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# TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



## CAMPS CAMPS CAMPS



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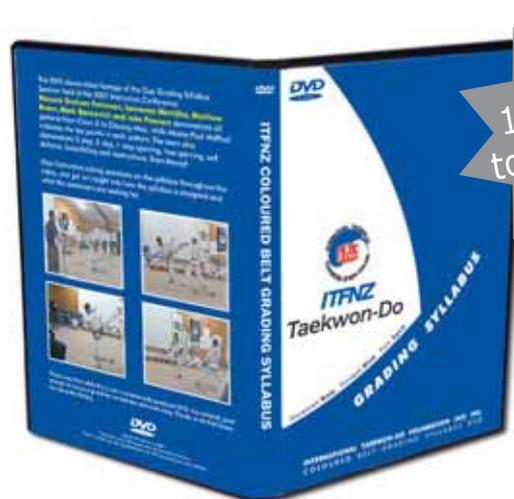
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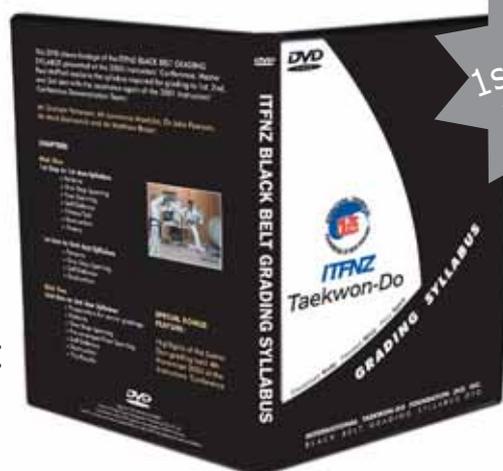
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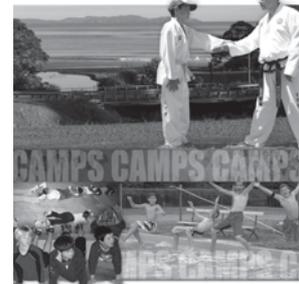
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## About the Cover



The top two photos, the Coopers Beach vista and Mr Konia teaching, were taken at the Northland camp and submitted by Mark Hinge. The two photos in the bottom left corner were taken by Shirley Pygott at the National Juniors' Camp. The bottom right photo was taken by Mrs Poole at the Midlands Regional Camp. Layout by Trudie Malone.

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## Taekwon-Do Talk

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## Editorial

Welcome to *Taekwon-Do Talk*.

**There has never been a better time to open a club!**

Did you know that if you open a new ITFNZ club now, ITFNZ will give you \$500.00 cash? Isn't that brilliant!

It is so rewarding to be an instructor. Mr Kraiger says in his profile on page 20 that it is his students who inspire him the most – and many instructors feel the same way. I know I gain immense satisfaction from teaching, and watching my students' Taekwon-Do ability develop over time.

If you are interested in opening a club, talk to your instructor and your Regional Director. They can help you find an appropriate venue, and give you great advice about how to get started.

If you set your club up with a constitution (see the article by Mr Herbison and me last issue), all you end up needing to do is instruct – students do the books and organise everything. It's brilliant!

### Camps, camps, camps!

For the past few years, everything seems to be about tournaments. This issue, we notice a bit of balance returning to our calendar. We bring you articles about three recent camps: one in Northland, one in Waikato, and the ever-popular National Juniors' Camp.

I love camps. They are the most fun I ever have in Taekwon-Do. Particularly when they include Taekwon-Do War Games (see article in our August 2004 issue, available online).

If you don't seem to have camps in your area, talk to your instructor and your Regional Director. Make it happen! You could even help organise one – it's great for credit points, and for kudos! Instructors and seniors love to be asked to teach at camps, too!

### Other stuff

The Junior World Championships in Honduras are just around the corner. Read about our team on

pages 12 and 13 – we have reports from both team captains. Good luck in Honduras, Team!

We have two stories with an international flavour: a great article about a group of Kiwis who travelled to Slovenia to compete in the Open, and one from an English Taekwon-Do instructor visiting New Zealand.

### The Masters are returning!

Yes, I apologise for the typos on the back cover last issue. It is a lot of work putting together this magazine, so the odd mistake can slip through the gaps. These were the most obvious ones for a long time!

Get to the point: if you are second gup or over, get to the seminar! Masters Marano, Trajtenberg and Bos taught an amazing seminar in 2004, and they are such wonderful people. If you didn't go to the last one, make sure you are at this one! If you did, I am sure you will want to go again! Register quick, so you don't miss out! I'll see you there.

Mark Banicevich, Editor.



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## Letters to the Editor

Dear *Taekwon-Do Talk*

### *A Hard Act to Follow*

Afi Meleisea and Cori-Jean Topia set an extremely high standard. They had the huge task of organising a Black Belt grading for 39 candidates (the biggest black belt grading yet for ITFNZ) on 10 - 11 December 2005.

The venue was the huge Recreation Centre at Wesley College in Pukekohe – big enough for all candidates to be on the floor at once for all of the gruelling first day, doing line work with plenty of room to move, patterns, three-step, two-step, one-step, self-defence and free sparring.

There was even room for the examiners Mr Mahesh Bhana and Mr James Rimmer to split the candidates into degree-holders and 1st gups for some detailed work on their current patterns – two large groups on the floor together with plenty of room to ignore each other.

With such a large number of candidates, any hitch in the proceedings would make the grading stretch way beyond the allotted time. But Mr Meleisea and Miss Topia thought of everything. Pads, boards and tiles were all stored nearby. The four board-holding machines were pre-measured with the heights of everyone's breaks, and four lines running at once meant that the actual breaks could be done separately but with very little delay between them. There was a large team of helpers for changing the boards, hand-holding boards for specialty breaks, clearing away, and acting as marshals for the run. The organisers even taped tarpaulins and plastic cover sheets together, ready to put concrete blocks and tiles in place. The whole thing was dragged out, unfolded and set up within a couple of minutes. And cleared away as quickly.

They set up the Recreation Centre foyer as a large classroom for the theory test, set aside a room for the candidates' drinks, and arranged security for the changing rooms and the carparks. They even unlocked the Wesley College swimming pool for a quick cool-down over lunch.

And they sent email to all the candidates telling them how to find Wesley College, giving the timetable for the two days and a map of the running course.

We are all very grateful for the hard work and planning of Mr Meleisea and Miss Topia. Theirs will be a very hard act to follow.

Dale Copeland, II dan  
Taranaki



Dear *Taekwon-Do Talk*

### *Mr Lim departs for Australia*

Many readers know Mr Royston Lim, one of Nibun ITF Central's 3rd dans. Mr Lim recently received one of those "so much money I can't turn it down" offers we all dream about. Unfortunately, this means he moved to Australia at the end of March to be a management consultant in Sydney.

I would like to take this opportunity to acknowledge and thank Mr Lim for all of his hard work and assistance, both personally and from Nibun's perspective.

Mr Lim has been heavily involved in running the Nibun clubs, both from an administrative and an instructing perspective. He has contributed greatly to the success of the Nibun clubs as a whole and to the individual successes of our members – myself included. As the Vice-President of Nibun, he has suggested and assisted with many projects. As an instructor he has given up many hours of his own time to help us succeed. As a friend he has both inspired and supported me and my fellow students, especially when black belt gradings were looming.

Sir, our thanks and best wishes go to you in Australia. We look forward to what will hopefully be frequent visits back home.

May the hamster keep running and the desserts keep coming!

Breon Gravatt, II dan  
Secretary, Nibun Taekwon-Do



Mr Lim, on holiday around the world before starting work in Australia, won a silver medal in 3rd dan patterns at the Slovenian Open in February. Story page 9.

## National News

### Nominate Someone for the ITFNZ Taekwon-Do Awards

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

- Write a page about why they deserve the Award.
- Write a list of their achievements or efforts made during the past year.
- Fill out the appropriate form, available from your instructor or the website URL below.
- Get another member to second your nomination.
- Email (or post) it all to the Director of Marketing by 30 July 2006, subject "ITFNZ Taekwon-Do Awards".

There are six awards to be presented:

- (1) Paul M Taekwon-Do Dan Student of the Year (registered ITFNZ black belt at 5 October 2006).
- (2) WebWorld Gup Student of the Year (registered ITFNZ coloured belt at 5 October 2006).
- (3) Nibun ITF Junior Student of the Year (registered ITFNZ member under 18 at 5 October 2006).
- (4) Epson New Zealand Instructor of the Year (active ITFNZ instructor at 5 October 2006).
- (5) Martial Arts Apparel Club of the Year (active ITFNZ club at 5 October 2006).
- (6) The President's Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do (any person who does a lot for ITFNZ Taekwon-Do).

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

**Addresses for Nominations**

Email nominations to:  
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subject "ITFNZ Taekwon-Do Awards".

Or if you still use snail mail...

ITFNZ Taekwon-Do Awards  
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PO Box 1349,  
Dunedin

Last year Master Davidson presented The President's Award to George and Wendy Konia.



# Midlands Camp Epworth 2006

by Peter Stet, 1 dan  
Te Awamutu



In the Midlands, "serious photo" is a rather confusing term.

Mr Ian Cambell was the organiser of this year's Midlands Camp held on the shores of Lake Karapiro 17, 18 and 19 March 2006. Enrolments were 65 students with all Midlands clubs and some outside clubs represented – some travelling a large distance. Friday 17th was a good time to meet up with friends and members from the whole region, anticipating what was about to begin: a weekend of quality instruction and learning.

The theme of this year's camp was "The Composition of Taekwon-Do" allowing everyone to get back to basics to have a good look to why we do Taekwon-Do this way. Mr Brown, Midlands Regional Director, spelled out the discipline with his dry wit and precise wording, which was followed to the letter by all.

Saturday we're in business with Mr Eccles re-living Master McPhail's 1000 kick warm up. No one was disappointed that it was not followed by the 1000 jumping kick meltdown he had endured some time ago as he looked fully recovered.

After breakfast the rotational program kicked off with students in four groups. Mr Brown and Miss Davidson took students through sine wave, clearing up a lot of confusion and generally improving everyone's patterns (although it will take some time to get rid of that little double wave).

Te Awamutu's 2nd dans Miss Hall, Mr Dyson and Mr Gary Campbell showed their students an alternative approach to self defence by exploring some different ways to use skills from patterns.

Guest instructor Mr Roman Chirtoca and Mr Eccles gave everyone an opportunity to receive expert tuition in the art of sparring from these two sparring gurus. It was also a good opportunity to meet Mr Chirtoca and see him in action, showing his blinding speed and effective counter attack.

Ms Young and Mrs Collins used their combined skills to go through patterns. Again students enjoyed the level of knowledge and focus that these two bring in their presentations, with many questions explained and improvements offered.

Black belts did not miss out with an in-depth session hosted by Mr Ian Campbell on the "Composition of Taekwon-Do", resulting in sharing of opinion and views, pulling out the encyclopaedia to get down to the meaning of Taekwon-Do. This included an exercise using a nominated pattern to use in defence against a specific attack, demonstrating the depth of options in Taekwon-Do patterns. It is amazing what Won-Hyo can do against a weapon attack.

Saturday evening the long awaited "Battle of the Kaimais" commenced. The end result was a close call and although the Waikato had the upper hand on the quiz, Bay of Plenty took the Trophy with their unfaltering commitment to the Tenets of Taekwon-Do. On receiving the news, the leader of

the winning side made the following statement:

"Out of the ashes of defeat, victory is snatched... I shall listen for the cries of the mooloo men and women in the deep dark depths of tonight's murky echo of a dream cruelly lost!"

Gwyn Brown, leader of the humble victorious side. (He then went on to thank his parents.)

Sunday's closing sessions, Mr Chirtoca took everyone for specialty technique, and man can he fly, inspiring many young Midlanders to new heights (literally).

Ms Young had everyone polishing their patterns while the black belts took to the field and were treated to something from Master Davidson's box of tricks. As is usual on these occasions, this session will long be remembered by those who witnessed him pull out the tonfa. Master D explained the history: before it became a weapon used by the residents of the Japanese island of Okinawa under rule of the war lords, everyone used a grinding stone to grind rice into flour. No weapons were allowed, so the handle of this domestic device was turned into a effective weapon. Initially it seems an awkward piece of wood, but as Master D slowly revealed its effectiveness, the mind opened and the natural Taekwon-Do skills quickly adapted to efficient use of this simple but lethal weapon.

The Karapiro Lake shore barbeque became a fitting finale to a brilliant weekend, allowing everyone to say their goodbyes and thank the fantastic support crew: Mrs Campbell, Mrs Poole and Mr Glenister. A big thank you for a well-run camp must go to Mr Ian Campbell. The Waikato club members, although losing the Battle of the Kaimais Trophy, made sure that the BOP club members made it safely to their respective destinations, looking forward to the next camp to take it back.

Master Evan Davidson demonstrates use of stick and tonfa, with Mr Clint King.



[http://www.teawamutu.net/taekwon-do/midland/events/midlands\\_2006\\_regional\\_camp\\_epwo.htm](http://www.teawamutu.net/taekwon-do/midland/events/midlands_2006_regional_camp_epwo.htm)

## Stripes on Tour Diary

by Christine Young, IV dan  
Instructor, Hwa Rang Rotorua

Making our way around.

Stops so far: Midlands, Counties Manukau, Wellington, Central Districts.

Christine Young, age thirty something.

We had just finished the Stripes Seminar in Palmerston North. After a rest day in Levin we set off early on Monday to drive back to Tauranga. I loved being back in New Zealand; the roads were practically deserted and the country looked beautiful. Roman was happy that everyone had been so friendly and appreciative at the seminars. I was impressed that everyone had loads of energy right throughout the day. I thought that the students would be more worn out by the end of the day. Our drive home was a time for us to discuss the seminars.

“Did you notice the regional differences?” I asked Roman.

“The Auckland crowd trained hardest and were better at sparring than the other regions.”

“Yeah, I think they practise sparring more often in club, but I think everyone trained equally hard,” I said.

“They moved better,” said Roman.

“It was good to do the movement skills and focus first on the foot work. I think this gets overlooked in New Zealand. And the reaction time seems a bit slow don’t you think?”

“Students need to practise the speed drills. Some of the students were fast but they didn’t have the right timing.”

“Yeah and I think they need to practise reacting simultaneously. To block and counter at the same time.”

It was always easy to talk about these things and imagine how you could do them compared to the reality of actually doing. I always wished I had more speed and better reaction times. When sparring Roman, there were times when I would see his head wide open, throw my punch and I would register in my mind that I was going to make contact. Somehow in the last split second he would manage to move his head out of the way. I hated that, and it would put me off for several seconds afterwards.

Coming back to our conversation I said, “It’s interesting to see the regional differences in patterns isn’t it?”

“I thought the CD people had a good understanding of the technical aspect in patterns.”

“Well I thought my coloured grade group in Wellington were the best so far in performing the patterns. You had more instructors attend in Palmerston North so your black belt group had better knowledge.”

“Yeah, I’m disappointed not more instructors came. It’s more important that the instructor attends these so that they can pass it on to their students.”

“Well, it’s not an instructors’ course. There are separate courses for that. Many instructors did email me to say they couldn’t make it because of



Ms Christine Young and Mr Roman Chirtoca recently moved here from London. They now live in Tauranga, and teach Taekwon-Do in Tauranga and Rotorua. Ms Young is from Levin; Mr Chirtoca is from Moldova.

“Mm, the wall was good for reflex kicks in Auckland. In fact the Dragons Spirit do jang was most excellent! It was a fun special techniques session there. And we had so much good food for lunch. Wish it was available now, I’m getting hungry.”

“We’ll stop in Taupo for lunch. Didn’t Kane [Mr Raukura] have so much cool equipment in his do jang? It would be great to get one of those free standing punch bags.” I really admired the professional setup of Mr Raukura’s do jang.

“Oh, what about the one we saw at the martial arts shop in London? Where there are multiple targets you can move around, sticking out like branches on a tree. I wonder if we can get one here,” Roman said.

“Yeah that would be nice to have. I really want to get a power breaking holder made. The designs here are very good. Seems like everyone has a breaker board holder now. But I really didn’t want to do the stacked up polar board power breaking at this seminar. If you don’t break those polar boards you can really get bad bruising. That takes months to get better. I do think everyone should be able to break one board with decent technique and you don’t need the board holder for one board.”

“Black belts should be able to do a black board and the coloured grades at least a white board,” Roman piped in.

“Yeah, I agree, with any technique on demand,” I said. “Doesn’t Lake Taupo look beautiful? It’ll be even more scenic in the South Island. We’ll be there next month.”

Stripes seminar coming soon to Christchurch April 22nd, and to Dunedin April 23rd.

End.

[http://itfnz.org.nz/events/archives/2006\\_stripes.html](http://itfnz.org.nz/events/archives/2006_stripes.html)

other commitments. Anyway, I hear ITFNZ have new resources set aside for instructor development. It’ll be good if they have more technical courses for the instructors where they get the knowledge and also spend time performing and practising.”

I get thrown into my seat belt as Roman takes a corner like a rally driver.

“Slow down, they’re really strict on speeding here!”

“I’m only going 70,” Roman said defensively.

“Yeah that’s in miles,” I said, looking over at the speedometer to check.

“I’m just glad you didn’t spend three hours on patterns with the black belts this time.”

“Well I had to go back to basics. I had to show sine wave. They got confused between continuous motion and connecting motion. Some of them didn’t know circular motion, and the starting position of the hands were wrong... some didn’t cross their hands properly for some techniques. There were a lot of mistakes to correct.”

“Okay, okay. Habits are hard to break. It was great having the mats down in Palmerston North, especially for the special techniques. It’s not so hard on your joints when we do the jumping plyometrics exercises. I think it gives you more spring too. Shame the wall was too slippery to do the reflex kicks.”

# Around the World with Taekwon-Do

by Cassie Bednall, I dan  
TAGB



Miss Bednall in her strange dobok (centre), with Miss Melissa Timperley (left) and Miss Alicia Parker of Paul M Papakura.

It's 2006 and I often find myself wondering how I came to be where I am. Living in New Zealand, in Whangarei, with the Konias (not to mention the six times a week Taekwon-Do training).

It all began at sixteen years old when, determined to recover from a back injury, I stepped through the door of a do jang in the UK. I commenced my training with the TAGB (Tae Kwon Do Association of Great Britain) and merrily made my way to green belt. It was at this stage (2001) that an adventure to the other side of the world beckoned me.

Off I trotted to Australia to stay with relatives and, as it turns out, further my Taekwon-Do. It was inevitable that, while staying on the Sunshine Coast, I would find my way to the Rounthwaites' club. That first class is still fresh in my memory, where I persisted in saying "but in England we do it like this...". I soon learnt that "Yes, Sir!" was a much safer answer!

A few tournaments and grades later, I was lucky enough to visit New Zealand and later Colorado for the World Camp with the Sereffs (USTF). By then sine wave had become natural and it was always a surprise that I could now break boards! I had met two Grand Masters and training / teaching Taekwon-Do ten times a week was the norm. I thrived on learning all the stuff they didn't do at home in England: breaking, heaps of flying and self defence as part of the syllabus. I believe I am the only person who has graded for their red belt in Los Angeles airport (Master R can be thanked for this)! Colorado alone was a great opportunity and as you can imagine, giggles galore (the front row of very high dans thinking it hilarious and ironic to get me to take the warm up of over a hundred people on Independence Day – Master Daher, Master Rounthwaite (then Mr Rounthwaite) and Master McPhail (then Mr McPhail) were all grinning away at little red stripe me!).

After a stupendous year away it was time to get

serious and settle for my university degree in North England. I went back to the TAGB in England which took me onwards to the British tournament, my black belt, and patterns at the association's worlds.

Three years, one degree and first dan later, I got that travel-bug again – New Zealand was calling. I emailed Mr Mark Banicevich and the next thing I knew, a friend and I were staying there and I was training ITFNZ style! Bring back that

sine wave and all those flying kicks! (The latter being reiterated upon training with Mr Graham Patterson.) After several awesome training sessions I was being carried out of Mr Patterson's class (by Mr Patterson, probably just with his little finger!), having managed to injure my ankle after performing a not-so-successful flying, jumping, twisting, reverse 360 degree something-or-other! Back to Auckland I went on crutches!

Next came training on the North Shore, having met someone who had a house with a room for rent through a Taekwon-Do friend. Phew! A few months off with that pesky ankle and some travelling round New Zealand, now here I am!

So... it's official, Taekwon-Do will take you around the world. As well as teaching you to opt out of runs with Mr Banicevich – this man has extraordinarily long legs and would joyously run around lamp posts and back to me whilst I huffed and puffed behind! Not to mention how to trick the adults into doing a skydive at junior trials in Taupo (it never happened due to weather, but I am still awaiting payback for that!) and later learning to play volleyball (the juniors on Mr Jackson's team soon learnt who to hit the ball at for a point – you guessed it... me!).

Having travelled for a whole thirty hours on a plane to get here, I am ecstatic that Mr Banicevich and Michelle took me under their wings and now here I am with the Konias, training hard and looking at what my next destination may be after another trip to Australia (perhaps to the Rounthwaites' in Thailand)! I realise I am a lucky lady and I strongly urge anybody wishing to travel to do at least some of it with Taekwon-Do: the people are always willing to help and never fail to be a lot of fun!

Fortunately on this occasion, Miss Bednall broke the board, and not some random bone in her body.



## Kiwis in Slovenia

by Greg Skinner  
Director of Coaching and Selections

During a conversation late last year with Mr van de Mortel, I was offered the opportunity to take a couple of students to Europe to gain further sparring coaching and also attend a tournament. Mr van de Mortel was offering two days training with him, training with some of his clubs, attending the Slovenia Open and training with Tomaz Barada afterwards. I did not need a second offer!

So, Sunday 12th February saw my son Sam, Renee Richardson and myself departing for Amsterdam via San Francisco. We spent two days in San Francisco doing all of the tourist type things and generally having a good time. We arrived in Amsterdam Tuesday 14th at 9:30pm where Mr van de Mortel picked us up and drove us to his home in Mierlo, about 1½ hours drive away.

Training started immediately the next day at 9:30 in the morning. Sam and Renee spent two intense hours doing various sparring drills. This was followed up with attending one of Mr van de Mortel's clubs where the club training for the night was solely on sparring. As you can imagine, the standard of the students was very good and it was another solid workout for Sam and Renee. Some of the students and parents were also going to the Slovenia Open so it was good to meet and train with them. They later proved to be great support for us at the Open.

Next day, same again. Two hours in a private session then another club in the evening. It had been an intensive two days for Sam and Renee and had certainly pushed them hard. However, there was no doubt that it had been a very positive and beneficial experience. What we would have given for two weeks of this instead of two days.

Friday started at 4:30 in the morning as we had to travel back to Amsterdam to catch the plane for Ljubljana. We arrived at midday and were met by Andrew Niven and Royston Lim. It was a quick reunion and then we were off to Maribor in the minibus which was a two hour drive away. We went straight to Tomaz Barada's gym for the weigh in, which both Sam and Renee passed with no problem. There we also met up with Carolina Dillen who arrived via 18 hours travel in a bus with the Polish team. It was great to see her again. Tomaz's gym is worth a mention: it not only has a well equipped gym but also has a sauna and bar attached. Very impressive.

Travellers, legends and old friends: (left to right) Sam Skinner II dan, Tomaz Barada IV dan (Slovenia), Renee Richardson II dan, Royston Lim III dan (now in Sydney), Andrew Niven V dan (now in Germany) and Greg Skinner.



Sam Skinner (II dan, Nibun Central) in action against a Slovenian competitor at the Slovenia Open

The tournament was held on Saturday and we could see that it would be very competitive in sparring. Poland had sent 35 competitors, with good numbers also from the Ukraine, Croatia and other European countries. It became apparent that there would be no such thing as an easy fight. Even at Senior World Champs you are only going to have one member from the likes of Poland and Slovenia in your division, but not here. I was also very impressed with the depth of talent in each division that some of these countries have. Without doubt, there is serious internal competition to gain the top places.

The tournament for both Sam and Renee ended more quickly than we would have liked. Renee was first up in under 58kg division against a competitor from Poland who was exceptionally tall for this division. A good effort, but the decision went to Poland. Likewise with Sam in under 70kg division. He was up against Slovenia and looked to be ahead after the first round. However, he took a solid blow to his rib cage early in the second round which cracked a rib. He carried on to finish, but in a limited capacity. No complaints, decision to Slovenia. Royston Lim found himself in the final of 3rd dan patterns where he was narrowly beaten by the local boy. Still, something for us to cheer.

The tournament was well organised and professional in its presentation. The level of contact was firm (as

Sam can attest) but any poor technique, excessive contact or brawling was strictly dealt with by way of immediate deductions, which was something that I have observed at the more recent World Championships. Consequently there were no serious injuries or concussions. In my view we need to follow this example back in New Zealand.

After the tournament we were able to train with Tomaz Barada's club which was, again, a real eye opener. Sparring drills at a huge intensity with emphasis on speed and technique. As Andrew Niven commented, the biggest rest you get is when Tomaz tells you to put on your safety gear. (Note: ask Andrew sometime how his one-on-one sparring with Tomaz Barada went.) Although it was tough, I was impressed and heartened by the way that the club members supported and assisted us. A great bunch of people.

To conclude, I felt that the time and investment was well worthwhile and it is my intention to go again next year and hopefully take more students.

Many thanks to Willy and Hennita van de Mortel and Tomaz and Bianca Barada for the time, support and hospitality they showed us during our visit. Thanks also to the Nibun clubs for their assistance and support.

<http://www.itfnz.org.nz/news/slovenia.html>

# 2006 Syllabus Updates

By Master Paul McPhail, VII dan  
Technical Director

There are a number of updates made by the Technical Committee and these are listed below:

### Theory

From 2006, each grade only has approximately six Korean terms that you must learn. The terms will be relevant to your grade. eg, 10th gup will learn "nopunde, kaunde, najunde, jirigi, makgi and sogi".

This means that learning Korean terminology will be well within everyone's capabilities. Also, inside the back cover of the techniques handbook we have included a terminology CD. You can now hear how to pronounce the terminology properly.

We are also bringing back more theory testing in gradings. You still have to complete a test at club, but examiners will do more spot checks at gradings from now on.

The new terminology follows the following basic pattern:

- 10th gup – basic techniques
- 9th gup – basic stances
- 8th gup – basic attacking and blocking tools
- 7th gup – basic kicks
- 6th gup – more advanced blocks
- 5th gup – more advanced kicks
- 4th gup – more advanced stances
- 3rd gup – advanced blocks
- 2nd gup – procedure for leading the class

### Step sparring syllabus

We are implementing some changes for the current step sparring syllabus:

We would like to emphasise that one step sparring should be simple. Aim to have the techniques done with speed, power and accuracy, rather than trying to get too complicated or use too advanced techniques.

With this in mind, we have re-vamped the syllabus to be more simple. For example, 7th gup previously had reverse turning kick in their syllabus which we think is too difficult. Vertical kicks, downward kicks and skip kicks have also been moved to higher grades.

The new syllabus reduces the number of compulsory techniques from four to three and uses mainly the more basic techniques.

We would also like all techniques to be performed equally on both sides. The attacker should execute techniques on the right side first, followed by the same technique on the left. The defender therefore performs a defence and counterattack on one side, and then on the other.

Some people may not be able to perform the techniques well on both sides, but we would like you to do your best. For example, someone with an injury may not be able to jump on one side... that's

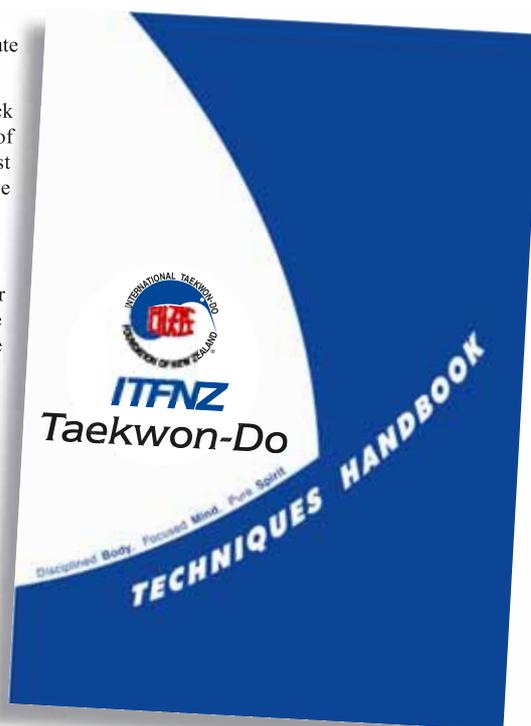
fine. Jump on your good leg and execute the kick on the ground on the other.

This procedure will be the same for black belt gradings. There is no set number of techniques for one step sparring, just continue until the examiner gives the command to stop.

### Junior age for black belt gradings

We are changing the age for junior black belt to under 18 years old. We previously used 14 as the age because that is what is says in the Encyclopedia. We find, however, that many 14 year olds should not be doing hand breaks (except for elbow strikes). We set 18 as the standard age so it is consistent with tournaments as well. So no hand breaks if you are under 18 years old without special permission of the instructor or parent.

The black belt grading syllabus will be updated to accommodate this, and alternative breaks specified.



## 2006 Regional Examiners

Auckland North 1 (Northland)	Mr Pygott
Auckland North 2 (Auckland)	Mr Bhana
Counties Manukau 1 (Dragons Spirit, Eastern ITF, Tribal, Wairua-Do, Ji Shin Maraetai, Paul M Botany)	Master Davidson
Counties Manukau 2 (Paul M Papakura & Waiau Pa, Infinity, Ji Shin Manurewa, Xtreme, Ardmore and Waiuku)	Mr Tolley
Wanganui, Rangitiki, New Plymouth, Napier	Mr Mantjika
Midlands	Mr Graham
Central Districts	Mr Patterson
Wellington	Mr Rimmer
South Island	Mr Salton



Mr Peter Graham examining Jacob McPhail at the end of year grading in Counties Manukau

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

# Quick Counters

by Christine Young, IV dan and Roman Chirtoca, IV dan  
Instructors, Hwa Rang Taekwon-Do

Miss Young began her training in Levin in 1985. She recently returned to New Zealand after nine years in England, training with Master Donato Nadizzi, 7th dan. Miss Young competed for England in three World Championships, and has a gold medal in female team power (1997), bronze medal female team power and bronze medal female team patterns (2003), and a bronze medal in 4th dan patterns (2005).

Mr Roman Chirtoca began training in Moldova in 1986. He was an instructor for Impact Taekwon-Do for Master Nadizzi for three years, before moving to New Zealand. Mr Chirtoca has competed at several junior and senior World Champs and has numerous medals in sparring and patterns from country championships such as Russia, the Ukraine, Hungary, Turkey, Belarus, Moldova and the UK.

In this series we show how it is possible to block and attack at the same time. It is important to practise with little or no delay between the block and the counter attack.



Face off for free sparring



Face off for free sparring, Mr Chirtoca is going to attack with turning kick.



Ms Young attacks with middle side kick. Mr Chirtoca blocks with inner forearm inward block.



Ms Young shuffles forward and blocks the turning kick with high outer forearm block, and at the same time executes a reverse punch.



Immediately after the block Mr Chirtoca executes middle back piercing kick.

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

## Cold Showers for the Girls

by Alicia Yates, 1 dan

Junior World Championships Team Female Captain

It's a scary and daunting feeling getting into the car knowing that in just three hours' time you'll be in Taupo, at the beginning of what is going to be a very long weekend.

The weekend we all feared was 3rd - 6th February. It was the trials for the New Zealand Junior Worlds squad and on that Friday when I arrived at Taupo I was surrounded by nervous faces. Going to bed that night was not so great. Everyone was so excited and anxious about the day to come, I don't think anyone got very much sleep. I don't think the snoring helped much either.

Saturday morning was a 6am wake up. The girls had cold showers and the boys had hot showers. How fair is that? Then it was breakfast and over to the gym for the official start of the trials.

The morning was patterns, boys and girls, followed by the girls sparring. Then in the afternoon it was the boys sparring. The atmosphere was amazing. All the people trialling really put in a huge effort and gave it 100% and there were lots of awesome patterns and bouts.

That night we all queued for what looked like another delicious meal. At the camps we have been so fortunate to have really good meals and lots of parental help which has made it a more enjoyable and stress-free time for everyone else.



Then it was to bed again and this time I was so exhausted I fell asleep and didn't wake once in the night.

The next day was specialty, power, the fitness test and interviews. Specialty kicked off to a good start. You could tell people had practised because the improvements they had made were outstanding.

The next event was power and it was the females up first. It all ran pretty smoothly with Jessie Walker's turning kick resulting in her having a rather fat foot.

Then it was the guys' turn and up until now the judges had been sitting in their seats up the front not cracking smiles and just making sure that we trialists didn't get too comfortable.

Stuart changed that by hopping around straight after attempting the punch (before finishing in a guarding block) and the judges just couldn't help but laugh.

By this time we were all very tired and we still had the fitness test to go. The fitness test began with the dreaded windmill and even though we were all shattered everyone definitely rose to the occasion and summoned what little energy they had left and gave it their all.

After the girls were finished and while the boys were doing their fitness test the girls got called over



for our interviews. This unnerved me. I walked into the room with all five judges ahead of me just staring, showing no emotion whatsoever on their faces. My hands were shaking and my voice quivered as I answered their questions. When we asked each other how their interview went, most people said it was the same for them.

Finally finished the trial; we got to relax. We decided to go swimming at Cherry Island and we all just got to have fun and bond.

Overall the weekend was a good one. The intensity of the trial was just so high and even the judges said that we made it hard for them to decide in some cases, which is definitely a good thing. Now that this part of the process is over I look forward to improving and growing with the team so that we can be the best in Honduras.

Above left: Alicia Yates flops down exhausted after a tiring training session.

Above: Chantie Thach collapses to the floor to recuperate. Left: Luke Thompson pushes Amy Reeder to her limit.

Below left: the selectors had a very tough job choosing from such a talented group of Taekwon-Do. From left, Messrs Luke Thompson, Mark Trotter (assistant coach), Dave Ballard (coach), Grant Eccles and Dan Jackson (assistant coach).

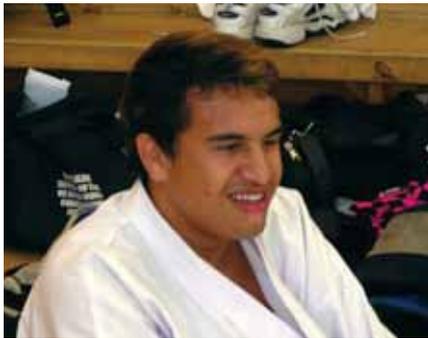
Below: male trialists ice their knuckles after attempting their forefist punch breaks, while they watch the next suckers athletes.



# Junior Team Trials with Captain Chris

by Chris Clencie, 1 dan

Junior World Championships Team Male Captain



Hi guys, Chris Clencie here!

First of all, congratulations to my fellow team members who were selected to represent ITFNZ at the Junior World Championships in Honduras! You can be proud, you guys all performed awesomely!

Also congratulations to Alicia Yates for being named Captain of the Women's Team.

I am honoured to be representing my country and thrilled to have been chosen to Captain the Men's Team! And I look forward to encouraging the guys along the way!

Here is a brief insight into the trials weekend.

Trials ran over the long weekend, Friday 3rd to Monday 6th February.

Trialists began arriving late in the afternoon, settling in for what we knew would be a physically demanding weekend.

Saturday morning all up at 7:00am for breakfast (or what felt like the middle of the night, as I am not a morning person!). Then over to the gym to get straight into it by 8:00.

Patterns trialists were up first. As I stood in front of the selectors I felt nervous but focused, and after doing my two patterns, I stood down and felt happy with my performance. I watched as the other trialists continued to impress the panel.

We stopped for a light lunch and a rest around 12:00 noon, then back to gym by 1:00pm to trial for specialty.

I was really impressed with the guys! Shane Black did extremely well nearly clearing all kicks.

That summed up day one; back to base for dinner showers and an early(ish) night.

Sunday morning brought breakfast at 7:00pm, then over to the gym to gear up for sparring! Girls up first, then the guys. And I was ready to kick some kiwi butt!

The girls did well, sparring hard and showing their determination.

I thought Josh Parker dominated the heavy weight division, and then myself – well what more can you say!

On a more serious note, everyone sparred impressively and it was exciting to watch... few black eyes, blood noses, hard kicks and punches. When sparring was done, everyone got ready for

power breaking, followed by the fitness test and individual interviews by the selectors!

After a well run day, the team headed back for a late afternoon lunch, which meant trials were complete and the selectors could be left to make their decisions!

I would like to take this opportunity to thank the selectors: Messrs Ballard, Eccles, Thompson, Dan Jackson and Mark Trotter.

I would also like to thank the management team – Mr Mike Yates and his assistants Mr Richard Burr and Mrs Tania Katene – for all their hard work, time and effort put into the team!

Thank you to the sponsor of our gear: Mr Greg Skinner and Top Ten.

Also thank you to all the parents for the yum-as meals over the weekend, and for giving up their time to take us along to trainings and camps. The support already is wicked!

With the dedication and commitment already shown, I know the team will continue to step up to world class level, and go all the way. Keep it up team!

Cheers, guys!

Captain Chris signing out! Peace!

8th Junior World Champs – Honduras 2006. 🐔

#### Male Team

Bradley Wickman  
Carlos MacDiarmid  
Chris Clencie  
David Burr  
Gary Fyfe  
Gary Sawyer  
Hayden Stevens  
Jeremy Hanna  
Johs van Pierce  
Josh Parker  
Kane Baigent  
Ryan Stevens  
Sam Campbell  
Shane Black  
Stu Alderson-Maden  
Thomas Pygott

#### Female Team

Alexandra Couling  
Alicia Yates  
Alisa Parker  
Amy Reeder  
Candice Millar  
Chanthie Thach  
Jessie Walker  
Melissa Timperley  
Rebecca Walthall  
Siobhan MacDonald

Left: Chris Clencie relaxes as he watches his team-mates put through their paces.

Below: two trialists battle it out in the square. After all the trials for the specific events came the fitness test!

Below middle: Josh Parker nails three polar boards with a side piercing kick, while Messrs George Konia and Vince Pygott hold the breaking machine.

Bottom: Thomas Pygott (left) and Jeremy Hanna collapse to recuperate from the fitness test. Mr Pygott hurts from all those sit ups.



<http://www.itfnz.org.nz/events/tournaments/juniorworlds2006/>

# A Brief History of ITF NZ Taekwon-Do

Part 3 of 3

by Master Paul McPhail, VII dan, Director of Techniques  
and Mr Vince Pygott, IV dan, Secretary of ITF NZ Taekwon-Do



Top row from left: 2001 World Camp – black water rafting team. • The junior team at the airport ready for the ITF Junior World Championships in North Korea. • The team representing New Zealand at the 12th World Championships held in Italy. • In September 2001 the very first New Zealand Instructors' Conference was held at Tui Ridge in Rotorua. Gradees and examiners were: Mr Chris Fitzgerald, Mr Jake Pearson, Mr Mark Banicevich, Mr Vince Pygott, Mr McPhail, Master Leong, Mr Davidson, Mr Andrew Niven, Mr Lawrence Mantjika, Mr Matthew Breen. • 2002 saw the very first Oceania Championships, hosted by Master Michael Daher, who is pictured with Toni Moki and Mark Trotter on a tour of Sydney. • Middle row from left: On 15th June 2002 our Founder, General Choi Hong Hi, passed away. A very sad occasion for all Taekwon-Do in the world over. • Early morning Lake Taupo dip at the first "Stripes 1 to 1" seminar 2002. • Junior World Championships in Puerto Rico – A happy Coach and Manager, Steve McQuillan and Debbie Trotter. • In 2003 – ITF NZ is to date the only Taekwon-Do organisation to gain SPARC recognition. • The Senior World Championships in June 2003 were held in Poland. Proud coach Andrew Niven with gold medalist Carl van Roon. • Bottom row from left: Mr Peter Graham and Master Tr n in 2003. • Bay of Plenty became the location of ITF NZ's first National Juniors Camp 2003. • Notable in 2004 was ITF NZ retaining its 3rd place position at the Junior World Championships held in Italy. • New Zealand came of age at its first International Instructors' Course since the passing of General Choi. Pictured are Master Hector Marano and Master Pablo Trajtenberg.

## The new millennium

It was during this stable period when many first time events took place.

The new millennium got off to an exciting start with New Zealand hosting a World Camp and, for the first time, a Junior Team was sent to the ITF Junior World Championships in North Korea. (The team returned with a bronze in individual sparring.)

In February 2001 the New Zealand Taekwon-Do Academy, headed by Mr Harry Hemana, merged with ITF NZ, bringing together the two major ITF Taekwon-Do organisations in New Zealand. July saw a team representing New Zealand sent to the 12th World Championships held in Italy.

In September the very first New Zealand Instructors' Conference was held at Tui Ridge in Rotorua. It was very successful, with over 100 instructors and assistant instructors from throughout the country coming together to discuss the future direction of their organisation. The Conference kicked off with the largest senior dan grading New Zealand has ever had, with seven candidates grading to 4th dan. It was conducted by Master Leong Wai Meng (ITF Board member in charge of the Oceania region) who was the guest instructor for the Conference.

February 2002 started a new series of motivational seminars for all grades, called "Stripes on Tour", conducted by newly promoted 4th dans. This became an annual event kicking off the start of each year with senior dans conducting seminars throughout the country.

The very first Oceania Championships was held March in Canberra, Australia. New Zealand sent a small team over, and Mark Trotter returned as Grand Champion.

During the beginning of 2002, ITF NZ was

approached by a group of instructors belonging to an organisation called Pacific Sun. Over the next few months various members of the Auckland North Region discussed with them the possibility of joining ITF NZ. At a meeting held in Orewa the Pacific Sun instructors decided to join. Present at the meeting were George Konia, Ricky Lawrence, Vince Pygott, Shirley Pygott and Andrew Niven. In May, ITF NZ gained three new clubs in Northland, becoming the most northerly ITF NZ clubs.

On the 15th June our Founder, General Choi Hong Hi, passed away, a very sad occasion for all Taekwon-Do practitioners the world over. He was due to conduct a seminar here later that year.

In September we hosted the Aussie Invitational Tournament, which was the first ever tournament between ITF NZ and Bai-Rui.

## ITF NZ's commitment to the ITF

November saw another event that became an annual tradition: the first "Stripes 1 to 1" seminar. New Zealand was coming of age. For the first time there were enough home-grown 4th dans and above to have a senior dan seminar. It was at this meeting that the senior dans confirmed the Executive Committee's earlier opinion that ITF NZ would align itself with the ITF under the leadership of Acting President Mr Russell MacLellan.

The year concluded with ITF NZ sending a team to the Junior World Championships in Puerto Rico, where for the first time New Zealand placed 3rd overall (winning three gold, three silver and four bronze medals). Our first ever gold medallists at a Junior World Championship were Daniel Kerr, Kyle Caldwell, and Mark Trotter.

While all this was going on, Mr Norman Ng (the pioneer of Taekwon-Do in New Zealand) took over

the presidency of ITF NZ (succeeding Mr Peter Graham who held the position for 13 years, and Mr Lawrence Mantjika). While in the presidency Mr Ng began discussions with other Taekwon-Do organisations, both ITF and WTF. The New Zealand Taekwon-Do Council (NZTC) was born. The goal of the NZTC was to unite Taekwon-Do in New Zealand for the purpose of obtaining government and Olympic recognition. On many occasions the New Zealand Taekwon-Do Federation (NZTF), the Taekwon-Do Union of New Zealand (TUNZ) and ITF NZ got together to draw up a constitution and set of rules to govern the council. Then at a meeting with the New Zealand Olympic Committee (NZOC) on 24th May 2002, when delegates of the three organisations congregated (Paul McPhail (ITF NZ), Glenn McGill (NZTF), John Lee (NZTF), John Davies (NZOC), Mike Hannah (TUNZ), Vince Pygott (ITF NZ) and Mark Tesser (TUNZ)) to sign the final documents, it became clear that John Lee was not going to co-operate; so the possibility of obtaining Hillary Commission and Olympic recognition was lost for the time being.

Not deterred by this for long, in 2003 ITF NZ put a case together to take to Sport and Recreation New Zealand (SPARC), a new body taking over from the Hillary Commission. With this change of format we tried again. Mr Greg Skinner (Coaching and Selections Director) went to Wellington to speak with SPARC officials and succeeded in obtaining government recognition. ITF NZ is to date the only Taekwon-Do organisation to gain SPARC recognition.

Other notable events to take place in 2003 were the National Camp held in January at Massey (the site of the original National Camps) once again organised by Mr Mike Lowe (Central Districts Regional Director). The guest instructor was Master Michael Daher (the new ITF Board



Top row: Photos from the 2003 National Camp held in January at Massey University. • Bottom row from left: To conclude the International Instructors' Course in 2004, there was a senior dan grading, at which New Zealand gained its very first masters, Master Evan Davidson and Master Paul McPhail. • In 2005, New Zealand slipped one place to 4th overall at the Senior World Championships in Germany. Pictured: Luke Thompson – silver in individual men's power test. • In November 2005, ITFNZ hosted its second Instructors' Conference for instructors and assistant instructors. Master Davidson and Master McPhail conducted their first senior dan grading at the event, promoting two 5th dans and two 4th dans.

member in charge of the Oceania region) from AITF in Sydney, Australia. It was during this event that ITFNZ commemorated General Choi Hong Hi's death by unveiling a plaque and planting a kauri tree. (This is most significant as the kauri is a symbol of strength and longevity living for 2,000 - 3,000 years.)

The Senior World Championships in June 2003 were held in Poland. The New Zealand team came in 3rd place overall, bring home three gold medals (Gray Patterson, Carl van Roon, Women's Team) one silver and three bronze. To top it off, Gray Patterson won Male Grand Champion.

ITFNZ was contacted by another group of instructors who wanted to join us, this time from Rhee Taekwon-Do. Paul McPhail, Mahesh Bhana, and Sue Breen, along with others held discussions with Trevor Harbrow and his instructors. In July, ITFNZ gained five new clubs and 300 members.

From 8th - 10th October, Master Trần Triêu Quân, the newly elected President of the ITF, visited NZ for discussions with the Executive Committee and senior members on the future of the ITF. Present for the discussion were Tanya Katene (Treasurer), Sue Breen (Counties Manukau Regional Director), Andrew Niven (Auckland North Regional Director), Paul McPhail (Techniques Director), Peter Graham (former President) and Mahesh Bhana (Senior Examiner).

In November, the Bay of Plenty became the location of ITFNZ's first National Juniors Camp. It was a very successful camp, reaching its maximum of 70 kids within weeks of the applications going out. This camp became another of ITFNZ's many annual events.

Notable in 2004 was ITFNZ retaining its 3rd place position at the Junior World Championships held in

Italy. The Junior Team won three gold, two silver, and eight bronze medals, and the female team came home best overall.

**ITFNZ comes of age**

From 6th - 8th August 2004, New Zealand came of age at its first International Instructors' Course since the passing of General Choi. Master Hector Marano (8th dan, ITF Technical & Instruction Chairman), Master Pablo Trajtenberg (8th dan, ITF Senior Vice President), Master Wim Bos (8th dan, Tournament & Umpire Chairman), and Master Trần Triêu Quân (8th dan, President of ITF) all came to conduct the seminar. It was very well received by the over 100 participants. To conclude the seminar, the four masters conducted a senior dan grading, at which New Zealand gained its very first masters, Master Evan Davidson and Master Paul McPhail.

The year concluded with the 2nd Oceania Championships held in Auckland on 23rd - 24th October, and another Rhee Taekwon-Do club joined ITFNZ, this time from Rotorua instructed by Chris Davidson.

In 2005, New Zealand slipped one place to 4th overall at the Senior World Championships in Germany. The team won two gold, two silver and four bronze medals.

In November 2005, ITFNZ hosted its second Instructors' Conference for instructors and assistant instructors. Master Davidson and Master McPhail conducted their first senior dan grading at the event, promoting two 5th dans and two 4th dans. Over 100 attendees were present to train, learn and discuss the future direction of ITFNZ.

Now, in 2006, it is time to make that future happen!

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

**Key Dates in ITFNZ History**

- 2000 **February** World Camp, Ngaruawahia, Waikato. Special guest instructor was Mr Robert Wheatley, from USA.
- 2000 **August** The New Zealand team participated in the Junior ITF World Championships in North Korea. Jake Goldsmith won a bronze medal in free sparring.
- 2001 **July** New Zealand team participated at the ITF World Championships in Italy.
- 2001 **September** Instructors' Conference – Tui Ridge, Rotorua. Special guest was Master Leong Wai Meng. Jake Pearson, Matt Breen, Vince Pygott, Lawrence Mantjika, Chris Fitzgerald, Andrew Niven and Mark Banicevich graded to 4th dan.
- 2001 **September** International Instructors' Course – Master Paul McPhail, Graham Patterson and Mark Banicevich spent a week in Jamaica learning Taekwon-Do from the Founder and Grand Master Park Jong Soo.
- 2001 **September** The first ITFNZ Instructors' Conference and senior dan grading with guest Master Leong Wai Meng.
- 2002 **March** The first Stripes on Tour series of seminars throughout New Zealand.
- 2002 **15 June** General Choi Hong Hi passed away in Pyongyang, North Korea.
- 2002 **November** 1st Stripes 1-to-1 Technical Seminar, Taupo.
- 2002 **November** The 6th ITF Junior World Championships in Puerto Rico. Three gold, two silver and four bronze medals; and NZ 3rd overall.
- 2002 **November** 1st ITFNZ National Juniors' Camp – Aongate Lodge, Bay of Plenty.
- 2003 Mr Greg Skinner put a case to SPARC that resulted in ITFNZ obtaining SPARC recognition.
- 2003 **January** National Seminar, Massey University, Palmerston North. Special Guest Instructor – Master Michael Daher. A senior grading was held: Andrew Salton was promoted to 5th dan, and Ian Campbell, Shaun Tolley, Dave Ballard, Darren Ward and Neill Livingstone were promoted to 4th dan.
- 2003 **March** General Choi Cup in Sydney.
- 2003 **May** National Women's Weekend – New Plymouth.
- 2003 **June** 13th ITF World Championships – Poland 2003. Male Grand Champion, Gray Patterson. Three gold, one silver and three bronze medals; NZ 3rd overall.
- 2003 **October** International Taekwon-Do Australian Open, Brisbane, Australia. Examiner Grand Master CE Sereff, 9th dan, President of the USTF held a grading, promoting Mr James Rimmer to 6th dan, Mr Graham Patterson to 5th dan, and Messrs Grant Eccles and Mr Steve McQuillan to 4th dan.
- 2003 **November** 2nd Stripes 1-to-1 Technical Seminar, Taupo.
- 2003 **November** 2nd ITFNZ National Juniors' Camp – Aongate Lodge, Bay of Plenty.
- 2004 **February** Oceania Technical Conference – Sydney.
- 2004 **March** General Choi Cup – Sydney.
- 2004 **July** Taekwon-Do Junior World Championships in Riccione, Italy. New Zealand won the women's competition. Three gold, two silver, eight bronze medals; New Zealand came 3rd overall.
- 2004 **August** ITF International Instructors' Course. Seminar Instructors: Masters Hector Marano, Pablo Trajtenberg and Wim Bos, all 8th dan. Also in attendance was special guest: Master Trần Triêu Quân, President of ITF. Messrs Evan Davidson and Paul McPhail were promoted to 7th dan, Master. Also promoted were Ms Jeanette Joe to 5th dan, and Lena Walton, Kane Raukura and Kevin Joe to 4th dan.
- 2004 **November** 3rd Stripes 1-to-1, Level 4 Instructors' Course, Taupo.
- 2004 **November** 3rd ITFNZ National Juniors' Camp – Aongate Lodge, Bay of Plenty.
- 2005 **May** Mr Willy Van de Mortel, 6th dan, conducted free sparring seminars in New Zealand.
- 2005 **July** 14th ITF World Championships – Germany. New Zealand placed 4th and the New Zealand men's team placed 2nd overall. Two gold, two silver, four bronze.
- 2005 **November** 4th ITFNZ National Juniors' Camp – Aongate Lodge, Bay of Plenty.
- 2005 **November** 2nd Instructors' Conference – Tui Ridge, Rotorua. Mr Mark Banicevich and Mr Matthew Breen graded to 5th dan, Mrs Kirsten Livingstone and Mr Kris Herbison graded to 4th dan, in the first senior grading carried out by our own Masters, Master Evan Davidson and Master Paul McPhail.

# Our National Juniors' Camp Report

by Micayla Wright, 2nd gup, Jungshin Red Beach  
and Emma Pygott, 2nd gup, Jungshin Stanmore Bay



Our camp correspondents, Miss Wright and Miss Pygott.

The National Junior Camp took place in Tauranga from the 25th – 27th November 2005.

The teams had their usual egg mascots, but this time there was a new twist. Each of the eggs had hats instead of the limbs they usually had glued to their sides.

The kids were put into teams of between nine and eleven and then each team was given pegs to represent their team colour. On the first night (Friday) the kids met their teams, set up their beds and played around. At about 7:30 pm the teams formed up in the do jang and then played games for team points. By 10pm it was time to go to bed, but we couldn't sleep because we were too excited.



Top: some of the weird stuff we did to get team points.

Above: the first training session.

We were woken to the sound of a loud horn at 6 o'clock on Saturday morning and had to be up and ready in the hall in five minutes. Once we were all there we had some morning exercises and games. When the games had finished, everyone went to their dorms so they could get ready for breakfast. Breakfast was cheese on toast, Nutri-Grain and Weet-Bix. After we had finished we cleaned our teeth and dorms ready for inspection. Once Mr Brown was happy with the tidiness of the dorms we got ready for the first training session of the weekend. We did some warm ups and then got into the main part of the session, power kicks!



Mr Trotter and Miss Shukla show us how it is done.

When the sparring session with Mark Trotter and Lipi Shukla had finished, everyone stopped for a drink and the yummy home-baking. Then there was another training period which was once again working on power kicks.

Lunch was straight after that. Delicious filled rolls were served. By now at least two of the eggs were completely demolished. Why? Because they had been dropped on their poor bald heads. Later on there was another training session and then afternoon tea.

After afternoon tea, the teams had some free time so we could work on our skits for the show that night. Yet another egg was spilled during the process of moviemaking, but it was eventually fixed by Emma



Pygott and Micayla Wright (from pink team) using the taxidermist method! During the free time a luscious roast dinner was being made and served ready for the hungry kids.

Finally it was time for the big show! Every team did a skit which was thought out and practised during their free time. We had to perform the skit in front of all the adults, all of our peers and finally, three tough judges. At 10 pm everyone went to bed so we wouldn't be too tired for the next exciting day.

Sunday was the usual early start to, once again, the sound of a blasting horn. But instead, on this cold morning, the teams lined up on the field ready to do some running and team relays.

Breakfast was the classic cheese on toast, Weet-Bix, and Nutri-Grain.

After that there was a training session that focused on power breaking. The kids could try to break the thick or the thin wooden boards. Some also tried plastic boards. A lot of the kids tried their hardest but failed to achieve breaking their board. Better luck next time to them! The kids had the usual morning tea and then formed up in the hall ready to be told what to do next.

Team games were then put in place in a round robin style. There was a blind maze, mummifying, Taekwon-Do theory questions, spider web game, memory game, charades, popcorn game and a game with no name where you had to put a tennis ball between your legs and hop a volley ball net length and back.

After the games were done, the teams were formed up in the hall so they could be told their duty area for jobs which included boys' toilets (they were disgusting and smelled revolting), girls' toilets, boys' dorms (they also smelled bad), girls' dorms, adults' dorms, the hall, the kitchen and dining area and outside.

The team with the least points had to clean the boys' toilets and the team with the most points had to clean up outside.

Below: Mr Brown tells us the secret of breaking boards.

Left: Mr Brown helping Georgia Kendall with her side piercing kick break.



[http://www.teawamutu.net/taekwon-do/midland/events/junior\\_camp05.htm](http://www.teawamutu.net/taekwon-do/midland/events/junior_camp05.htm)



The ITFNZ National Juniors' Camp was sold out well before applications closed. With all this crazy stuff going on, we can see why. Be sure to get your application in early for this year's camp!

A big thank you to the camp organisers, Mr Gwyn Brown and his team, for another fantastic camp!

A big thank you, too, to the camp's major sponsor – Martial Arts Apparel. Check out their cool website: [www.martialartsapparel.co.nz](http://www.martialartsapparel.co.nz)

Left: weird games... who *thinks* of these things?

Right: Rebecca Styles of Paul M Glendowie gives the pad a seeing to!

Below: camp attendees in their natural state – not pretty!



Then it was time to get all of our stuff together and packed up before lunch. Once our belongings were all packed we had to put them outside in a place where we could find it. After that the teams did their jobs.

Lunch was served at about 12:00 noon. It was hotdogs and left over home-baking. After everyone had eaten, Mr Brown said his final words and let everyone go home.

A big thanks to Mr Brown and his assistants for organising the National Junior Camp for 2005. It was another successful camp!



## Tournament Update

### Tournament Rules Changes

by Grant Eccles, IV dan  
Director of Tournaments

Late in 2005 the ITF made a number of changes to the ITF Tournament Rules. These changes have been implemented in the ITFNZ Tournament Rules, along with some other division changes that better reflect the nature of ITFNZ membership. The changes are important, are now in effect, and are as follows:

#### Free sparring scoring

New point values as follows:

- (i) *Hand technique* either flying or on the ground to any legal target area = 1 point
- (ii) *Foot technique* to the *mid section* either flying or on the ground = 2 points
- (iii) *Foot technique* to the *high section* either flying or on the ground = 3 points

This makes scoring of points a lot easier for judges. If a competitor scores a point anywhere legal with a punch whether they are on the ground or in the air they get one point. If they score with any kick to the mid section they get two points, and if they score with any kick to the high section they get three points. *Simple.*

#### Power

Competitors are now allowed to jump, skip, slide or step as they perform techniques in power competition. What this means in practice is that competitors will no longer have a break disallowed if their grounded foot leaves the floor while executing, for example, a turning kick.

Competitors are still only allowed *one step*, however, so they can't take a running jump at the boards!

#### Free sparring

A new 11-14 year old "Intermediate" division was introduced for sparring, with six weight categories. Peewees remain for under 11 year olds, and junior division remains for 15-17 year olds. This initiative was undertaken to ensure that we get the best and fairest match-ups of age and weights for our younger students, who make up the majority of ITFNZ's membership.



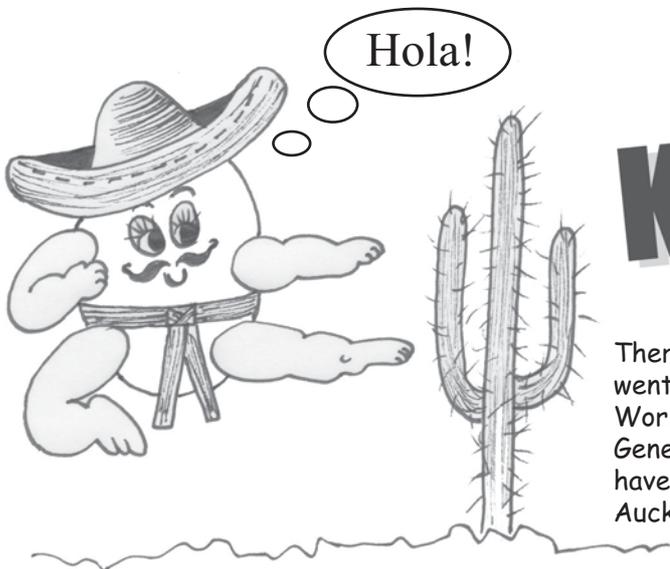
A student from Gurusports Onehunga receives a "Hurupaki headshot" at the first tournament in this year's Under 18 Series, held in Whangarei on Sunday 26 March. This was the first ITFNZ tournament to operate under the new rules.

A kick to the head is now worth three points, regardless of whether it is flying. To score, a technique must still be at the proper distance, with correct posture, using an appropriate attacking tool, and with forceful delivery.



ITFNZ Tournament Rules are available at: [http://www.itfnz.org.nz/ref/documents/assets/tournamentrules\\_26.03.2006.pdf](http://www.itfnz.org.nz/ref/documents/assets/tournamentrules_26.03.2006.pdf)

ITF Tournament Rules, including "ITF Jury President Manual", (which contains umpire hand signals) are available at: <http://www.tkd-itf.org/TechnicalTournament.htm>



# Kicks for Kids

by  
Shirley Pygott  
II dan

Welcome to Kicks for Kids issue #15.

There is a real Central American flavour to this issue. The eggs went all Mexican at the National Juniors' Camp and the Junior World Champs are being held in Honduras. We also find out how General Choi's good luck finally deserted him. Remember, if you have something you want to send in, post to PO Box 457 Silverdale Auckland, or e-mail [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz).

## National Juniors' Camp 2005 Aongatete Lodge 26-28 November

In 2003 the wind blew like mad, it was very dusty.

In 2004 the sun shone like crazy, it was almost hot.

This time we got *rain*. Heaps and heaps of rain. The poor souls that were sleeping in tents got a little damp (in fact the black belt boys who had their tent up by the gym were almost washed away on Friday night). But despite the rain, everyone had an awesome time again.



Drawing by James Brown  
How did he know it was going to rain?

The baking competition was simply mind boggling. These kids didn't just bake a cake, they created an entire edible masterpiece. There were Taekwon-Do gingerbread men, Humpty TKDumpty on a wall, photos of students on cakes, do jang and tournament rings, and more besides than you could possibly imagine.



They didn't taste half bad either! The winning cake was a creation by Chase Gorton, recreating the Aongatete Lodge swimming hole, complete with blue jelly water, marshmallow rocks and even a crocodile or two. (Bet the kids who swam in the swimming hole in 2004 didn't realise there were crocs in there with them!)

Mr Brown's voice was gone by Sunday and they were solving his riddles faster than he could get them up on the whiteboard. Ms Malone created some fantastic Mexican eggs for each team to look after. I think the boys must be getting smarter. Their dorm was as untidy as always, and cleaning their toilet block was still the smelliest job at clean-up time. But a couple of the teams were pretty good at keeping their egg intact, lost a lot fewer pegs and got a lot of bonus points as well. The team points were really close, and the girls had to work pretty hard to win this time.

Turn to page 16 for an in depth camp report with photos by Emma and Micayla.

### Try This!

A Philosopher called Han Fei Tzu said that:

A man cannot draw a square with the left hand and a circle with the right hand at the same time



Can you?



This awesome drawing is by Hayley Rosser from the Tauranga Club. She drew it as part of her entry in the poster competition for the National Juniors' Camp last year. Great drawing Hayley!



# Meet the Founder

## Part 6...

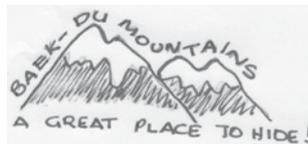
### A Good Plan Gone Bad

As we read last time, the Korean soldiers who were forced to be in the Japanese Army near the end of World War II had a plan. Rather than fighting the 'enemy', they were going to turn their guns instead on the Japanese soldiers and destroy their hated army from the inside.

Every month they met and organised their coming revolution. It wasn't easy, but they planned in secret very carefully and took their time. Choi Hong Hi was one of the 4 main leaders of the group. They needed to be very careful; one mistake could ruin their plan, and get them in huge amounts of trouble. As time went on, more and more Koreans joined their group.

They eventually realised their best plan was to run away from the army and hide out in the nearby Baek-Du mountains until they were ready to strike.

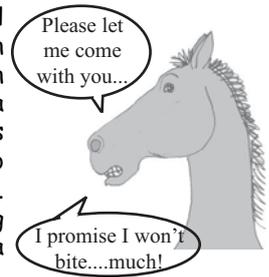
They each had equipment hidden away, ready for their escape.



Which of these things do you think they did not intend to take with them?

- Rifle and Bullets
- Cell phone
- Spare Clothes
- iPod
- Horses
- Money
- Bayonet (a weapon with a knife at the end of it)

Of course they didn't take cell phones or iPods... they weren't even invented! Horses may have been useful, but it's a bit hard to hide a horse when you are keeping things secret, and they are not so easy to take up into the mountains either. Besides... they bite! Everything else was hidden - ready to go at a moment's notice.



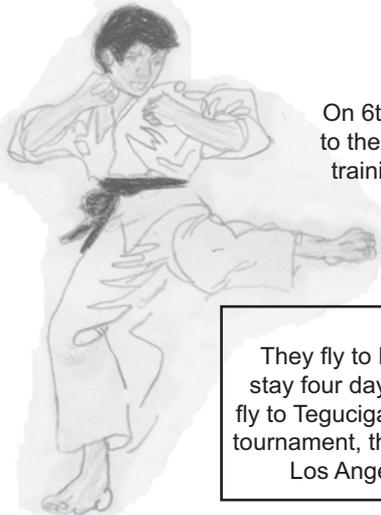
They were only a few days away from putting their plan into action when disaster struck... Choi Hong Hi hurt his leg in an accident so badly he couldn't walk. Because he was so important to the success of their plan, they had to postpone their mission. Choi later said:

'Our rising, prepared with much difficulty, had to be delayed only because of me'

They were all set to go again, when the worst possible thing happened. All of them, including Choi Hong Hi, were suddenly arrested and taken away to prison. A spy had betrayed them. Their plan had failed and they were in serious trouble...

From Taekwon-Do and I  
The Memoirs of Choi Hong-Hi, the Founder of Taekwon-Do, Part 3.

# Headin' for Honduras



On 6th July, 26 junior ITFNZ black belts will fly out of Auckland Airport on their way to the ITF Junior World Championships in Tegucigalpa, Honduras. They have been training since October last year and were selected at three day trials in February.

**How do you say Tegucigalpa?**  
Te-goosey-gulp-a

**How will they get there?**

They fly to Houston in Texas via Los Angeles. They stay four days in Houston for some training, and then fly to Tegucigalpa, the capital city of Honduras. After the tournament, they fly back it to Houston, then two days in Los Angeles including one day at Disneyland.

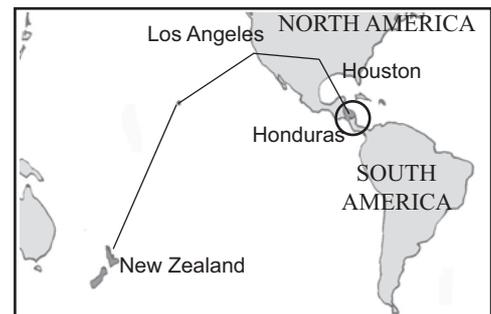
**How many days are they competing?** Five days.

**In how many events are they competing?**

Some team members are competing in only one event, others are competing in seven! They are going to be REALLY busy!

**So exactly where is Honduras?**

It is in Central America, on the skinny bit of land that joins North America to South America



**What is it like in Honduras?**

Honduras is only half the size of New Zealand, but has almost twice as many people, about 7 million!

There are some really rich people in Honduras, but most of the people are extremely poor.

Tegucigalpa is in the mountain area of Honduras. The climate is sort of the same as here, but it will be summer in July, not winter, so it will be hot.

The main language is Spanish; the money is lempira.

**Can I find out more about the Team and how they are doing?**

Look on the ITFNZ website at:

<http://itfnz.org.nz/events/tournaments/juniorworlds2006/index.html>

You will find photos of the team, the events they are in, and once the team leave NZ, there will be updates of all the highs and the lows and hopefully even photos.

Good luck to every single team member. You have worked very hard and will have the experience of a lifetime!



## Brett Kraiger, III dan

by Louise Chan, II dan  
Brooklyn

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

1989 – therefore I would have been 20 years old.

*At what club did you start, and who was your Instructor?*

At Massey University with Mr Kevin Joe.

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

28/29 May 1994 – Auckland.

*When did you start instructing, and at which club?*

30 July 1995. Ms Christine Young and I opened the Brooklyn Club in Wellington (although there had been two previous incarnations under Mr Richard Hall and Mr Ivor Sheldon).

*Which active Taekwon-Do practitioner do you admire the most and why?*

Mr Don Martin, a student of mine and now the Thorndon Club co-instructor, who demonstrated the most incredible indomitable spirit in the lead-up to his grading to 1st dan. I will never forget seeing him practising Chon-Ji while manoeuvring a Zimmer frame because he could hardly stand up by himself. Mr Martin has a disease which affects his ability to control his limbs, but his determination to keep going despite that disability was, and still is, nothing short of inspirational.

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

There has been a definite shift towards a focus on tournaments and competition at an elite level. Most people who know me will know that this does not sit particularly comfortably with me. However I would have to say that although I think the pendulum did swing too far toward that side of Taekwon-Do, it has now moved back to a more balanced view. To paraphrase something I heard Master McPhail say once – there is enough scope in Taekwon-Do for everyone to find their own niche. Once I came to terms with that, I was more relaxed with the changes I could see.

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

Hand: reverse knifehand strike (“finger pincer thrust” is a close second).

Foot: flying trapezoid punching kick. Easy to use and very practical. (Oops – I meant side front snap kick.)

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

Anybody who just keeps turning up – no matter what. One of my instructors always said the hardest thing about Taekwon-Do was... turning up. Everybody is different and not all of us are elite athletes. But there is something in Taekwon-Do for everyone – you just have to hang around long enough to find it.

*What inspired you to start Taekwon-Do?*

True story (but not entirely sure I want this to go into print!)... A girl I liked when I was 13 or 14 years old “dumped” me for this other guy who



Mr Kraiger never tires of teaching. In this picture he is instructing Mrs Helen Miller before her 2nd dan grading in Mosgiel in December 2005.

said he was a black belt in Taekwon-Do. Well this captured my imagination and after that, doing Taekwon-Do was always just sort of in the back of my mind. I guess the thought of it just stuck. It took me another 7 years to get around to starting Taekwon-Do!

When I finally started at Massey University club, I can clearly remember telling the instructor (Mr Kevin Joe) that I didn’t want to ever grade or do sparring, I just wanted to do self defence. He just said, “OK – whatever you want to do.”

*What inspired you to start your own club?*

After I got my 1st dan I just drifted for a year or so, hardly ever attending training. I suffered quite a bad injury to my foot near the end of my 1st dan grading, and after the eight or so weeks it took to recover from that, I just couldn’t get motivated again.

The Regional Director at the time, Mr Garry Hastings, badgered Ms Young (who graded to 2nd dan at the same grading) and me for months to open up a club at Brooklyn, given that the last Brooklyn instructor, Mr Ivor Sheldon, had left for Australia.

Eventually he convinced us that we could do it, especially working as a team – and so we went for it.

Great move – if I hadn’t started the club I almost definitely would not be involved in Taekwon-Do at all any more.

*Who inspires you now?*

Although I enjoy watching the “stars” of Taekwon-Do perform amazing feats, it is actually my students that inspire me the most. As an instructor you get to see your students face all sorts of challenges and it is your responsibility to help them through those challenges.

In many cases students reach a point where their physical ability outgrows their self-belief. It is such a wonderful feeling to be able to develop that self-belief in them so that they can then continue to grow and improve their Taekwon-Do. Watching them go through this process is incredibly motivating.

I have been privileged to have seen students striving so hard against all sorts of odds that at times I have been moved to tears.

*What do you think is important in a club?*

I think the most important thing in a club is a sense of belonging, a sense of home. Every person should feel totally comfortable in the environment, knowing that they are safe and that everyone is watching out for everyone else.

Studying a martial art is very challenging; physically and emotionally. It is important that when a student is being “stretched” in one of these directions that they know that the “pain” will be short-lived and they will come out the other side a better person.

In my opinion this requires a high degree of humility in all members of club, including most importantly the instructor and senior members. Grand Master CE Sereff once said at a camp in New Zealand (and probably many other times) that humility should have been the sixth tenet of Taekwon-Do. I totally, wholeheartedly, 100% agree with that.

*What is your most memorable moment in Taekwon-Do?*

Good or not-so good?

Good:

Mr Don Martin’s grading to 1st dan. Mr Martin is one of my students who right from the first time I met him, when he was a green belt, showed fantastic spirit. However this came to the fore in the lead up to his black belt grading when he developed a condition that affected his ability to control his limbs. Sometimes he could hardly stand up and I used to have to keep an eye on him to make sure he didn’t hit the deck during training. But nothing would stop him from striving to achieve his goal. He achieved his 1st dan and soon after was spotted at our club doing patterns again (only this time using a Zimmer frame). He is now, at the time I write this, about to become the co-instructor of a new club in Wellington.

Not-so good:

The 1998 National Tournament. I was an instructor and on the Tournaments Committee and I nearly quit Taekwon-Do forever because of some of the things I experienced that day. In my opinion, the atmosphere did not reflect what I thought the whole foundation of Taekwon-Do was based on – courtesy, integrity, self-control, perseverance, indomitable spirit. Thankfully we as an organisation seem to have improved a lot since then.



Mr Kraiger performs a side piercing kick for General Choi, watched by Master Choi Jung Hwa and New Zealand black belts.

*What do you think it takes to be an instructor?*

Basically every instructor is different, so I don’t think there is any blueprint. When I started out I really felt out of my depth, especially when Ms Young left for the UK and I was an instructor instead of a co-instructor.

But with a little experience it becomes easier and easier. If you are starting a new club then you will have a class of mostly white and yellow belts for a year or so.

So, as your students’ plants sprout and take root as the foundation of Taekwon-Do is being laid, so too you – as a new instructor – have also begun

growing the seed of the next stage of your own development.

Eventually you and your students become towering trees (and of course, later on, dangerous and impervious to darkness and fear).

*What do you enjoy most about teaching Taekwon-Do?*

Helping people become more than they thought they could ever be. There is nothing else like it.

*Do you have any advice for those who are looking to start up their own clubs?*

Just do it. It’s not that hard, Ms Chan (hint hint). And it’s incredibly rewarding.

Mr Kraiger performs a reverse knifehand strike to his partner, Mr Alistair Hamblin, at his 3rd dan grading.



General Choi, Founder of Taekwon-Do, corrects Mr Kraiger’s side front block.



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

# Taekwon-Do in the Sunny Far North

Mark Hinge, 6th gup  
Hurupaki



You can't beat training in such beautiful surroundings!

Saturday 19th November 2005 saw the morning dawn sunny, bright, hot and clear; the weather was perfect (what else would you expect in Northland?) for an awesome weekend of Taekwon-Do. The year was fast coming to an end, grading was a week away, and Ji Shin Keri Keri and Whangarei's Hurupaki were having a weekend Taekwon-Do camp at Coopers Beach Christian Camp, approximately two hours' drive north of Whangarei. Invited to attend the camp were two very special guests, Mr Mark Banicevich, newly graded to 5th dan, and Mrs Lena Walton 4th dan. What an excellent way to perfect your techniques a week before grading, having what basically surmounted to our very own Stripes-on-Tour seminar.

It was an easy drive north and the camp was scheduled to start at midday. First we unloaded the supplies and training equipment, sorted out sleeping arrangements, changed into dobok and then formed up at 1:00pm. The camp facilities were fantastic. There were separate male and female bunkrooms, a central cookhouse / hall and several private cabins to accommodate the senior black belts, families and camp helpers. In front of the central cookhouse was a large elevated grass area with several trampolines, and the view looking across Doubtless Bay to the Kari Kari Peninsula from this grassed area was absolutely spectacular.

After form-up and the Oath, Mr Tim Couling, 2nd dan Instructor of Ji Shin Keri-Keri, welcomed everyone attending the camp, especially our guests, explained the camp rules and advised us of the program for the camp. We were split into four groups, black belts and 1st gup, 2nd to 5th gup, 6th to 9th gup, and 10th gup to rotate in one hour sessions around the afternoon activities. The activities were Mr Mark Banicevich instructing

Johs van Pearce practices X-knifehand checking block.



step sparring, Mrs Lena Walton covering patterns, Mr George Konia, 3rd dan Instructor of Hurupaki, teaching self defence and, finally, something different and a bit of a surprise. Mr Couling invited a Personal Fitness Trainer from Keri Keri, Ms Sally Santon, who taught a step aerobics class to improve balance and core strength utilising a piece of equipment that looked like a Swiss ball cut in half. Well, what a brilliant class, everybody in each of the four sessions she instructed worked up a heavy sweat even though it was not a particularly strenuous exercise. The activity worked muscles in different ways than we are used to in doing Taekwon-Do and I think I can quite confidently state everybody thoroughly enjoyed participating in a new activity even if a few experienced sore and stiff calf muscles afterwards.

While we were carrying out the various activities, there was all sorts of proceedings taking place in the kitchen. The kitchen was a hive of activity and at 3:30pm an extremely healthy afternoon tea was produced and ultimately devoured, but it didn't just end there. Throughout the weekend the volunteers



Guest instructor Mrs Lena Walton breaks boards effortlessly.

in the kitchen excelled themselves in turning out well-prepared hearty meals and snacks to provide us with the nourishment necessary for our training. For this a very big thank you is extended to Mrs Couling and her team for their efforts.

Following the completion of the afternoon's activities at about 5:30pm we were given a period of free time before dinner. Given that the camp was elevated, out in front of the camp's grounds was a great slope well suited for a water slide and the camp custodian had a very large piece of heavy polythene for the pursuit of this activity. The slide must have been 50 to 60 metres in length and the kids had a great time seeing who could slide the furthest onto the grass at the other end of the slide under the supervision of Mr Mark Turner. This also applied to some very big kids and the very

The kids thought the entertainment was magic!



competitive and sometimes uncompetitive and entertaining races down the slide, not mentioning any names Mr Turner and Mr Konia. To clean up afterwards and remove all the grass it was a short stroll across the road and a quick swim in the beautiful Doubtless Bay before changing for dinner.

Entertainment had been arranged for after dinner with a magician from Whangarei, Mike Easterbrook. What a funny guy. There were no rabbits pulled out of hats, but instead we were treated to a variety of illusions such as Tana Umanga and Clint Eastwood as infants that was very amusing, some intriguing card tricks, and sleight of hand tricks with a shredded NZ Herald, scarves and a hollow egg, and a piece of cord and some scissors. It was positively good entertainment and gave everybody a good laugh and also left us all wondering and trying to work out how such tricks are done.

Following the entertainment we were treated to dessert before the black belts were required to change back into dobok so they could sharpen up their patterns under the expert instruction of Mr Mark Banicevich. First dan patterns began at 9:00pm, and attracted a good audience of gup students observing and appreciating the technical content of the patterns and the proficiency with which they were conducted. However, as the evening progressed and got later the audience slowly but surely diminished and wandered off to bed. Still our senior students and instructors continued to practise and for the 1st dan students this went on until about 11:30pm. Later while I was lying in my bunk I could still hear the muffled sound of feet hitting the wooden floor boards of the hall whilst the 2nd and 3rd dans continued until sometime after 1:00 in the morning. For me this highlighted the dedication that our instructors have towards Taekwon-Do, and this gives me a greater appreciation of the time and effort given by our instructors in passing their learning onto us so that one day we, too, can become dan students.

Sunday morning, well what can I say, another perfect Northland day and a beautiful sunrise over Doubtless Bay. Unbelievably it was not enough

Below: Brook Konia lovin' the water slide.

Inset: camp organiser Mr Tim Couling assists Mr Banicevich.



doing patterns until 1:00am, and at 6:00am, Mrs Walton and Mr Konia started the day by receiving further instruction from Mr Banicevich on 3rd dan patterns. Talk about perseverance and indomitable spirit. But for the rest of us we were not excluded; for us it was a 6:30am run along the length of Coopers Beach, followed by a discussion on the merits and importance of fitness and the need to do our own aerobic exercise outside of our normal weekly attendance at the do jang.

Upon returning to the camp, again our team of fabulous chefs provided us with a hearty breakfast of cereal, fruit, sausages, scrambled eggs and toast. After breakfast we changed into dobok and formed up again. The morning activities started with Mrs Walton telling us about her successes at previous World Championships when competing for New Zealand in power breaking. From here we were treated to a demonstration of several breaks – of hand held black polar boards no less. Those of you that have attempted breaks using black polar boards will know that to break them when held in a machine is sometimes difficult enough, let alone when held by hand! The class then proceeded to move outside where the gup students paired up, and using focus pads, practised the techniques that Mrs Walton had just taught, while the dan students conducted breaks on the board machine with the polar boards. Several of the dan students stepped away from the machine with their chests all puffed out after successfully achieving their breaks (turning and reverse turning kicks, single black polar board) after putting into practice the advice on angles and focus that was given by Mrs Walton.

After morning tea it was Mr Banicevich's turn, and unfortunately our last session of training for the weekend. This class took place in two parts, firstly it was breakfalling and secondly self defence and in particular the use of "nikyo" a wrist lock technique. (This technique was covered by Mr Banicevich in the August 2005 issue of *Taekwon-Do Talk*). Then before you knew it, it was all over and time for all good things to come to an end. However the kids made sure it was not to finish before they had one more turn on the water slide, tried out the flying fox or attempted the confidence course.

Whilst the final free activities took place "volunteers" were picked at random to assist with cleaning up, sweeping and mopping out the bunkrooms, cleaning the showers and the toilets. To all of the children and teenagers who volunteered, thank you for doing these chores graciously. In fact a big thank you to all the kids that attended for being so well-behaved over the weekend. The camp was fabulous, the food was great, and the weather perfect. One of the most unusual sights of the weekend, due to the beautiful weather, was almost everyone training in dobok whilst wearing a sunhat!

Finally, thank yous to Mr Couling for organising the camp and inviting Hurupaki, and again to Mrs Couling and her team for the catering, our guest instructors Mr Banicevich, Mrs Walton and personal fitness trainer Ms Santon and to anybody else that I may have missed. I am sure that I speak for all who attended, when I say we look forward to another great camp in 2006.



Top: the camp overlooks a wonderful vista – who wouldn't want to train looking out over this!

Middle: one of the most challenging parts of the camp was the BOSU class. Try keeping your balance on one of these puppies – then do press ups and sit ups on them!

Bottom: Mrs Lena Walton, Mr Mark Banicevich and Mr George Konia rise early and practise their patterns in the early morning sun.

## Principle 2: Maintain Your Centre

### Three Principles for Releasing Techniques, part 3

by Mark Banicevich, V dan  
Instructor, Paul M Glendowie

In the last issue of *Taekwon-Do Talk*, I discussed the first principle of releasing techniques: use your mass and breathing. In this issue, I discuss the second principle:

#### 2. Maintain your centre

- a. Elbows in and keep technique in your centre
- b. Keep centre of gravity between your feet

The most important aim when releasing from a grab is to break your opponent's balance, while retaining your own balance. Any pain you may inflict on your opponent, any pin you may achieve, these are just bonuses. This second principle is closely tied with the fifth point of the Training Secret of Taekwon-Do: become familiar with the correct angle and distance for attack and defence. It is also important to keep both arms and legs slightly bent while the movement is in motion – General Choi's sixth point.

Moreover, the second part of this principle is very closely tied to equilibrium. Equilibrium is the third element of the Theory of Power – the first point of the Training Secret of Taekwon-Do.

#### Elbows in and keep technique in your centre

When standing naturally, your centre of gravity (your "centre") is a couple of centimetres below your navel, and a few centimetres inside you. This point is very important in martial arts: it is said to be the focal point of energy ("ki" in Japanese, "ghi" in Korean, and "chi" in Chinese).

One thing I have learned about releasing techniques is you have much more power, and you inflict much more pain on your opponent, when you hold the limb you are controlling as close as possible to your centre. It is also important to keep your elbows close to your sides, not stuck out like chicken wings.

This is where the correct angle for attack and defence comes in. While pulling and pushing your opponent in various directions to break his

or her balance, you must move your own body into the best position to apply the technique. As your opponent flails about, the optimal position changes, so you must continue to move as you apply the technique.

If you have ever watched an Aikido demonstration, you will notice how they continually move with the grace of a dancer, flowing around their opponents, while the opponents are thrown all over the place.

This leads me to the second part of this principle.

#### Keep centre of gravity between your feet

While performing releasing techniques, it is important to keep your centre between your feet. As General Choi wrote in the Theory of Power:

"To maintain good equilibrium, the centre of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the centre of the foot if it is necessary to concentrate the bulk of body weight on one foot. The centre of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery."

It is all about stances. When you perform walking stance middle punch, General Choi used to say, "Make your fist vertical line with your toes!" If your opponent is half a metre further away, you don't lean forward and overextend your punch, you move closer. With punches and kicks, General Choi was able to strictly define the appropriate angles and distances.

Releasing techniques are more dynamic. It isn't possible to say, "At this exact point during the movement, you must be in a walking stance toward AB." The defender must adopt each Taekwon-Do stance most appropriate to the moment, then flow naturally to the next. Our Taekwon-Do stances are the key, and will always keep our centre between our feet.



Top: if you fail to move your feet while applying these techniques, you quickly become off-balance.

Above: use your Taekwon-Do stances while you apply these techniques, continually moving your feet into appropriate positions, to retain your balance throughout.

When we learn releasing techniques, it is very common to focus so hard on trying to achieve correct technique, that our feet remain planted upon the floor. In this way, we can never break the opponent's balance. If we use hip then hand to break the opponent's balance, and then stop moving our feet, we quickly find ourselves off balance as well.

That is why the first in this series of articles taught *nikyo* without applying these principles. Once you are comfortable with the technique and can perform it without thinking about it, you can begin to apply these principles to it. Later, if you learn to become comfortable with these principles, then learn a new technique, it can quickly be applied to maximum effect.

3. Try the same exercise with your arms bent, elbows in, and hands close to your centre. It is much easier this way.

Try the exercise with your partner trying to push your hands to the ceiling.

#### Practise the principle

1. Extend your arms straight towards a partner.
2. Your partner's job is to push your hands toward the floor. Your job is to stop them.



## News in Brief



Would you pick up a pad from a distance ...

... or would you move closer?



### Practise the principle

Face a partner, both of you in L-stance, clasp your front hand to your partner's. The attacker's job is to maintain the angle and close the distance. The defender's job is to maintain the distance, but move around you as you move, to change the angle. (Pictured above.)

Take turns as attacker and defender.

Advanced: perform the same exercise without clasping hands. (Pictured below.) This exercise is also useful to improve free sparring.



### Principle 3: Use the angles

In the next issue of *Taekwon-Do Talk*, we will cover the third and final principle. This principle ensures we move away from the attack, and helps to identify the angle where the opponent has the least balance.

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

### Round the Bays

The end of daylight savings means more than just the approach of winter to Aucklanders – it is the day of the Round the Bays Fun Run.

This year Mr Robert Ireland, and six of his students from the Avondale club, carried the banner for ITFNZ Taekwon-Do. They ran the 8.4km a little faster than tradition expects, with shiny white dobok crossing the line after only 1:20 hours.

Mr Ireland ran the whole thing in bare feet. The jury is out as to whether he is a hard man, or a little crazy!



Above: Sarah Hogg and David Ferrington rest after completing the run. The other runners were Mike Young, Lena Zeng, Carol Yan and James Palalagi.

Above inset: Mr Ireland bares his sole.

Below: Master Willie Lim with attendees at his seminar.



### Master Willie Lim in New Zealand

Around 40 students and instructors trained with a legend, when Master Willie Lim taught a seminar in Papakura on 22 January.

Master Lim opened one of New Zealand's first Taekwon-Do clubs in Auckland in 1970. He has lived in the United States for the past 16 years, training in a variety of martial arts. He now spends his time travelling the world teaching martial arts seminars.

Master Lim shared a number of insights into alternative uses for pattern movements, and it was an eye-opener for all attendees. Thank you Master McPhail and Mr Pellow for the seminar!



### Nice photo!

This photo was sent by Chayse Gorton of Waikeria Hawks. Nice photo Mr Gorton!

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# The Instructor and the Student

by Kane Raukura, IV dan  
Director of Standards and Discipline



"Sincerity" – Mr Kane Raukura and Miss Kristy Leong, Dragon's Spirit Dojang.

In my last article, I addressed the important relationship between the student and their instructor, the need for our system of rank and the significant role that Taekwon-Do can play in our lives. This time around I focus on some key areas of responsibility taken on by our valuable instructors and black belts throughout ITFNZ Taekwon-Do.

Previously, I mentioned that an instructor is like a parent who educates you. As educating "parents" in the skills of Taekwon-Do, all instructors and black belts who teach must bear the brunt of certain responsibilities. These can range in scale. Sometimes, they can be merely trivial, but at times, they can be very serious indeed.

So, all instructors, black belts of all rank and any other member who may occasionally put on the mantle of educating "parent," please read carefully: this article is for you. Many of you will feel that you don't need the following message. If so, good on you and I hope that your instructing goes trouble free. Sadly though, as a member of the Standards and Discipline Committee for the last three years, I am too frequently reminded that things are often never as simple as one would wish, or just simply plain sailing.

I see the instructor's responsibilities, clearly illustrated by the acronym S.M.A.R.T.

Let me explain more fully:

**S** stands for "sincerity" – instructors must at all times be honest and genuine. Displaying the tenet of integrity for all to see and not swaying from this in regards to running the class, do jang or in the teaching of Taekwon-Do. For example, not sure of something, then don't teach it. Find out first. People can see through a liar.

**M** stands for "motivation" – instructors must strive to remain enthused and seek new challenges. This

is intrinsic in creating and retaining a successful dojang and students. Your own drive will provide impetus to students and will push them to new heights. If you have high expectations of yourself, then you will naturally expect a high standard of performance from your own students.

**A** stands for "attitude" – instructors must remain approachable, but should carry themselves with dignity and maintain a certain decorum while within the dojang, Taekwon-Do events and while

associating with any other members. This correct attitude towards personal discipline enables the boundary between student and teacher to remain solid and makes teaching and keeping order an easier task.

**R** stands for "responsible," – instructors must at all times show themselves as being responsible and accountable for their actions. This is an interesting time we live in and harmless actions of all types are often interpreted as being more sinister than they are. Think through all actions clearly first, lead with your head not your heart and then act. A breaking of trust, often hard earned over many years, can be lost within seconds. We work with all ages and both genders, so our personal behaviour must adjust accordingly with those around us.

**T** stands for "tenets" – instructors must aim to live a life that encompasses the tenets of Taekwon-Do as given to us by our Founder, General Choi Hong Hi. Of course, no one is perfect and can be all of these things all of the time, but we can try to live as good people, treat each other with courtesy and respect, to persevere though difficulty, whether mental or physical and to provide a true example of effective leadership to our students. Whether we like it or not, we are mentors to those around us and are watched always by students and parents.

Scared yet? Want to give up your do jang? Never want to teach again? Well relax, you shouldn't be scared. Most of us do these things unconsciously and as a whole do them well. The purpose of this article is purely to remind all of us in the educating "parent" capacity that these responsibilities never disappear and for this reason it is important that our grey matter gets a reminder. I hope you take all the above on board. Remember: think S.M.A.R.T.

Happy New Year to you all! May 2006 be filled with new challenges and new successes! 🦅

"Motivation" – Mr Roman Chirtoca works with Miss Alex Couling and Miss Amy Reeder, Stripes on Tour March 2006, Dragon's Spirit Dojang.



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

## President's Corner

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

Welcome to 2006. I trust everyone had a good Christmas and a relaxing New Year. I hope everyone has recharged their batteries and is ready for another full-on year.

The ITFNZ 2006 Calendar is filling rapidly. The Stripes on Tour seminars ran through March; these were subsidised by ITFNZ at \$10 per active member. Your instructors were Ms Christine Young and Mr Roman Chirtoca, both 4th dan. Welcome back to NZ, Christine and welcome to New Zealand, Roman.

In June is the 3rd Oceania Championships and General Choi Cup being held in Sydney.

The ITF Junior World Championships are in Honduras in July. My congratulations to our juniors who were selected to the team. Good luck to the competitors, management and official party.

We again look forward to a visit to our shores from the three ITF Masters: Marano, Trajtenberg and Bos. They will be conducting ITF Instructors and Umpires Courses in Palmerston North in August.



Master Evan Davidson  
President of ITFNZ Taekwon-Do

The ITFNZ National Tournament this year is being held in October and is hosted by the Wellington Region. (WWW. Warm, Windy, Wellington.)

With all our national and regional events, plus your own club activities (ie, camps, seminars, demos, etc) there should be something available that I hope everyone will want to take advantage of and get involved in. Your support at these events is an

important way for you to develop your martial skills, both morally and physically, and it also goes a long way to enhance the improvement of ITF Taekwon-Do in New Zealand.

Our technical Committee have issued an updated Coloured Belt Theory Handbook which includes a Korean Terminology CD, as well as a new Black Belt Syllabus Handbook and DVD which was filmed at the Instructors' Conference. These are now available from ITFNZ. Look under 'Merchandise' on the ITFNZ website – [www.itfnz.org.nz/merchandise](http://www.itfnz.org.nz/merchandise). My thanks to Master McPhail and the Technical Committee for these training publications.

It was great to hear that some of our ITFNZ members recently competed in the 9th Slovenian Open Tournament. Well done. Our Kiwis once again are represented in Europe and the international scene. Thanks to Mr Skinner for keeping the high profile of ITFNZ in the faces of the Europeans, and for his reports.

## Meeting Snippets

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

1. We are undertaking a review of our job descriptions and in the process of producing an Operations Manual.
2. A Risk Management Plan was produced. This should be completed for all ITFNZ events.
3. The Annual Report will be given a more professional look.
4. Mr Skinner was selected as Director of Coaching and Selection.
5. We continue to investigate restructuring ITFNZ.
6. ITFNZ signed an Investment Agreement and Acknowledgement of Responsibilities document with SPARC.
7. Mrs Shirley Pygott is the new Database Administrator. Many thanks to Mrs Sue Breen for the hard work she did as the previous Database Administrator.
8. The Database Administrator is granted an honorarium.
9. The 2006 Stripes on Tour seminars will be subsidised \$10 per active member.
10. Grand Master Sereff accepted an invitation to visit NZ and will be here in October 2006.
11. Many instructors passed on their thanks for the compendia they received at the Instructors' Conference.
12. Nominees for the National Awards do not need to be from the same region as the nominator(s).



Mr Vince Pygott  
Secretary of ITFNZ Taekwon-Do

13. For every new club that is opened the instructor will be gifted \$500, provided the club stays open for at least one (1) year.
14. The Marketing Committee was asked to survey people to discover why they are staying or leaving ITFNZ Taekwon-Do.
15. Regions were asked to produce a strategy for growth within their region, and budget it. The Regional Director will bring the strategy and budget to the next meeting.
16. The Technical Committee was asked to examine initiatives for improving instructor growth.
17. A National Camp will be held. We are considering January 2007 as a possible date for the camp.

### Go to the World Champs and receive \$2,500 towards your trip!

We invite applications from ITFNZ members for team journalist. The trip is from 6th - 19th July 2006.

We have a travel and accommodation subsidy of \$2,500 for a journalist to accompany the NZ team to the 2006 World Champs in Honduras. The package for travel, accommodation, etc, for team supporters costs approximately \$5,000.

The journalist will be committed to a minimum standard and volume of reports, covering the period from departure of the team, to return to NZ. These reports will be not only of the sporting progress of the team members, but also give the home viewers a feel for the atmosphere surrounding the team. Upon return, the journalist will also write a 2000 word article for the following issue of *Taekwon-Do Talk*.

He/she will need the initiative to find and use whatever facilities are available to get the news onto the ITFNZ website on a daily basis, including text and digital photos (the cost of which is considered to be included in the subsidy). Having a laptop to prepare text and photos is an advantage.

Applicants certainly do not need to be professional journalists but you must be able to put pen to paper at least enough to give the audience a good read.

Applications must arrive by 30th April 2006, and if you have any, include samples or links to reporting, evidence of experience and / or appropriate references.

Email applications and enquiries to [webmaster@itfnz.org.nz](mailto:webmaster@itfnz.org.nz).

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## Directory Changes

### Time and venue changes

#### Auckland North

Devonport club closed

Mt Wellington, *Tamaki*  
Dr Thu Thach III dan  
Sylvia Park School, Longford St, Mt Wellington  
Tuesday and Thursday 6:00 - 7:30pm  
Seniors 7:30pm - 8:30pm

Onehunga, *Gurusports Onehunga club closed*

Royal Oak, *Ji Shin Royal Oak*  
Mr Hung Nguyen II dan  
Royal Oak Primary School, Manukau Rd, Royal Oak  
Monday and Wednesday, 6:00 - 7:30pm  
Adults 6:30 - 8:00pm

#### Counties Manukau

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

#### Midlands

Rotorua, *Hwa Rang Rotorua*  
Ms Christine Young IV dan  
Rotorua Intermediate School, Malfroy Rd  
Tuesday and Thursday, Jnr 4:30 - 5:30pm  
Snr 5:30 - 7:00pm

Otumoetai, *Hwa Rang Otumoetai*  
Mr Roman Chirtoca IV dan  
Otumoetai Action Centre  
Windsor Rd, Otumoetai  
Monday kids 3:30 - 4:30, adults 7:00 - 8:00pm  
Wednesday jnr 4:30 - 5:30, all 5:30 - 6:30pm



#### Central Districts

Levin, *Taekwon-Do Cubs*  
Mrs Rose Cherrington II dan  
Waiopahu College Gym, Bartholomew Rd, Levin  
Monday, Children's Class  
White belts 4:00 - 5:00 pm  
Coloured belts 5:00 - 6:30pm  
Friday, Adults, 6:30 - 8:00pm

Waikanae  
Mr Greg Christie I dan  
Waikanae School Hall, Seddon St, Waikanae  
Wednesday and Sunday, 6:30 - 8:30pm



#### South Island

Nelson, *Richmond club closed*

Burnham  
Mr Jarrad Ramsay I dan  
Burnham Military Camp, Burnham  
Monday and Wednesday 6:00 - 7:30pm

Alexandra, *Central*  
Mr Nigel Patterson I dan  
St Garadise School Hall, Alexandra  
Tuesday and Thursday, 6:00 - 8:00pm



### Thank yous and congratulations

ITFNZ would like to thank Ms Jeanette Joe V dan, Devonport, Mr Paul Hicks I dan, Gurusports Onehunga and Mrs Pam Colee I dan, Richmond for all of their effort instructing over the past few years. Thank you also to Mr Rimmer and his team for their help with Rotorua club.

Congratulations to Messers Chirtoca, Christie and Patterson for opening new clubs, and to Ms Young for assuming the role of Rotorua instructor.

Congratulations to the following instructors who graded recently:

- Mr Shane Eade III dan, Redwoodtown
- Mr Russell Stuart III dan Otago University
- Mr Richard Lavin III dan, Otago University
- Miss Renee Richardson II dan, Nibun ITF Baradene
- Mr Dave Butchers II dan, Paul M Botany
- Mr Darren Andrews II dan, Dragons Spirit Wanganui
- Mr Daniel Motu II dan, Rangitikei Dragons
- Mr David Oliver II dan, Riccarton

## Coming Events

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

April	8th	Christchurch	Level 3 Instructors' Course conducted by Master McPhail
	16th	Wellington	Under 18 Series, Tournament 2
	22nd	Wellington	Annual General Meeting, open to all members
May	6th	Papakura	Combined training at Paul M Papakura, 2:30 - 5:00pm. All grades welcome. No charge.
	6th - 7th	Dunedin	South Island Regional Tournament
	20th - 21st	Auckland	Black belt grading, examiners: Master Davidson and Mr Rimmer
	20th - 21st	Wellington	Black belt grading, examiners: Master McPhail and Mr Patterson
June	3rd - 5th	South Island	South Island Regional Camp
	11th	Sydney	Oceania Tournament and General Choi Cup
	23rd		Taekwon-Do Talk submission deadline
July	1st	Wellington	Wellington Regional Tournament
	1st		Under 18 Series, Tournament 3
	12th - 16th	Honduras	ITF Junior World Championships
	23rd	Warkworth	Auckland North Regional Tournament, Mahurangi College
August	30th	Counties Manukau	Counties Manukau Regional Tournament
	5th - 7th	Palmerston North	ITF International Instructors Course
	11th - 13th	Gold Coast	ITF International Instructors Course



Will Mr Banicevich get another "present from Master Bos"? Find out at this year's IIC!

## Next Issue

### Read about the New Zealand Team exploits in Honduras!

You read about the buildup on pages 12 and 13, next issue read about the tournament. Go Kiwis!

### Not enough tournament news for you?

It looks like this year's Oceansias will be huge! A number of our clubs are planning to send competitors. How will we do? Read about the trials and triumphs next issue!

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

Kicks for Kids, free sparring tips, more about releasing techniques, and insights from our Technical Director. Taekwon-Do Talk just keeps getting better!

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. Letters to the Editor can be any length up to 500 words. Photographs as jpgs must be at least 300KB to be suitable for printing.



More free sparring tips from Ms Young and Mr Chirtoca!

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Master Pablo Trajtenberg

Master Wim Bos

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The ITF Technical Committee will conduct  
a three day seminar for red belts and above.

Register online at:

[www.itfnz.org.nz/events/seminars/2006\\_icc](http://www.itfnz.org.nz/events/seminars/2006_icc)

\*Attend the NZ seminar, then train at the seminar in the Gold Coast for free! Details online.