (right gate)  
Mon and Thurs, 6:30 - 8:30pm  
Papatoetoe Intermediate  
Motatau Rd. Sun 9:30am - 11:30am  
Visitors please obtain permission before  
attending Sun session; \$2 donation.

### Franklin and Counties

Tuakau, *Xtreme*  
Mr Luke Thompson II dan  
Harrisville Primary School hall  
Harrisville Rd, Tuakau  
Mon and Wed, Juniors 7:00 - 8:30pm  
Seniors 7:00 - 9:00pm

Waiau Pa, *Paul M Waiau Pa*  
Mr Dan Jackson III dan  
Waiau Pa School, 571 Waiau Pa Rd  
Waiau Pa  
Tues and Thurs, 6:30pm - 8:00pm

Waiuku  
Mr Phil Dunn II dan  
Sandspit School, Sandspit Rd, Waiuku  
Tues and Thurs, 6:30 - 8:00pm

## Midlands Region

### Waikato

Hamilton  
Mr Grant Eccles IV dan  
Maeroa Intermediate School Gym  
Churchill Ave, Maeroa, Hamilton  
Mon and Thurs, 6:00 - 8:00pm

Rotorua, *Dragons Spirit Rotorua*  
Mr James Rimmer, VI dan  
Rotorua Intermediate School  
Malfroy Rd, Rotorua  
Tues and Fri, 5:30 - 7:00pm

Te Awamutu  
Mr Ian Campbell IV dan  
The Martial Arts Centre, 350 Bond Rd  
Te Awamutu  
Sun 5:00 - 6:30pm, Wed 6:30 - 8:00pm

Waikeria  
Mr Ross Campbell III dan  
Waipa Workingmen's Club, top floors  
Albert Park Dr, Te Awamutu  
Mon and Wed 5:30pm - 7:00pm

### Bay Of Plenty

Tauranga  
Mr James Rimmer VI dan  
Tauranga Girls College, Cameron Rd  
Tauranga. Wed 6:00 - 7:30pm  
Sun 5.00 - 6.30 pm

### Poverty Bay

Gisborne, *Gisborne RTR*  
Mr Kim Bull II dan  
Gisborne Girls High School  
Gladstone Rd  
Tues and Thurs, 5:00 - 7:30pm

## Central Districts Region

### Hawkes Bay

Napier  
Mr Andrew Ogle I dan  
Tamatea Intermediate School  
Freyberg Ave, Napier  
Mon and Wed 6:15 - 8:00pm

### Taranaki

Bell Block  
Mr Krishna Reddy II dan  
Bell Block School Hall, Devon St  
Bell Block  
Tues and Thurs, 5:30 - 7:00pm

Stratford  
Ms Natasha Bibby I dan  
Stratford Primary School Hall  
Regan St, Stratford  
Tues and Thurs, 6:00 - 7:30pm

Taranaki  
Mrs Kirsten Livingstone IV dan  
and Mr Neill Livingstone IV dan  
St Josephs Hall, Calvert Road  
New Plymouth  
Tues and Thurs, 5:45 - 7:15pm  
Black belts: Sat, 2:00 - 4:00pm

### Wanganui

Wanganui, *Dragons Spirit Wanganui*  
Mr Darren Andrews I dan  
Wanganui East School, Patapu St  
Wanganui  
Tues and Thurs, 6:00 - 8:00pm

# ITF NZ Taekwon-Do 2006 Calendar

January  
1-2 New Year's Day, Day after New Year's Day holidays

February

2 CM, Umpires Course

6 Waitangi Day holiday

7 School begins

... Stripes on Tour

24 Taekwon-Do Talk submission deadline

26 Under 18 Series Tournament 1

March

17-19 ML, Regional Camp, Camp Edworth.

April

My grading details...

14-17 Easter holiday

14-25 School holidays

16 Under 18 Series Tournament 2

25 ANZAC Day

30 CM, Umpires Course

May

6-7 SI, Regional Tournament, Dunedin

20-21 Black Belt Grading, Auckland and Wellington

June

10-11 Oceanias - Sydney.

5 Queen's Birthday holiday

23 Taekwon-Do Talk submission deadline

July

1-16 School holidays

1 Under 18 Series Tournament 3

12-16 ITF Junior World Champs, Honduras

30 CM, Regional Tournament

August

5-7 ITF International Instructors' Course, Palmerston North

11-13 ITF International Instructors' Course, Sydney

My grading details...

September

10 Under 18 Series Tournament 3

23 School holidays begin

October

8 School holidays end

7-8 ITF NZ National Tournament, Queens Wharf Events Centre, Wellington

13 Taekwon-Do Talk submission deadline

22 NZ Open Tournament, Auckland

23 Labour Day holiday

November

My grading details

26 Under 18 Series Tournament 5

December

2-3 Black Belt Grading, Central Districts / Wellington

9-10 Black Belt Gradings, Auckland and South Island

21 School holidays begin

25-26 Christmas Day, Boxing Day holidays

# FUJI

# M A E

NEW ZEALAND



Paulm Taekwon-Do



**ITFNZ**

**Taekwon-Do**

0800 800 495

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## Palmerston North

### *Cloverlea*

Ms Nikki Mantjika I dan  
Cloverlea Primary School, Herbert Rd  
Tues and Thurs, 5:30 - 7:00pm

### *International Pacific College*

Mr Thomas Young II dan  
IPC Recreation Centre  
57 Aokautere Dve  
Tues 6:30 - 8:30pm, Sat 2:00 - 4:00pm

### *Milson*

Mr Lawrence Mantjika IV dan  
Milson School Hall, Rutland Pl  
Wed and Fri, 5:30 - 7:00pm

### *Palmerston North Academy*

Mr Dave Ballard IV dan  
Chinese Association Hall, Napier Rd  
Mon and Thurs, 6:00 - 8:00pm

### Palmerston North, *Tiger*

Mr Michael Lowe IV dan  
Boys' High School Gym  
Featherston St, Palmerston North  
Mon and Wed, 6:00 - 7:30pm

### *West End*

Mr Richard Burr II dan  
West End School, cnr College St  
and Botanical Rd, Palmerston North  
Mon 6:00 - 7:30pm  
Thurs 6:00 - 7:30pm

## Horowhenua

### *Horowhenua*

Mr Andrew Salton V dan  
Horowhenua College Gym, Nelson St  
Mon and Fri, < 12yrs, 5:15 - 6:15pm  
Seniors, 6:30pm - 8:30pm

### Levin, *Taekwon-Do Cubs*

Mrs Rose Cherrington II dan  
Waiopahu College Gym  
Bartholomew Rd, Levin  
Mon, 4:30 - 6:00pm  
Fri, Adults and Seniors: 6:30 - 8:00pm

## Rangitikei

### Marion, *Ngatawa Girls Diocese*

Mr Daniel Motu I dan  
Ngatawa Girls Diocese, Events Centre  
Calico Line, Marton  
Thurs, 6:30 - 8:00pm

### Marion, *Rangitikei Dragons*

Mr Daniel Motu I dan  
Marion Wrestling Gym, Wilson Park  
Marion. Mon and Wed, 6:00 - 7:30pm

## Wellington Region

### Paraparaumu

#### *Kapiti Coast*

Mr Greg Trilford II dan  
Memorial Hall, Tennis Court Rd  
Raumati South. Tues and Thurs:  
Kids 10th gup, 5:00 - 6:00pm  
Kids >10th gup, 6:00 - 7:00pm  
Adults 7:00 - 9:00pm

### Porirua

#### *Porirua*

Mr Peter Chapman II dan  
Cannons Creek School, Warspite Ave  
Cannons Creek  
Tues and Fri, 6:00 - 8:00pm

### Upper and Lower Hutt

#### *Avalon*

Mr Byron Cummins II dan  
Avalon Intermediate School  
1041 High Street  
Mon and Thurs, 6:30 - 8:00pm

#### *Lower Hutt Academy*

Mr Wayne Ebert III dan  
Dyer St School Hall, Dyer St  
Lower Hutt  
Mon and Wed, Juniors: 6:00 - 7:00pm  
Seniors: 6:30 - 8:00pm

#### Upper Hutt, *United*

Mr Blair Martin II dan  
St Brandon's School Hall, Trentham  
Upper Hutt  
Tues and Thurs, 6:00 - 7:30pm

## Wellington

### *Berhampore*

Mrs Lena Walton IV dan and  
Mr Ian Walton III dan  
Berhampore School, 106 Britomart St  
Berhampore  
Mon and Wed, 6:30 - 8:30pm

### *Brooklyn*

Mr Brett Kraiger III dan  
Vogelmorn Hall, Vennell St, Brooklyn  
Thurs 6:30 - 8:30pm  
Sun 4:30 - 6:30pm

### *Khandallah*

Mr Graham Patterson V dan  
Onslow College New Gym, Burma Rd  
Johnsonville  
Mon and Thurs 6:30 - 8:00pm  
Paparangi School Hall, Beazley Ave  
Paparangi. Tues 6:30 - 8:00pm

### *Miramar*

Mr René Kunz III dan  
Miramar South School, Kauri St  
Miramar  
Mon and Thurs, Juniors: 5:30 - 6:30pm  
Seniors: 6:30 - 8:00pm

### *North Wellington*

Mrs Beryl Pimblott III dan  
West Park School, Broderick Rd  
Johnsonville  
Tues and Thurs, Juniors 5:30 - 6:30pm  
Seniors 6:00 - 7:30pm

### *Thorndon*

Mr Don Martin I dan and  
Mr Alisdair Hamblyn II dan  
Thorndon School, Hobson Cres  
Thorndon  
Mon and Thurs, 6:30 - 8:30pm



## South Island Region

### Nelson and Blenheim

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

### Nelson, *Mauriora*

Mr Rana Moanaroa I dan  
Clifton Terrace School Hall  
888 Atawhai Dr, Nelson  
Mon and Wed < 12yrs 5:00 - 6:00pm  
Adults 6:00 - 8:00pm

### Nelson, *Richmond*

Mrs Pam Colee I dan  
Henley School Hall, Williams St  
Richmond. Fri and Sun 7:00 - 8:30pm

Is there a new club? Changes to make to the directory? You may have missed out on getting the latest details into Taekwon-Do Talk, but you can still ensure the website and internal directory are current. Email [mбанicevich@itfnz.org.nz](mailto:mбанicevich@itfnz.org.nz).

## Christchurch

### *Burnham*

Mr Jarrad Ramsay I dan  
Burnham Military Camp, Burnham  
Mon and Wed, children 5:00 - 6:00pm  
Adults 6:00 - 7:30pm

### *Riccarton*

Mr David Oliver I dan  
Villa Maria College, Peer St  
Upper Riccarton  
Mon and Wed, 6:30 - 8:00pm

## Dunedin

### Dunedin Central, *Threshold*

Mr Hayden Breese, III dan  
Level 2, 169 High St, Dunedin  
Mon and Wed, 6:00 - 7:30pm

### *Dunedin*

Mr Neil Kettings II dan  
Dunedin South Presbyterian Church  
Hall, King Edward St  
Tues and Thurs, 6:00 - 8:00pm

### *Mosgiel*

Mrs Teresa Allen II dan  
Taieri High School Gym, Church St  
Mosgiel. Mon and Wed, 6:00 - 8:00pm

### *Otago University*

Mr Russell Stuart II dan and  
Mr Richard Lavin II dan  
Activities Hall, Clubs and Societies  
Building, Albany St  
Mon 4:00 - 5:30pm, Fri 4:00 - 6:00pm



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

## - Executive Committee -

*President:* Master Evan Davidson, 393 College St, Te Awamutu, 07 871 3627, 021 299 4872, [president@itfnz.org.nz](mailto:president@itfnz.org.nz)

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# Sine Wave

by Master Paul McPhail, VII dan  
Technical Director

Those who attended any of my seminars recently will have the latest information on sine wave as it is performed in the ITF. The perfection of the up and down motion known as “sine wave” has been an ongoing and evolving process. Now that General Choi is no longer here to guide us, the ITF Technical Committee came up with some key points presented in the chart below.

Sine wave has always been a part of Taekwon-Do movement, as is evident in the earliest editions of the Taekwon-Do book. The style of the 1970s however was very much emphasising the twisting of the hips rather than the up and down motion.

It was not until the 1984 World Championships in Glasgow, Scotland that we saw it practised in a new way – then called knee spring or “spring style”. Members of ITFNZ were taught the new technique first hand by Master Park Jung Tae in Brisbane, mid-1984, and returned home to teach it to their clubs. There was less emphasis (almost none) on the hip twist and more on the spring of the knee to generate a dropping action into the stances.

During the nineties it was further refined as General Choi taught seminars around the world, as he could see it was not being done correctly. He emphasised strongly that you should use your entire body to generate power (“from your hair to your toes”).

Now we have a nice blend of the two, where the sine wave motion is smooth and subtle, free from

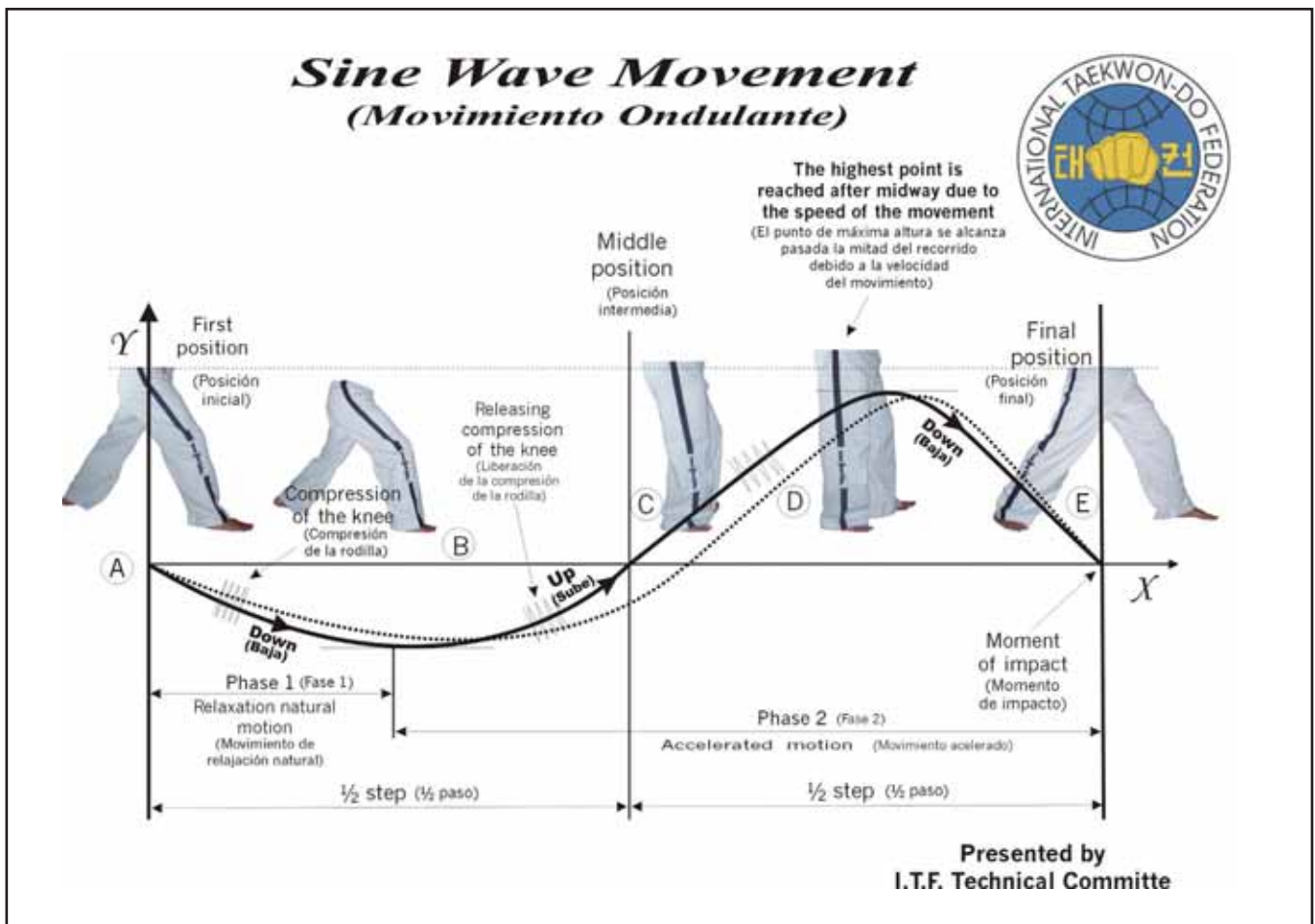
any exaggerated bounce and now with plenty of hip twist for extra power.

The ITF Technical Committee have clarified one aspect of sine wave that has caused confusion: how (or when) to perform the “down-up-down” motion when stepping forward or backwards. As you can see in the diagram below, there should be a slight downward motion as the knee bends in the first half of the step (B). By the time you reach the half way point of your step, your body should have

risen, then it will reach the apex after that point (D) before landing in the next stance (E). Try not to bounce downward in the middle of your step. Keep your body movement smooth and free from tension. It should be emphasised that the first half, or downward phase of the step is very subtle. Don't bend the knee so much that your stance collapses. The most important thing to remember is that we are trying generate power, so put your full effort into the downward part of the sine wave at the end as you execute the technique.



Master McPhail explaining sine wave at a seminar in Wellington in September



# Masters Seminar Downunder in Whangarei

by George Konia, III dan  
Instructor, Hurupaki



It is Friday afternoon and I am on my way home from working in Auckland. My cell phone was turned off, so I start to clear messages. One of them said, "Is it possible to pick up Master Daher from Mr Banicevich's residence".

Well after driving past Mr Banicevich's house several times with cell phone direction, I finally greeted them both, had a cup of tea and Master Daher and I headed north to Whangarei, approximately a two and half hours drive to his Whangarei Motel.

This was a great chance to get to know a lot about Master Daher as we talked and discussed many items regarding Taekwon-Do, and his many memories over his Taekwon-Do history. This was very interesting as it gave me items to note when introducing him along with Master Davidson and Master McPhail at the start of the seminar on Saturday. We finally arrived at the Continental Motel in Whangarei with a fine greeting at the office check-in point: "Welcome to ITFNZ Taekwon-Do" on the office counter, a nice touch I thought. I believe most of the rooms had Taekwon-Do people booked in them. After all the greetings were out of the way, I was collected them later for a meal at the "Coal Miner's Daughter's" restaurant in Kamo, at which time I departed to tidy up a couple of loose ends before next day.

Saturday morning, the first day of the seminar, and I was driving down to collect the Masters when I suddenly thought of an article in *Taekwon-Do Talk* earlier this year by Mr John Coll of Miramar, "A lesson learnt" about etiquette and protocols, and though to myself, "Now who sits where and do I close their car doors after they are seated..." Anyway we arrive okay at the seminar and day one starts.

After all the introductions and house issues were concluded, Master McPhail took the first session

which covered technique improvements and then proceeded through the coloured belt *tul* (patterns) and *ilbo matsogi* (one step sparring).

Techniques covered were back motion (parallel, sitting and walking stances), sine wave (heights, knee compression and foot placement), intermediate positions (heights and angles), body lines (shoulder, chest and solar plexus), and heights (high, middle and low).

*Tul* and four directional fundamental movements were covered step by step, highlighting the different stepping and breathing motions (continuous, connecting and fast motion) along with different grades and degrees getting up and going through *tuls*.

*Ilbo matsogi*, Master McPhail covered procedure (before, during and how you finish), and working on correct distance, angle, timing, tool and target.

The next session was taken by Master Daher, who covered aspects of sparring, mainly to do with tournament, but you could use it as training for free sparring. The workout comprised of sparring drills by you and sparring drills combined with one or more partners. One of the main points from Master Daher was *timing*, and how you applied this effectively during your sparring match. Working with a group of five to six other people all running, sliding or jumping at you, another aspect of your training was *speed, reaction*. This became very relevant to me when in your group you have Mr James Rimmer, Mr Vince Pygott, Mr Ian Campbell and Mr Tim Couling, where focus is measured in millimetres. Master Daher also covered some stamina exercises plus some games where you worked as in a group of up to eleven people. The "waka" or "boat" item was interesting – it worked all parts of your body. If you were not at the seminar you will just have to wait for the

next Masters Seminar to find out. Master Daher's sessions finished with some stretching.

Master Davidson's session comprised of jumping, self defence and destruction training. The first part was on jumping / flying (*twigi / twimyo*) and the relevance it has to Taekwon-Do. We started by standing straight up and using knee and ankle spring to see how high we could get. Then arms swung upwards as we jumped to get even higher, followed by lifting your knees up towards your chest to get even higher again. We were very lucky to have training at the seminar Mr Carl van Roon (twice special technique World Champion, 2003 and 2005). Mr van Roon performed under instruction from Master Davidson some jumping techniques, with Dr Cameron Snelling and Mr Duncan Head assisting. You turned to the person you were standing next to and holding your hand out while the other person jumped and executed a turning kick. We then got into groups of three where one person jumped over another person in a kneeling position and hitting a pad held by the third person. This exercise was done without a run up, by leaping up and over and executing a flying side piercing kick onto a pad held at your shoulder height. During this session Master Davidson also highlighted that given the different heights and body types we have, how high you can jump comes down to the individual, so provided you jump as high as you can and continually strive to do better each time, you will achieve your own world champion height.

Master Davidson also covered self defence using deflection, and at one stage had Mr Tim Couling and me up in front of the others while he wielded a real knife! Interesting to note that your senses are more heightened when a piece of cold steel is part of the equation. Master Davidson also covered *dallyon* (toughening / conditioning). The most



important part for me was to remember to work on the whole body. For example, when conditioning the two punching knuckles for fist breaks, work on the full body parts that go into that particular break. Master Davidson demonstrated this by punching down on a pile of phone books showing that it is the striking knuckles supported by the hand, wrist, forearm, elbow, upper arm, shoulder and upper body that is used and requires dual power training.

That covers the first day of the seminar. Comments from students at the end were very encouraging regarding how the day went. All whom I spoke with looked forward to Sunday's session.

Later that evening, those who wanted to attended a barbeque held at the home of the Kamo High School Principal, Mr Richard Abel. This was a great chance for those students who had not spoken to the Masters to do so in a more relaxed environment. The evening was enjoyed by all there. I later dropped the Masters off to their motel and while driving them there they proceeded to tell me of the adventures they had had sky diving, black-water rafting and a most amusing attempt at hand gliding by Master Davidson.

Please! Take note of this, make sure when collecting Masters that you are absolutely sure they are all in their seats and buckled in before engaging gear and driving off! Dare I tell you? Yes: I started driving when Master Daher turned to me and said, "Do you not want Master McPhail to come with us?" so I looked in the rear vision mirror shocked to see Master McPhail looking a bit bewildered as to why I was driving away. I decided not to say anything when he got in the car, and he blamed Master Daher for setting it up as a joke. Reading this he will now know the truth. *So sorry, Sir: I will do 100 press ups later!*

After the group photos were taken, Sunday's training commenced with Master Daher straight into warming up exercise to get the blood pumping. Then we were split into three groups, (2nd dan – 6th dan students, 1st dan, and all gup grades). The Masters split themselves around the two gymnasiums and the upstairs mezzanine floor. Master McPhail covered patterns; Master Davidson had the mezzanine floor and covered self defence; Master Daher was in the second gymnasium where he covered more sparring techniques.

Master McPhail could now cover patterns being more specific with the group in front of him. I enjoyed this session as I was able to take on the little aspects of *tul* that sometimes get overlooked because of the bigger movements, such as the angle and height of the hands in knifehand middle wedging block in Eui-Am. The only downside for me was we did not have enough time to cover third dan patterns before we had to change and go to the next session for the day. Talking to students from the other groups, the same was taken on by them as to what they were able to take away from the patterns session, which is great. The gup grades were treated to Master McPhail doing Tong-II.

Master Daher's sparring session covered sparring around the edge and corner of the tournament mat and how to counter-attack. The drill for this was being attacked with turning kick and counter-attack with flying back kick. Along with this was a reminder of what was discussed on Saturday: *timing*. Master Daher also covered a new idea for tournaments, *traditional sparring*: hopefully the introduction of sparring routines where two people prepare a sequence taken from various patterns, put them together, and fine tune it with all the necessary elements you would expect in patterns. This was fun and I look forward to seeing it performed at tournaments if it is adopted.

Master Davidson's session covered self defence using direction of the thumb with a simple but very effective release which was possible to use from most situations. I have already added this to my club's self defence sessions. I for one had always trained in self defence with the option of applied strength to achieve the release result wanted. This way was new for me; it may not have been for others present. I look forward to using this newly learnt skill for as many situations as I can think of when working with my students. We then moved onto different situations to escape; from grabs to lower sleeve, elbow sleeve area, shoulder sleeve area and lapel.

Well before we all knew it, the seminar had come to an end. Master Davidson ended the seminar with some words and thanks to all who helped put the seminar together. I had lunch with the Masters before dropping them at the airport and saying goodbye.

I enjoyed thoroughly the experience of having to organise this seminar and hoped all those who participated also enjoyed the experience. I would like to pay special mention to the Hurupaki club students and parents who made it possible for this to go ahead as smoothly as it did. Also to Murray and Gloria White of the Continental Motel for their special efforts over the weekend, Richard and Karen Abel for ensuring the Kamo School was available for the seminar, Suzy Fisher, Doug and Tammy Drinkwater, and Kelly MacDonald for their efforts over the two days, and not least but to my family helping make the weekend a success.

I hope I have not left anyone out. Until next time we meet, enjoy your Taekwon-Do.

*Thank you, Mr Konia and your team for organising a fantastic event!* –Ed.

# Principle 1: Use Your Mass and Breathing

## Three Principles for Releasing Techniques, part 2

by Mark Banicevich, V dan  
Instructor, Paul M Glendowie

In the last issue of Taekwon-Do Talk, I listed three principles of releasing techniques. I also described how to apply *nikyo* to a cross grab. In this issue, I describe the first of the principles:

1. Use your mass and breathing
  - a. Relax and use breathing
  - b. Use hip then hand to move large muscles then small

This principle is mirrored in General Choi's Training Secret of Taekwon-Do. The final point of the Training Secret tells us to exhale briefly at the moment of each blow, and points six through eight all help us to relax during our movements. The first point, however, is the most pertinent: the theory of power. Breath control describes exhaling during movement, and inhaling to prepare for the next movement. Mass describes the use of the entire body to develop power. In particular, we mobilise the large muscles of the abdomen and buttocks, followed by the smaller, faster muscles in the arms and legs.

For the first part of the principle, breath control during releasing techniques is more akin to movements such as scooping blocks and hooking



Breathing for releasing techniques is like breathing for scooping blocks and hooking blocks.

blocks than it is to punches and strikes. These latter movements require a short, sharp exhalation, to focus the power into an instant of concentrated force. The former movements, and releasing techniques, require slow, controlled exhalation throughout the movement because there is a prolonged application of force to the opponent.

Although relaxing is important to develop speed, in releasing techniques it is particularly important to ensure your opponent has no force against which to resist. Your opponent is likely to be a rock. You must be the water flowing around the rock. In this way, you can direct the movement of your opponent without resistance.

The second part of this principle has a purpose different from using mass in punches and strikes: to pull the opponent off balance. Breaking the opponent's balance is essential to remove the opportunity for counter-attack, and it also means the technique will work even on a person who does not feel pain from a particular technique.

The exercises pictured will help you to understand and practise the two parts of this principle. In the next issue, I will describe the second principle.



### Relax and use breathing

1. Stand in parallel ready stance. Your partner stands in parallel stance and grabs your wrists.
2. Your goal is to raise your hands above your head; your partner's goal is to stop you.

Do not use strength – the stronger person (usually the attacker) will win. Do not use speed, or attempt to release – that is not the point of the exercise. You must be water to your partner's rock; relax and use your breathing.

The most difficult point is when the elbows reach 90°, when it is natural to tense your bicepses. Rather than curling your bicepses, instead extend your hands forward and up.

A third person can test whether you are relaxed by resting a finger on your biceps during the exercise.



### Bicepses?

Did you know the word "biceps" is singular (from the Latin meaning "two heads"), so if you refer to the muscle of one arm, it is your "biceps". If you refer to the muscles in both arms, the term is "bicepses" or "bicipites". The same is true of "triceps", "quadriceps" and "forceps". Thank you Mr Matthew Breen!

A third person resting a finger on the defender's biceps can feel tension in the muscles. The defender should keep his or her bicepses relaxed during the exercise.





**Use hip then hand to move large muscles then small**

1. Stand in parallel stance. Partner stands in parallel stance and grabs one of your wrists with both hands.
2. Relax, step back into L-stance, jerk your hip backwards, then jerk your hand. The object of

the exercise is to pull your partner towards you and off balance.

Practise left and right sides.

Jerking the hip, then the hand, changes from zero force to maximum force in the briefest instant, so the opponent has no time to resist the movement.

Step back with the foot opposite the hand being grabbed. You have less strength if your arm is across your body, because you have a weaker stance and less balance.

As you get better at the exercise, your partner can begin in walking stance, while you begin in parallel stance.



Above: jerking the hip, then the hand, changes from zero force to maximum force in the briefest instant, so the opponent has no time to resist the movement.

Right: step back with the foot opposite the hand being grabbed. You have less strength if your arm is across your body, because you have a weaker stance and less balance.

Below: this game can be used to practise both parts of the first principle. Try to pull or push your opponent off balance without losing balance yourself.



**Apply both parts together**

Grand Master Rhee Ki Ha taught us this game in 1998. It works well as an exercise to practise these principles.

1. Face a partner, both of you in right walking stance, so your front feet are touching footsword to footsword.
2. Grip your partner's front hand in a handshake. The object of the game is to break your partner's balance while retaining your own. Do not release your partner's hand.
3. The loser is the first person to move a foot, or to touch the ground with a part of the body other than the feet. You must maintain your walking stance!

Practise both sides.

Use the first principle to defeat your opponent.

**Principle 2: maintain your centre**

In the next issue of Taekwon-Do Talk we will discuss the second principle, which is all about keeping the technique in close to you (where you are strongest), and maintaining balance by moving your feet.

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# South Island Black Belt Training Weekend

by Richard Pedley, I dan Riccarton

On the 24th and 25th of September the South Island's Taekwon-Do elite gathered for a weekend of training and meetings, with Mr Banicevich as the guest instructor.

The weekend was held at Hamner Springs, which was a glorious site for outdoor training. The area is enclosed by a circle of rugged mountains and is lush with native forest. The scene reminded me of the opening scene of the Taekwon-Do CD-ROM where a similar band of black belts perform patterns in a mountainous setting under the vigilance of the General.



Mr Banicevich always acknowledges his fans

The focus to the trainings was self defence, with Mr Banicevich bringing out his experience in Taekwon-Do and Aikido to give us some valuable tips – which we put to good practice. Of particular interest were the trainings on ground and weapon defence to be employed in upcoming gradings.



Onlookers take a mental note not to volunteer



South Island black belts with guest instructor Mr Banicevich



A Saturday evening photo shoot: Taekwon-Do in Hamner

The days started with a leisurely mid-morning warm-up of light jogging and relaxed stretching, before retiring to our lodges for a breakfast cook-up and shower. The smell of cooking breakfast drew the last groggy souls out of their slumber to greet the refreshing alpine morning.

The day's trainings would then start down at the local hall, or more commonly we would be dragged to a vacant room in the camp ground for another meeting. For many these meetings were probably the most memorable events of the weekend and were distinctive for both their duration and regularity. Behind the closed doors of these meeting rooms the fate of Taekwon-Do in the South Island was enigmatically battled out between instructors. Unfortunately only the five instructors could vote on anything so the rest of us brooded silently on thoughts of being somewhere else and escaping at the first sign of relaxed vigilance. The vigilance however was unbreakable so many dozed off to sleep.



South Island's answer to Charlie's Angels

great feast at the local pub. Being a non-drinking vegetarian I can only speculate on the splendour of this evening as I retired to seek out a less fleshy meal on which to dine. I am sure, however, that they all had a good time. The following morning I made good of my abstinence from drinking with a run up to the mountain tops for a grandiose panorama of the local setting. Not being the best navigator I got a bit lost on the way down, but made it back just in time for the morning training.



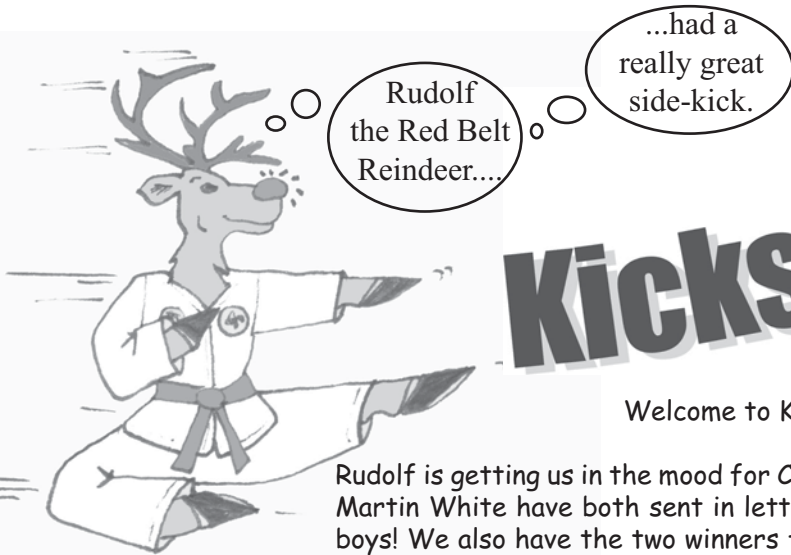
Messers Jenkins and Eade share the beauty of Taekwon-Do with the gorgeous natural surroundings



"Smell my feet!" said Mr Breese to Mr Evans

This was the last training of the weekend spent out in the mountain freshness of a field in front of our hired hall. For this training we got lots of practice being forcibly shovelled into the ground with an arm bent at an uncomfortable angle, so that we released our sticks, which we would thrust reluctantly at our partner. Our practice progressed to a point where we would actually roll with a throw in true Aikido style, which for some amounted to an ungraceful belly flop onto the ground.

With delight we then descended upon the local hot pools to soak in bliss our sore bodies and heads. This last indulgence signalled the finale to the weekend. There was some talk of holding another meeting, but gratefully even Mr Herbison was content on dreaming peacefully in the pools.



# Kicks for Kids

by  
Shirley Pygott  
II dan

Welcome to Kicks for Kids issue #14.

Rudolf is getting us in the mood for Christmas, and Lewis Read and Martin White have both sent in letters for this issue....well done boys! We also have the two winners from the Junior Camp poster competition, and more on the life of General Choi Hong-Hi. If you have something you want to send in, post it to PO Box 457 Silverdale Auckland, or email taekwon-dotalk@itfnz.org.nz.



## Meet the Founder Part 5... Getting Koreans Together



Last issue we left General Choi Hong-Hi unwillingly part of the Japanese Army near the end of World War II. He talked with his Korean friends and tried to figure out how they could get themselves out of the Japanese Army, and the Japanese Army out of Korea. They were fighting a war they wanted to lose but not die in, they were overworked and underfed, and they were treated horribly by the Japanese soldiers. They wanted to go home, but unless Japan left Korea for good, they had no home to go to. Something had to be done.

Choi Hong Hi needed to find out how many Korean soldiers in the army felt the same as he did, but he had to ask everyone in secret. He knew that if he got caught he would be thrown in prison, or maybe even killed. How do you think he managed to do this right under the noses of the Japanese?

1. He sent secret messages written on rice paper?
2. He just walked around asking everyone if they wanted to get out of the army?
3. He won 2nd place in a song contest and used his prize to meet all the Korean soldiers?

Believe it or not, he did #3, it was just like NZ Idol army style. All the soldiers were waiting for a concert to start, but the main act was an hour late, and so the soldiers had a little talent quest while they were waiting around. Choi and one of his buddies got up and sang a Japanese song (so that the Japanese soldiers wouldn't suspect anything), then a Korean song, and they got second place.

They won a very unusual prize... forty steamed dumplings filled with red beans... (I bet you would LOVE to win that!), but Choi knew how hungry all the Korean soldiers were, so he shouted out in Korean to come and have a bite of the dumplings, and while they ate he wrote down all their names and quietly invited them to a secret meeting. This was the very beginnings of the Korean Independence Movement.

About 30 of them would meet once a month, for so-called friendship meetings, but what they were really doing was planning how to destroy the Japanese Army from the inside. They were going to start with their own unit (42nd) and go from there. With any luck they hoped the Japanese and German armies would have lost the war soon after that anyway. Up until now General Choi had been very lucky, but unfortunately that was about to change... to be continued in the next Kicks for Kids





Above, the winning junior camp poster by Emma Pygott (Jungshin STB). Below, the runner up and junior winner by Kozmo Pool (Waikeria). Thanks all who took the time to enter, you all did a great job.



**LEVIN TO SYDNEY**  
**3rd GENERAL CHOI CUP**

My name is Martin White and I am 10 years old. After my first Nationals in Levin (bronze and gold medals) Dad took me to Sydney to the 3rd General Choi Cup. This was my first trip out of NZ.

The tournament was held at the Sydney Olympic Stadium. We stayed at the Novotel Hotel because it was close. We had fantastic views from our room of all the Olympic arenas.

The General Choi Cup was like a NZ tournament but different. The judges used flags and headgear wasn't compulsory. A lot of the Australian teams were there and there were some very friendly junior black belts.

I was nervous at first because I was the only competitor from NZ but once the tournament began I felt more confident.



The Australians weren't as frightening as I thought. A lot of people were nervous and forgot their patterns. The division that I entered for patterns was for all coloured belts, male and female of all ages (adults and juniors). I was a blue stripe so I was thrilled (after six rounds) get a big trophy for overall 2nd place in patterns. A black stripe took the honour of first place.

Sparring was stiff competition and I was competing with up to 15 year olds in all coloured belts. Overall, I enjoyed it and would love to go again. The organisers are hoping next year to have a larger turnout.

I was proud to receive my trophy from Master McPhail. I can't describe how I felt when my Instructor, Mr Konia, presented me with a NZ flag to wear on my dobok. I love my club (Hurapaki) and I hope we all go as a big group next year. International tournaments are fun and I loved the two days of sightseeing.

**To Taekwon-Do Kids news letter**

My name is Lewis Read. I am 10 years old. I now train with Jarrod and Andrew at the Burnham Club. My school holidays started with a training with the Riccarton Club and a special instructor from the North Island. It was a great training and thank you.

I then had two training sessions with my old club the Waikeria Hawks and it was so good to see Mr Campbell and Mr King. Some of the kids whom I went to Poruku School with are now members of the club so that was good. But the best part of my trip was to see Chase, Cosmo and Arron. The training was good too, Mr Campbell.

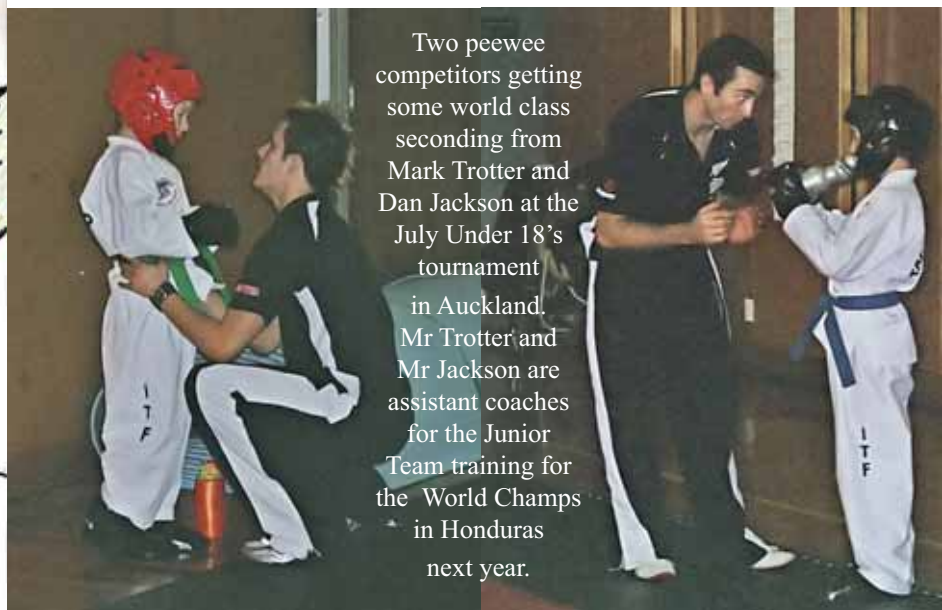
I am so looking forward to camp and I am going to have such a good time.

Great letter Lewis!



Bye for now

Lewis



Two peewee competitors getting some world class seconding from Mark Trotter and Dan Jackson at the July Under 18's tournament in Auckland. Mr Trotter and Mr Jackson are assistant coaches for the Junior Team training for the World Champs in Honduras next year.

## President's Corner

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

My first ever trip to the UK and Europe to attend the ITF World Championships and Congress was an awesome experience. To meet and discuss ITF matters with presidents and seniors from other countries around the world was invaluable for my understanding of the direction of International Taekwon-Do. Many seniors look upon New Zealand (ITFNZ in particular) as leaders in keeping together the true Taekwon-Do, and many are obviously envious of our organisation, its structure and its unity. It also struck home to me how isolated we really are in the Oceania Region.

The ITFNZ contingent was one of the larger groups in Germany and the team certainly did us proud and re-enforced New Zealand's position on the International Taekwon-Do map.

To have the team being requested to perform the haka at both the opening and closing ceremonies was a great honour. It received full coverage on German television.

Mr Pygott and I attended the ITF Congress and also presented our bid to host the ITF World Championships in 2009. This was a very close-



Master Evan Davidson  
President of ITFNZ Taekwon-Do

fought contest between Argentina and New Zealand, with Argentina just scraping ahead on votes. I found out that possibly all Western countries and also many Eastern countries are very keen to come to New Zealand for competitions and for a holiday. This has encouraged us to look at re-lodging another bid to host the ITF World Championships in 2011. We will present this bid at Congress during the 2007 ITF World Championships in Quebec, Canada.

My best wishes and congratulations go to the Mr Michael Lowe and Mr Peter Graham, both 4th dans, who are the latest ITFNZ members to be inducted into the NZ Martial Arts Hall of Fame. This is a well-deserved honour to two gentlemen who have had a long involvement in Taekwon-Do and done so much for the Art here in New Zealand.

Big thanks to Mr Rimmer and his team for organising the 2nd ITFNZ Instructors Conference. Thanks also to all instructors and assistants who attended. This forum is one of the best opportunities for all our club leaders to get together under one roof, to develop the Art, to exchange ideas, to support each other and to strengthen our ties. I am sure your instructors returned to your clubs with renewed vigour and enthusiasm.

Lastly I would like to extend my warmest wishes to the ITFNZ Executive, Committees, Instructors, club members and all your families for a very merry Christmas and a safe and happy New Year. Enjoy a safe festive season and a well deserved holiday break.



## Meeting Snippets

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

Snippets of Executive Meeting held on 11 September 2005

1. A Job Description document was produced. It will be updated as required to keep it relevant. Some committee job descriptions need to be reviewed. The Coaching and Selection, Marketing, and Sponsorship and Funding job descriptions are under review by the Committee Directors.
2. A Risk Management Plan was produced that can be used for all events organised by or on behalf of ITFNZ.
3. To celebrate the 50th birthday of Taekwon-Do, a special memento was produced for instructors and distributed at the Instructors' Conference. The item, a compendium, will be available for purchase from ITFNZ Sales.
4. Our ITFNZ Marketing Committee will seek worthy recipients of the Queen Service Medal for the coming years.
5. A 'Conflict of Interest' document was produced. This relates to involvement in multiple roles or committees.
6. ITFNZ may subsidise instructors to attend the International Instructors' Course in 2006, subject to budgetary requirements. We could use the Instructor's Bonus for this sort of thing, as most instructors aren't worried about receiving the bonus anyway.
7. The Executive Committee reduced its involvement in operational tasks to focus more on governance. Committee Directors will carry out the day to day operational tasks, and will



Mr Vince Pygott  
Secretary of ITFNZ Taekwon-Do

send a report to the Executive Committee every two months. The report will outline events of the past two months, plans for the next two months and beyond, who is in charge of future tasks, and by when the tasks should be complete.

8. ITFNZ is developing a strategic plan to provide a unified direction for all ITFNZ Committees and members. A working party will be created to examine the restructuring of ITFNZ. It requires people with skills in organisation design and restructuring. Presently the working party is Kris Herbison, Gwyn Brown, and Vince Pygott.
9. The Annual Report will be revamped to make it look more professional.
10. The new Sponsorship and Funding Committee will oversee the Universal Grants Scheme (UGS).
11. As of 2006, one fully qualified instructor per club will be registered with ITFNZ for free.

12. ITFNZ is examining the idea of having online tournament and registration forms, so instructors can register their members online.
13. ITFNZ will list all qualified umpires and their grades on the ITFNZ website. This will make it easier for tournament organisers to identify umpires to contact for tournaments. The webpage will include a request for people not on the list or with incorrect details to notify the webmaster of corrections.



## News in Brief

It's award season. Congratulations to all finalists and winners in the various regional sport trust awards, local area school sport awards and other ceremonies.



Congratulations in particular to Messrs Mike Lowe and Peter Graham, both IV dan, who were inducted into the New Zealand Martial Arts Hall of Fame at a ceremony in Feilding on 12 November.

Also congratulations to Mr Steve Morris, who is Counties Manukau Sportsman of the Year! Master Paul McPhail received a Service to Sport Award, and Mr Mark Banicevich (umpire), Mr Chris Broughton (junior sportsman), Mr Luke Thompson (sportsman) and Dragons Spirit Papatoetoe (club) were finalists.



Let's nominate people and clubs for awards in all other regions next year! We have many deserving candidates.

# Kane Raukura, IV dan

by Courtney Meleisea, 3rd gup  
Dragons Spirit Taekwon-Do, Papatoetoe

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

I started Taekwon-Do in 1989 while I was in form five at De La Salle College – I think I was about 16 at the time. My brother had always wanted to do a martial art so I tagged along for the ride. When we arrived at the hall I saw a close friend from school walk through the door, he had never informed me that he did Taekwon-Do. I hid behind my mum and watched. At that moment, I decided if he could do it, so could I! Since then I have never looked back.

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

My instructor was the talented Mr Sam Clark, who was an inspiration and extremely supportive of me as I went through the ranks. As well as being my instructor, over time he became my friend and mentor. I was lucky to have fluked walking through his particular dojang door – Papatoetoe Taekwon-Do. This has been my first and only club, now Dragons Spirit Taekwon-Do.

## When did you receive your first dan black belt?

I received my first dan during my first year of university – it was either late 1991 or early 1992. Mr Clark just approached me one night at training and said, “You’re going for black belt in three months! Better start getting ready!” It was a huge buzz in those days, there just weren’t as many black belts around. It really was like belonging to an exclusive club. My examiners were Master McPhail and Master Davidson, who were only 4th degrees at the time.

## When did you start instructing and at which club?

I started instructing as soon as I gained my black belt at Papatoetoe Taekwon-Do. We were a large club and it was all hands on deck! Due to work commitments Mr Clark slowly had to withdraw from training, and after working heavily with two other old names in Counties Manukau Taekwon-Do, Mr Steve Siegel and Mr Ben Edwards, I became the Instructor. I was filling large shoes and at the beginning it was quite daunting.

## What are some of your biggest Taekwon-Do achievements?

I think everyone’s first and foremost must be gaining their 1st dan black belt, but for me it has always been gaining my stripes! Ever since I saw the legendary Mr Peter Graham walk through our dojang door on a club visit, I knew that was what I wanted. So last year in August, I successfully



Left: proud instructor with two students to the Junior World Champs  
Right: Mr Raukura and Mr Bruce Harrison, Sports Expo demonstration



The fantastic Dragons Spirit Black Team! – Mission Bay, 2004

tested for 4th and my largest achievement in Taekwon-Do was realised. I have never been tournament orientated but I have kept busy :

- Appeared on TV three times for ITFNZ. The Good Morning Show with Mary Lambie, Trading Places, and on Studio 2.
- Instructor of the Year 2004.
- Club of the Year 2004.
- Standards and Discipline Committee member for three years.

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

For me as a person, my biggest highlight was gaining 4th dan, but as an Instructor my biggest highlight was when the first students I had trained from white belt graded to 1st dan.

## What is your most embarrassing Taekwon-Do moment?

Well, I have turned up to Sunday training three years in a row and wondered where everyone is and have cursed about how lazy they all are. Trained for about an hour myself, started heading out the door to see someone pull up to the dojang. It is about at this time that I realise once again that I have missed putting my clock forward for daylight savings.

## What are your personal goals for the future?

To continue to grow Dragons Spirit Taekwon-Do and to provide its members with as many opportunities as possible. To keep training myself, to keep grading as this provides a personal challenge, and to support ITFNZ and its standing within the community. I would also like to become an examiner one day.

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

Hopefully to see the public recognising ITF Taekwon-Do as truly unique and for ITFNZ to one day have a national headquarters. My personal dream for ITFNZ in Counties Manukau is for our region to one day have a central base also.

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

That’s a really difficult question as there are so many amazing practitioners. A person who stands out in my mind though is Mr Mahesh Bhana, the Instructor of Eastern ITF in Auckland. I believe he truly embodies the tenets and is always extremely generous with his time and knowledge. I admire

him for his technical ability and devotion to ITF Taekwon-Do.

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

With the passing of our founder I feel that we have become more passionate about our martial art and more concerned with staying true to his life’s work. I also believe, that as we compete more on the world stage, we are creating a solid reputation as being up there with the world’s best.



Mr Raukura and Dragons Spirit demonstration team members – Hunters Plaza Papatoetoe 2005

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

My favourite hand technique is a knife-hand side strike and foot technique would be a 360° flying back piercing kick.

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

All of the tenets are important, but out of the five I believe the most pertinent is perseverance. Life has a habit of constantly throwing challenges our way; we can do one of two things. Firstly, let the obstacle prove insurmountable and stumble forward, or secondly, rise to the challenge and walk upright onto greater things. As with life, Taekwon-Do reflects this; all great practitioners of Taekwon-Do have bravely met their own personal challenges and are still here after many long years.



Two board suspended punch, club Christmas celebrations, Wenderholm Regional Park

<http://www.itfnz.org.nz/taekwon-dotalk/key.html>

## You and Your Instructor

by Kane Raukura, IV dan  
Director of Standards and Discipline

I can remember walking into my original dojang for the first time. I was in my School Certificate year and I was young and full of teenage bravado! I stood at the door in real awe as I watched the black belts walk in, warm up and start practising. I knew nothing about Taekwon-Do but I knew one thing – I wanted to do what they were doing! So plucking up some courage, my younger brother and I approached the instructor and asked to join in.


responsibility from the top down. Coloured grades look to black belts and instructors for leadership and guidance. Black belts and instructors look to their masters for the same. Why do we have this system? Because if we didn't, Taekwon-Do would, in time become watered down and would bear little resemblance to its original design.

Our loyalty to our instructors helps to protect this grand design and the legacy we have been left to

end-all and be-all in the dojang, his or her control is absolute. They will listen to you, they will care for you, they will show interest in your ideas, they will support you and nurture you in Taekwon-Do. They will laugh with you, cry with you and may, in time, become close friends or colleagues. Ultimately though, their decisions will be in the best interests of the dojang, its members as a whole, ITF/NZ and Taekwon-Do. This, we must all respect and remember.

Have care and reverence for your instructor. Show respect to this person who leaves home and family twice or more every week to teach you – not for money, but for the love and legacy of Taekwon-Do. I leave you with the following extract from the Condensed Encyclopaedia by our Founder on the relationship between students to instructor.

- Never tire of learning.
- Be willing to sacrifice for Taekwon-Do and the instructor. Be willing to help in testings, demonstrations, tournaments, and in working around the school.
- Always set a good example for lower ranking belt students.
- Always be loyal and never criticise the instructor, Taekwon-Do, or the teaching methods.
- If an instructor teaches a technique, practise it and attempt to use it.
- Remember, your conduct outside class reflects on Taekwon-Do and the instructor.
- Never be disrespectful to the instructor.
- Be eager to learn and ask questions.
- Be honest with instructor and other students.
- Never break a trust.

May you all have a wonderful and safe Christmas. Don't forget a few kind words of thanks to your instructor before the final class. 



General Choi Hong Hi – late founder of Taekwon-Do – teacher, inspirer, motivator.  
Mr Lawrence Mantjika under his watchful eye.

This was my first ever meeting with my instructor-to-be, Mr Sam Clark. At that time I did not realise what an impact that one person and the martial art of Taekwon-Do would have on my life. As the months and then the years ticked by, my instructor became a role model, a mentor, a father figure and in later years a real friend. Now as an adult, Taekwon-Do instructor and school teacher, I reflect back on those years and I am constantly amazed at the effect a single person can have on our lives.

An old Korean proverb says, “father and mother are the parents who bring me up, while a teacher is the parent who educates me”. Your instructor is not only your teacher of Taekwon-Do but a parent who educates you and the education is vast. The time you spend in the dojang with your instructor can be instrumental in making life long changes and developing you as a well-rounded member of society. Apart from learning the techniques, the sparring drills, the self defence, the patterns and the other intricacies of Taekwon-Do, your instructor imparts a knowledge of morals, tenets, high expectations and discipline.

Our late founder, General Choi Hong Hi, developed Taekwon-Do around a basis of military precepts. Apart from his background, this was because he realised and appreciated the need to have a hierarchical approach to the grades within Taekwon-Do. This creates a chain of command or

guard. In this modern world we live in, value for teachers is waning. Appreciation for old knowledge is not hip. Equality for all is paramount and respect seems to be expected not earned.

Many people who join Taekwon-Do have difficulty with the hierarchy found within the dojang and the deference that needs to be shown to those of higher rank. I hope that my explanation has helped their understanding and highlights why it is in place.

“A teacher is the parent that educates me”. What a debt we owe our instructors. How often we forget this, especially those of us that have been training a number of years. As I travelled around the country, saw different dojangs, met different students and trained quietly in the background, I have seen the student who delights in correcting the instructor and the student who leaves without permission. Then there are the students who never volunteer their time and the students who are never punctual. The student who ridicules behind closed doors and the student who believes it is their right to be there. How this saddens me and how this saddens your instructor – your parent that educates you.

The majority of Taekwon-Do students in ITF/NZ are wonderful, loyal and passionate individuals. I believe that our great organisation attracts people of that calibre to it. But some of us need a gentle reminder now and then. Your instructor is the



Mr Sam Clark – founding instructor of Papatoetoe Taekwon-Do (now Dragons Spirit Taekwon-Do)  
– instructor, mentor, role model

<http://www.itfnz.org.nz/taekwon-dotalk/key.html>



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## Photo Competition

This year's winning photo was submitted by Mr Carl van Roon. It was taken by Robert Trathen during a photoshoot for an article about Mr van Roon for FHM magazine. (Mr van Roon was profiled in the September issue of FHM.) In the photograph, Mr van Roon executes a flying side piercing kick toward Mr Dafydd Sanders.



Mrs Rose Cherrington won both second and third places with photographs she took. The second place photo is of the Taekwon-Do Cubs 3 - 8 year old class. The highest grade is Alex Whiley age 8, youngest member is Samuel Murray age 3. After trying for an action shot of 20 kids, Mrs Cherrington took this shot, and promised the club she would submit it.



The third place photo is of Mr Lawrence Mantjika performing a mid-air kick during his bronze medal performance against Poland at the ITF World Championships in Germany earlier this year.

Congratulations to all winners. You will receive your prizes by mail.

Next year's photo competition will be sponsored by Fuji MAE NZ. For something a bit different, the competition will be restricted to photographs taken specifically for the competition, so photographs taken during ITFNZ events will not be eligible. Photographs must also be taken outside – somewhere pretty!

We will also restrict the number of entries per person to four, so you will have to choose your best photos to submit. Good luck!



## Next Issue

Wow, 2006! It's already looking like a great issue in April!

### What did Mr Brown inflict on our juniors this year?

The ever popular National Juniors' Camp takes place in late November 2005 – just couple of weeks too late to make it into this issue of Taekwon-Do Talk. You'll have to wait until April to discover their mad escapades. Will it be pegs, eggs, odes, toads, or all of the above?

### What exciting seminars do our Stripes have in store when they go on Tour?

Who will be touring next year? Stripes on Tour is a fantastic annual event where *your* club could host a seminar with one of our *sabumnim*. Would you like to have a seminar at your club? Ask your instructor to contact Master McPhail: [techniques@itfnz.org.nz](mailto:techniques@itfnz.org.nz). There may even be a particular stripe with whom you would like to train.

### Anything exciting happen in the last five years?

In part three of the history of ITFNZ, we read about clubs from other organisations joining the ITFNZ family, the first Instructors' Conference, our progression at ITF World Championships, and a number of other events between 2000 and 2005.

### Plus more of our great regulars...

More about General Choi's amazing life in Kicks for Kids, we profile Mr Brett Kraiger of Brooklyn, and Mr Banicevich discusses the second principle of releasing techniques. Plus Technical Tips, another Executive Update, and more Free Sparring tips.

We also eagerly await your letters, articles and high resolution photographs. Please email your files to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz).

Articles are printed at the Editor's discretion, and may be edited for content and length. A one page article is about 750 words; a two page article about 1500 words. One or two page articles must include photographs or diagrams. Photographs as jpgs must be at least 300KB to be suitable for printing.



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