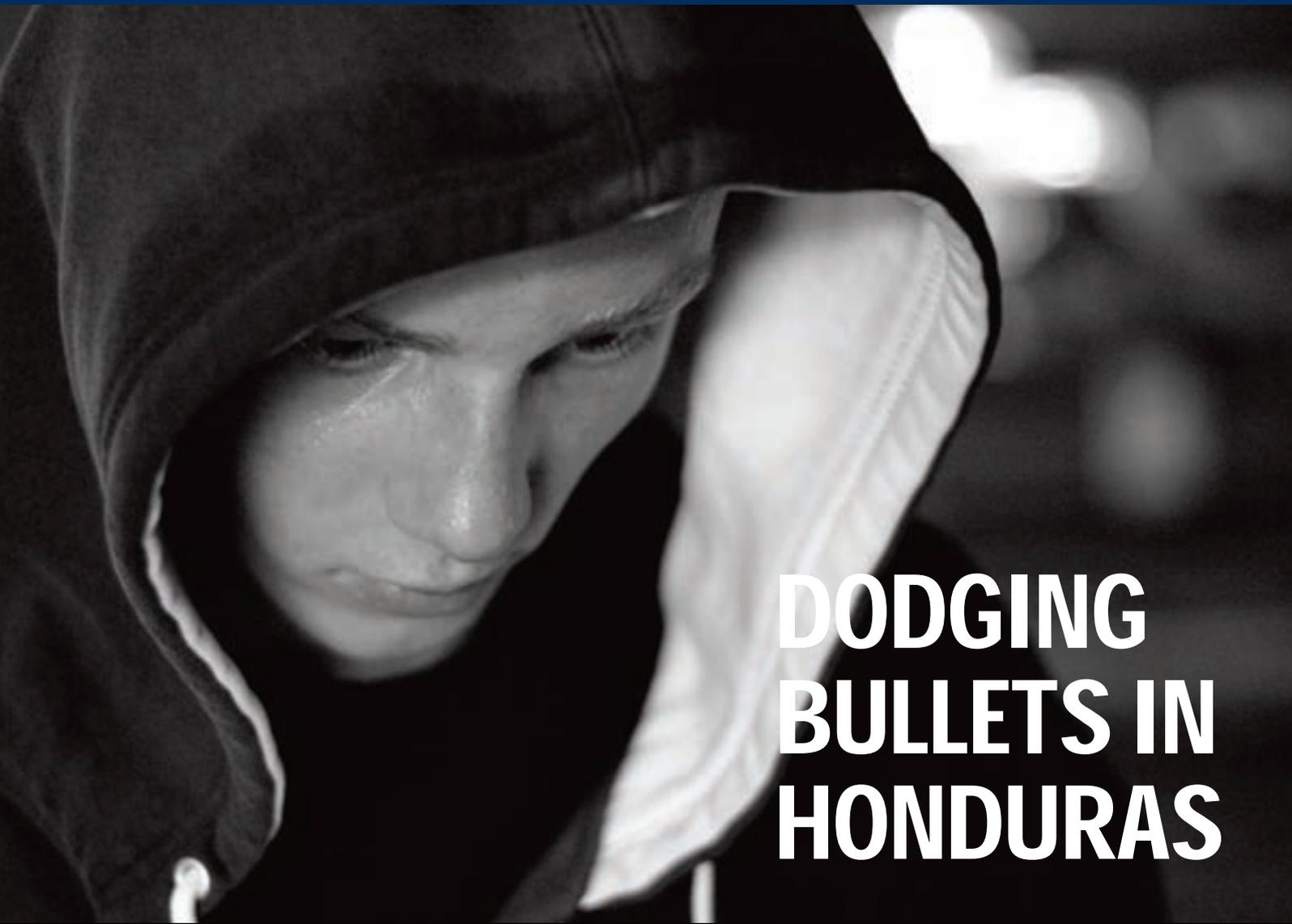


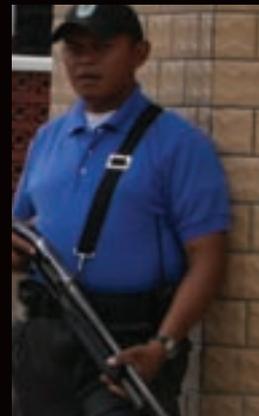
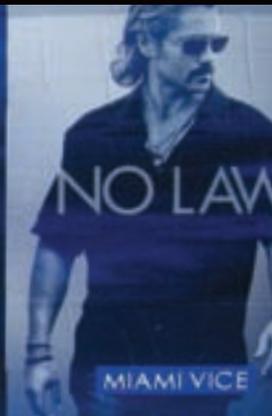
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THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



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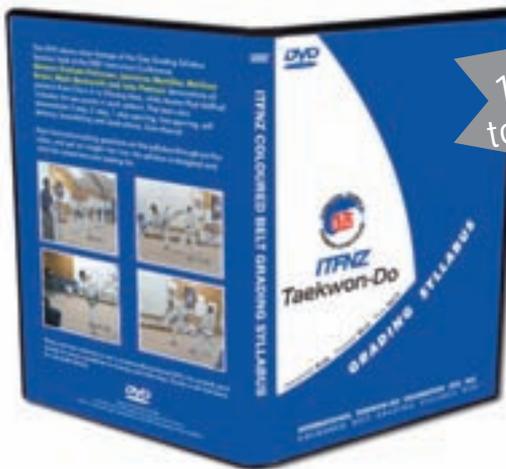
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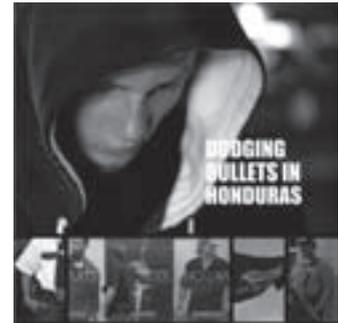


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About the Cover



This issue's cover contains photographs from the Junior World Championships in Honduras taken by Mr Doug Hanna. The centre photo is Mr Jeremy Hanna, taken during training at the team hotel. Layout by Mrs Trudie Malone.

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Editorial

Welcome to the August 2006 issue of Taekwon-Do Talk!

Our cover story this issue is about the Junior World Championships in Honduras. What a superb result from the team. We are certainly a small country making big noise internationally! Fourth in the world!

Once again, our coverage during the tournament was the best on the web. This time, thank you to Mr Gwyn Brown for his blow by blow accounts, to Mr Doug Hanna for brilliant accompanying photographs, and to Mr Neil Breen for doing the magic at our end.

With the Junior World Championships, our issue is only getting started! Former world Male Grand Champion, Mr Gray Patterson, wrote an interesting article about cross training, at which he excels. Mr Glen Allison interviewed Mr Steve McQuillan about his career as a stuntman – did you know how many ITFNZ Taekwon-Doists worked as stuntmen and stuntwomen?

We build up to the 2006 National Tournament in Wellington. We introduce *Taekwon-Do Television!* And much more!

We have another great assortment of regulars. Master McPhail discusses the reverse turning kick. You can read all about *me* in the instructor profile. And Mrs Pygott continues her wonderful work in Kicks for Kids.

Don't forget the ITFNZ Taekwon-Do Awards!

The ITFNZ Taekwon-Do Awards are an annual event for which *you* can nominate your favourite people. Do you have New Zealand's best instructor? Is someone at your club student of the year? Is there someone in your region who does practically *everything*? Make sure you nominate them! Details on page 5.

Write to us!

The one thing we were light on this issue was letters. Please write to us! We would like to

hear your views. Do you like *Taekwon-Do Talk*? Is there something of which you would like to see more? Less? Something interesting happen in your club or region? Please tell us about it. Email letters and photographs (jpgs at least 300KB in size) to taekwon-dotalk@itfnz.org.nz.

Thank you to the Team!

Once again, I thank the *Taekwon-Do Talk* team for their amazing work. It is thanks to the team that you have this amazing magazine before you. There is no way I could do all of this myself. (Besides, I am not as good at this stuff as the team are. The really good looking pages: Mrs Malone, Miss Irvine, or our staff writers. The really average stuff – my bits.)

That's it from me. I hope you enjoy this issue of *Taekwon-Do Talk* – and don't forget to tell us!

Always

Mark Banicevich, Editor.



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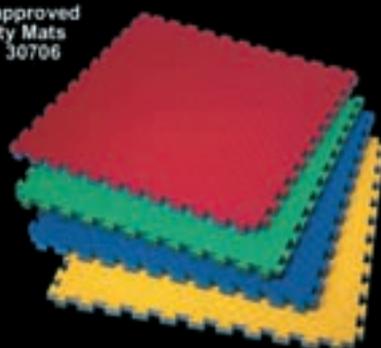


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Letters to the Editor

Dear *Taekwon-Do Talk*

Congratulations to all of the people involved with the Junior World Team that travelled to Honduras. I was lucky enough to travel as a parent. It was worth the trip just to see the effort those young men and women put into Taekwon-Do, and how superbly they represented ITFNZ and their country. They set a very high standard for those who follow: ranked fourth best country, best overall women's team, highest medal tally for a New Zealand team at a Juniors, and to attain such professional standards in conduct and competing.

First, congratulations to the competitors for the time they devoted to their own improvement and practice, and their self-discipline, dedication and support for each other.

The coaching and management team also did a superb job organising events. The welfare of the juniors was paramount from the very first camp. And they invested the highest quality coaching for all of the junior team for an extended period of time prior to the actual event.

Behind every competitor is a huge support network of parents, whanau, friends, club members and wider community. I know that up here in Okaihau and Kerikeri, the events were followed by the whole community, with updates in school newsletters and newspapers. We felt this support overseas, with the reporting and messages on the website.

Well done everyone, and long may this continue. It filters down to every club, and who knows who the next world champion will be – it might be the little white belt struggling with stances and sine wave, looking at the black belts, thinking, "One day!"

It's not long 'til Canada – all the best everyone.

Tim Couling, II dan
Instructor, Kerikeri

Dear *Taekwon-Do Talk*

Well, what a month! Firstly what a great venue for a black belt grading! I would like to say a big thank you to Mr Richard Iotua for organising it at the Buddhist temple, all the other students grading who helped get me through, and also to Master Davidson and Mr Rimmer for making all the hard work you put us through enjoyable.

Last but not least, thank you to my wife, who followed me down to grading at seven and a half months pregnant and supported me, then on the seventh of June showed great indomitable spirit as she had our wee boy four weeks early because of poor health. Although it must have been a very scary experience, she never showed an ounce of fear. I'm now not only a proud new father, but an extra proud husband.

Karl Finlayson, I dan
Hurupaki

Congratulations Mr and Mrs Finlayson! – Ed.

Dear *Taekwon-Do Talk*

This is quick note to say thanks to Mr Nick Lee for organising a great regional tournament in Wellington recently. It was a great success and ran smoothly. Taekwon-Do, as primarily a volunteer organisation, depends on practitioners like Mr Lee to step up, and this allows the rest of us to enjoy these events even more.

I particularly enjoyed the Wellington Demonstration Team display at lunch. They are also an asset to the region!

Best regards

Don Martin, I dan
Co-instructor, Thorndon

Dear *Taekwon-Do Talk*

I want to quickly cover off two things in my letter. Firstly I want to commend Ms Louise Chan on doing a wonderful profile story on my dear friend Mr Brett Kraiger in the last issue. What a fantastic job Brett has done instructing at Brooklyn and what very insightful and wise words were said in the article.

Secondly, I want to thank ITFNZ for partly subsidising the recent Stripes on Tour seminars. With the \$10 subsidy the 6 hour seminar cost \$20.00 for an individual. Those who go out on Friday or Saturday night know that this is not even enough to buy one round anymore.

Mr Chirtoca and others lamented that attendance could have, should have, been better. And how many times have organisers been disappointed with turn out at organised Taekwon-Do events? Sure, we all have to prioritise these days, whether it is our money or our time. Frankly I am not bothered with the ones who are not there. What I will put all my energies into are the ones who turn up. Whether it be one, five or fifty. In everything we do in life the cause and effect is simple. If we make the effort we get the results. It should not be our instructors' role to badger us to attend things. It is not about the cost, but simply about our priorities. Do you want to be better at Taekwon-Do? Well it is up to you and your priorities.

Yours in Taekwon-Do

Christine Young, IV dan
Instructor, Hwa Rang

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 31 August 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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Or if you still use snail mail...

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



Cross Training

by Gray Patterson, V dan
Instructor, Khandallah



Everyone can benefit from being fit. Improved overall health and reduced risk of disease – who wouldn't want that?

Many people begin Taekwon-Do “to get fitter”, and certainly regular Taekwon-Do training can help you increase or maintain a reasonable level of fitness. In fact, Taekwon-Do training is superbly well rounded – it incorporates elements of aerobic and anaerobic training, flexibility and strengthening, all with the added benefit of learning practical self defence skills as well. However, a couple of hours twice a week is not enough to allow you to comfortably achieve a successful black belt grading, or a place on the podium at a major tournament – one or both of these being major goals in most people’s Taekwon-Do careers.

If you are serious about achieving your black belt or taking away a gold medal from a National or World Champs, you need to commit to getting yourself suitably fit. The physical and mental stresses of high level performance and competition over multiple days can be overwhelming if you’re not prepared. You need to invest time and effort in yourself to make sure you can meet the demands of your chosen goal, and going along to club a couple more times a week simply isn’t going to cut it.

The physical requirements of a black belt grading are comparable to any endurance event.

You wouldn’t expect to perform well at (or even complete) the “Lake Taupo Cycle Challenge” (160km road cycle around the perimeter of Lake Taupo) or the “Kepler Challenge” (a 60km mountain run in Te Anau) without serious training, so why would you expect to perform well at a black belt grading without putting in some hard yards? The amount of time you’re required to physically perform is comparable for all three events! In fact, a black belt grading could be considered more demanding as it is a multi day ordeal where peak performance on the second day is crucial.

But how do you prepare for such an event? A high level of aerobic fitness and conditioning of your body to withstand sustained exercise is essential to be able to give your best at a black belt grading, or over multiple rounds and multiple days at a tournament. One way to achieve this would be to ensure that regular training sessions last several hours (at least three to four). However, the trouble is, it can be difficult to find the motivation and means to regularly do long Taekwon-Do sessions. Therefore a good method to help you meet your fitness requirements is cross training.

Cross training simply means incorporating more than one type of physical activity into your fitness

routine. Having variety in your training program will help to prevent boredom, and also aid with injury prevention as you’re not using the same muscles in the same way all of the time, or if you are injured you can maintain a level of fitness training without aggravating your injury.

I have had some degree of success with cross training, so I know it is an effective training method. To give you an idea of what you may like to consider introducing into your training, here’s a run down of the activities I enjoy.

Running

I prefer running off-road (as I’m no lightweight). I find dirt tracks are kinder on my joints and muscles than tarmac, and I find the scenery more interesting. Off-road running also improves your co-ordination, balance, and ankle strength, as you often have to avoid or compensate your stride for roots and bumps on the trail. Running up and down hills is brilliant strengthening for the lower body too.

Make sure you have a good pair of shoes if you run regularly – what you spend on shoes, you’ll save on physio bills – your old Bata Bullets will just end up wrecking you!



Cycling

I really enjoy both road cycling and mountain biking. Cycling can be a great cardiovascular workout, whilst also being low impact, so this is ideal if you suffer from impact related injuries such as shin splints or stress fractures. Cycling will also improve your co-ordination and balance, and leg strength. New Zealand has some awesome mountain bike tracks and rides, and it's easy to get variety on any ride – just go in another direction!

Kayaking

Multisport, white water, or sea kayaking all offer similar benefits. Kayaking will improve your upper body strength, particularly your 'core' torso muscles which are used in every Taekwon-Do technique. It's also low impact, and if you paddle a skinny boat or go out in rougher water you'll also improve your balance and co-ordination.

Altitude Simulation

You may have heard about athletes basing themselves at altitude for periods of their training, the reason being that there are proven beneficial effects to breathing 'thinner' air. In order to cope with reduced oxygen at altitude, the human body



naturally reacts and produces a higher proportion of red blood cells, and the more red blood cells you have, the more efficient your body becomes at transporting and utilising oxygen.

I've been using an Altitude Simulation programme at 'io' (www.io-nz.com) for the last 18 months, and I've been impressed with the benefits I've experienced. The io programme delivers 'thinner' air, via a mask, inducing the same beneficial stress experienced at altitude. The reaction is caused by

the body having to adjust to alternatively breathing high altitude (hypoxic) air and sea level (normal) air via your own mask every five minutes for an hour a day over a set number of days. It doesn't really seem like you're 'training', because you're relaxing in a chair and reading, or watching a movie, or listening to music, but I've personally found that my resting heart rate drops by up to ten beats over the course of a week, and I have a feeling of more 'fuel' in the tank when I'm physically pushing myself. The benefits, including increased energy levels, faster recovery and greater endurance usually last for around two months, and a scheduled booster programme can top this up every five to eight weeks.

There are many other activities that you could use to complement your Taekwon-Do training, and finding something that challenges you and you enjoy doing, will help you maintain the motivation required to keep at it for sustained periods as you train hard towards your important event.

Taekwon-Do is essentially an individual pursuit, so you can't rely on others to carry you through if you're not properly prepared. It's entirely up to you to take responsibility for achieving your goals, so get out there and go for it!

Taekwon-Do Stunties: an Interview with Steve McQuillan

by Glen Allison, 4th gup
Nibun Central

With the tremendous amount of new action movies and television shows in existence, stuntmen and stuntwomen have begun to come to the forefront of the entertainment industry. While the actors and actresses usually get all the attention, money and fame, the stunt people take the hard falls, car hits and kicks, and make the performers look almost superhuman.

It came as no surprise to find that several members of ITFNZ have regular work in the stunt industry, but it was a surprise as to just how big the projects are that they have worked on. Everything from the Lord of the Rings trilogy, to the Kill Bill movies to the blockbuster King Kong, has had ITF members involved in the action scenes.

The following ITFNZ members are or have been involved with stunt work:

Master Paul McPhail 7th dan
Mr Mark Rounthwaite 5th dan
Mrs Jeanette Trilford 5th dan
Mr Matthew Breen 5th dan
Mr Steve McQuillan 4th dan
Mr Mark Trotter 3rd dan
Mr Daniel Jackson 3rd dan
Mr Sean Button 1st dan
Mr Zahn Buchanan 1st dan
Ms Chantelle Bennett 1st dan
Ms Zoë Bell 3rd Gup

I had the privilege to talk to Steve McQuillan (4th dan) about his involvement in the stunt industry:

Thanks for taking the time to answer some questions. Let's start at the beginning, how did you get involved in stunt work?

Mr Rounthwaite was approached by a stunt coordinator in early 1996 to work on a television show called 'Hercules the Legendary Journeys.' At this time I was in America visiting my brother for about 8 months.

Mr Rounthwaite gave me a call to come back to New Zealand and trial as a stunt performer.

I was a little apprehensive about the whole stunt thing, but after a few days decided to head back home and give it a go.

The trials were quite grueling, learning how to fall hard onto concrete with no mats, having to sell hits that looked good on camera without actually being hit, learning how to throw kicks and punches that look good on screen but totally different to what we were ever taught in Taekwon-Do.

We were also drilled on timing. If there were multiple bad guys in a fight and you were the third bad guy in the fight, you couldn't leave the actor/actress waiting, also making sure that you were in the correct position to take a hit, sell that hit to a camera, take a fall from the hit and land on the ground hard without hurting yourself.

After the trials we were all told not to expect anything as far as stunt work so don't give up the jobs we already had. Luckily for us this little show started so we didn't have long to wait before we got the call, that little show was called 'Xena.'



Is there enough work within NZ to be professional, or has the work involved international assignments as well?

No! I would say ninety percent of stunt performers in this country are part time.

There is only a small group of professionals who get regular work throughout the year to warrant full time employment.

Shows like 'Power Rangers' run for six months of the year, so if you are good enough and fortunate enough to get offered a contract on this show it is a guaranteed income for half a year during the summer months.

Big budget movies are being filmed down here like 'Narnia (The Lion, the Witch and the Wardrobe)' and 'King Kong.'

Movies like these can shoot for three months and having bigger budgets, a stunt performer can make more money in three months on one of these movies than other shows that run for six months or more.

As for international stunt work, recently Mr Rounthwaite and Mr Button were filming in Morocco and Thailand on the movie 'Alexander' and Mr Rounthwaite is currently in Europe as a stunt coordinator on the new James Bond film.

Ms Zoë Bell is probably New Zealand's biggest stunt export, she has made quite a name for herself as Uma Thurman's stunt double in 'Kill Bill' Vol I and II and also as Sharon Stone's stunt double in 'Catwoman.'

Zoë was recently recognised for her work at the Taurus World Stunt Awards where she won in the best female fight category.



Top: Steve McQuillan with actress Lucy Lawless on the set of 'Xena: Warrior Princess'.

Above: Mr McQuillan shows how pretty he is, on the set of Peter Jackson's epic trilogy 'The Lord of the Rings'.

News in Brief



Would you consider the work quite dangerous?

No! We are stunt performers not daredevils, but you must be well trained and mentally prepared to undergo this kind of work.

A good stunt coordinator knows each individual stunt performer's ability so someone who's new to the industry shouldn't be put in a situation where they may be injured.

Some of the hardest stunts to perform are fight sequences rather than some of the so called bigger stunts like fire burns, high falls or stair falls; these are highly visual and no matter what happens, they look great on camera, but a fight sequence that has bad timing and bad reactions looks terrible, and has to be re shot again and again and again.

I would consider Sean Button to be one of the top stunt performers in New Zealand.

His gymnastics background combined with his martial arts training make him an extremely sought after stunt performer here and overseas.

Both Sean and Zoë have perfected the art of harness work and both have been lead actor doubles; this is extremely hard on the body and they would both have to stay in harness and perform stunt after stunt for twelve hours a day five to six days a week, so you definitely have to be in top physical condition for this kind of work.

Is the work primarily in the film industry or do you do work for TV as well?

Definitely both. The film and television industry has always been strong in this country and a lot of overseas companies have been filming here for years.

A lot of movies and commercials that have been filmed here the New Zealand public would never

have seen, so next time you are in another country watch the adverts and I guarantee you would probably notice the amazing New Zealand scenery, being made to look like somewhere in Alaska.

In what projects have you been involved?

I've been extremely lucky to have been involved in so many different projects, everything from good old homegrown New Zealand shows like 'Shortland Street' and 'The Topp Twins,' to huge Oscar winning blockbusters like 'The Fellowship of the Ring' and 'The Two Towers.'

I have gained over seventy credits since starting in the stunt industry, and I have meet some extremely weird and some extremely wonderful people.

A good friend once said, "If you love your job you will never work a day in your life" and this is how I feel doing what I do.

Top: Mr McQuillan reviews footage with the crew of 'The Lord of the Rings: The Two Towers' as a ranger on the set of Minas Tirith. Mr McQuillan is the one leaning against the column.

Above: Mr McQuillan on the set of Power Rangers season four, Mystic Force.



South Island Regional Tournament

The South Island were the first to host their regional tournament this year – on 6 - 7 May in Dunedin. Eighty three competitors from around the South Island represented their clubs, and Dunedin took out best club for the second consecutive year.

The event was covered by Dunedin's Channel 9 and the Otago Daily Times.



South Island best overall belts. Natasha Kettings took best overall black belt for the second consecutive year!

Counties Manukau Regional Tournament

In anticipation of hosting their next National Tournament, Counties Manukau ran their tournament with operational excellence. The tournament of 112 competitors ran precisely to schedule, and in an ITFNZ first, competitors completed their entry forms online!

The tournament, hosted at the Auckland Netball Centre on 30 July, was topped by Dragons Spirit Papatoetoe, toppling Paul M for the first time in years!

Auckland North Regional Tournament

Over a hundred and forty competitors descended upon Mahurangi College in Warkworth on 23 July to test their skills against members from around the region.

In a greulling day, Hurupaki proved their strength to take best club.

Thank you Mr and Mrs Konia, and Mr Pygott for your work organising and running the event.



Mr Carl van Roon demonstrated his skill in multiple events at the tournament, including a fine patterns display!

Congratulations Mr and Mrs Trilford!

On 16 July, two long-time friends and members of ITFNZ were wed beneath a glorious winter sun in a wonderful ceremony at the Formosa Country Club in Beachlands before close friends and family. Congratulations to Mr Greg Trilford and Mrs Jeanette Trilford (née Joe)!

The Reverse Turning Kick

By Master Paul McPhail, VII dan
Technical Director

Arguably one of Taekwon-Do's most devastating kicks, the reverse turning kick is certainly a spectacular sight when performed properly. It takes a lot of practice to master, but once you have the technique right, it is actually quite an easy kick to perform.

I always remember the story told to me by Master Young Ku Yun about this kick. In an old magazine article Master Yun described the events...

It's definitely my favorite kick – very strong, very long-reaching and devastating because of the full-power follow-through used with it.

During free-sparring, it has to be practised without using much power... when used full-strength it's almost impossible to control and consequently very dangerous.

I always use it in combination with other techniques, of course.

Actually, I had a nasty accident with the reverse turning kick. It was while I was teaching American soldiers in Korea.

I was teaching a class one day and noticed this huge American service-man among the spectators. He was noisy, aggressive and arrogant – chewing gum and behaving quite badly.

As soon as the class ended, he walked up and stood right over me and said he wanted to fight me. He was very big and looked very strong.

I told him it wasn't really the correct approach and I asked him what he did. He said he was a boxing champ back in the US.

I hadn't agreed to spar with him or anything, but already he had started moving ... bouncing around in boxer-type movements. I tried to talk to him ... get him to withdraw the challenge ... but he wouldn't listen. He just kept bouncing around, shaping up and all that.

Within seconds, I threw a snap-kick with the left leg. He started to block but I was already halfway through a reverse turning kick with the other leg.

Unfortunately, because of my nervousness, I couldn't control it properly and it caught him full-power near the temple. He went straight backwards as though he'd been pole-axed.

His eyes rolled and he was foaming at the mouth.

Fortunately, being an Army base an ambulance arrived immediately and they had him in hospital very fast. I felt very sorry for him – I hadn't meant to hit him so hard. I'd intended to pull the kick and just hit him enough to frighten him and, hopefully, stop him from wanting to fight.

Luckily, the kick was a fraction off the temple and a slightly glancing blow. Half an inch further and he might of died. The cut took about eight stitches to close up and his head was swollen up like a football when I visited him in hospital to apologise the next day.

My heel swelled up very badly too and it took three months to go down properly.

It was an unfortunate accident. I was very excited and it was the first time I had ever been challenged in front of all my students. If I'd missed, he would have been able to punch me – and perhaps I would die.

This is not the only story I have been told about this kick being effective in a real self defence situation. It should be emphasised however, that for this kick to be used in self defence you would have to be very fast and have mastered the technique completely.

The kick gets its name by being the reverse version of the turning kick. The turning kick, as we know, is delivered in a swinging horizontal motion to an opponent at the "side-front" (ie, not someone straight in front of you, but slightly off to the side). The reverse turning kick on the other hand swings the leg to the opposite direction, the side-rear. This is why it is called a "reverse" turning kick.

There is wide spread confusion over this terminology, and many students think that the term "reverse" means to spin around. You sometimes hear the term "reverse back kick" to describe a back piercing kick performed spinning. This is incorrect, and just about any kick can be done spinning in one direction or the other, and it is incorrect to refer to them as "reverse" kicks.



Grand Master Park Joong Soo

The primary attacking tool for the reverse turning kick is the "back heel". You will see this technique used in power breaking at tournaments, and the top competitors can break four or five boards easily. The heel must be conditioned first, however, to avoid serious injury.

The ball of the foot can also be used as an attacking tool, more so in sparring, as it has the advantages of extra reach and also being less likely to injure the opponent.

A variation of the reverse turning kick is called the reverse hooking kick. This is similar but instead of the leg being straight, it "hooks" across the target area. This kick can also be used is to hook behind the head of an advancing opponent and pull them off balance towards you (see photos below).

I hope you are inspired by this article and photos and will start some serious, regular practice of this kick. I look forward to seeing it!

Extract from Australasian Fighting Arts magazine, Vol 1, No 5 (1975).



Master Ra Young Chul demonstrates reverse turning kick



Photos show the second application of the reverse hooking kick.

<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

In this issue, Miss Young and Mr Chirtoca continue to show us 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



Ms Young attacks with middle side kick. Mr Chirtoca blocks with outer forearm outward block



Ms Young attacks with middle side kick



Mr Chirtoca immediately follows with reverse high punch.



Mr Chirtoca dodges forward whilst executing reverse high punch.

The 3rd Oceania Championships

by Debbie Hart and Maryjane Riddle
Paul M Papakura

All went well with organising the fun filled, action packed trip to Aussie. We were on our way to defend our title at the 3rd Oceania Championships! Then... we got to Auckland Airport to leave and they forgot to book us into group bookings – oops! Forty five people in general bookings and lots of them jumping on the scales to find they were over their weight divisions, stripping down to get a more “accurate” weight – we should have informed the airlines at this point to cancel half the meals!

After arriving in Sydney and once everyone was settled into their accommodation and the shopping was started we had our weigh-in session at the hotel. We all started hatching our battle plans and this was not so easy with the Aussies across the bar doing the same.

The tournament started early Saturday morning with some tough competition as the patterns got underway, then the juniors followed with their great sparring. All of the New Zealanders showed their fantastic sportsmanship, supporting both their own team members and the other New Zealand teams, making us proud to be part of ITFNZ. Saturday finished with the prize giving from the events of that day, New Zealand taking a good portion of the trophies.

Most of us enjoyed a good bit of relaxing in the late afternoon – shopping – those poor credit cards got a workout of their own! We found out the hard way that in Aussie the cabs are happy to take you to the shopping centre BUT it's a long walk back, in the rain.

Sunday saw us again come together as a great team, with the New Zealand senior competitors and supporters helping out in all official areas as and when they were needed. It was a fantastic opportunity to see Master McPhail as centre referee in the final of the male veterans sparring match between Mr Steve Pellow V dan, instructor of Infinity Papakura and Mr Richard Iotua II dan, instructor of Tribal Otahuhu.

The final prize giving was on Sunday afternoon and considering this was the first tournament for many, the results of New Zealand bringing home 69% of the medals is fantastic for the competitors and a credit to all our instructors.

The best overall female went to Toni Moki of Paul M Papakura. Toni's results were 1st in black



Our author (Maryjane Riddle on the right) battles it out in the female sparring competition.

belt patterns, 1st in black belt sparring and 1st in power breaking.

The best overall male went to Daniel McMillan of Dragon Spirit Papatoetoe. Daniel's results were 1st in junior black belt patterns, 3rd in junior black belt sparring and 1st in special technique. Congratulations to you both, we are all very proud.

Sunday afternoon the team separated with some going shopping again (heavy bags Donna?), others to restaurants and the rest relaxing and celebrating in their rooms. Wherever you went there were vast amounts of people: around 60,000 at the rugby game next to the hotel.

Monday all the team converged on Sydney for a spot of sightseeing, everyone went off in small groups to view the city. Sydney put on a lovely sunny day, the food was good but the company even better, and many of us came home with new friendships.

Now the next lot of fun begins... we all met at the

airport in the early afternoon for the flight home... or so we thought. When we arrived the flight was delayed for two hours, so we waited. The plane was delayed again... and again... then six hours later finally cancelled. Air New Zealand kindly booked us into a five star hotel for the night. We found our own way there by persuading the Qantas staff bus to take most of the team to the hotel, while others took the courtesy bus with the rest of the flight. We all got a great night of well-needed sleep, with excellent food. Much restored the next day, we returned to the airport to find massive queues and our flight delayed again. There is only so much duty free shopping you can do in twenty shops! In the afternoon our flight finally took off, much to the pleasure of all, and Air New Zealand provided us with a duty free voucher to spend at the other end... so yet again more shopping!

In summary, we went, we saw, we conquered, our title defended. Thank you to ITFA and Master Daher for organising the event and inviting us. Roll on 2007, the 4th Oceanic Championships to be held in New Zealand. You have to be there!



Daniel Harris of Paul M Papakura takes it to his Aussie opponent.



Toni Moki of Paul M Papakura in one of the performances to earn best overall female.

<http://itfnz.org.nz/events/tournaments/oceania/2006/index.htm>
Taekwon-Do Talk, 2006 Issue 2

A Camp at Foxton Beach

by Jessie Walker, 1 dan
Rangitikei Dragons

On 6 and 7 May, more than seventy people from all over the lower North Island gathered at Foxton Beach for a 24 hour camp. The camp was a fundraiser for Alicia, Kane, Stu, David and Jessie who are the five Junior World Championship representatives heading to Honduras this July.

The five leaders (which included me) were briefed beforehand on our duties. Mr Ballard decided that the camp would be split into five groups, each of the representatives being a team leader and therefore our team becoming our responsibility for the duration of the camp. You can imagine our enthusiasm when we heard that the majority of the attendees were less than 12 years of age! After cramming people into the bunk rooms (two poor fellows from PNTA had to literally sleep on the floor!), we got straight into training. Red stripes and above went with Mr Trilford and Ms Jeanette Joe who shared their pearls of wisdom



You wanna be in the team? You gotta be fit!

on black belt gradings by going through step sparring and patterns to the grading specifications. The instructors also sparred with the five champs representatives and taught some self defense with “realism”. The training was then finished off with a questioning session. This was similar to a black belt grading as someone had to sit up on stage while we questioned them – a great experience for those planning to grade for their black belt in the near future! While the seniors were doing this Mr Ballard, with the help of Mrs Katene, had all the junior belts outside in the sun for plenty of patterns practice for their syllabus.



Attendees of the camp at Foxton Beach, with the five New Zealand Team members seated at the front:
David Burr, Stuart Alderson-Maden, Kane Baigent, Alicia Yates and Jesse Walker

That night, after a delicious dinner, the team leaders conducted a quick question and answer session. The questions were supposed to be about the Junior World Championships and we were showered with many interesting questions such as how we got into the team and how much work we have to put in. There was, of course the odd irrelevant question like, “Is that seat comfy?” ... thanks Anna!

The five teams then got together and were given water balloons for the “Instructor Hunt”. One team at a time set out into the darkness to hopefully find as many instructors as possible in five minutes and totally soak them with our balloons. Most teams returned victorious with most instructors satisfyingly soaked. Everybody thoroughly enjoyed this game, although the next morning (after a ‘nice’



Students at the camp performing an exercise so secret, we have no idea what it is...



... but it certainly gets messy!

jog on the beach at early hours in the morning), Mr Ballard had his revenge, engaging us in a warm up of wrestling and thigh slapping games and rivaling our sweet victories.

The leaders were entrusted with the very last training, so we decided we would put our unsuspecting victims through a torture we know extremely well, a fitness test! David cheered everyone on through shuttles runs of two push ups, four push ups, eight push ups, 16, 32, 64 and so on. Of course the other four leaders supported everyone, just not in such a boisterous way! At the end of our fitness session everyone had done 128 push ups, sit-ups, squat kicks and punches.

Adults and kids alike went home, exhausted, with proud smiles on their faces, having totally enjoyed themselves and making the camp a total success.

Do... a deer...
a female deer... ???



Kicks for Kids

by
Shirley Pygott
Il dan

Welcome to Kicks for Kids issue #16.

This issue we look at what is 'DO': art or way is only the beginning. There is a word search on all things Taekwon-Do, and we find out what happened to General Choi in the Japanese prison. I'd love to include something from one of you. Just post to PO Box 457 Silverdale Whangaparaoa 0944 or e-mail taekwon-dotalk@itfnz.org.nz and see your name (and maybe your photo or drawing) in print!

WHAT EXACTLY IS 'DO'?

We promise every training session to observe the tenets of it, but what is it? Money? Yummy stuff that makes biscuits? Bambi's mummy, a female deer? A long extinct bird?

It means Art or Way, but it's not the sort of art you do with paint and pencils. And to find your way, don't you need a map or a compass?



General Choi once said: "All the years of hard training in Teakwon-Do will be nothing without paying attention to the 'Do'" He saw most of the people around him did not think enough about how to live a good moral life, and wanted a way to change this. Taekwon-Do was his answer to this problem. He used the wisdom of various philosophers and religious thinkers to show the kinds of people we should be trying to become; if you like, to give us a map for living a 'good' life. To make it simple to remember, he came up with the five Tenets of Taekwon-Do to summarise the 'Do'. He also based his patterns around important people in Korea's history, because he felt these people were good examples of 'Do'.



One of General Choi's greatest wishes was that teaching of Taekwon-Do in the 21st Century would include teaching all students about 'Do'. The ITF decided to make the teaching of 'Do' one of the most important aspects of Taekwon-Do training for the next few years, so you'll be hearing a lot more about it in the future. In future issues we will look at each of the tenets, to try and help us all find a bit more 'Do' in our everyday lives, as well as in our Taekwon-Do.



It's Back! The 4th National Juniors' Camp

17th - 19th November Aongatete Lodge, Bay of Plenty.

Open to kids under 15 yrs. This year black belts can come as well. Mr Brown has some fiendish plots cooked up. According to the updates he has put on the website: "Things are going to be tougher! No simple riddles or puzzles. No easy pickings for those who have been before. It's a whole new format!" There is also a gup grading planned for the camp - how cool is that? Not only can you come to camp, enjoy great company, good food, lots of games and the pleasure of keeping track of your very own plastic peg, but you

can grade as well! You MUST have your instructor's permission though. It's going to be another great camp, so don't miss out! The cost is still \$20 per child and South Islanders are FREE!

Entry forms available from mid September.

Watch the website: http://www.teawamutu.net/taekwon-do/midland/events/National_Junior_Camp_06_national_junior_camp_2006.htm



Meet the Founder Part 7

Making Bad into Good.

In the last issue we left Choi Hong Hi, the man who would eventually create the martial art of Taekwon-Do, in a pretty sorry state. Near the end of World War II, he and his three fellow Koreans were caught plotting to overthrow the Japanese Army from the inside, and were taken away to prison. The Korean Independence Movement came to a full stop! It was pretty strict in the prison: if you broke the rules you got a beating. The guards were very keen to dish out punishment because they didn't like their Korean prisoners at all, so there were plenty of beatings to go around.



Which of the following do you think he was glad about ?

1. There were plenty of books to read in his cell.
2. He got to have a bath every day.
3. The food was better than he got in the army.
4. His legs were short.

Strange as it may sound, he was thankful for all of the above things. Despite the beatings and the harsh rules, they were looked after quite well, as long as they behaved according to the rules. But why was he glad his legs were short? Because the prison clothes were quite small, and those with longer legs got very cold in their short pants, especially on the daily toilet bowl run!

Choi Hong Hi behaved himself, pretending to be sorry for what he had done, and after six months he was trusted enough that he was allowed to practise karate daily in his cell. The guards quickly became fascinated with what he was doing, and brought him eight roofing tiles. They didn't believe he could break them all, but he did it, straight away with his bare hands! He said later the applause was the sweetest thing he had ever heard. From that day onwards the guard insisted on learning karate from his impressive prisoner in his lunchbreak, and before long all of the guards were Choi's karate students and the prison had become a training hall. If there was ever a bad situation turned around for some good, this was it!



Don't drop the doo-doo!

Prison rules:

- Don't look at anyone (especially not the guards)
- Don't talk to anyone (not even the other prisoners)
- Don't move a muscle when you are forced to kneel on the floor for hours each day

Don't drop your toilet bowl carrying it on your head from your cell to the toilet pit.

For six long months Choi never saw or spoke to his three friends also imprisoned... he didn't dare. But through all of this, he still found something to be thankful for.

From Taekwon-Do and I, The Memoirs of Choi Hong-Hi, the Founder of Taekwon-Do Book 1, Part 4.

TAEKWON-DO WORD SEARCH

How many of the words on the left, from your Theory Handbook, can you find in this wordsearch?

Look forwards, backwards, up, down and diagonally. For the solution, see page 28.

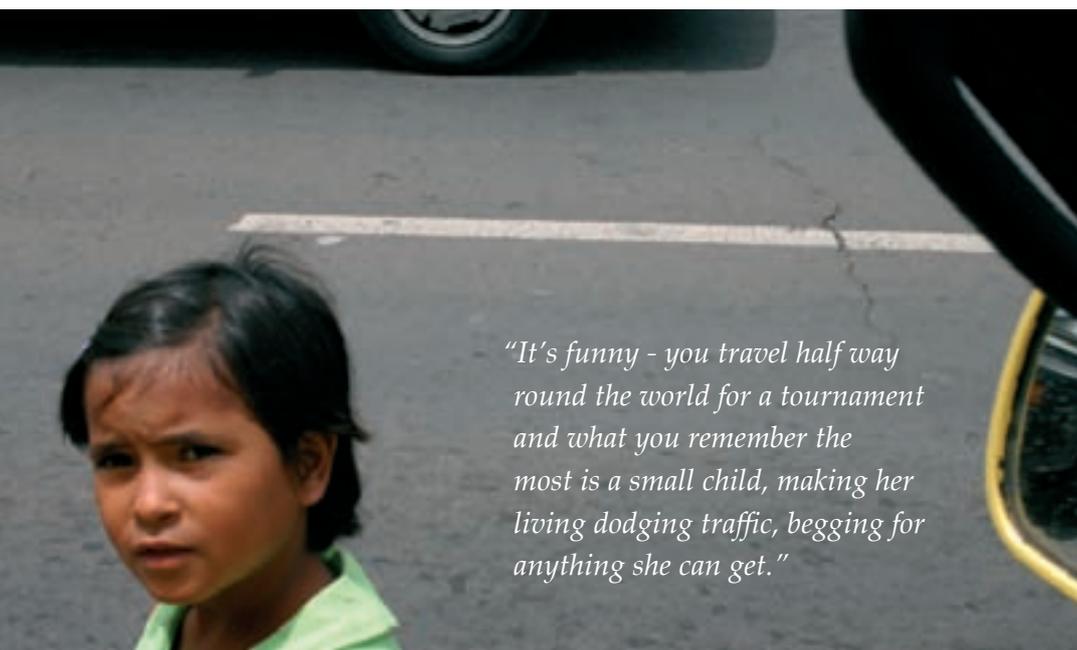
- Orun
- Wen
- Chagi
- Dojang
- Oath
- Tenets
- Sogi
- Dobok
- Twimyo
- White
- Yellow
- Green
- Blue
- Red
- Black
- Chon-Ji
- Dan-Gun
- Do-San
- Won-Hyo
- Yul-Gok
- Toi-Gye
- Hwa-Rang
- Choong-Moo
- Stance
- Gup
- Jirugi
- Nopunde
- Kaunde
- Najunde





Dodging bullets in Honduras

by Gwyn Brown, III dan
New Zealand Team Journalist



"It's funny - you travel half way round the world for a tournament and what you remember the most is a small child, making her living dodging traffic, begging for anything she can get."



Photographs from top left to bottom right: Our cheerful correspondent, Mr Gwyn Brown • Now that's home security! • Beggar, working the traffic queues • Shopping mall security guard • As good a place to sleep as any • Little girl working the traffic near our hotel • Mr Couling with his buddy, one of the shopping mall guards • Minimal wages? Probably not. All photographs by Mr Doug Hanna.

Months of intense training.

Thousands of dollars in expense.

6 separate flights...

The organising, the excitement, the characters, the highs, the lows... 18 medals in total, including three golds. And for some it all came down to one break, one pattern mistake, or just one warning too many in a fourth round first point contest.

The New Zealand Junior Team to Honduras, 2006. They won medals across the board; sparring, patterns, power, specialty, and team events. Truly this was a great achievement, and one that (from reading all the messages) was not just shared by the team, but by the entire New Zealand Taekwon-Do fraternity. Not all of us can be world champions, but we all belong to a country full of them.

Gathering at Auckland International Airport from across the country, the New Zealand team left in high spirits for Honduras, full of expectation, and the memory of teary eyed parents and supporters. What would we bring back; would we be able to do what previous teams have done; what would Honduras be like? No one in the team had been there before, and although we knew it was going to be a different world, I don't think any of us had a clue just how different it would be.

First stop, LA, and although we weren't there for long, for most of us it was a funny feeling to be on American soil for the first time. Would the people be like they are on TV; would they really talk like that? Yep, they were and they did. Houston overall, though, was a much friendlier place. In fact you could say they went out of their way to beat each other with the friendly stick... hard.

What do I remember about Houston the most? The heat for one – it was unexpected and very, very hot. The people for sure. And I know that you hear it all the time, but things in Texas really are bigger. The parks, the signs, NASA, even the lawnmowers were huge. I have many fond memories of Houston, one memorable evening out with friends in particular.

Tegucigalpa. I have to be honest and say I hadn't heard of the capital of Honduras before, but it's the one place on this trip I will never forget. Arriving at the airport, and being met by Master Bonilla's son and Lourdes was great. They got us to the hotel and settled in. Riding in the ancient bus and seeing people walking the streets carrying guns, machetes, knives – you name it – wasn't so great. Some of us were way out of our comfort zones, some of us were shocked. We discussed it at the hotel, and I think more than a few adults were freaked too.

We decided the hotel was great. Not because it was nice, with tiles-galore kind of fittings, and the

like. But because it was safe inside, away from the world where it must be so unsafe that people walk the streets with weapons like it's most natural thing in the world. The team's resilience was amazing though. They just got on with their own stuff and left the adults to worry about their safety, how we were going to manage food, language, transport difficulties, and all the other unknown factors.

Well, we did manage. The coaches found somewhere to coach the team. Management found things to... well... manage! Things like getting vans organised, getting to the weigh-in, getting to the venue, getting to the airport. The list is very, very long and started well before we left New Zealand.

And then all of a sudden, there was no more time to train. The day had finally arrived and it really did come down to literally one wrong move after months of training. For some it resulted in a gold medal. For others it resulted in being knocked out in the first round and the end of the tournament for them. It seems very cruel really; however this is the Junior World Championships.

But it wasn't just about medals, it was bigger than that. It was about all the little things that happened along the way. I know the team made some friends that they will remember for a very long time. Some of them will even meet up again further down the track in their Taekwon-Do careers.

Photographs from top left to bottom right: Coach Dave Ballard and the winning female team • The "cloned" Polish team at the weigh-in • Carlos MacDiarmid competing in free sparring • Johs van Pierce and Sam Campbell with their power breaking medals • Stunning side kicks are all the rage in the female pattern event • Kane Baigent competing in the patterns event • Jeremy Hanna performs a slow reverse hooking kick in Juche • Alisa Parker stamps her mark on the tournament performing Kwang Gae in the patterns event • Rebecca Walthall charges onto the page, performing Kwang Gae in the patterns event • Jessie Walker and David Burr, in their silver medal performance for prearranged sparring • Mr Burr flies over the ground attack of Miss Walker • Mr Burr gets a dealing to at the end, walking into a reverse knifehand strike (will they exhibit this at the National Tournament? – Ed) • Shane Black, just before England were disqualified • One of the Kiwi males is forced to the ground by a devastating assault • Gary Fyfe attacks with a stunning downward kick against Argentina • Girls patterns team collecting silver • Coaches trying to guess which hand Mr Yates has the lollies in. All photos by Mr Doug Hanna.



I can still see the little girl that spent her day begging in the traffic. It's funny – you travel half way round the world for a tournament and what you remember the most is a small child, making her living dodging traffic, begging for anything she can get. Sure, I remember the entire tournament. I remember Bex collapsing in Mark's arms when she was 'warned' out in her fourth round 'first point' match. I remember Johs' elation in winning gold in the power breaking. Man, that smile took several days to wear off. I remember all the van rides, the crazy driving, the shops with armed guards, the poverty and the excess. But it was the beggars that struck me the most.



It was the weigh-in that really set things off, and got us in tournament mode – and I mean the adults here. Up until then it was kind of like being on a bus trip with friends rather than a tournament, although I am sure the team didn't feel that way. But for us supporters it was the weigh-in where things all changed and it got serious.



Leaving for the first day's events, a quiet but determined team got on the bus. I wrote on the website all the highs and lows that happened, and there were many of them. Each minute at the tournament was filled with excitement; there was something to watch consistently all day long. You know at some tournaments there are matches which are more exciting than others? Well not at the Worlds. Every match was huge and exciting.



Writing so much for the team, and along with Doug furiously taking pictures (5,000+ in total), it was funny: I didn't so much watch and enjoy the events, as noted the highlights and tried to see as much as possible of our guys and girls. It was kind of like seeing each event, but not really watching it, which was weird.



It was sad when it was all over, like coming off a high. There were the 'what if' thoughts from some team members. What if I had done this? Or that? What if I hadn't slipped or if I hadn't drawn the opponent I did? There were even some thoughts on 'how come I have a medal and I didn't even compete in that event? I was just the reserve'.

But you see the thing is, it doesn't matter that you didn't actually compete. You were ready to, you prepared in case you were needed, and you would have stepped into the ring given the chance. Everyone in the team is a member of the team. They all worked hard, trained hard, thought hard. Each member's success is everyone's success.

And successful they were. On the bus Mr Tomaz Barada said it best for the team. 'You New Zealanders get better and better each time.'

At the end of the three days, the team let their hair down at the after match function; they swapped t-shirts, pants, jackets and exchanged trinkets, email addresses, and friendship. But it wasn't just the tournament that



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Photographs from top left to bottom right: The team outside the stadium • Texas amusement park rides – why do they look so pumped? • Here's the ride from a distance – makes more sense now, doesn't it! • Venice beach is a landmark of Los Angeles. All photographs by Mr Doug Hanna.



was over. It was all the build-up involved and the months of work that went into it for everyone. It was great to see them letting their hair down.

Back through Houston briefly and then to LA again, and Disneyland. Most were happy to say goodbye to Honduras, as I was. But I have to say it is an amazing place. There's a dramatic contrast between the haves and the have-nots. You are either rich, or poor, not much in-between at all.

Disneyland was very cool, lots of childhood memories came flooding back at that place. It was a brilliant way for us to unwind, forget the training, the organising, coaching... although the dynamic duo still took pictures and wrote back to you all! The rides were fairly tame – it's a kid's park foremost – but they were still a lot of fun, even for Mark who has been there four times now!

I feel privileged to be a New Zealander, and all that it means. No other country brings their culture to the World Championships like New Zealand does. You have to feel sorry for them really, they sit and watch how proud the Kiwis are. Half of the Argentinean team didn't even know each other, and some wouldn't sit together, which was a surprise, but their country is a lot bigger than ours. I imagine that the Americans were in the same boat.

Venice Beach was also a great day out. There were the shops, the stalls, the hawkers, the beggars, and the comen. I watched this one guy with his well-rehearsed lines, perform card tricks, read palms, sell crystals, and promise the earth... all the while dressed like the original pimp daddy! America truly is the land of opportunity where anyone can be anything, if you want to enough.

Back on the plane to New Zealand, the team were a lot quieter. We managed to see the movies we missed on the flight out, and catch some sleep.

Arriving at Auckland there was a small but enthusiastic crowd waiting for us: mums and

dads, brothers and sisters, friends and family. All gathered round to say hello, welcome back, and of course, goodbye. Finally everyone gathered their families and belongings and made their way to their cars, or another connecting flight. In the end it was just me, waiting to go to the domestic terminal for my flight to Wellington. Some wonderful wife had arranged a surprise birthday present for me: a trip to Wellington to see the All Blacks play the Springboks... fabulous!

I guess it was a fitting end to a wonderful journey that I was the last at the airport, as the airport officially ended the team's adventures. I was the last to join the team, and the last to leave in the end.

Again, thanks to the coaches, managers and parents who got the team trained and made it to Honduras and back safely. Thanks to the parents and friends who fundraised and supported the team in their training. And finally, thanks to you, our virtual support crew, for your support, encouragement and awesome emails while we were away.

As an afterthought I would like to raise some things for you to ponder related to the trip. I know there is some opposition to the money with which ITFNZ supports our World Championships teams, but I feel that this is more than justified by the level that Taekwon-Do is at in this country, in particular to the sparring standard compared to a few years ago. It is the guys and girls that attend these international events that have largely increased our presence on the world stage, and through them, our officials get better, our sparring gets better and that encourages more international visitors, which is of benefit to all of us.

And if we are to spend money on members in a proportional representative way, half of it will be spent on our juniors who make up half of our members. And juniors are most interested in camps and tournaments. Just something to consider. 🐼

Results

Place	Country	Gold	Silver	Bronze
1	Argentina	9	3	6
2	Canada	5	3	6
3	Poland	4	9	4
4	New Zealand	3	4	10

New Zealand Female Team

- **Alicia Yates (Female Captain)**, Gold power
- **Jessie Walker**, Silver pre-arranged sparring, Bronze power, Bronze middle weight sparring
- **Candice Millar**, Bronze hyper weight sparring
- **Rebecca Walthall**, Silver sparring, Bronze I dan patterns
- **Alexandra Couling**, Silver II dan patterns
- **Female Team, Best Overall Female Team**
- **Female Team Power, Gold:** Alicia Yates, Jessie Walker, Alisa Parker, Candice Millar
- **Female Team Special Technique, Silver:** Alicia Yates, Siobhan MacDonald, Amy Reeder, Melissa Timperley
- **Female Team Sparring, Bronze:** Alicia Yates, Jessie Walker, Alisa Parker, Candice Millar, Siobhan MacDonald, Amy Reeder
- **Female Team Patterns, Silver:** Alisa Parker, Rebecca Walthall, Siobhan MacDonald, Amy Reeder, Melissa Timperley, Alexandra Couling

New Zealand Male Team

- **Chris Clencie (Male Captain)**
- **Johs Van Pierce**, Gold power
- **Kane Baigent**, Bronze I dan patterns
- **Sam Campbell**, Bronze power
- **David Burr**, Silver pre-arranged sparring
- **Stuart Alderson-Maden**
- **Gary Fyfe**
- **Jeremy Hanna**
- **Carlos MacDiarmid**
- **Gary Sawyer**
- **Bradley Wickman**
- **Male Team Power, Silver:** Johs Van Pierce, Kane Baigent, Sam Campbell, Chris Clencie, Josh Parker, Thomas Pygott
- **Male Team Special Technique, Bronze:** Kane Baigent, Sam Campbell, Chris Clencie, Josh Parker, David Burr, Shane Black
- **Male Team Sparring, Bronze:** Kane Baigent, Chris Clencie, Josh Parker, Shane Black, Hayden Stevens, Ryan Stevens

Coach, Dave Ballard

Assistant Coaches, Dan Jackson and Mark Trotter

Manager, Mike Yates

Assistant Managers, Richard Burr and Tanya Katene

Journalist, Gwyn Brown

Photographer, Doug Hanna

NZ webpage, Neil Breen

<http://www.8campeonatomundialjuvenil.org/principal.htm>
<http://itfnz.org.nz/events/tournaments/juniorworlds2006/index.html>

Mark Banicevich, V dan

by Glen Kenny, I dan
Paul M Glendowie

How did you get started in Taekwon-Do?

I have been interested in martial arts since I was young. I didn't get to watch all the old Hong Kong movies, but my cousin's uncle did kung fu or something, and my cousin kept showing me little bits and pieces.

My opportunity came in August 1989, when a close school friend worked with a guy who did Taekwon-Do. Brad asked Mike to come along, and Mike asked me to join him. So we went along to Rosehill Intermediate to train with a 4th dan named Mr Paul McPhail.

A couple of weeks later, Mike asked another school friend (Kyle, who I didn't know) to come along, so I asked a friend from my job at Georgie Pie, Shaun Tolley to come along. Kyle lasted a couple of weeks, Mike to 7th gup, and Shaun and I are still here 17 years later.

What has kept you involved so long?

I strongly believe that a good social circle produces people who stay – one that is run by the students, not by the instructor. When I started at Papakura Taekwon-Do, the yellow belts had a strong core group led by Margaret and Trish Pepper who welcomed us, and got the club involved in everything. That core group stayed in the club for around 10 years, and we continue to be friends now!

We did everything – regional camps, tournaments, fundraising activities such as car washes and sausage sizzles, and social gatherings. My first regional activities were a regional camp on Mototapu Island, and involvement in the opening ceremony of the IVth Commonwealth Games (months of practice for over 100 Taekwon-Do students!) – I was hooked!

I started because I was interested in martial arts and wanted to learn self defence. I got involved in tournaments and competition. Then I became intrigued by the academic pursuit of Taekwon-Do. Throughout, strong friendships and social ties formed. Now it is my students, and my dream for ITFNZ Taekwon-Do, that drives me.

When did you attain 1st dan black belt?

Shaun Tolley and I trained twice per week at each of Mr McPhail's clubs (Papakura and Manurewa) between 8th gup and about 3rd gup. Then we trained twice at Mr McPhail's Papakura club and twice at Mr Pellow's Papakura club (a tiny hall in

the back of Papakura which was full with ten guys free sparring – that toughened us up!). I also recall training many Friday nights at City club with Mr Steve McQuillan, but that may have been later.

In December 1992 I was the first ITFNZ student to attain a Pass with Distinction to 1st dan after it was introduced a few years earlier. The examiners were talking about lowering the mark required from 85% to 80% because they thought it must be too hard (they later did lower it).



Mr Banicevich's instructor and mentor, Master Paul McPhail, early 1994.

What happened next?

I travelled. I always wanted to travel. It started at the World Camp in Palmerston North in early 1992, when a team of Americans attended. (A week of Taekwon-Do from 6am until the socialising ended about 2am – amazing time!) I got on very well with one of the Americans. Then in June 1993, Shaun, Steve Pellow, Gray Patterson, a kid from Palmerston North and I went to the Sereff Camp in Denver, Colorado. (Here I partnered Mr Pellow at his 4th dan grading, which was an honour!)

There we met Katja Hansen and Ally Souter from Scotland and had many laughs. The event led naturally into my OE. Shaun Tolley and I left for Europe, via Denver, in March 1994. We lasted two days in London, bought a Ford Cortina for £200, and drove up to the Highlands of Scotland to spend ten months with Katja and Ally. We ate five meals a day, trained six or seven days a week, and I became the fittest I have ever been. Our instructor, Mr Sandy Dunbar 4th dan, didn't charge us the entire time – a gift I will never forget. We didn't earn the biggest incomes in Scotland, but we made amazing friends, lived Taekwon-Do, and left with many incredible memories.

We entered or umpired at a stack of UK tournaments, most notably winning the silver trophy in team

sparring at the Bathgate Open in 1994 with a throw-together "Inverness B" team (Shaun and I from New Zealand, two guys from Narin in the Highlands and one from the Netherlands). Mr Dunbar returned from the World Championships in Malaysia with the title "World's Best Referee", and he inspired me to become an umpire.

Note this is before email and the internet. Contact was by regular letter and fortnightly phone call (there were no calling cards, either). In this



Centre: with Mr Sandy Dunbar and Master Wim Bos, 1995. Right: with Mr David Sutrisna and friends in Jakarta, 1999.

environment, Shaun and I wanted to grade for 2nd dan. We were writing letters to Mr McPhail; we knew the ITFNZ syllabus but not the Scottish syllabus; we wrote our 2nd dan essays and submitted them, to the confusion of the Scottish examiners. And then we failed. Yes, I failed my 2nd dan grading first attempt. Three months later, a couple of weeks before we left the Highlands to tour Europe, we re-sat part of the grading and attained 2nd dan.

Mr Dunbar gave us a list of Taekwon-Do contacts in various European countries. We trained in Wales, England (with Mr, now Master, Donatto Nadizzi) and Spain, and everywhere we went we found Taekwon-Do hospitality was amazing.

Spain was incredible. We spent almost three months there. Our Taekwon-Do experience began in Alicante, with Vicente Ibañez 2nd dan. Neither Shaun nor I speak any European languages – but we certainly gave it a go. We got by with a phrasebook, dos manos, and Vicente's English friend Frank. Our meeting is a story in itself; suffice it to say we were warmly welcomed and overwhelmingly looked after. (In ten days, we were shouted dinner five times. Recall that we didn't earn well in Scotland, so we were travelling on a very tight budget!)

Here we trained with Sr Mario Pons and Sra Loles



Masia, childhood sweethearts, both 4th dan, with a class of students who could all hold a front snap kick steady at shoulder height (while Shaun and I quavered just over belt height).

When we met Antonio "Dache" Blanco 3rd dan (and regular international competitor), he didn't even get a letter in warning. When we met, we extended a Taekwon-Do handshake, and he said, "Aah, Taekwon-Do," and took us home to join him for dinner!

I must also mention Mr Agustin Trigo 5th dan Taekwon-Do and 6th dan Hapkido. He first saw us writing a note and trying to attach it to his door. He spoke little more English than we did Spanish, but he gave us a bottle of oil for the Combie and refused to charge us. This man had the ultimate setup. He lived on the ground floor, his permanent dojang was in the basement (fully kitted with showers and mats), and his auto parts shop was next door. Oh, and there was a pub directly across the street!

Where else have you trained?

Let's see. Formally, in New Zealand, Australia, the USA, Scotland, England, Wales, Spain, Indonesia and Jamaica. Informally, pretty much everywhere I have travelled. One piece of advice for every student: if you travel overseas, always take your dobok and look up the local ITF Taekwon-Do club!

Indonesia was another highlight. Mr David Sutrisna, President of the Indonesian ITF, visited New Zealand for a seminar with General Choi in 1998, and he stayed with my family for a few weeks. The following year, I worked on a consulting project in Jakarta, and Mr Sutrisna and his students collected me from work each night and on weekends for dinner, training and sightseeing. It was a wonderful experience. (Ironically, I ate local food while my work colleagues ate at the hotel, and I was the only one not to fall sick.)

More recently I lived two years in Sydney, and Master Michael Daher was wonderful to me. He would drop me at the train station after training, or drive me across Sydney home after one of his incredible barbecues (one of few things I miss about Sydney!).

Travelling had a major impact on me. After receiving amazing hospitality everywhere I went, I now offer a bed, or at least dinner, to any ITF Taekwon-Do traveller I meet in New Zealand. I have hosted visitors I had not previously met



Training in Forres, in the highlands of Scotland, in 1994. Photo taken by Mr Banicevich's Scottish instructor, Mr Sandy Dunbar, just after Mr Banicevich hit the pad.

from Ireland, Wales, Indonesia, Sweden and other countries. If your parents are willing, I highly recommend this, too!

Have you trained with General Choi?

I attended half a dozen of the General's seminars between 1991 and 2001. I was 5th gup at my first, and attended as "videographer". That was great, because I knew what questions to expect at my first official course in 1993! "Who your instructor? Aah, Paul McPhail very good instructor!" I was also very fortunate to attend General Choi's last seminar in full health, with Master McPhail and Mr Patterson in Jamaica in 2001. Thanks to Master McPhail for the inspiration to go to that one!

General Choi was an amazing man, and a very scientific teacher. He wasn't tolerant of ignorance, that's for sure. Most of his seminar focussed on the details of our patterns, so it wasn't until my third or fourth seminar when I finally clicked that he was teaching us how to teach Taekwon-Do!

Who inspires you in Taekwon-Do?

My instructor, Master McPhail, is forever an inspiration. I believe he is one of the world's finest instructors, with outstanding knowledge, amazing technical ability, unparalleled dedication and incredible humility.

Mr Steve Pellow is another key inspiration. He is a very rounded martial artist, and possibly the most

dangerous person I know. A superb teacher, and a splendid person.

What are your future goals in Taekwon-Do?

One day I aspire to become a Master Instructor.

Further, I want to live to see ITF NZ become one of the largest sport organisations in New Zealand (although we are more than just a sport, of course), without sacrificing our quality and our ideals. I dream of a thousand clubs averaging a hundred members; posters of our best athletes and instructors on the walls of regular New Zealand homes; regular media attention on whatever medium replaces television, and an audience ten times the size of our membership. "I have a dream...!"

Photos from left:

Correction by General Choi Hong Hi, seminar in Auckland, January 1993.

Great friends at the Sereff Camp, Colorado, June 1993. Rebecca Montañó, Mark Banicevich, Ally Souter, Gray Patterson, Katja Hansen and Steve Pellow.

This is the waterfall in which Grand Master Sereff is pictured in the moral culture section of the encyclopaedia. Gray Patterson, Shaun Tolley, Steve Pellow, Mark Banicevich.

Silver trophy for team sparring in the Bathgate Open 1994: Shaun Tolley, Robert MacGregor, Douglas Scott, Mark Banicevich and Martijn Lindeboom.

Taekwon-Do anywhere, anytime. At a pub in Austria, summer 1995, with Mr Banicevich's good friend Mike Fraser and friends from a tour.

After training in Alicante, Spain. Sra Loles Masia, Vicente Ibañez, Shaun Tolley, Mark Banicevich and Sr Mario Pons.



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

Principle 3: Use the angles

Three Principles for Releasing Techniques, part 4

by Mark Banicevich, V dan
Instructor, Paul M Glendowie

In the last issue of *Taekwon-Do Talk*, I discussed the second principle of releasing techniques: maintain your centre. In this issue, I discuss the third and final principle:

2. Use the angles

- a. Move off the line to avoid attack
- b. Use your opponent's third point to break their balance

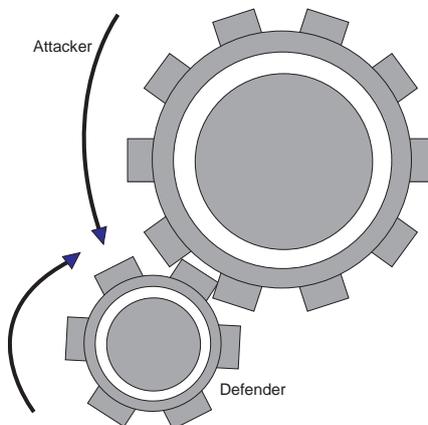
Last issue, I noted that the second principle was closely related with knowing the correct angle and distance of attack and defence (the fifth point of the Training Secret of Taekwon-Do). This principle is, too.

The first part of the principle is about using the angles in defence – to avoid the opponent's attack. The second part of the principle is about the best angle to attack to break your opponent's balance.

Move off the line to avoid attack

Picture two cogs in a machine: one small, one very large. Imagine the attacker is moving along the edge of the very large cog (almost in a straight line), towards the defender (where the two cogs meet).

The defender is the small cog, which turns in the opposite direction in a small circle, diverting the attacker's force and taking control.



The defender moves in a small circle to divert and utilise the attacker's force.

As the attacker comes toward you, it is very important to move slightly off the line of attack,

so that you are not hit! Further, recall the second part of the first principle: use hip then hand to move large muscles then small (*Taekwon-Do Talk* November 2005). We use our hip then hand to pull the opponent off balance. The opponent is pulled toward us, so we must move slightly to get out of the way as they fall!

Don't move too far – you must remain close enough to continue to apply the technique.

Make sure you do this in the correct order: pull then move – don't move then pull!

The exercise illustrated last issue for keeping your centre of gravity between your feet is also used to practise moving off the line to avoid attack. Recall that the defender's job was to maintain the distance, but move around the attacker to change the angle.

Use your opponent's third point to break their balance

Imagine how stable we would be if we had three legs, like a tripod. There is a reason you don't get "bipods" for cameras – two legs just isn't that stable. In Taekwon-Do we learn stances that maximise our stability for various situations, but



Use hip then hand to pull the opponent off balance, then move off the line of attack (middle picture). Do not move off the line of attack, then use hip then hand, or you will pull your opponent into you (right).



Every stance has its third point. From left to right: L-stance, sitting stance, walking stance.

ultimately every stance has an angle where a small push will break your balance. This angle is called the "third point".

The weakest angle of any stance is the direction your tailbone is pointing, or the midpoint of the angles where your heels are pointing. A very slight push to the chest in this direction, and your partner will stumble.

Stances are also weak at the midpoint of the angles where your big toes are pointing, but in this direction you have five toes to support you, rather than one heel, so you are somewhat more stable than the third point.

These stance diagrams illustrate the third point of various stances. Ask a partner to stand in various stances, and try to break their balance with a gentle push. You should only need one finger, not your whole hand.

Putting it all together

Now that all three principles are covered, return to Grandmaster Rhee's game outlined with the first principle (*Taekwon-Do Talk* November 2005). Try to apply all three principles to win the game. In particular, attack your opponent's third point, relax and use your breathing, maintain your equilibrium, keep your elbows in tight, and use your hip then hand. (You cannot move off the line, because you lose when you move your feet!)

Now that we have covered all three principles, in the next issue of *Taekwon-Do Talk* we will return to *nikyo* (which was introduced in *Taekwon-Do Talk* August 2005) and learn to use that technique while applying all three principles of releasing techniques.



1. Face a partner, both of you in right walking stance, so your front feet are touching footsword to footsword.

2. Grip your partner's front hand in a handshake. The object of the game is to break your partner's balance while retaining your own. Do not release your partner's hand.

3. The loser is the first person to move a foot, or to touch the ground with a part of the body other than the feet. You must maintain your walking stance!

Use all three principles to defeat your opponent.



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

Is this the 2006 Taekwon-Do photo of the year?

If you have something better, send it to us and you could win fabulous prizes - and have your photo printed in full colour in our December issue!



1st prize: Fuji Mae semi-contact sparring gear (hands and feet), retail value \$212.00

2nd prize: Fuji Mae Kup uniform, retail value \$95.00

3rd prize: Fuji Mae focus paddle and rubber practice knife, retail value \$49.00

This year's theme is "All under heaven is dojang", so all photographs must be taken outside, with some fantastic New Zealand scenery.

Rules

- The competition is open to registered members of ITFNZ Taekwon-Do only. Maximum of four (4) photographs entered per person.
- Entries must be new original photographs of registered members of ITFNZ Taekwon-Do.
- Entries must be still photographs (digital or film); they may not be captured video clips (vidcaps).
- Photos may be digitally adjusted to optimise lighting, but otherwise cannot be digitally altered.
- All photographs submitted must be taken outside with New Zealand scenery.
- Entries must include the names of the people in the photograph and the name of the photographer, together with a couple of sentences about where and when the photograph was taken.
- Entries must be received by 15 October 2006.
- Entries may be posted or emailed:
 - Post to FujiMAE Taekwon-Do Talk Photo Competition, 4/162 Ladies Mile, Auckland 1051. Include a stamped, self addressed envelope with your entry if you would like your photo returned.
 - Email to taekwon-dotalk@itfnz.org.nz, subject Taekwon-Do Talk Photo Competition. Entries must have sufficient resolution to be printed clearly at A3 size.
- Winners will be selected at Stripes 1 to 1. Judges' decision is final, and no correspondence will be entered into.

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

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President's Corner

by Master Evan Davidson, VII dan
President, ITF NZ Taekwon-Do

I note that most Regional Tournaments are complete or underway. With our Nationals held in October for the first time, early regional competitions allow extra time for teams to train together and be better prepared for the Nationals. Good luck to all regions. I look forward to seeing a fantastic, fair and sportsmanlike competition in Wellington. (Television coverage is planned!)

We have a special guest attending the 2006 National Tournament: Grand Master Chuck Sereff, President of the United States Taekwon-Do Federation. Grand Master Sereff was a long-time close friend of General Choi, and the first Western ITF Master. He first came to New Zealand in 1985, accompanying the USA team to the Sharp International Tournament. He is a true supporter of ITF Taekwon-Do in New Zealand, and has travelled to NZ many times since. He will share his Taekwon-Do experiences with ITF NZ members at special dinners during his visit. (Details published on our website.) Thanks to Mr Rimmer and Mr Bhana for

organising his visit and arranging the itinerary.

The first grading rounds in April were very successful with excellent numbers grading. Some clubs saw a new examiner for the first time. I saw and graded students from Counties-Manukau clubs. Thank you Mr Raukura and Dragons Spirit Papatoetoe for your hospitality.

Recently a number of clubs travelled to Sydney and attended the General Choi Cup and Oceania Tournament run by Master Daher. It is great to see individual clubs and instructors taking the initiative and fundraising in order to get their club members to an international event. From all accounts clubs returned home with a successful result and experienced an enjoyable time.

During 2005 the ITF conducted a survey of National Associations (NAs) – ITF NZ included. One of the questions asked was: Why affiliate with the ITF? A list of reasons was given, and respondents could choose more than one reason.

The top reasons given were:

- 85% Obtain recognition as an NA of an international organisation.
- 69% Obtain black belt certification.
- 69% Participate in official tournaments such as the Continental and World Championships and World Cups.
- 54% Participate in seminars such as International Instructors Courses.
- 43% Receive advice and support for development in your country.

Basically NAs want to belong to a credible, well known organisation, offering quality services. This is the ITF team's goal. However, there is still much work to be done before they can achieve it. ITF NZ's dedicated support to the ITF is a big step in helping them achieve their goal.



Meeting Snippets

by Vince Pygott, IV dan
Secretary, ITF NZ Taekwon-Do

22 April

1. We are reviewing our job descriptions and producing an Operations Manual.
2. We sent new grading forms to all instructors to use from the next grading onwards. (Instructors please throw away all old grading forms.)
3. We are producing a strategic plan.
4. We hope to change our official name to reflect our trading name, ITF NZ.
5. Non-profit means the organisation is allowed to make a profit but not allowed to pay dividends (or similar) to anyone; any profit must be spent for the purposes of the organisation.
6. The Technical Committee has something in the pipeline to train instructors.
7. Mr Greg Skinner was appointed Director of Coaching and Selection. We thank Mr Andrew Salton for the good work that he did while he was the Director.
8. Messrs Matthews and Banicevich are producing Taekwon-Do Television, (see article page 27). ITF NZ is underwriting the project if any loss is incurred.
9. We are producing job descriptions and contracts for a half time 'Administrator' and a half time 'Development Officer', to be paid at market rates.
10. We are re-examining the Instructors' Bonus Scheme.
11. We plan to bid for the 2011 World Champs at the 2007 World Championships. We need to rework our previous bid. A web build up began recently.
12. Regional Directors need to remind event

organisers to check that attendees are registered members of ITF NZ.

13. S&D was asked to reinforce the dobok standards of the retailers.
14. Regional Directors will ask permission from their instructors for 0800 number recipients and other instructors to provide instructor contact details.
15. We are producing a document outlining basic instructor duties for instructors to sign, similar to the joining application form.
16. We will post all of ITF NZ's policy documents on the website.

19 July

1. ITF NZ seek two part-time paid positions: Database Administrator and Development Officer. Applications closed at the end of July. Job descriptions are on the ITF NZ website.
2. We decided to put Instructors' Bonus Scheme money into regions, allotted according to their gup grading numbers (maybe dan as well). Region instructors will decide how to distribute the money within the region. We will seek instructors' opinions and review this at the first 2007 meeting.
3. UGS is for internal funding only, not for overseas events. We need a new scheme for international expenses.
4. We are creating an Officials Funding Scheme, using \$10 of the re-registration fee, to help send officials to ITF World Championship events, commencing 2007.
5. Regional Directors need to stress to instructors the correct protocol when students change clubs or visit another instructor's club.

6. Black belt grading costs, ITF teaching licence, ACC payments, doboks, attending seminars for learning/development (such as the IIC) and other Taekwon-Do expenses not covered by the club/region/ITF NZ may be deductible for income tax. Mr Herbison can answer related questions.
7. There is a black belt grading in Wanaka on 10-11 December. This is a formal invite to all, register interest with Mr Herbison.
8. The 2007 National Camp will be held at Massey University.

AGM Snippets

1. Travel expenses for ITF NZ business are claimable at the cheapest reasonable mode of travel.
2. Mr Vince Pygott was re-elected as ITF NZ's Secretary for another two year term.
3. Mr Hayden Breese was reaffirmed as Director of Marketing for another two year term.
4. Master Paul McPhail was reaffirmed as Technical Director for another two year term.
5. Changes were made to ITF NZ's Constitution.

EGM Snippets

1. Subject to acceptance by the Ministry of Economic Development, instructors voted to update our name. Choices: 1 International Taekwon-Do Foundation New Zealand Inc, 2 International Taekwon-Do Federation New Zealand Inc, 3 International Taekwon-Do Foundation Inc. (Our current name is International Tae Kwon Do Foundation Inc.) If the second choice is accepted, the name change on doboks will phase in over a few years.



Tournament Discipline and Etiquette

by Kane Raukura, IV dan
Director of Standards and Discipline

Tournaments!

Excitement! Adrenaline! Passion! Energy! Blood, Sweat and Tears!

Nothing brings out the best and worst in people than stiff sporting competition, whether it is the crowd howling in support or the angry competitor screaming in protest. To one degree or another, these same problems can plague our very own tournaments! Over the years I have seen instances of the utmost courtesy within the ring, but have also experienced moments of real disappointment and sadness at the behaviour of competitors, supporters or parents.

Ultimately, as tournament season rapidly approaches once more, we must remember that even though the tournament venue is not our own dojang, it becomes a dojang for the duration of the tournament. All the same courtesies must be shown and that even though you may not be consistently in dobok, you are first and foremost an ITFNZ member and Taekwon-Do student. Everyone should and must receive the same courtesies regardless of the heat of competition, disagreements or protests. This is of course hard at times, but is necessary in the spirit of the martial art we all now enjoy.

So what is Discipline? What is Etiquette? The Oxford Dictionary states:

Discipline: orderly or prescribed conduct or pattern of behaviour.

Etiquette: the conduct or procedure required by society or authority to be observed in social or official life.

What does our late Founder say on the subject?

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

– General Choi Hong Hi
Father of Taekwon-Do

While considering the following key points, keep in mind the definitions above and reflect on your own tournament etiquette. Do you have acceptable behaviour? Do you demonstrate good manners? Are you humble? Do you demonstrate fair play? Are you disciplined?

Key Points for Tournaments

- Regulation dobok and belts are required at all ITFNZ tournaments. Dobok from other events, such as swapped overseas dobok, are not regulation.
- Students and instructors will bow each time they enter or leave the tournament venue.
- *Fellow competitors are first fellow ITFNZ students.* The competitive spirit must not preclude courtesy and respect. No negative comments will be tolerated by any official.

- Students will answer enthusiastically; on invitation from the referee, they will bow before entering the ring and bow and thank the judges upon being dismissed from the ring.
- Students will address their opponents in a courteous manner, wishing them well before the match begins, shaking their hand appropriately before match start and thanking them when the match is completed.
- Students will courteously shake the hand of the opponent's second and thank the referee for their time, regardless of the match outcome.
- Students, whether in uniform or not, will display respect and courtesy to all other students, instructors, guests, venue staff and volunteers. *If you wish to protest, do so through the designated tournament arbiter.*
- Each student will conduct himself / herself in a manner that brings honour to themselves, their dojang, their instructor and ITFNZ. Many spectators will be new to Taekwon-Do and may form opinions based on the actions and attitudes of students.

So, as you enter a tournament to participate, officiate, second or support, there are lot of things to remember - not just scoring points! People will remember you for one of two things: the humble courteous student who conducted themselves with pride or the loud vocal upstart who conducted themselves poorly.

Which one will you be?

For more on Tournament Etiquette (e.g. detailed ring procedures) refer to the ITFNZ Tournament Rules document:

http://www.itfnz.org.nz/ref/documents/assets/tournamentrules_26.03.2006.pdf

Photos from top:

1. The winner is announced.
2. Shake your opponent's hand to thank them for the experience – win or lose. An enthusiastic and exhausted hug is also acceptable!
3. Walk to your opponent's coach and bow to thank them. Remember you should never extend your hand to a senior, so wait for the coach to offer their hand for you to shake, which often occurs.
4. Bow to the referee. Never extend your hand to the referee, unless they extend theirs first. Again, the referee is usually your senior. Referees rarely shake hands, because it implies familiarity with competitors, and referees must be seen as impartial.
5. Bow to your own coach to thank them for their help. Shake hands with your coach only after he or she offers a hand to shake.
6. Bow before you leave the ring.

Other notes

- Bow before you enter or leave the ring (when you are called by the referee) when competing in any event (patterns, sparring, power or special technique).
- In patterns competition, after a match is complete, shake your opponent's hand to thank them for the competition.
- Remember the tournament venue is a dojang. Treat spectators, officials and other competitors with courtesy and respect.
- Have fun, compete hard, and remember at all times that you are a *martial artist*.



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

Uncovering Your Hidden Talent

by Christine Young, IV dan
 NZ Senior Coach, XVth Senior World Championships



As the newly appointed seniors coach for the 2007 World Championship to be held in Quebec City, Canada I want to tell readers about my initial reluctance to join the English squad and my journey from sceptic to supporter of Taekwon-Do competition.

When I arrived in Oxford in October 1996 I was very much of the view that Taekwon-Do was a martial art and we studied this for ourselves and not to beat someone else in the ring. The instructor at Oxford University Club, which I joined, was Mr Gary Miller (now Master) and the English national coach at the time.

Competitions were a weekly occurrence in England. International meets also happened very frequently around Europe. If you got out the AETF (All Europe Taekwon-Do Federation) calendar I'm sure you could map an International championship every week.

There was definitely more emphasis on sparring and competitions over there.

I planned to take my grading to third dan in the English Spring (March 2007) so Mr Miller suggested that I go to squad sessions for extra training. These were fortnightly on a Sunday morning for three hours. We did lots of fitness and sparring. Patterns and fundamental techniques were not neglected either.

There seemed to be loads of people from all over England at these sessions. I saw others there with a very high standard and just being there and seeing them made me think about my own standards. I also got to spar with lots of different people. I'm sure I was no challenge to some of the elite guys but amongst everyone there were other ladies more or less my size. It is great to be evenly matched and trying out the latest combinations and tactics that had been taught.

All the while through the squad sessions I had no intention of trying out for the team. I went there to train for my grading. I was most surprised when I turned up one Sunday and got selected for a spot on the team. In fact it was not just one spot but virtually

every event going. I tried to protest with the coach only to be persuaded to compete.

It was from this moment, the scary thought of stepping into the ring at a World Championship, which spurred me to rethink my training, my goals and my standards. I had not been to a World Championships previously but I knew enough to know that my standard needed improving. There's nothing like an external, unmovable deadline to get you motivated.

Since my first World Championship at the ripe old age of 27 I have been a big fan of competition as a means to raise your standard, to motivate yourself, to get your lazy arse to an environment where you will have external encouragement to train harder and be given guidance on how to improve. The by-product of entering a competition, willingly or unwittingly, is that it makes you a better martial artist.

Taekwon-Do is often viewed as an individual sport where you are encouraged to progress at your own rate. The team aspect and the deep bonding with team mates that competition gives you will enable you to discover a whole new side to Taekwon-Do. Being part of the English squad and the England team in three different World Championships has given me fabulously rich experiences which I would not have gotten as a spectator or a supporter. It has pushed me to new limits in my own training. The daunting target of a World Championships has given me focus and discipline to achieve more in Taekwon-Do than I could have without it.

Whether you are competitive or not I want to encourage you to come to the first training camp in September. The dates are on the website. Even if you are not part of the National team that goes to Canada, the gains from the process are far more enduring and beneficial than the end goal. 🐅



Miss Young and Mr Chirtoca in action.

Notes

- Ms Young competed in the following World Championships:
- Xth Senior Worlds, St Petersburg, Russia. Gold female team power
- XIIIth Senior Worlds, Warsaw, Poland. Bronze female team power, Bronze female team patterns
- XIVth Senior Worlds, Dortmund, Germany. Bronze 4th dan female patterns

Senior Squad and Junior Squad September Camp dates

- Juniors Friday 22 to Sunday 24 September 2006
- Seniors Friday 29 September to Sunday 1 October 2006



Miss Young with her 4th dan patterns bronze medal for England in Germany 2005, with (from left) Messrs Vince Pygott, Roman Chirtoca and Mark Banicevich.

Getting Taekwon-Do on Television

by Carl Matthews, II dan
Co-producer, Taekwon-Do Television



Syed Akbar Kamal of Teamwork Productions films Master Paul McPhail explaining the knifehand.

We all know that as much as we love Taekwon-Do, it is not one of the 'major' sports in New Zealand. If we sit down to watch TV, we don't see our regional tournaments; we don't even see our national tournament. Chances are that the sports shown on TV and played on the radio are netball, rugby, league, tennis or soccer. I can understand that these sports have more participants in New Zealand and therefore a wider viewing audience, but it is disappointing how little coverage is given to the 'other' sports and activities that many New Zealanders participate in.

It gets a little frustrating sometimes. For example, last week Sky Sports showed the world hot dog eating competition! How could a hot dog eating competition be more exciting than a New Zealand Taekwon-Do national tournament? I know what I'd rather watch.

Even though our National representatives achieve great success at the World Championships, it is very hard to get the media interested. We send out press releases, we email and call journalists but usually the media interest is minimal. Even if a New Zealander achieves Grand World Champion, we get Best Female Team, or if our team places third in the world, we are lucky if we get a brief mention in the newspaper or twenty seconds on the news.

It sounds simple; to get more awareness of Taekwon-Do we need to get more exposure in the media. This will result in more people joining our clubs, more clubs, more funding and most importantly, more people enjoying the art of Taekwon-Do. But how can we achieve more exposure if the media and journalists are not that interested?

We just have to go and do it ourselves.

My friend and co-producer of Taekwon-Do Television, Mark Banicevich and I met with Grant Croad from Niche Media. Grant has plenty of experience in the media world and offered to help us get the exposure we want. One of the dreams that Mark and I had was to see our National Tournament televised. Grant explained that if the major stations are not interested, it's possible to do it ourselves.

And thus Taekwon-Do Television was born. An eight week half hour show based on the National Tournament, which will be shown on Saturdays, primetime, on Triangle Television. Not twenty seconds nor one minute's coverage, but a whole half hour show that focuses on Taekwon-Do! And not just one show, eight shows! We appreciate that Triangle's coverage is limited and not everyone is able to tune in to Triangle but it's an important start. Our 'long term' goal is to televise the National Tournament every year, and for the tournament to be shown on the national television networks or Sky Sport.

To get the show on air we needed to hire a production company and buy airtime on Triangle Television. Grant introduced us to Kamal from Teamwork Productions, a small production company that makes various television shows for Triangle Television. Kamal agreed to take care of the camera work and the editing for us at a very competitive rate (thanks Kamal!). If you haven't been involved with television and moving images, you probably don't appreciate how much work is involved. It takes many hours of editing and

graphics work just to make one half hour show. For example, I have already spent 10 hours working on the opening intro which is still far from finished. The length of the opening credits so far? Twenty-six seconds!

Each Taekwon-Do Television show will begin with a segment explaining basic Taekwon-Do techniques, hosted by some of ITFNZ's leading instructors. The majority of the show will feature highlights from specific black belt events, and many shows will include footage from the male and female team events. We have engaged the charismatic Hayden Breeze to be our on screen commentator.

We had the first day's filming at the Papakura club on Sunday 9 July. We shot some great footage which will be used for the opening credits and for the opening segment of the series, featuring instructors Master Paul McPhail, Mr Steve Pellow, Mr Luke Thompson and Mr Carl van Roon. It was also useful to give Kamal an idea of what to expect at the National Tournament in Wellington, and how best to shoot the different events. We also filmed profiles of a handful of key Auckland competitors who were available on the day. The rest of the footage will be shot over the two days of the National Tournament in Wellington.

This is an exciting project and both Mark and I are learning a lot about producing a television show. We hope this leads to further events being televised, and for New Zealanders being able to see more Taekwon-Do on television.

Taekwon-Do Television airs on Saturdays at 8.30pm starting 21 October 2006. Check our progress on www.itfnz.org.nz/news/tkdtelev.html.

We need sponsors to support Taekwon-Do Television and the 2006 National Tournament. Please contact sponsorship@itfnz.org.nz, or visit <http://itfnz.org.nz/news/natsponsor.html> for more information.

Below: the second camera films students practising the knifehand side strike, guided by Master McPhail.

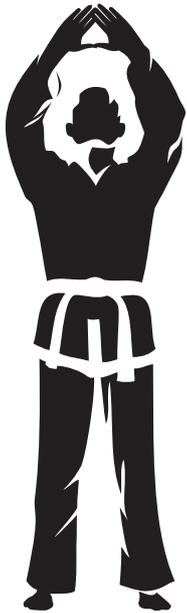
Inset: the production team – Mr Carl Matthews, Mr Grant Croad of Niche Media, Mr Syed Akbar Kamal and his son Syed Abdul Baseer of Teamwork Productions, and Mr Mark Banicevich.



<http://itfnz.org.nz/news/tkdtelev.html>

Hosting the Nation in Wellington

by Stephen Fox, 6th gup
2006 Nationals Project Director



ITFNZ
NATIONALS
06
WELLINGTON



Organising the ITFNZ 2006 National Tournament is well underway, with a small but very dedicated team working through details with ITFNZ. Taking on the challenge to organise a national event is both an honour and scary at the same time, and it highlights just how much we should thank all of the people who helped organise every past ITFNZ event at all levels in Taekwon-Do.

The Organising Committee is working hard to make this a very special event to showcase Taekwon-Do, while meeting all of the needs of competitors, officials, VIP guests, supporters, and the public.

This year we have some very exciting things happening. Grand Master CE Sereff, President of the United States Taekwon-Do Federation and long time friend of ITFNZ, is attending parts of the tournament and also the Awards Dinner. We are hosting the event at one of Wellington's finest centres, the Queens Wharf Events Centre, right on the waterfront. The competition will be film to be shown on television (see page 27). We are also developing sponsorship and tournament management integration between the region and ITFNZ.

It is very comforting to have ITFNZ providing leadership through the Tournaments Committee and Sponsorship and Funding Committee, which makes it a little bit easier for the region's volunteers to organise an event of this size. The work done in this area continues to be improved and provides a valuable framework for future tournaments.

Many details for the 2006 Nationals are on the ITFNZ website, including the proposed format for the event, entry fees, and links for accommodation. We add new information every month, and excitement is building!

The website also has a sponsorship proposal outlining various levels of sponsorship that we seek, and all of the contact details. Having television coverage, large numbers of people attending, and a venue that has a lot of public visibility is a good sponsorship opportunity. Further, an event of this size held at a venue such as the Queens Wharf Event Centre is expensive to run, so if anybody can help with sponsorship, or get people you know involved

through sponsorship, it would be very helpful. Visit <http://itfnz.org.nz/news/natsponsor.html>.

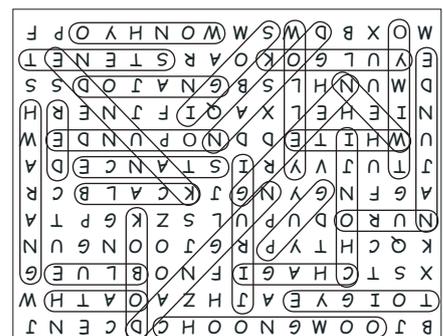
In the next couple of weeks we will finalise details for the National Awards Dinner, plan in detail the assembling and dismantling of equipment and "on the day" tasks, finalise the event programme, and send official entry forms to the regions. Entries must be submitted by region managers, rather than individuals, to reduce the amount of administration required. The draw and running of competition events will be managed by the Tournaments Committee.

Wellington will be ready for your visit, and we hope it will be a wonderful experience for everyone. A professional photographer will be at the event to capture those special moments and take team photographs for those who are interested. It's time to start preparing for what will be another awesome ITFNZ National Tournament!

Top left: the Nationals logo.

Top right: who says the sun doesn't shine in Wellington? The Queens Wharf Event Centre.

Left: how's this for a vista from the venue?



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Directory Changes

Time and venue changes

Auckland North

Orewa, *Nibun ITF Orewa College*
Mr Francis Fong II dan
St Johns Ambulance Hall, Silverdale Street
Thursday 6:00 - 8:00pm
Silverdale Hall, Silverdale Street
Sunday 6:00 - 8:00pm

Remuera, *Meadowbank*
Mr Peter Graham IV dan
Victoria Ave School, 250 Victoria Ave, Remuera
Tuesday and Thursday, 6:30 - 8:00pm

Central Districts

Milson
Mr Lawrence Mantjika IV dan
78 Milson Line, Palmerston North
Monday and Wednesday, 5:30 - 7:30pm

Levin, *Taekwon-Do Cubs*
Mrs Rose Cherrington II dan
Waiopahu College Gym, Bartholomew Road
Monday, kids 10th-9th gup 4:00 - 5:00pm,
8th gup+ 5:00 - 6:30pm
Friday, Adults 6:30 - 8:00pm

Wellington

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

New club

Midlands
Tauranga, *Hwa Rang Tauranga*
Ms Christine Young IV dan
Pillans Point School hall, Maxwell Rd, Tauranga
Monday and Thursday 5.30 - 7.00pm



Instructor Changes

Auckland North

Glenfield
Dr Thu Thach III dan
Windy Ridge Primary, Seaview Rd, Glenfield
Monday and Thursday, 6:30 - 8:30pm

Nibun ITF Diocesan
Miss Hannah Warren I dan
Margot St, Epsom
Tuesday and Thursday, 7:00 - 8:15am

Central Districts

Taranaki club closed

Thank yous and congratulations

ITF NZ would like to thank Mr Vaughan Rae, Glenfield, Miss Lipi Shukla, Diocesan, and Mrs Kirsten Livingstone and Mr Neill Livingstone, Taranaki for all of their effort instructing over many years.

Congratulations to Ms Young for opening another new club, to Dr Thach for assuming the role of Glenfield instructor, and to Miss Warren for taking over Nibun ITF Diocesan.

Congratulations to the following instructors who graded recently:

- Mrs Rose Cherrington III dan, Taekwon-Do Cubs
- Mr Krishna Reddy III dan, Bell Block

Coming Events

Month	Date	Location	Event
August	various		Gradings, Master McPhail
	5th-7th	Palmerston North	ITF International Instructors Course
	11th-13th	Gold Coast	ITF International Instructors Course
September	13th	Levin	Under 18 Series Tournament 3
	2nd	Wellington	FujiMae Junior Belt Tournament, Wellington Boys College Gym
	2nd	Whangarei	Black belt training, 4.30 - 7.00pm, Master McPhail
	16th		Under 18 Series, Tournament 4
October	23rd		School holidays (until 8 October)
	7th-8th	Wellington	ITF NZ National Tournament, Queens Wharf Events Centre
	13th		Taekwon-Do Talk submission deadline
	22nd		Epson NZ Open
	23rd		Labour Day
November	26th-29th	Spain	2nd ITF World Cup
	various		Gradings, Regional Examiners
	4th-5th	Taupo	Stripes 1 to 1
	10th-11th	Dunedin	Techniques Seminar, Master McPhail
	17th-19th	Midlands	4th ITF NZ National Junior Camp, Aongatete Lodge
December	26th		Under 18 Series, Tournament 5
	2nd-3rd	Wgtn/CD	Black belt grading (to be confirmed), Master Davidson and Mr Salton
	3rd	Counties Manukau	Combined training
	10th-11th	Auckland	Black belt grading, Dragons Spirit Papatoetoe, Master McPhail and Mr Bhana
	10th-11th	Wanaka	Black belt grading, Mr Rimmer and Mr Patterson
	21st		School holidays begin



The eagerly anticipated return of Stripes 1 to 1 – seriously, it is only happening this year by popular demand!

www.itfnz.org.nz/events/calendar/

Next Issue

Next issue will be huge!

There's the Nationals, for a start! The National Awards dinner! Grand Master Sereff's visit! The International Instructors' Course! The gradings of Mr Steve Pellow and Mr Grant Evans! Photo competition! Wow!

Plus more of our great regulars...

Which instructor should we profile? What happened next for General Choi? What will the Technical Director reveal? Find out in the next issue of *Taekwon-Do Talk*!

We also eagerly await your letters, articles and high resolution photographs. Please email your files to 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.



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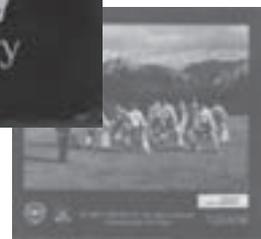
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