

# TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO

## Stripes 1 to 1



INTRODUCING THE NEW ITFNZ SELF DEFENCE SYLLABUS



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National Championships 2007, Auckland Academy, Supporting Jigsaw, "It Depends..."  
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## Features

- 5 **Stripes 1 to 1**  
Mark Banicevich
- 6 **It Depends...**  
Phil Thompson
- 9 **Something for Black Belts**  
Mark Banicevich
- 11 **Triangle Stratos takes National Champs Across New Zealand**  
by Triangle Stratos
- 12 **New Self Defence Syllabus**  
Master Paul McPhail
- 16 **A Charitable Kick-Out: Taekwon-Do for Jigsaw**  
D'arcy Mellsoy
- 26 **How Taekwon-Do Training Can Influence One's Outlook on Life**  
Norman Ng
- 28 **ITFNZ National Championships 2007**  
Kane Raukura
- 32 **Nationals results**  
Neil Breen
- 33 **But What Did They Do?**  
Mark Banicevich



p5



p6



p16



p28

## Regulars

- 3 Editorial
- 8 Free Sparring
- 14 Instructor Profile: Mr Ian Campbell
- 17 ITFNZ Schools Directory
- 18 2008 Event Calendar
- 21 Technical Tips
- 22 Self Defence
- 24 Kicks for Kids
- 31 Standards and Discipline
- 34 Executive Update, Next Issue

[itfnz.org.nz/tkdtalk/key.html](http://itfnz.org.nz/tkdtalk/key.html)

## About the Cover



This issue's cover contains images from Stripes 1 to 1 held recently in Taupo. The main image shows Mr Steve Pellow demonstrating the new self defence syllabus on *Taekwon-Do Talk* Co-editor, Mr Mark Banicevich. Photo taken by Master Paul McPhail.

## Taekwon-Do Talk

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## Editorial

Welcome to the December 2007 issue of *Taekwon-Do Talk*. This issue marks my 20th as Editor.

And this is where I announce my swan song. Next August will be my last issue as Editor. Or, more correctly, you will notice I am once again Co-editor.

I would like to welcome and thank Miss Kirsty Irvine, from Dunedin. Miss Irvine is presently my Co-editor, and she will take over as Editor from December 2008.

Miss Irvine joined the *Taekwon-Do Talk* Team for the December 2004 issue, laying out pages. It is with great confidence that I pass the reins over to her.

It is also with tremendous thanks. Over the past year, other Taekwon-Do projects (and my full time job) made me so busy that I struggled managing this magazine.

Miss Irvine and the *Taekwon-Do Talk* Team need help with the magazine. Are you interested in journalism, graphic design, or sales? Could you be a copy editor, regular contributor or author, layout person or advertising salesperson? Email your application to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz). See our advert on p35 for more information.

### Taekwon-Do Television Season 2

All the best television shows last more than one season, and *Taekwon-Do Television* is no exception. This year, we go nationwide! *Taekwon-Do Television* will air on Triangle Television in Auckland and Wellington at 8:00pm from 1 December, and on Triangle Stratos (Sky Channel 89 or Freeview) at 9:00pm, from 3 December. This half hour show will run for eight weeks.

In addition, the two hour Sky Sport special will air during December on Sky Sport 1 and Sky Sport 2.

Watch [itfnz.org.nz](http://itfnz.org.nz) for details.

Even better: you don't have to wait until the end of January to see the whole series! Buy the series on DVD in time for Christmas! Buy it for your cousin. Buy it for your grandmother. *Taekwon-Do Television* Season 2 DVD makes the perfect Christmas gift! See our advert on page 2.

### Merry Christmas!

From all the team at *Taekwon-Do Talk*, we wish you a very merry Christmas and a safe and happy New Year.

Enjoy this fantastic issue of *Taekwon-Do Talk*. Show your friends. We have superb content – from Kicks for Kids to the new self defence syllabus. From the National Championships to Stripes 1 to 1.

Practise Taekwon-Do over the break, and we look forward to seeing you back in *dobok* in 2008!

Mark Banicevich, Co-editor.



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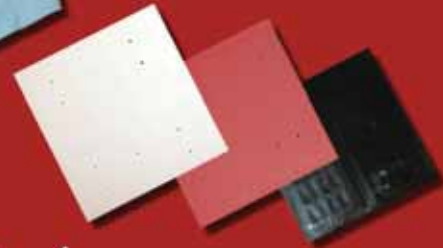
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## 24

by Mark Banicevich, V dan  
Instructor, Paul M Glendowie

The drive to Taupo went quickly. We (Messrs Breen and Herbison and I) started in deep conversation. After a couple of hours I drove, they slept. This was the first Stripes 1 to 1 in three years, and whatever our level of consciousness, we were all looking forward to it.

We arrived at the Suncourt Motor Lodge about 12:20pm to find a gaggle of stripes milling outside on the balcony. We joined the group and greeted old friends, caught up on the latest news.

By 1:00pm we were dressed and on the floor – eighteen *sabumnim* formed up before our two Masters. I enjoyed repeating our Student Oath, rather than witnessing it, for a change.

Training began. For many (or even most) of us, this is one of the few times we actually get to train in a Taekwon-Do class.

Master McPhail welcomed us and introduced the seminar. For some, it was their first Stripes 1 to 1, for others a welcome phoenix. He emphasised the goals of this event, most importantly to retain the unity and friendship of our senior members to drive towards a brilliant future for Taekwon-Do in New Zealand.

After a warm up, we ran through a few junior patterns: Po Eun, Choong Jang, Sam Il, that sort of thing. Particularly the ones that are hard to remember. That blew out a few cobwebs (although for the attics in many of our brains, it was just the beginning). After a few senior patterns, we migrated outside to a park between the motel and the lake and worked through remaining 4th to 6th dan patterns.

Following afternoon tea the focus of the seminar began. Mr Pellow and Master McPhail worked this year on a new self defence syllabus, and they sought feedback and approval from the rest of the team. (Remember Taekwon-Do is self defence, of course, but from the composition of Taekwon-Do, we know that it is the fifth stage of our physical training: fundamental movements, patterns, sparring, *daellyon* and self defence.)

The new syllabus is great! (Read more about it on pages 12 and 13.) We unanimously agreed it should be implemented, so expect to start learning it early next year. But I am jumping ahead of myself. It is important that I tell you of the pleasure of being Mr Pellow's fall guy – a couple of you know of what I write.

Master McPhail explained the concept behind the syllabus and the three groups of three attacks. Then Mr Pellow demonstrated the syllabus on me – very



Above: Stripes learn Ko Dang • Top: Zeus' band.

much a canvas on which instructors and students will paint. (Notice that "paint" is "pain" with a "t".) For the rest of the day and the start of Sunday, it was my great pleasure to have Mr Pellow throw me all over the *dojang*.

The syllabus is very dynamic and easy to learn, so it will work. We began with simple releases from the first ten grabs, and moved on to locks based on the outer wrist turn or the inner wrist turn. (The good news for me is that the inner wrist turn is *nikyo*, the focus of the current series of self defence articles – *whew!*)

Saturday's training ended at 5:30pm – enough time for a quick swim and a spa before dinner. Mr Phil and Mrs Athena Thompson arrived, and sat with our 6th and 7th dans deep in discussion. The rest of us sat at the pleb tables, engrossed in our own conversations.

After dinner, our guests presented. Mr Thompson gave a brief introduction to Protect Self Defence and then opened the floor for questions. Over the course of the next hour or so, Mr Thompson spoke about various elements of the psychology of self defence – something we tend to gloss over in our own classes. What do you do in a given situation? It depends! (Read Mr Thompson's article on pages 6 and 7). Mr and Mrs Thompson explained and illustrated a number of principles, such as the four stages of self defence – awareness, de-escalation, protective offence and aftermath.

When the evening's seminar closed, festivities began. A few caught up in the room of our most famous social coordinator, Mr Peter Graham. Others sought the spa pool for a well earned soak. Conversation covered various topics, and life was good.

When the cock crowed at 7am, life continued on its path for Zeus' band. A quick dip in the icy waters of Lake Taupo to get the blood flowing before breakfast, while others caught up on their beauty sleep.

Sunday's class began with a revision of the new self defence syllabus that continued into defences against the final five attacks. As Mr Pellow's fall guy, I felt my quads before training began, but soon warmed up to it.

The physical session closed with a history lesson – Master Davidson taught us Ko Dang, a Chang Hon pattern that was replaced by Juche when ITF Taekwon-Do was introduced into North Korea.

After morning tea the floor was opened for discussion. We talked about the 2011 World Championships, the structure of ITFNZ, technical seminars, a patron, and various other topics. Time passed quickly and morning became noon, 1pm approached and seminar became lunch. We ate, said our farewells, and twenty-one exhausted *sabumnim* and *sahyunnim* departed for their various homes. Twenty four hours complete, we eagerly await next year's seminar.

Practising patterns in the park • Practising releasing techniques with eyes closed • Open discussion on ITFNZ issues and ideas.



itfnz.org.nz/events/courses/2007\_stripes\_1to1/

# It Depends...

by Phil Thompson  
Protect Self Defence



"Caught off guard": armed attacker (knife) scenario.

There are two words that all of our students get very used to hearing from us at our trainings and seminars. Anytime they ask a question like, "What do I do if someone does this?" Or if they ask, "How should I react to someone doing that?" Our students generally get the same answer... "It depends..."

Martial arts teach memorisation of techniques and specific responses to specific attacks. This is the way they have always been taught and it works well as a teaching method for martial arts. However, in a real life self defence situation, the result of training solely in this way may be disastrous, even fatal, to the martial artist.

We always say there are two toolboxes we have available to us. There is the martial arts toolbox, which includes the myriad of martial arts techniques, strategies, self defence techniques and principles, and then there is the self defence toolbox. The two share some common ground but are in the most part vastly different.

Both are important to the overall development of the martial artist, who also requires real survival

skills. Neither is "right" or "wrong", they are just different. At Protect, our sole focus is on the self defence toolbox.

In a real situation, the scenario will dictate the outcome. It is not how good your techniques are, but more so your strategy, tactical awareness and correct use of tools, coupled with the correct mental "blueprints" to prepare you for the emotional inertia created in the heat of a real life altercation.

So, why is our answer generally, "It depends"? On what does it depend? It depends on the nature of the attack. It depends on your mindset in the moment, on the environment, on your situation within that environment, on the number of aggressors, on your physical wellbeing in the moment (are you sick, hurt, tired, drunk, in good condition, etc). It depends on the time of day or night, on whether you are alone or not and who it is with you. It depends on whether your opponent is armed or not. It depends on whether you are armed or not. It depends on what you are wearing and what they are wearing. I could go on forever. But you get the drift, I'm sure.

Each one of the above factors requires a different strategy. It is vital to be open and responsive to the scenario specifics and to have several options based on multiple possibilities. Strategic implementation is more important than any technique, as students who have attended our "Get Real" seminar know. There are absolutely no black and white answers to defending yourself. There are no particular techniques that work all of the time, and there is absolutely no one single strategy for every scenario. Anyone who has faced true violence will understand this.

Real violence is not about winning or losing, it is about surviving. It is vital to be able to spontaneously improvise moment to moment based on the event and the way it unfolds before you.

One of the keys to being able to survive a dangerous

situation is to not fixate. Fixating solidifies your thought process and puts you in critical focus. For example:

A drug crazed attacker or multiple attackers wants to mug you for your money. So often we hear people say, "give him/them your money and run". That is one possible response among many, and if that is upon what you are fixated, you are going to have a very hard day if things don't quite go the way you imagined. We need to be prepared for every possible scenario and be able to improvise in the moment. It is easy to say, "give him your money and run", but what about when you take a few extra possible variables into account, such as:

1. What if you had absolutely no valuables on you?
2. What if you had a sprained ankle and couldn't run?
3. What if you were with your four year old child or your 70 year old grandmother when this occurred? Who else is with you?
4. What if you were tired and overworked, and maybe a little under the influence as you're on your way back from having a few drinks with some friends?
5. How is the environment? Is it raining and slippery, snowing, light or dark, flat ground or sloping/unstable (eg, staircase)? Are you standing or sitting?
6. Is your drug crazed attacker alone?
7. With what kind of weapon are you being threatened?

I could go on and on.

Each one of these factors will dictate a different strategy. Each one creates a different visual image as to what you could or would do. Never fixate on a move or technique. Never fixate on a range or

Mr Thompson in defusion mode against multiple attackers



All photographs courtesy of Phil Thompson.

style of fighting. Explore all possibilities. It is not a game: it means the difference between going home and going to hospital (or the morgue).

I have heard many times that the best “move” to defend against a straight punch is to block and move to the outside. This can be a good and effective strategy against a single opponent, but throw in a friend of his standing on his outside and now this becomes a very dangerous thing to do.

Think of your mind as a filing cabinet. If you only stack one or two files in there, and then you find yourself in a violent confrontation where the files are insufficient, your mind will freeze as it has no more to examine. Stack it with multiple options and your mind will constantly search for and eventually find the best solution to the problem at hand. That is one of the things we do at our seminars: help people develop the necessary files, so if the worst happens you will have access to the files that will help you survive.

Here is an exercise to do to get you thinking about it. Grab a piece of paper and a pen...

Scenario: you're at a bar/club enjoying a good night. You go to the bar to buy a drink, and some guy bumps into you and spills his drink all over himself and you. He gets aggressive and insulting, begins to threaten you verbally, and starts to shove you.

*What do you do?* Before reading on, take the time to answer this question on paper.

Now let's add the following factor to the original scenario: your drunken partner is in the toilet and will be out shortly to meet you.

*What do you do?* (Answer the question on paper.)

Now let's add another element: his two friends just joined him and are just as aggressive and ready to go at it.

“Entry wedge” off postal attack. A “Postal attack” is when an attacker “rushes” you from a long range with extreme aggression and extremely high energy and rage. That is, running at you and delivering an enormous onslaught of punches or strikes, usually with massive verbal assault as well. The “entry wedge” is a very effective defence against this type of attack and usually switches the Predator/Prey mentality very quickly.



Armed rape scenario. The attacker thinks he has the upper hand.

*What do you do?* (Write it down.)

Yet another factor: you have had a few too many yourself and are feeling nauseous.

*What do you do?* (Write it down.)

And one more: the place where you're standing in the middle of your confrontation is jam packed with people and you barely have the room to move around in the mingling bodies.

*What do you do?*

Last one: the music is blaring, the strobe light is on. One of the aggressors just gripped his beer bottle by the neck in a “clubbing” fashion and is slowly circling behind you.

*What do you do?*

In addition to all of the added elements, it is also important to consider where the toilet is and in from

which direction your partner will approach. Also, where is the bouncer and will he be on your side or theirs? Is the floor slippery from spilled drinks? (Do you have grounding?) What are you wearing? (Constricting clothing, heels, suit and tie, easily grabbed material, etc.) Are you aware of others who are not involved but could easily decide to become involved?

Not so simple anymore is it?

If you've tackled each one of these scenarios on paper as I suggested, you should have several different strategies as to what you could do. As you see, it doesn't matter how good you are at grappling, kicking or boxing; it doesn't matter how powerful your strikes are or how fast you think you are with your techniques... what matters is your strategy. Your tools will be used when they are called upon depending on the moment at hand.

Training in this way will prepare you for the grim realities of the street. It forms the basis of our seminars and trainings and is imperative to the overall development of the martial artist concerned about keeping themselves safe. And that is why we usually answer with, “it depends...”

In my next article, I will discuss what we call the first stage of real self defence: avoidance – through awareness and intuition.

Any comments or questions regarding this article can be sent to me at [phil@protectselfdefence.co.nz](mailto:phil@protectselfdefence.co.nz). For more information visit our website [www.protectselfdefence.co.nz](http://www.protectselfdefence.co.nz).

*Protect Self Defence first appeared in the last issue of Taekwon-Do Talk, when Mr Konia (who used to do Taekwon-Do with Mr Thompson) organised a seminar in Whangarei. Since then, ITFNZ members have participated in a number of “Get Real” and “Safe for Life” seminars.*

*Protect Self Defence were also a sponsor of this year's ITFNZ Taekwon-Do National Championships and Taekwon-Do Television.*



# Feel the “Beat”

by Carl van Roon, 1 dan  
Auckland Taekwon-Do Academy Athletes

## Part 1 of 2

### Introduction

What is one of the most common strategies competitors attempt to utilise in free-sparring? You got it. To dodge back out of the way of an opponent’s technique and counter attack with a simple “1 dodge – 2 counter” beat. Children, I find, are especially susceptible to using this “1 - 2” beat strategy to the point that they almost “take turns” kicking and dodging alternately, giving them little chance to score.

This strategy can work against an opponent who has poor balance or has no back up plan. It can also be used against someone who is very committed for one reason or another, such as fighting “blindly” after losing their cool or being baited into a trap, causing them to overreach on their attack.

As we will discover however, this strategy infrequently works against an opponent who can read one’s intentions to use such a “1 – 2” beat method.

### Initial example

This issue looks to expose why this strategy is fundamentally flawed. All with the help of this year’s best overall black belt female competitor from the National Championships – Ms Toni Moki!

Ms Moki highlights how a fighter can easily trap her opponent by recognising the simple “dodge back, rush in” counter-tactic being employed.

We see that while Ms Moki commits to the initial turning kick (intending to hit her opponent if she does not move) she can still maintain overall weight distribution on her supporting / pivoting leg. This way, her opponent is one step “behind the 8-ball” by the time the “2” counter beat is employed – in fact, the opponent has only succeeded in helping Ms Moki to land her proceeding sidekick by charging, after Ms Moki has taken the initiative to “force her opponent’s hand”.

If this is the case, why bother blocking and then countering within the standard “1 - 2” beat format? To play devil’s advocate... Even if one were to knock the opponent off balance with a well-timed block or dodge into a position of advantage on the “1 beat”, does this not risk giving the opponent more space and time to set up a follow-up technique on the “2 beat”? This does not mean to say “1 - 2” beat methods can never work... only that there may be a better way to guarantee superiority.

### Next steps

I’ll cover the theory of the next steps now, and next issue I will illustrate two further examples of how to understand this principle.

What would be a superior strategy when it comes to attempting a counter attack on an opponent? Comparing Taekwon-Do with other combat sports such as boxing, fencing and Kendo gives us some good ideas.

When do the best strikes or scores connect in these sports? When does a boxer manage to land that big right hand KO? Most often, such punches land while the opponent is also attempting to attack. Only when both fighters are 100% committed is there the potential to pull off beautiful counter attacks that are very difficult to defend against.

To summarise, as the opponent attacks, we take advantage of this momentary but complete vulnerability by striking right into the middle of the opponent’s technique, when there is no chance to defend and it is too late to retreat!

Such counter techniques are not so much on the “2” of a “1 - 2” beat after moving back or blocking “1”, but just on a “1” beat – blocking and countering simultaneously, or even better, not blocking at all – simply intercepting the opponent during his movement.

Classic examples from Taekwon-Do include back kick or reverse turning kick counters against an opponent throwing a turning kick. As we know, such a turning kick leaves the attacker standing on one leg (*nowhere to run!*) with the body completely exposed (*nowhere to hide!*) But, remember, this type of counter can only occur *right* in the middle of the technique at full commitment.

Finally, it is your homework to read up on Bruce Lee’s philosophy on the idea we’ve covered off today. “Special offer! Call now! Order the classic 70’s text “Tao of Jeet Kune Do” (“Way of the Intercepting Fist”).” It also happens to be our own President Master Davidson’s favourite book!

Train hard. Have fun. See if you can generate some ideas of how to use this principle. See if you can predict my next two examples!

All photographs courtesy of Mark Banicevich.



Both in sparring stances, open side facing, Hong (left) ready to charge with hands, Chong (right) neutral.



Chong throws a rear leg turning kick to draw out Hong’s punches. Hong withdraws her abdomen to avoid the kick.



Chong brings her leg down in front of her, keeping her weight on her rear leg. Hong sees an opportunity and moves forward to punch.



Hong extends her punch. Chong throws a quick front leg side kick scoring two points, while leaning back to avoid the punch.



Chong steps her right foot to her left foot, then steps back quickly with her left foot.



## Something for Black Belts

by Mark Banicevich, V dan  
Auckland Taekwon-Do Academy

A few years ago I instigated ITFNZ Taekwon-Do's first move towards strategic planning. At the second planning meeting, a number of our seniors and thought leaders set three key short term goals: restructure ITFNZ, develop instructors and retain students. Although the Technical Committee progressed the second goal, implementing these goals has largely stagnated.

I got to thinking, "What can I do?"

I began to ponder our instructor development and student retention. Every year ITFNZ Taekwon-Do produces around 50 new black belts. In the last 10 years, we must have produced close to 500. Where are they all now?

I wondered whether a number of our black belts leave because their regular classes have so many coloured belts, that they find themselves doing the same old thing every session. What if we had classes only for black belts?

My pondering met with an opportunity: Dr Thach's permanent *dojang* in Mt Wellington, Auckland. We met with a few friends to generate ideas, and the Auckland Taekwon-Do Academy was born.

We now run three classes per week – two focussed on technical skills ("Black Belts") and one on athletic development ("Athletes").

### Black Belts

The Auckland Taekwon-Do Academy Black Belts class provides weekly training focussed on black belt syllabuses and advanced Taekwon-Do with three goals:

1. To improve our retention of black belts, ensuring they continue to enjoy training by learning and practising new material.
2. To create a community of black belts who socialise with and support each other.
3. To develop existing and new instructors, continually improving the quality of our instructors, and helping students who want to be instructors to open their own schools.

### Athletes

The Auckland Taekwon-Do Academy Athletes class provides a weekly class of hard training with two goals:

1. To increase the number of students training to a competitive standard in Taekwon-Do. This provides athletes with a greater variety of sparring partners to lift our game locally and internationally.
2. To increase the regularity with which our athletes train. Presently athletes return from international competition to regular classes focussed on families and coloured belt techniques. This class provides athletes with continued training at the highest level available in Auckland.

### Training

So far each class is only about half full, so we have room for more! The classes are fantastic! We started the Athletes class first, because we knew a core group of people who wanted this type of training. Although I am coach of the classes, I have already learned an incredible amount from my co-coaches

– Messrs Trotter, van Roon and Thompson! (Sure, part of the reason I got involved in this class was to lift my own free sparring!)

The Black Belt classes began in September. Students attend Tuesdays or Wednesdays, and senior instructors teach the same class both days. Master McPhail taught the first class – what better way to begin? Mr Raukura commented that it was the first time in years he had done line work as a student – and he loved it!

We have 12 instructors of fourth dan and higher in Auckland, and 11 of us teach these classes in rotation. (The twelfth wants to be involved, but is presently overcommitted with many Taekwon-Do responsibilities.) Students get an amazing variety of classes. So far Master McPhail taught 1st dan patterns, Mr Breen investigated fundamentals, I covered ground technique for grading, Mr Graham tortured everyone with stretching, and Mr Pellow brought a special guest to introduce us to grappling. And that's only the beginning! You should see the pipeline!

Better still, you should come along and join up!

If you are visiting Auckland from out of town, come along! (We ask \$5 per session to help us cover costs.)

*Auckland Taekwon-Do Academy*  
Mt Wellington Rugby Football Club,  
Hamlin Park, Wilson Way (off Penrose Rd)  
Mt Wellington  
Black Belts class 1, Tuesdays 6:30pm - 8:30pm  
Black Belts class 2, Wednesdays 6:30pm - 8:30pm  
Athletes, Fridays 6:30pm - 8:30pm

Thank you to our *sabumnim* and *sahyunnim* for your support. I believe these classes will improve our growth and our retention. Without you, it wouldn't be possible.

To those of you elsewhere in New Zealand: I challenge you to do the same with your senior instructors. Start out once per week and see how things grow. Wellington, Palmerston North, you must have the critical mass to make this work! Onwards, upwards, to the moon! 🐼

Photographs from top: First degrees practising Ge Baek • Academy Athletes spend a lot of time practising free sparring drills • Miss Kristy Leong performs a great downward kick • Mr van Roon demonstrates a punching drill with Mr Jeremy Hanna • "King of the Hill" is not just a time to rest, but also a time to study others' strengths and weaknesses.



All photographs courtesy of Mark Banicevich

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# Triangle Stratos Takes National Champs across New Zealand

by Triangle Stratos

In December and January, television viewers around New Zealand will be treated with four hours of action-packed sport from New Zealand's 2007 Taekwon-Do National Championships.

The 2007 event will be screened by new national television broadcaster Triangle Stratos in eight half-hour shows starting at 9:00pm on 3 December.

People set up to receive subscription-free Freeview will be able to access the programmes on Freeview; Sky subscribers can tune in to the programmes on Triangle Stratos on channel 89.

The programmes will also air at 8pm on Saturdays on Triangle Television's two free-to-air stations in Auckland and Wellington.

Carl Matthews, co-producer of *Taekwon-Do Television* which filmed the National Championships says: "We are very excited at the prospect of viewers all over the country seeing what we do."

"The New Zealand Taekwon-Do team is ranked third in the world, but with very little media coverage given to the sport, very few people would be aware of this huge achievement," says Carl.

Jim Blackman, Chief Executive Officer of Triangle Television and Stratos, says: "We are delighted to provide *Taekwon-Do Television* with the opportunity to show the top black belts in the country competing for national titles in this demanding sport."



role at Triangle Television and Stratos is the Chairman of the Regional Television Broadcasters Association of New Zealand, says: "If our national coverage can bring more recognition to these talented athletes, and maybe some sponsorship into the sport, that would be great."

"Underlying the Triangle 'philosophy' is our belief in the importance of regional broadcasting, which is all about diversity and providing a platform for regional programmes and individual programme makers. Our programme makers range from first-time producers to highly-experienced documentary makers. With our broad mix of regional programming and shows contributed by providers based all over New Zealand, we really reflect the diversity of New Zealand life."

As well as locally-made shows from around the regions, Triangle provides New Zealanders with an impressive line-up of international news services and current affairs shows from prestigious global broadcasters, including Germany's DW-TV, Voice of America and Al Jazeera, and a wide range of programmes provided by many of New Zealand's ethnic and minority groups.

Though many of the programmes are in English, some are in languages other than English, offering new immigrants and people learning a new language the opportunity to listen to international news from other countries in the local language.

Many of the locally-made and regional programmes on Triangle Television and Stratos are shows that are unlikely to screen on mainstream television.

"Often, when people tune in to us for the first time, we receive an email the following day with comments about what a 'refreshing alternative' we are to mainstream television," Jim Blackman says.

People and organisations planning to make a programme for Triangle Television and Stratos must meet the stations' technical requirements, comply with Broadcasting Standards Authority's guidelines and, if broadcasting nationally on Triangle Stratos, must have had their programme screened previously on a New Zealand regional television station.

Any programme providers requiring assistance with filming their show, can call the station for guidelines or visit the websites at [www.stratostv.co.nz](http://www.stratostv.co.nz) and [www.tritv.co.nz](http://www.tritv.co.nz).

Triangle Television Auckland, which has been broadcasting for nine years, and Triangle Television Wellington, which launched almost a year ago are the only non-commercial terrestrial television stations operating in their areas. They broadcast their own unique local schedules. Triangle Stratos, which launched nationwide early in October, has its own programme schedule to meet the needs of a national audience.

## Selection of programmes on Triangle Stratos International news and current affairs

*Al Jazeera News Hour*: Middle East-based Al Jazeera's news/current affairs in English

*DW Journal from Berlin*: world news in English from Berlin

*French News*: French domestic news – English subtitles

*NewsHour with Jim Lehrer*: world news/current affairs – in-depth interviews

## National news and current affairs

*In Conversation with Noel Cheer*: lively in-depth conversation with a guest

*Scrutiny*: 15-minute interview with an Auckland-focussed guest

## Regional television programmes

*InDepth*: Waikato regional news and current events

*Farming Today*: Waikato horticulture and farming

*TVHB Chatroom*: interviews with interesting Hawke's Bay people

*All About Us/Gametime/Short movies/Community news*: Gisborne life/sport/movies/events

*FTN News*: Rodney/North Harbour events

*School TV*: school life show produced by Pt England School, Auckland

*Southern Newsweek*: weekly Dunedin/Christchurch news round-up

*Dunedin Diary with Dougal Stevenson*: Dunedin arts and culture

## Cultural/ethnic

*TV Samoa*: Samoan talkshow – documentaries/sports/entertainment

*Indianz TV*: news/lifestyle features from Fiji, in Hindi

*Mirchee Indian Television*: Lifestyle/news/current affairs from India

*T News*: News magazine show – in Tongan

*Pasefika Nius*: Samoan cultural/religious show

## Comedy

*Planet Nerd*: insight into the inner geek in us all

*Blokesworld*: 'real blokes' show from Australia

*The Brownies*: Samoan fun & mayhem

## Movies

*Classic movies*: great movies from the past

*Sproquets Gay & Lesbian TV Festival*: Triangle Television's 8-week film/documentary festival began Oct 7

## Lifestyle shows

*Cruizin TV*: classic car show from Australia

*Galleria*: Alice Worsley showcases products and services



Jim Blackman, CEO of Triangle Television and Stratos

"To be ranked third in the world is a massive achievement and national coverage of this important event will help give these athletes the recognition they deserve."

Last year the championships screened on Triangle Television Auckland for the first time.

"It was a great show and it was fantastic that so many people in Auckland got to watch. This year, the audience will be much larger," says Carl.

Carl, and his Co-producer (*Taekwon-Do Talk* Co-editor Mark Banicevich) hope, that as well as gaining recognition for the sport, the nationwide screening of the championships will encourage sponsorship and attract more people to join local clubs.

The sport is recognised by SPARC, but receives no official funding.

Jim Blackman, who as well as his Chief Executive



Minister of Broadcasting, the Hon Steve Maharey, 'switched' Triangle Stratos onto Freeview on 3 October. On the same day, Sky TV subscribers began tuning into Stratos on channel 89.

[stratostv.co.nz](http://stratostv.co.nz)  
[tritv.co.nz](http://tritv.co.nz)

# New Self Defence Syllabus

by Master Paul McPhail, VII dan  
Technical Director

ITFNZ is about to introduce a new self defence syllabus, which is planned to come into play at the first grading of 2008.

Until now, the self defence techniques we taught students were left entirely to the Instructor, with only the grabs being stipulated. Although mostly this worked well, the new syllabus will ensure everyone learns the same basic principles initially, then the instructor is free to expand on those as he feels fit.

The syllabus was designed by Mr Steve Pellow and Master Paul McPhail and was presented to senior instructors at the "Stripes 1 to 1" seminar in Taupo recently. Both Mr Pellow and Master McPhail will run seminars in February for Instructors throughout the country to introduce the new syllabus. Instructors can register now for these courses at: [www.itfnz.org.nz/events/courses/instructors/course.htm](http://www.itfnz.org.nz/events/courses/instructors/course.htm). It is envisaged that the syllabus will develop further over time, and instructors are encouraged to give feedback to the technical committee as they start teaching it next year.

## Purpose

The redesign of the ITFNZ Self Defence syllabus is to achieve the following goals:

- To give the students and instructors clear guidelines of the scope and purpose of our self defence syllabus, and the techniques to be taught.
- To make the syllabus easy to learn and teach and all grade levels.
- Give ITFNZ members practical guidelines for situation awareness, general safety in the home, car and in public. Also to provide basic information about the law as it pertains to self defence in New Zealand.
- To make the syllabus consistent in terms of the attacks used and the response by the defender.

## Syllabus structure

The new syllabus does not attempt to cover all self defence scenarios, but it is an expansion and development of the current gup syllabus. It deals specially with situations where you are grabbed by an attacker in situations where it is not life threatening. This enables the defender to use effective means to escape without necessarily causing serious damage to the attacker.

- The new syllabus comprises 15 grabs by the attacker.
- The ITFNZ syllabus specifies the techniques the defender uses for each of the grabs.
- Once the basic principles are taught, the instructor can then teach any of the techniques in any order, to any grade, making it very easy to teach.
- Once these basic techniques are taught, the Instructor is free to expand on these and teach other techniques if they wish to.
- For grading purposes, certain techniques are be tested at each level from yellow belt onwards.

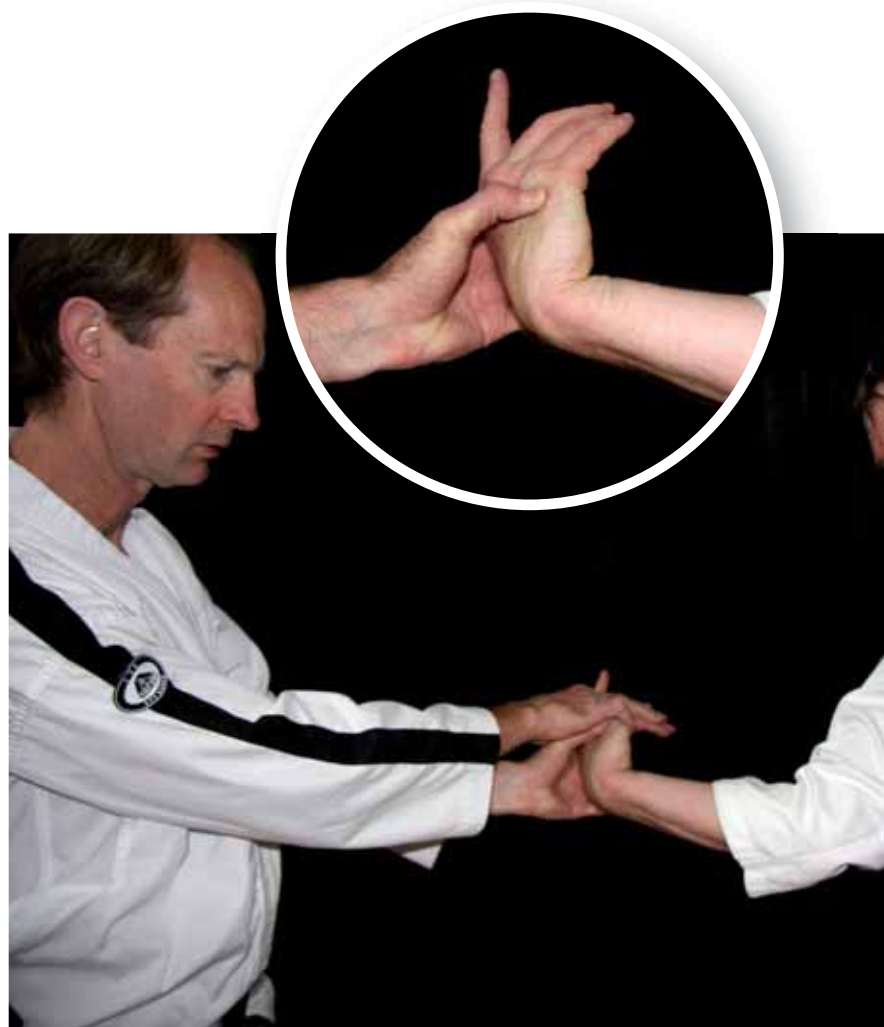
## Basic principles being taught in the syllabus

- Distract the attacker with a slap, strike or kick.
- Make the attacks and defences realistic by stepping and moving, rather than being stationary.
- Grabs should be "firm, yet pliable" during practice and gradings.
- After a break, the defender should "tap out" to show he is incapacitated. The defender can finish with guarding block.

- Lower grades should practise more slowly, seniors at a faster pace.
- Partners for black belt grading are *not* prearranged.

## The techniques

The syllabus teaches the basic techniques of *outward wrist turn* and *inward wrist turn* and applies these techniques to the majority of the set 15 self defence scenarios.



Outward wrist turn

Photographs courtesy of Master Paul McPhail

## SELF DEFENCE TERMINOLOGY

**Release** – escape from a grab or hold by using leverage and technique

**Break** – applying force to lock or break the joint of the attacker

**Attack** – direct attack to a vulnerable vital spot, either to distract or immobilise

**Throw** – take your opponent off balance, normally down to the ground

**Outward wrist turn** – lock or break by turning the wrist outward

**Inward wrist turn** – lock or break by turning the wrist inward



Inward wrist turn, variation 1



Variation 2

**Self defence guidelines for ITFNZ members**

A part of the new syllabus will include information and tips for self defence and general safety. Master Davidson has also provided us with information about self defence and the law in New Zealand as follows:

**The use of force**

The instructions you receive throughout your ITFNZ Taekwon-Do training teaches you to use physical force. The Oath and Tenets of Taekwon-Do are what guide us into how we should understand our use of this martial art of self defence.

It is also important that you also understand when the law of New Zealand:

1. allows you to use force,
2. how much force you may lawfully use and
3. when you may not use force.

The instruction you receive in Taekwon-Do teaches you how to protect yourself and others. You must never use your training to bully or frighten or unlawfully attack people (refer the Oath and Tenets of Taekwon-Do).

In New Zealand, the *Crimes Act 1961* states the law about **assault**, the **use of force**, and **self defence**.

*The word "assault" under law means the act of intentionally applying or attempting to apply force to the person of another, directly or indirectly, or threatening by act or gesture to apply such force to the person of another, if the person making the threat has, or causes the other person to believe on reasonable grounds that he has, the present ability to effect his purpose.*

In simple language, this means that it is possible to assault another person in three ways:

- *If you hit or push or trip the person;*
- *If you hit or push or trip a person deliberately, and as a result a third person gets hit or pushed or tripped, both people have been assaulted;*
- *If you threaten to harm a person and that person truly believes he or she is going to be harmed by you, and that you could do what you threatened to do. In this case it is an assault even if you have not touched the other person.*

If you assault a person, you break the law and could be prosecuted in Court. Conviction for an assault could lead to a term of imprisonment.

**Self defence and defence of another**

Crimes Act 1961 section 48 states: *"Everyone is justified in using, in the defence of himself or another, such force as, in the circumstances as he believes them to be, it is reasonable to use"*

In simple language, this means that if you or someone else is in danger from another person, and there is absolutely no other way to protect yourself or the other person, you may use force on the person causing the danger. *But:*

- *You must honestly believe there is no other way of dealing with the situation, eg, running away, or talking it out to avoid confrontation;*

- *You should use the least force possible to stop the danger to you or the other person;*
- *You must stop using force as soon as the danger has stopped.*

**Defence of dwelling house**

*"Everyone in peaceable possession of a dwelling house, and everyone lawfully assisting him or acting by his authority, is justified in using such force as is necessary to prevent the forcible breaking and entering of the dwelling house by any person if he believes, on reasonable and probable grounds, that there is no lawful justification for the breaking and entering."*

**Excess of force**

*Everyone authorised by law to use force is criminally responsible for any excess, according to the nature and quality of the act that constitutes the excess.*

This means that the judge decides how much force it is reasonable to use in the circumstances, so it is safest not to overdo it. The circumstances considered are whatever you honestly believed was happening at the time. If you go beyond "reasonable force", it is excessive force and you could be charged criminally.

# Mr Ian Campbell, V dan

by Anna Hall, III dan  
Te Awamutu



All photographs courtesy of Mrs Minnie Campbell.

As a prison officer, Mr Campbell is a self defence legend!

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

I started my training in Te Awamutu with (now) Master Willie Lim 1979-80; we trained twice a week. Saturday mornings were memorable especially in the winter, when Master Lim would insist on training on the concrete just outside the warm *dojang*.



Mr Campbell chops firewood as a first dan black belt in the late 1980s. Axes were introduced to Te Awamutu in the 1970s, but were slow to catch on.

## At what age did you receive your black belt?

I achieved my first degree in 1985; Master Lim (then a fourth degree) was the examiner. The formal part of the grading was generally much like what we do now (they even had the same destruction techniques as we do). However, it was challenging at the time, given the maturity of the art in New Zealand. Since then we have come a long way, and of course the ITFNZ grading syllabus reflects perfectly the skills and expectations needed for today's black belt gradings.

## What made you want to become an ITFNZ instructor and when did you first start instructing?

Becoming an instructor is a natural progression for students as they mature in the Art, knowledge and age. Most students who choose to follow the *Do* aspect will inevitably become an instructor. My first experience instructing was with Master Lim, assisting during classes as a fifth gup (or

## Why did you choose Taekwon-Do as opposed to any other martial art or sport?

I can't really remember actually choosing Taekwon-Do. My reasoning for taking an interest was because of my brothers starting; I wanted to be like them I guess. I was sitting at the back of the hall watching them in a beginner's class, when Master Lim encouraged me to get up and take part. From that point Taekwon-Do has never really left me.

*“Becoming an Instructor is a natural progression for students as they mature in the art, knowledge and age.”*

thereabouts). In those days black belts of any degree were few and far between, so I kind of had an early first hand experience. In the early eighties Taekwon-Do in the Waikato grew faster than the experience of the students.

As an instructor, I opened my first club in Te Awamutu around 1987 (children's class). This was especially designed for kids in Taekwon-Do, as part of a succession plan to lead them onwards to the senior classes. Now I am the instructor of the Te Awamutu ITFNZ club (of which I have been a member for fourteen years). I am particularly proud and privileged, as Te Awamutu has always been a strong Taekwon-Do place. This is another of Master Davidson's legacies.



Mr Campbell practised flying high kicks in his back yard in the 1980s.

An interesting thing about Taekwon-Do is "perseverance". I believe Taekwon-Do to be particularly dynamic in movements and techniques. Some of the performances I see now, by our more elite, were never considered when my brothers and I started. However, all my brothers, and now a second generation of our family, are black belts at various degrees. In total, four brothers and two sons make up our family dan grades and two gup grades.

Ross Campbell 3rd Dan: Well yes he is my brother. However, I see him as a fine example of a Taekwon-Do student and instructor. Ross has shown me both courage and determination. I know I would struggle to adjust to such an event, and to keep an instructing role. I guess a lot of others would have chosen an easier path rather than persevere. He is the person that influenced me to join ITFNZ, for which I will always be grateful for. He has shown me that blind loyalty can inhibit your own progression.

company of friends and family, which of course is of the highest priority in my life.

**Describe your favourite technique (hand or foot)? What is it about this technique you like the most?**

Back fist and reverse knife-hand strike are my favourite hand attacks. They are both very versatile, and create a wide range of options, angles and distances. I like the idea of the instant speed and power you can create, which provides a very practical solution when defending against an attacker.

*"Learn to balance your life with your Taekwon-Do involvement..."*

Master Davidson has been a key player for me in developing the attacking tools for the back fist and knife-hand.

Back kick would be my favourite foot technique for the same reasons; it's a surprise attack and has great power.

**What is the most rewarding part of Taekwon-Do?**

Hard to define but if I have to sum it up, it would be personal growth through my involvement; the people I interact with, having an influence on new students and their own development. I never stop learning. The friendships gained and of course the physical nature of the art that is of personal benefit.

**Over the years what is the most valuable piece of advice you've learned?**

Balance: learn to balance your life with your Taekwon-Do involvement, measure your commitments, not to the detriment of your closest support, family, friends; and remember to enjoy it. Then Taekwon-Do will become your whole life.



Mr Campbell demonstrates defence against armed attackers at his grading to 5th dan black belt.

**Which practising Taekwon-Do practitioner do you admire/respect the most and why?**

This is a particularly hard question, as there are so many people I admire. However, if I was to single out three:

Master Davidson: he has probably been the most influential individual in terms of teaching me the *Do*. He has an approach to life and the Art that continues to influence me and always will impact on the way I teach and practise the Art. His unassuming, practical application of techniques and accuracy has intrigued me and encourages me to self-develop. "Humility".

Master McPhail: everybody knows who this man is in the Taekwon-Do world. It is Master McPhail's dedication and undeniable ability that I have admired for many, many years. He is a fine example of a Master; his knowledge, leadership and vision for Taekwon-Do in New Zealand had a major influence on developing what we have today. I think he is one of our pioneers in New Zealand and ITFNZ. Master McPhail's development surrounding our training syllabus and techniques is why we are now developing such a high international standard. "Loyalty".

He is responsible for my introduction to the true Taekwon-Do (after a lot of long discussion and debate). Ross, for me, is a fine example of "Indomitable Spirit".

**Your achievements, highlights and goals**

One highlight is attending an International Instructors Seminar conducted by General Choi, and being brave enough to get up and perform a pattern in front of him (patterns not being my strongest attribute). However, I have never regretted this, as it was a memorable day for me (not so much for him.) My most recent achievement was grading to fifth degree under the examination of our two Masters. This was fantastic, and I consider it to be my best grading result. Kiwis grading Kiwis at that level. Haven't we come a long way?

**Outside of Taekwon-Do what would you be doing on a casual Saturday afternoon?**

Outside of Taekwon-Do I am kept busy with my role as a volunteer fire fighter. This is something I have also done for many years, and now I have a senior role to play in my brigade, which certainly commits any spare time I find. I like to also spend time at the gym, then putting some goodness back into my body with a cold Monteith's beer, with the



The man: Mr Ian Campbell, 5th dan.

## A charitable kick-out: Taekwon-Do for Jigsaw

by D'arcy Mellsop, 1 dan  
Instructor, Spirit Taekwon-Do Karori

I was stirred by what happened to Nia Glassie, the three year old from Rotorua. What happened to Nia, tragically not uncommon in New Zealand, impacted me like so many others. I needed to do something as I saw something that needed to be done, and this was the way I thought that I could contribute.

A timely email was also sent out by my instructor, Mr Brett Kraiger. In the email he said "*General Choi, founder of Taekwon-Do, strongly believed that community service was a part of the responsibility of Taekwon-Do. Hence this is one of the reasons Taekwon-Do is so highly regarded in today's society.*" Tagging on the following at the end of the email: "*If you haven't seen the movie 'Pay It Forward', then you should.*" I concur with seeing *Pay It Forward*, and the timing of the email was perfect.



Our first 'sit-down' at the end of the five sessions. This was question and answer time, where we discussed General Choi's philosophy.

Since I'm not in a position where I can directly help prevent child abuse, I could support those who could. I choose to support *Jigsaw* by hosting some training sessions, with attendance by donation – all donations going through to *Jigsaw*.

Who's *Jigsaw*? *Jigsaw* is an umbrella group for community organisations across New Zealand who work to prevent child abuse and family violence and help families bring up their children safely. *Jigsaw* also runs an 0800 child abuse help line and takes approximately 3,000 calls a year from parents needing help and advice, family members and neighbours concerned for the welfare of children and children themselves who are concerned for their own safety.

Once I had considered that this was a good idea, I just threw myself at it. I moved quickly enough not to have any negative or doubtful thoughts about what I was doing. The driving force behind it all was the thought of making a difference to the community first, though whipping people up into a frenzy about ITF Taekwon-Do was second! The benefits to me were apparent: *Jigsaw* would receive some funding, people could come along and experience ITF Taekwon-Do for the first time, and if they loved it, they could join the school which I'd start up immediately after.

*Mr Mellsop's school is now open. See the directory on page 20 – Ed.*

It was only a week and a half from the forming of the idea to our first night – a very short period of time to arrange a flyer, seek *Jigsaw's* approval and involvement, organise a hall and publicise the event. I had a book and a pen by my side the whole time, and when I thought about something that I

needed to do, I either jotted the idea down, or acted on it there and then. Mostly, I had to do the latter. It was one of those few occasions where I was really surprised how much one could accomplish when one puts one's mind and energy into it.

After I had the flyer constructed and signed off by *Jigsaw*, I plastered the flyers everywhere – emailed them, stuck them up in the local shop windows (with their permission of course), hit the local mall, placed them under the windscreen wipers of cars, and had all the local schools put something in their news letters. Even when I was out shopping, I would just approach strangers to talk about it. Perhaps the last one was a bit much and I was lucky to not receive any restraining orders! But I did get two along from that approach. As a tip, I'd say that you just can't over promote.

During the five nights that I hosted the trainings, we had a good number "newbies" turn up, and some familiar faces from Brooklyn and Thorndon clubs. We averaged just over 20 over the five nights – personally, I was really happy with that.

Brad Houlahan, the Communications Advisor from *Jigsaw*, joined us each night, talking a little about *Jigsaw* during stretching at the end of a session, and a journalist from *Citylife* magazine joined us on the first night. Both ended up joining in themselves. You can't resist when something looks fun, can you?

I see now why you have to turn up ten minutes before class starts, because I had to change my plan at the last minute to one that I thought would better



No workout is complete without working the core

accommodate the range of abilities that I had in the class. Help your instructor out and turn up early so he or she can tailor the class to suit!

We had a load of fun – each night was filled with energy – and we raised over \$250 in the process, which would pay for about 50 or so calls to *Jigsaw's* 0800 number. During one of the stretch downs, Brad talked about the nature of calls that they receive on the 0800 number – being distressed parents or kids much of the time, and the calls would be quite long and expensive. So we've ensured that the support is there for another 50 people in need to get into contact with *Jigsaw*. Nice.

Where to from here? From this event, we have about 10 who have tried Taekwon-Do for the first time and are keen to continue. They will be the members of the school that I'm currently setting up. I just need a hall! That is another story – as I can't use the hall that I used for this event! I'm throwing my energy into finding a hall, and then we are away.

A special thank you to the Brooklyn club who have put up the hall hire, to ensure that all donations made go entirely through to *Jigsaw*, and to the Brooklyn members who showed a lot of support, as too the Thorndon Club. Thanks to Sharlene Clark also, who put together the sensational flyer and tolerated all my late and early phone calls, texts and emails.

My final words are these: If you have what you consider a great idea – have it come to life. It's really rewarding.



Preparing for line work



Most of the faces on the closing night

If you want to find out more about *jigsaw*: [www.jigsaw.org.nz](http://www.jigsaw.org.nz)





**ITFNZ**

# Taekwon-Do

0800 800 495

www.itfnz.org.nz

## Auckland North Region

### Northland

#### *Hwarang-Do Whangaroa*

Dr Roman Scholl-Latour and Mrs Seida Scholl-Latour I dan Whangaroa College, Kaeo, Northland  
Thursday 6:00 - 8:00pm



#### *Hurupaki*

Mr George Konia III dan Hurupaki Primary School, 20 Dip Rd, Kamo, Whangarei  
Monday and Wednesday, 6:00 - 8:00pm,  
Thursday, Kids: 6:00 - 7:00pm, power class 7:00 - 8:00pm  
Friday 6:00 - 8:00pm (dan only)  
One Tree Point Primary School, RD 1, Ruakaka,  
Tuesday 6:00 - 8:00pm

#### *Po Eun Taekwon-Do*

Mr Tony Moore I gup  
11 Norfolk Street, Whangarei  
Wednesday and Friday, 6:30 - 8:30pm



#### *Ji Shin Keri Keri*

Mr Tim Couling III dan Keri Keri Primary School Hall, Keri Keri  
Monday & Wednesday  
Kids 6:00 - 7:00, Adults 6:00 - 7:30pm  
Sunday, 5th gup+: 9.30 - 11.30am

Rodney

#### *Jungshin Red Beach*

Mr Vince Pygott IV dan Mondays: Red Beach Primary School Hall, Albert Hall Dr, Red Beach, Whangaparaoa  
Thursdays: Key Fitness Gym, Karepiro Drive, Whangaparaoa  
Kids, 7-12yrs: Monday 5:30 - 6:30pm  
Adults, 13+yrs: Monday and Thursday, 6:30 - 8:00pm

#### *Jungshin Stanmore Bay*

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

#### *Nibun ITF Orewa*

Mr Gary Sawyer II dan Orewa Primary School Hall, Maire Rd, Orewa  
Monday and Wednesday, 6:00 - 8:00pm

### Shore City

#### *Glenfield*

Mr Vince Pygott IV dan Windy Ridge Primary, Seaview Rd, Glenfield  
Monday and Thursday, 6:30 - 8:30pm

#### *Jungshin Rosmini*

Mr Vince Pygott IV dan Rosmini College, Catcheside Building, 36 Dominion Rd, Takapuna  
Tuesday and Friday, 3:30 - 5:00pm

### Waitakere

#### *Avondale*

Mr Robert Ireland I dan Waterview Primary, Herdman St, Waterview  
Tuesday and Thursday, 6:30 - 8:00pm

### Auckland City

#### *Auckland Taekwon-Do Academy*

Black belts only  
Mt Wellington Rugby Football Club, Hamlin Park, Wilson Way, Mt Wellington  
Black Belts: Instructors, Auckland Sabum and Sahyun  
Tuesday, Wednesday, 6:30 - 8:30pm  
Athletes: Coach Mr Mark Banicevich V dan  
Assistant Coaches: Mr Mark Trotter IV dan , Mr Luke Thompson II dan, Mr Carl van Roon I dan  
Friday, 6:30 - 8:30pm

#### *Nibun ITF Auckland Grammar*

Mr Francis Fong II dan Auckland Grammar School, Mountain Rd, Epsom  
Monday and Wednesday 7:00 - 8:30pm

#### *Nibun ITF Diocesan*

Miss Rachel Lim I dan Margot St, Epsom  
Tuesday and Thursday, 7:00 - 8:15am  
Visiting students please obtain permission before visiting this branch

#### *Nibun ITF Central*

Dr Cameron Snelling IV dan Auckland Grammar School, Mountain Rd, Epsom  
Monday and Wednesday, 7:00 - 8:30pm

#### *Paul M Glendowie*

Mr Mark Banicevich V dan Churchill Park School, Kinsale Avenue, Glendowie  
Tuesday and Thursday, 6:00 - 7:30pm

#### *Impact Kingsland*

Mr Mark Trotter IV dan and Mr Carl van Roon I Dan Auckland Martial Arts Academy  
First floor, 399 New North Rd, Kingsland  
Tuesday 8:00 - 9:30pm,  
Sunday 5:00 - 7:00pm

#### *Tamaki*

Dr Thu Thach III dan Mt Wellington Rugby Football Club, Hamlin Park, Wilson Way, Mt Wellington  
Monday and Thursday, 6:30 - 8:00pm

### Meadowbank

Mr Peter Graham IV dan Remuera Intermediate School, Ascot Ave, Remuera  
Tuesday and Thursday, 6:30 - 8:00pm

#### *Ji Shin Royal Oak*

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

## Counties Manukau Region

### East Auckland

#### *Eastern ITF Howick*

Mr Shaun Tolley V dan Howick Intermediate, Botany Rd, Howick  
Tuesday and Thursday, 6:30 - 8:00pm

#### *Eastern ITF Pakuranga*

Mr Mahesh Bhana VI dan New Gym, Farmcove Intermediate, Butley Drive, Pakuranga  
Monday and Wednesday, 6:30 - 8:00pm

#### *Ji Shin Maraetai*

Mr Brett Kimberley I dan Maraetai School, Maraetai Drive, Maraetai  
Tuesday and Thursday, Kids 6:00 - 7:00pm  
Adults 7:00 - 8:00pm

#### *Paul M Taekwon-Do Botany*

Mr Dave Butchers II dan Botany Downs Primary School, Mirrabooka Avenue, Botany  
Monday and Thursday, 6:15 - 8:00pm

### Manukau South and Papakura

#### *Ardmore*

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

#### *Dragons Spirit Papatoetoe*

Mr Kane Raukura IV dan Papatoetoe High School gym, Carlie Street, Papatoetoe (right gate)  
Monday and Thursday, 6:30 - 8:30pm  
Papatoetoe Intermediate, Motataua Road  
Sunday, 9:30am - 11:30am  
Visitors please obtain permission from Mr Raukura before attending Sunday session; \$2 donation

#### *Infinity Papakura*

Mr Steve Pellow VI dan Kelvin Rd Primary School, Kelvin Rd, Papakura  
Tuesday and Thursday, 5:00 - 6:15pm

#### *Ji Shin Manurewa*

Mr Brett Agnew I dan The Gardens School, Charles Provost Drive, The Gardens, Manurewa  
Tuesday and Thursday, 6:00 - 7:00pm

#### *Paul M Taekwon-Do Papakura*

Master Paul McPhail VII dan Papakura Normal School Gym

cnr Porchester and Walters Rds, Papakura  
Monday and Wednesday, Juniors 6:00 - 7:00pm, Seniors (green & above) 7:00 - 8:00 pm  
Kids, Wednesday 5:00 - 6:00pm

#### *Tribal Taekwon-Do*

Mr Richard Iotua II dan Otahuhu Primary School Hall, 41 Station Road Otahuhu  
Monday and Thursday, 6:00 - 8:00pm

### Rowandale

Mr Scott Clavis I dan Rowandale School, 73 Rowandale Ave, Manurewa  
Wednesday and Friday, 12:30 - 1:30pm  
Wednesday 3.30 - 5.00pm  
Lunch time session is for Rowandale school pupils only. Visitors welcome to attend Wednesday after school sessions - please obtain permission from Mr Clavis before attending

### Franklin and Counties

#### *Paul M Taekwon-Do Waiiau Pa*

Mr Dan Jackson III dan Waiiau Pa School, 571 Waiiau Pa Road, Waiiau Pa  
Tuesday and Thursday, 6:30pm - 8:00pm

#### *Waiuku*

Mr Phil Dunn II dan George Street Primary School Hall, George Street, Waiuku  
Tuesday and Thursday, 6:30 - 8:30pm

#### *Xtreme*

Mr Luke Thompson II dan Harrisville Primary School hall, Harrisville Road, Tuakau  
Monday and Wednesday, Juniors 7:00 - 8:30pm  
Seniors 7:00 - 9:00pm

## Midlands Region

### Waikato

#### *Hamilton*

Mr Grant Eccles IV dan Maeroa Intermediate School Gym, Churchill Avenue, Maeroa, Hamilton  
Monday and Thursday, 6:30 - 8:00pm

#### *Hwa Rang Academy - Rotorua*

Ms Christine Young IV dan Rotorua Primary School Hall, cnr Arawa & Rangiuuru Sts, Rotorua  
Tuesday and Thursday, Juniors 4:30 - 5:30pm,  
Seniors 5:30 - 7:00pm

#### *Te Awamutu*

Mr Ian Campbell V dan The Martial Arts Centre, 350 Bond Rd, Te Awamutu  
Sunday 5:00 - 6:30pm,  
Wednesday 6:30 - 8:00pm

#### *Waikeria Hawkes*

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

# 2008 Event Calendar



## January

26 Master Davidson Special Event  
– Dunedin

## February

1-3 ITFNZ National Camp and Senior  
Dan Grading, Tui Ridge Park, Rotorua

9-17 Instructors' Training Courses  
throughout New Zealand

22-24 Midlands Regional Camp

## March

1 Umpires Course – Counties Manukau  
2 Pee Wee Tournament – Counties Manukau  
8 First Aid Course – Counties Manukau  
16 EPSON Under 18 Tournament 1  
30 4th Oceania Championship  
– New Zealand, host Counties Manukau

## April

1 Grading round begins  
— My grading is at \_\_\_\_\_  
19 Instructors' Course – Auckland /  
Counties Manukau  
20 Instructors' Course – Midlands

## May

3-4 Black Belt Grading – Auckland  
3-4 Black Belt Grading – Central Districts /  
Wellington  
11 TOP TEN SERIES Tournament 1

## June

7 Umpires Course – Counties Manukau  
8 Regional Tournament – Counties Manukau



Photographs courtesy of Mr Doug Hanna

- July**
- 18-20 International Instructors Course – New Zealand, Tauranga
  - 21 International Umpires Course – New Zealand
  - 25-27 International Instructors' Course – Australia

- August**
- 3 TOP TEN SERIES Tournament 2
  - 11 Grading round begins
  - My grading is at \_\_\_\_\_
  - 31 Pee Wee Tournament – Counties Manukau

- September**
- 14 EPSON Under 18 Tournament 2
  - 27 Instructors' Course – Central Districts / Wellington combined
  - 28 Instructors' Course – South Island

- October**
- 4-5 ITF NZ National Tournament, Queen Elizabeth Youth Centre – 11th Avenue, Tauranga
  - 15-19 III ITF World Cup Riva Del Garda, Italy
  - 26 NZ OPEN Tournament

- November**
- 1 Grading round begins
  - My grading is at \_\_\_\_\_
  - 16 EPSON Under 18 Tournament 3
  - 29-30 Black Belt Grading – South Island

- December**
- 6-7 Black Belt Grading – Auckland / Central Districts / Wellington if sufficient numbers
  - 14 TOP TEN SERIES Tournament 3

## Bay Of Plenty

### *BOP Taekwon-Do Academy -*

#### *Papamoa*

Mr James Rimmer VI dan  
Papamoa Community Center at the  
Library, 15 Gravatt Road Papamoa,  
Tauranga  
Tuesday and Thursday 6.00 - 7.30pm

### *Hwa Rang Academy - Welcome Bay*

Ms Christine Young IV dan  
Welcome Bay Hall, Welcome Bay,  
Tauranga  
Tuesday 6.30 - 7.30 pm,  
Thursday 7.00 - 8.00pm

### *Hwa Rang Academy - Otumoetai*

Ms Christine Young IV dan  
Otumoetai Action Centre, Windsor Rd,  
Otumoetai  
Monday, Kids 4:00 - 5:00pm,  
Adults 7:00 - 8:00pm;  
Wed Juniors 4:30 - 5:30pm,  
All 5:30 - 6:30pm

### *BOP Taekwon-Do Academy -*

#### *Tauranga*

Mr James Rimmer VI dan  
Tauranga Girls College, Cameron Rd,  
Tauranga  
Wednesday 6:00 - 7:30pm,  
Sunday 5:00 - 6:30 pm

### *Hwa Rang Academy - Pillans Point*

Ms Christine Young IV dan  
Pillans Point School hall, Maxwell Rd,  
Tauranga  
Mondays & Thursdays 5:30 - 6:30pm

### *Silla Taekwon-Do*

Mr Gwyn Brown IV dan  
Te Puna Settlers Hall,  
Te Puna, Tauranga  
Tuesday and Thursday 6:00 - 8:00pm



## Poverty Bay

### *Phoenix Taekwon-Do Gisborne*

Mr Kevin Cale I dan  
Gisborne Girls High School, Gladstone  
Road, Gisborne  
Tuesday and Thursday, 5:00 - 7:30pm

## Central Districts Region

## Taranaki

### *Bell Block*

Mr Krishna Reddy III dan  
Bell Block School Hall, Devon Street,  
Bell Block, New Plymouth  
Tuesday and Thursday, 6:00 - 7:30pm

## Wanganui

### *Dragons Spirit Wanganui*

Mr Darren Andrews II dan  
Wanganui East School, Patapu St,  
Wanganui  
Tuesday and Thursday, 6:00 - 8:00pm

## Palmerston North

### *Cloverlea*

Mr Richard Burr III dan  
Cloverlea Primary School, Herbert Rd,  
Palmerston North  
Tuesday 5:30 - 7:00pm

### *International Pacific College*

Mr Kunihiko Kaneko I dan  
IPC Recreation Centre, 57 Aokautere  
Dve, Palmerston North  
Tuesday 7:00 - 9:00pm,  
Saturday 2:00 - 4:00 pm

### *Milson*

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

### *Palmerston North Taekwon-Do*

*Academy*  
Mr Dave Ballard IV dan  
Chinese Association Hall, Napier Rd,  
Palmerston North  
Monday and Thursday, 6:00 - 8:00pm

### *Tiger*

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

### *West End*

Mr Richard Burr III dan  
West End School, cnr College St  
and Botanical Rd, Palmerston North  
Monday and Thursday 6:00 - 7:30pm

## Horowhenua

### *Horowhenua*

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

### *Taekwon-Do Cubs*

Mrs Rose Cherrington III dan  
Mondays, beginners, 4:00 - 5:00pm  
Coloured belts and adults,  
5:00 - 6:30pm,  
Waiopahu College, Bartholomew  
Road, Levin  
Wednesdays, Adults 6:30 - 8:00pm,  
Cubs dojang, 412 Arapaepae Rd,  
RD1 Levin

## Rangitikei

### *Ngatawa Girls Diocese*

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

### *Rangitikei Dragons*

Mr Daniel Motu II dan  
Marton Wrestling Gym, Wilson Park,  
Marton  
Monday and Wednesday,  
6:00 - 7:30pm

## Waikanae

### *Waikanae*

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

## Wellington Region

## Paraparaumu

### *Kapiti Coast*

Mr Ian Leitch I dan  
Memorial Hall, Tennis Court Rd,  
Raumati South  
Tuesday and Thursday,  
Kids 6:00 - 7:00pm,  
Adults 7:00 - 9:00pm

## Porirua

### *Porirua*

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

## Upper and Lower Hutt

### *Lower Hutt Academy*

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

### *United*

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

## Wellington

### *Berhampore*

Mrs Lena Walton IV dan and  
Mr Ian Walton III dan  
Berhampore School, 106 Britomart St,  
Berhampore  
Monday and Wednesday  
Juniors/Kids, 6.15pm - 7.15pm  
(ages 8yrs - 13 years)  
Seniors/Adults - 7pm - 8.30pm

### *Brooklyn*

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

### *Khandallah*

Dr Jake Pearson IV dan  
Cashmere Ave School, Cashmere Ave,  
Khandallah  
Monday & Thursday, 6:00 - 7:30pm  
(beginners welcome on first training of  
each month)

### *Miramar Taekwon-Do*

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

### *North Wellington*

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

### *Spirit Taekwon-Do Karori*

Mr D'arcy Mellsoy I dan  
Kelburn Normal School Hall,  
16 Kowhai Road, Kelburn  
Monday 6:15pm - 7.45pm  
St Johns Hall, Cnr Karori Road and  
Campbell Street, Karori  
Friday 6:00pm - 7.30pm



### *Thorndon*

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

## South Island Region

## Marlborough

### *Redwoodtown*

Mr Shane Eade III dan  
Redwoodtown Hall,  
cnr Cleghorn and Weld Sts  
Redwoodtown, Blenheim  
Tuesday and Thursday, 6:00 - 7:30pm

### *Mauriora*

Mr Rana Moanaroa I dan  
Pioneers park in the athletics club,  
Nelson  
Monday, 5-12yrs 6:00 - 7:00pm,  
Adults 6:00 - 8:00pm  
Wednesday, Everyone 6:00 - 7:30pm

## Canterbury

### *Riccarton*

Mr David Oliver II dan  
Villa Maria College, Peer St,  
Upper Riccarton, Christchurch  
Monday and Wednesday,  
6:30 - 8:00pm

## Otago

### *Central*

Mr Nigel Patterson I dan  
St Gerards School hall, Alexandra  
Tuesday and Thursday, 6:00 - 8:00pm

### *Threshold*

Mr Hayden Breese IV dan  
Level 2, 169 High St, Dunedin  
Monday and Wednesday,  
6:00 - 7.30pm,  
Kids, Monday, Wednesday and Friday  
4:45 - 5:45pm

### *Dunedin*

Mr Neil Kettings III dan  
Lodge Hall, 9 Shore Street, Dunedin  
Monday and Thursday, 6:00 - 7:30pm

### *Mosgiel*

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

### *Otago University*

Mr Russell Stuart III dan  
Activities Hall, Clubs and Societies  
Building, Albany St, Dunedin  
Monday 4:00 - 5:30pm,  
Friday 4:00 - 6:00pm

# Taekwon-Do for Weight Control?

by Master Paul McPhail, VII dan  
Technical Director

Many people join Taekwon-Do because they want to get fit and lose a bit of weight. This is especially true for adults, and can be a major motivation to begin training. So is Taekwon-Do actually good activity for weight control?

Yes and no.

“Yes” because as an exercise it can be an awesome way to burn calories. “No” because on its own, without a good diet, it is not enough (nor is any form of exercise). To be able to achieve and maintain healthy body weight, or more importantly, a healthy body fat level, you must have a combination of both good exercise and diet. Inevitably, if you do one without the other you will be unsuccessful.

## Taekwon-Do for exercise

As a fat burning exercise, Taekwon-Do is top notch. A typical training session can burn around 1000 calories per hour. Sparring, sparring drills, pad work or similar workouts will burn even more. The number of calories you burn however will depend directly on how hard you work. If you just cruise through the session without trying hard, you will not burn many calories.

Calories, by the way, are the way we measure heat energy. (One calorie is the amount of heat required to raise 1 litre of water 1 degree Centigrade.) When food is burned, it releases a certain amount of heat (energy). The word “calorie” is used interchangeably to describe the amount of energy in food and the amount of energy we expend during activity.

Instructors may wonder if they are burning calories when they are teaching. That depends on how active you are during the session, but out of interest I measured the number of calories I burned while teaching a 1 hour class. Using a Polar s725 training monitor I tested myself over several sessions then calculated an average. I normally join in with some of the warm up, and usually demonstrate techniques often during the class. My caloric output was an average of 333 calories per hour. That is similar to doing a 20 minute run, so even instructing twice

a week is quite good exercise.

Now, as mentioned, if you train harder, you will burn more calories. In fact, you will continue to burn calories long after the training session is over if it has been of high intensity. This “after burning” effect is one of the reasons why high intensity-type training is now considered better for fat burning than the traditional slower “fat burning zone” type exercise. So when you train – train hard.

## Taekwon-Do and food

What we eat and how much we eat is very important for weight control. There are many reasons for this including the fact that different foods contain different amounts of calories (see sidebar “Calories in food types”). Different foods also release sugar into our blood stream at different rates (called GI index). But eat too much of *any* food – even so-called “healthy” foods – and it will get stored as body fat. If you consume more calories than you burn (you’re in a calorie surplus), it doesn’t matter what you eat; you will gain weight, usually in the

form of body fat. Pay attention to portion size and never stuff yourself at one sitting.

One big mistake Taekwon-doin make is to go home and eat a large meal after training. In the few hours following that big meal your body is deciding what to do with all that food. What you don’t use now will get saved for later. “Saved for later” of course means “stored as fat”. By all means have a small meal to re-fuel and avoid being hungry after training, but watch your portion size.

Below are a few guidelines for eating on training days. Train hard and good luck.



Photo compliments of Master McPhail

Even Instructors can burn more than 300 calories per hour when teaching

## FOOD FOR TRAINING

To ensure variety and a well balanced diet, you should select foods from each of the major food groups every day. The major groups are:

- Fruits and vegetables
- Breads & cereals
- Milk and dairy products
- Lean meats, poultry and fish

### Before training

- Eat at least a few hours before training.
- Include in the meal a supply of **low** GI carbohydrates

**Some examples of Low GI carbs include:**

Pasta, noodles, mixed grain bread, white rice, apples, baked beans

- Avoid eating sugar.

*\*Your body prefers to use muscle glycogen stores from food consumed hours before rather than to use sugar that you have only recently eaten.*

### During training

- Sip water or a 5 to 10 percent carbohydrates rehydration drink to avoid dehydration and a drop in blood glucose levels.

### After training

- First drink plain water to rehydrate
- Have a carbohydrate drink that contains a little sugar (glucose, fructose) to rapidly aid muscle glycogen replacement.
- Eat some **high** GI carbohydrates.

**Some examples of High GI carbs include:**

Bananas, Nutri-grain, wholemeal bread, calrose rice, baked potato

- If you eat later, food should contain **low** GI carbohydrates to continue loading your muscles with fuel (readying them for your next training session).

*These guidelines don't account for any individual allergies, intolerances, or special diets individuals may be on. Please consult your doctor or dietitian if you are unsure.*

### Calories in food types:

- 1 gram of carbohydrate = 3.7 calories
- 1 gram of protein = 4 calories
- 1 gram of alcohol = 7 calories
- 1 gram of fat = 9 calories

### Examples of calories in food: (Food to avoid)

- Big Mac and large fries = 980 calories
- Denny’s big breakfast = 1100 calories
- Medium movie popcorn with butter = 1100 calories

*Source*  
**BURN THE FAT FEED THE MUSCLE**  
ebook by Tom Venuto

# Attack of the Teenage Girls (and their Dad)

Three Principles for Releasing Techniques, part 8

by Mark Banicevich, V dan  
Instructor, Paul M Glendowie



**Three principles for releasing techniques**

1. Use your mass and breathing
  - a. Relax and use breathing
  - b. Use hip then hand to move large muscles then small
2. Maintain your centre
  - a. Elbows in and keep technique in your centre
  - b. Keep centre of gravity between your feet
3. Use the angles
  - a. Move off the line to avoid attack
  - b. Use your opponent's third point to break their balance



**Two hand throat grab**

Left, photographs left to right:

1. The giggling Rebecca Styles wraps her powerful (if small) hands around Mr B's throat, like a villain out of Batman: "The Giggler".
2. Use hip then hand while stepping back with the left foot to pull the opponent off balance. Meanwhile, bring the right hand up to the outside of the opponent's left forearm; reach the left hand over the opponent's left hand placing your thumb between the knuckles of their two middle fingers and gripping their knifehand with your fingers.
3. Continue to circle your hips and rear foot to keep the opponent off balance. Use your left hand to rotate your opponent's knifehand towards the sky, and slide your right hand to your opponent's elbow. At the same time move slightly towards the opponent so the arm bends into the "Z" shape for *nikyo*, and bring your hands down towards your centre.
4. Other view of photo 3; *nikyo* is applied.

**Tip for releasing techniques that manipulate the wrist:** do not grab the opponent's wrist when applying these techniques. This supports the opponent's wrist and reduces the pain they feel.

Last issue we applied *nikyo* to three more attacks and this issue we add another three – versatile, isn't it.

Notice the similarity of the first two attacks this issue: the throat grab and two hand grab. The attacks and defences are similar (although the defence photos are taken from opposite angles).

Remember to apply the three principles to all of your releasing techniques. They are listed on the previous page for reference.

In the photograph descriptions, "other view" means the photo is taken from the opposite direction of the "original view", so you can see what is going on with the hands.

This issue's models are Rebecca, Megan and Duncan Styles of Paul M Glendowie.



**Two hand grab to the wrists**

Left, photographs left to right:

1. Megan Styles grabs both of Mr B's wrists aggressively, like another villain out of Batman: "The Other Giggler".  
  
Quickly push your hands apart. The opponent's natural instinct is to push them together, which is what you want for step 2.
2. Use hip then hand while stepping back with the left foot to pull the opponent off balance. Meanwhile, bring the right hand over the opponent's left hand placing your thumb between the knuckles of their two middle fingers and gripping their knifehand with your fingers. Many opponent's will release their free hand at this point, but it makes no difference if they don't.
3. Circle your hips and front foot back towards the opponent (a change of direction to bend the opponent's arm into the "Z" shape for *nikyo*, and also keep them off balance). Use your right hand to rotate your opponent's knifehand towards the sky, and twist your left hand free of the opponent's grip, sliding it to their elbow. At the same time bring your hands towards your centre, keeping your elbows close to your sides.
4. Other view of photo 3; *nikyo* is applied.

**One hand grab to the hair**

Below, photographs left to right:

1. Duncan Styles grabs Mr B by the hair with his left hand. Ha! That attack won't work forever!
2. Use hip then hand while stepping back with the right foot to pull the opponent off balance. The opponent's grab forces you to lean forward. Meanwhile, grip the opponent's left forearm with your right hand, squeezing the tall finger into the lateral cutaneous nerve to bend their arm; reach the left hand over the opponent's left hand placing your thumb between the knuckles of their two middle fingers and gripping their knifehand with your fingers.
3. Shift towards the opponent with both feet, punching the opponent with a right upset-like punch. Use your left hand to rotate your opponent's knifehand towards them.  
  
Punches, kicks and other attacks can often be used during releasing movements, when opportunities arise.
4. Slip the right hand to the opponent's forearm, while rotating their left hand with your left hand; *nikyo* is applied. During the technique the hair is usually released, and you can straighten your torso to improve your balance; also bring your hands to your centre for maximum control.

This is one of few releases where the defender must lean during the technique. Whenever possible, the defender should keep their torso upright.





by  
Shirley Pygott  
II dan

# Kicks for Kids

This issue General Choi takes charge in a prison cell and we look into training in the dark. Our address if you have something to put on these pages is: PO Box 457 Silverdale Whangaparaoa 0944 or email taekwon-dotalk@itf.nz.org.nz.

Welcome to  
Kicks for Kids  
issue #20

## Terrific Training by Torchlight

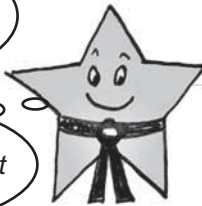
One of the great things about Taekwon-Do is that it can be done anywhere, any time, and I thought it might be fun to have a look at some great reasons to train in the dark. With daylight saving over summer you may have to stay up a bit late to try these, but it always comes in handy during power cuts. Or you could just try closing your eyes instead, but NO PEEKING! Maybe this should be blindfold training instead.

### General Choi said:



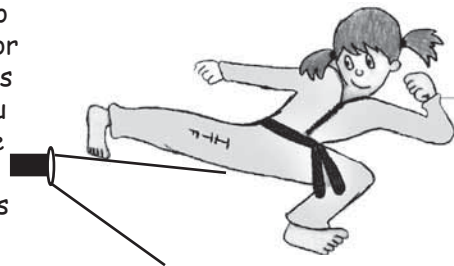
A student can train in a cleared space in a back yard at any time

By torchlight, candlelight, or starlight ... it's up to you!



Practise your stances and turns in a pattern by 'feeling' where they should be, instead of looking where they should go. You might end up somewhere unexpected though (like facing backwards)

Get someone else to hold a torch beam for you to do flying kicks over. Make sure you know where you are landing before you jump though...always safety first :-)



Play Taekwon-Do hide-and-go-seek in the garden at night. Use your other senses to find each other, especially your hearing.



Shine a torch on a wall and free-spar with your own shadow



### Philosopher Cai Qen Tan said:



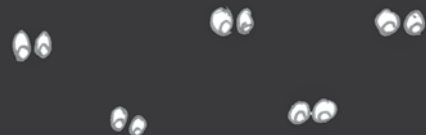
The moon in the sky does not care one bit whether the world is troubled or quiet

In other words, you should not worry about what others think, just believe in yourself

## What happens if you have a power cut at training?

You are getting into a good training session in the middle of winter, and suddenly the power goes off and you are in darkness. What happens then? Well at the Red Beach Kids club, the instructor told the kids to stop fussing and keep training. I think the power stayed off for about 15 minutes, and they trained the whole time. They were surprised how well they could see in the dark. Some of them even enjoyed it. Would that happen at YOUR club?

Can we spar in the dark please sir?



Ask your instructor!



# Meet the Founder Part 9

## Happy then Horrified Hopeless then Happy

Choi Hong Hi, the man who would eventually create the martial art of Taekwon-Do had been sentenced to six years in prison for being one of a group of Koreans who plotted to overthrow the Japanese Army. And he was happy! Not happy to be in prison, but certainly happy to be alive and not dead! They were all so certain that they were going to be executed for their part in the plot, and couldn't quite believe their luck. But they were determined - one day they would escape and continue their fight to free Korea from Japanese rule. They didn't know how, but they knew they would somehow.



That might seem a very strange thing to do, but he wanted the other prisoners to be curious about him, to get their brains working again. They had given up thinking a long time ago. Then he made some rules for their prison cell and threatened to beat them if they did not follow them all. He knew he had to be cruel to be kind.

**Rule #1**  
No talking about food. It only made them more hungry.

**Rule #2**  
Save some of the drinking water for cleaning. Even a little spare water would help.

**Rule #3**  
Keep the toilet area clean. It would make the whole cell smell better.

These rules were to get them in a more positive frame of mind, so they could survive. The rules helped, but as time went on they all got weaker, sicker and eventually hopeless again. It was a hell from which they couldn't see any escape. Choi Hong Hi never let his fellow prisoners know how hungry, thirsty or sick he really was, because he knew that a leader must set a good example, but one day he was so hungry he fainted. Now they all knew even he was losing the fight to survive. All hope was lost. Then a miracle happened...

**PYONG YANG PRISON**  
Your Home Away from Home  
...NOT!

Unfortunately when Choi saw the prison he was about to spend six years in, he wasn't happy any more, he was horrified! It was just about the worst thing he had ever

seen. It was filthy dirty and it smelled awful. The prisoners all had diseases of the skin and were terribly thin from starvation. The guards were horribly cruel, too. They kicked and hit their prisoners, and shouted abuse at them all the time. They couldn't see the point of giving good food to prisoners that would die anyway, so often they just didn't bother to feed them.

How could Choi Hong Hi hope to survive in such a place? He figured he had three choices:

1. He could give up, curl up in a ball and wait to die. This is how the other prisoners acted.
2. He could fight the guards and make them treat all the prisoners better.
3. He could force the others to have hope.

Since it was not his nature to give up on anything he couldn't do #1. If he did #2 he would almost certainly die, and he wanted to live. So he did #3. And the first thing he did was stand as still as a statue, in the middle of the cell.



## NEWS FLASH!

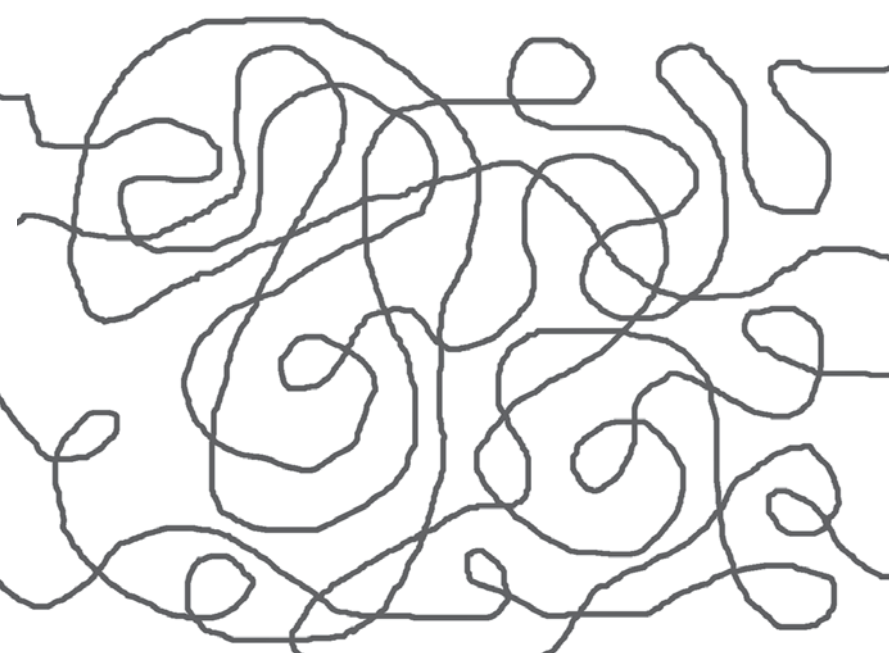
10 AUGUST 1945  
Japan Sues for Peace  
The War is Over

The Japanese lost the war. (Which War? That huge fight 60 years ago known as World War II!) So suddenly all the prisoners were set free. They were finally hopeful for the future and happy to be alive and free. Choi Hong Hi could finally return home safely after all this time.

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

## SCRAMBLED SIDE KICKS

Only one side kick successfully hits the target. Which one is it?



**MISS!**  
Forgot to look at the target

**OOPS!**  
Aimed too high and missed the target

**HIT!**  
Great kick; Right on target

**BOTHER!**  
Didn't line up the foot with the hip

# How Taekwon-Do Training Can Influence One's Outlook on Life

by Norman Ng, IV dan  
Pioneer of Taekwon-Do in New Zealand  
Part 1 of 2

*The following is a transcript of part of Mr Norman Ng's final talk to black belts in Palmerston North, December 1995. It was originally published in Taekwon-Do Talk in 1996, and we felt it was worth re-publishing in this issue. Mr Ng continues to be a strong supporter of ITF NZ and again we thank him for all his years of service to the Art and to our organisation.*

George Bernard Shaw once wrote:

"There are two tragedies in life – one is not to get your heart's desire, and the other is to get it". Similarly, there are two tragedies in Taekwon-Do – one is to give up before one reaches one's potential, and the other is to get the black belt and beyond. So the dilemma is do I continue or do I stop or whatever, and if you continue what are you going to do?

In this article I discuss some key words. First let's talk about **COURTESY**. In the *dojang* we bow, and this is oriental courtesy; when we meet each other we pay each other respects, and particularly in Japan. The same etiquette is also required outside the *dojang*. In the king's court in years gone by, various etiquette and rituals were practised. You see how they did it in some of those old movies. You have respect for your seniors. But sometimes you feel that the seniors' words go through one ear and out the other. You aren't really listening. That's the same for your parents; your parents might say something to you and you say it goes in this ear and out the other!

Well do we sneer at others, and badmouth about people behind their backs? Nothing worse than doing that, because the person doesn't have a chance to defend himself or herself. If you want to say something badly, say it in front of the other person and let the person defend themselves. If you have nothing nice to say, you'd be better not to say anything at all. Whatever is said cannot

*"In the world of the Samurai, the drawing of the sword is a meaningful gesture. The sword represents life and death and once it is drawn something serious is going to happen in a Samurai's life."*

be withdrawn. So ask yourself if you practise courtesy at all times. One of the criteria would be that when you meet a person for the first time you are always polite and careful what you say. You should practise that all the time, even with your wife, your parents, your sisters and your loved ones and all that, because that is to practise courtesy. I know it's difficult. You take each other for granted after you've been married for about 30 years, but if you really care for each other I think you should

go back to that. And in years to come I hope this talk will enable you to think back, and say well I should do that; at least treat each other as though we met for the first time.

So next we come to **ATTITUDE**. We should treat the study of Taekwon-Do as seriously as we do our tertiary studies, because as I always said, getting a black belt in Taekwon-Do is just as difficult as getting a degree in the university. We should really study Taekwon-Do with dedication, and I'm sure you have otherwise you wouldn't be here today. The *dojang* is the mirror of one's life while you are doing Taekwon-Do. In the *dojang* we wear the simplicity of the white *dobok*, and we train in the bare hall, and there is really no class discrimination when you come for Taekwon-Do training. Not like when you go to golf – some wear designer clothes while you're in five-dollar uniforms! So when you come into the *dojang* everybody's the same because you are wearing the same uniform, so it doesn't matter what your occupation is, doesn't matter at all. Once you put on the uniform we are all equal.

During Taekwon-Do training, we experience many obstacles. I'm sure you have. Physical limitations; not all of us are good at high kicks. Injuries; we all have those over the years. Boredom; you say oh this is getting boring, I'm going to give it up, but you haven't, you've got this far. Family crises; financial problems like Mum couldn't afford to pay the grading fees for example – we all have those. And emotional stresses and so on.

So we seek to develop non-quitting attitudes. I mean, if all these are problems and you didn't have good attitude you would have given up by now. But you haven't so all of you here have the non-quitting attitude, and I hope you continue with that. Obstacles and problems will always be in front of us because that's life, and it's up to us as martial artists to continue to overcome these problems and crises and never quit.

If we can bring this same attitude to all those we come into contact with, then you will have done a service to everybody, and your Taekwon-Do training will have been worthwhile, because that is the attitude which not many in a community have.

**FOCUS**. In the world of the Samurai, the drawing of the sword is a meaningful gesture. The sword represents life and death and once it is drawn something serious is going to happen in a Samurai's life. Either he is going to survive or he is going to die. So once that sword is drawn he is focused and there's only one thing he is going to do – kill the other person. And that's important. When we bow in class we pay respects to one another. We are making a meaningful gesture there to pay our respects to our seniors, to our instructors and so on, and vice versa. So when we bow we should do it properly and with full respect, and not being sloppy and half-hearted. We should be focused. Because there is nothing worse than being non-focused.

When we meditate we empty our minds of dreams, fantasies, fears and anxieties. I don't know whether you have meditated before, but that's just the idea of meditation. So we are focused. When the musician plays he is focused, otherwise he



Mr Norman Ng in an ITF NZ Taekwon-Do dobok from the early 1990s

Photographs courtesy of Master Paul McPhail

would play out of tune. When you are talking to somebody, you should be focused. I wonder if you have experienced this – when somebody's talking to you, he or she would just look around, focused elsewhere to see who's coming. Really he or she is not listening to you. That is really bad. I hope you people don't do that. Don't worry about what's behind or in front of you, concentrate on the person you are talking to. Listen to him or her and focus your attention on that person. That's important, because that person will appreciate your attention. So try not to be unfocused in your life.

And with Taekwon-Do, it's the same thing. You've got to be focused and I'm sure you will be. At your next grading you will be focused, so that you make the minimum of mistakes.

So whatever we do we've got to be focused, whether we do one-step sparring, free sparring, patterns and so on.

Next we come to **BREATHING**. Maybe some of you think breathing's not important, but it's quite important. Breathing is the energy of life. When someone dies we say he or she stopped breathing. In Yoga they believe life takes in a number of breaths. Once you have reached this number you die. So in Yoga practice you control breathing so that you can prolong life. The way we breathe is very important. A healthy baby has the most natural breath, with the tummy rising and falling. When we inhale we are then expanding the capacity of our tummy so it goes outwards, and when we exhale the tummy should move inwards. If you do the opposite you are in trouble. Practise it. And the blood is properly cleansed of carbon dioxide. Our brains and nervous systems need to be fully oxygenated. So really breathing is very important, that's why some people live much longer, because they can breathe well.

In the business world, particularly in delicate negotiations, great attention is paid to breathing. Negotiators are taught to read the signs of your breath. If you breathe a certain way they know what

you are thinking and so on, and that's an art. They can then read the physiological and psychological meaning of what you are trying to decide to do, and that's the job of the skilled negotiator.

You may be interested to learn that normal breathing is 18 cycles per minute, that means exhale, inhale 18 times per minute. But a Yoga practitioner can do that five times per minute. So if you reduce from 18 to five that's about two thirds, so he is saying I'm going to increase my lifespan by a factor of three, so if your lifespan is 60 you are talking about 180 years old (laughs), which is not possible of course. But I do believe that life can be prolonged, but for how much longer I don't know, maybe five years, ten years.

Most people's breath is to benefit the upper body. But proper breathing should concentrate on the spot just below the belly button, which in Korean is called the *dum jun*. This is really the source of your energy from which energy flows through our electrical canals in the body. So your body is all like electrical wires, and these wires may be regarded as canals flowing from the *dum jun*. So when you are breathing out you are strong, that is why you *kihap* when you punch or block. The timing of the *kihap* is an art form. I've been trying to teach *kihap* to my students for many years, but some of them think oh it's too hard, they don't like it because maybe they're embarrassed using it. But really you should *kihap* each time you punch or block because it helps make you strong. There are other benefits, too, but we won't expand on them here. By controlled breathing you are going to optimise your performance, whatever you are doing, whether in sports or anything. The person who can breathe the best, he or she is going to perform the best in any sport.

Next is **TRUST**. We treasure money, don't we? We like power, all of us. That's why we want to become president, because we like power. Possessions like big houses, nice cars, pretty women or handsome men. And most of us want more and more, I mean the more money you've got the more you want to make. Today you've got a Jaguar, tomorrow you want a Rolls Royce. We are never satisfied. That's human nature. It is these desires which often tempt us to do things out of character, that's why some of us go and murder somebody, commit a crime – because of these temptations.

But these are material things, visible things. Trust is an invisible treasure. We all try to develop trust, to trust others and want them to trust us. However, it is not something that comes right away; it takes years to build up that trust. The bond between you and your parents, the trust, has been formed over years and years since you were born. And the trust between friends has been formed since you've known each other for many years. You don't trust a stranger do you? That's because you

can't find a bond. So trust doesn't come easy. So you should develop your reputation until those you come into contact with will trust you, and you cannot determine how long it's going to take because sometimes it never comes, and there's always somebody who will never trust you. The bank is one – they don't trust anybody! No, to earn trust you've got to put effort into it and be vigilant in whatever you do. Always work at it by taking care of other people the same as you take care of yourself because that is the way to form trust and a good reputation.

You're thinking, oh well from now on I'm going to work doubly hard to get through my exams. Okay,

in the morning, and your poor parents are waiting at home wondering what happened to you, maybe an accident or something. Is that the way to build up trust between you and your parents? But if you come back at 12 o'clock and you do that a few times, your parents will trust that you will do the right thing and not betray their trust. Nothing is worse than betraying that trust. Even if you break that date with your girlfriend or whatever at the time, you come home at the right time. That's what Cinderella did wasn't it?

If you do a few of these bad things, the trust people bestow on you quickly disappears. Do the wrong thing and people don't trust you any more. It takes only one moment of indiscretion to lose a lifetime of work in building trust. Some people just commit one mistake in their lives and they pay for it forever more. It's cruel isn't it? I've been working hard for 40 years to build up a reputation and yet in one moment I've lost it. Think about it, is it really worth it? That's the temptation you see. Whatever you do, it is within your power to maintain the goodwill and trust of your friends, family and associates.

What is the most difficult challenge you have faced to date? Ask yourself that, I won't go through the whole class. I think it's **EGO**. For most of us anyway. Through Taekwon-Do we have developed self-confidence, self-respect etc and that is good. However, if we have too much of the wrong ego it could impede our natural development and our relationship with others. To struggle to overcome ego is like the struggle with weeds in the garden. You weed them, they are gone, but after a few days they come back and you've got to weed them again or apply weedkiller. But even then after a few weeks they'll come back again.

Similarly, our continuing struggle to overcome ego. Too much ego affects the way we see things and the way we behave towards others. The body language often gives it away. Some of us think we are the best in Taekwon-Do so we behave with a certain amount of body language thinking, "I'm the best". But there is always somebody who is better than you are, that's why martial artists throughout the world, throughout history, have thought "this is the best", but there is always somebody better. So ego is something we need to control.

And if you have an egotistical attitude, you are forming a barrier to your continued development and personal growth. So we have all got to always be vigilant to put down this ego of ours because it is going to crop up from time to time and that is really an important issue for all of us. Even at my age I think I still have some ego as well, but I try to bring it down.

*The second half of Mr Ng's talk will be published in the next issue of Taekwon-Do Talk.*



Mr Norman Ng, Pioneer of Taekwon-Do in New Zealand and former President of ITF NZ Taekwon-Do

you tell everybody that, and the whole community knows you said that. And then after one month you're starting to flag and you're not working hard, not handing in your assignments, you're not doing anything. You turn up late for work and whatever. That's not the way to build up trust is it? Here's another case. Some of you will tell your parents I'll be home by midnight, but you end up at a social or somewhere and you don't get home until four

# Gear On! Heart Racing! Attitude Pumped! Let's Rock!

ITFNZ National Championships 22 - 23 September 2007  
by Kane Raukura, IV dan  
Director of Standards and Discipline



*Our official opening began this year with a warm Maori welcome and karakia by Mr Neil Campbell, who was the tournament's official Master of Ceremonies.*

*Wow! What an event! This year's National Championships was hosted by Counties Manukau and once again it proved to be an amazing weekend.*

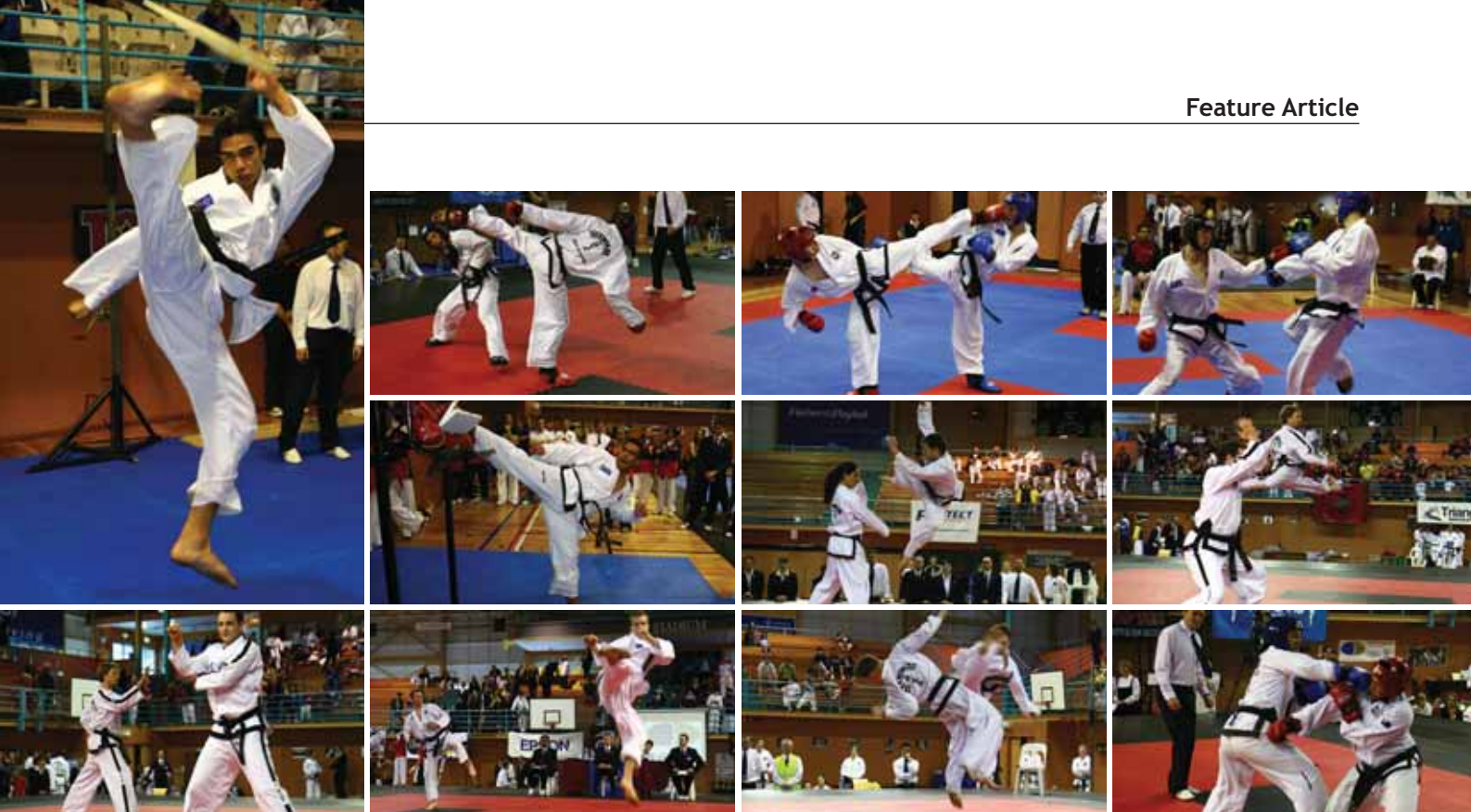
With competitors from up and down the country, the atmosphere was electric as teams started to congregate on Friday evening for the weigh in. There were plenty of worried faces as the scales started telling their story – was that Big Ben pie on the way up just a little too much! A few people needed to sweat it out, but all in all no major hassles this year! Well done coaches for keeping your teams trim and fighting fit!

A good night's sleep and it's off to the venue, ASB Stadium in Kohimarama. Walking through the front doors, things look pretty organised: vendors set-up and plying their wares, final registrations occurring and of course, people excitedly checking the draw! It's great watching faces and seeing emotions at play as people realise who they're up against or not as the case may be. Lots of laughter, hugs and handshakes, as old friends and colleagues catch-up and chin-wag.

Moving onto the tournament floor and scanning the surrounds, it was obvious that a lot of work went on preparing the venue; getting rings ready and making everything look great. Mr Doug Hanna did a great job placing photographs on all four walls of the venue, showing action shots and special moments from the World Championships in Canada. Then it came! "Form up!" Flowing from the benches and the tiered seating came the pride of each region – some walked with trepidation, some ran in excitement – on they came until the floor was awash with white. Our official opening began this year with a warm Maori welcome and karakia by Mr Neil Campbell, who was the tournament's official Master of Ceremonies. Mr Campbell did an absolutely fantastic job over the whole weekend. He was followed by our President, Master Evan Davidson, who declared the 2007 National Championships open!

It was the moment everyone awaited! Now the action started, and with television filming taking place, thanks to Triangle Television, Epson and Top Ten and our excellent sponsors, no one wanted to look bad.

Day one and it was straight into dan patterns and sparring. The competition was hot as each region battled it out. As the morning progressed, some real talent was shown. One highlight for me was male team sparring: a certain grim looking Mr Steve Pellow paired off with Mr Jeremy Hanna. It was the old school versus the new in a clash of the titans! A well placed straight punch from Jeremy took Mr Pellow by surprise, but Mr Pellow just smiled and



Photographs from top left to bottom right: Mr Deejay Thompson of Counties Manukau annihilates the flying turning kick • three fantastic photographs of black belt free sparring • Mr Luke Thompson, power breaking World Champion, does his thing so well • Prearranged free sparring was a big hit at this year's tournament – Mr Shiloh Walsh (left) and Mr Shane Eade of the South Island • Mr Kris Herbison (left) is defeated by Dr Cameron Snelling in 4th dan and above patterns, performing Juche as the designated pattern • Dr Snelling (left) and Mr Herbison perform Moon Moo as their optional pattern • Mr Carl van Roon (right) defeats Mr Nigel Patterson in 1st dan patterns, and goes on to a silver medal • Mr Chris Broughton (left) and Mr Jeremy Hanna of Auckland North are New Zealand's first National Champions in prearranged free sparring • Mr Grant Eccles referees Miss Lizzie Fa'afili and Miss Toni Moki in female individual free sparring. All photographs courtesy of Mr Doug Hanna.

grinned from ear to ear he stepped forward with a look on his face that kinda said, "Okay then – so that's how you want to play!" It was a great match and continued with many others. Auckland North did a great job though and took away the gold.

Hitting something really hard and successfully breaking it is oddly satisfying! To certain individuals I guess this is a bit of an addiction and later in the morning of the first day we were all treated to watching the truly addicted! It was power test, as the individuals and teams rocked up, some awesome breaking started to make its presence known. With blood curdling *kihap*, board after board was broken. The individual men's power test went to Mr Luke Thompson, Counties Manukau, who absolutely demolished his breaks! A very well deserved gold! Team power also went to Counties who later received a job offer as a demolition crew on the Cook Islands (no tools provided!).

The afternoon culminated in special technique and pre-arranged free sparring events. After Mr Carl van Roon drank six Red Bulls and breathed helium for half an hour there was absolutely no chance for anyone else. With amazing dexterity and skill, Mr van Roon leapt his way to a clear gold! (How does he do it?) A win to Auckland North!

Everyone then gathered around the raised centre ring to watch the pre-arranged free sparring. As each participating region put its team on the mats; we were all blown away by the creativity and energy of the pairs performing. A dazzling display by Jeremy Hanna and Chris Broughton of Auckland North brought the house down. Stunning sequences were also shown by Central Districts and Counties Manukau. Gold to Auckland North,

Sponsors

silver to Central Districts and a bronze to Counties Manukau. Congratulations to all pairs participating in this event (even Wellington, who unfortunately had to withdraw at the last minute).

With the preliminary dan sparring and patterns over in the morning, it was time to try something new! It was off home or to the hotel, a quick shower and change of clothes, and back to the stadium for a delicious spit roast dinner, good company and some interesting entertainment: some dan sparring and patterns finals! It was great seeing our top black belts showcased and providing everyone with the opportunity to be free and able to focus on each match! Well done Counties Manukau for trying something new and exciting! The 2007 Awards followed with many great finalists in each category. Well-deserved recognition was given to Mr Steve Pellow who was awarded Instructor of the Year as well as his 25 Year Plaque! The night was a lot of fun but the hard work was not yet over – everyone headed home to count fluffy sheep and prepare for day two. A big thanks to the Dragon's Spirit Papatoetoe set-up crew who stayed back and re-organised the venue to competition specs for Sunday.

Thank heavens (or thank Mrs Iotua) for the Coffee Barista at the front door! Another early start for officials, competitors, families and supporters. It's day two and the juniors are at it today. For first timers it's nerve wracking; for 1 – 2 year veterans, they can't wait to get back on the mat. Gladly, competition is clean and everyone is behaving themselves! Sounds of *haechyo* and *gaesok* echo around the stadium. I'm in the ring referring and I have two wired blue stripes in front of me; I'm thinking this is going to be fun! One goads the

other – oh bad form! *Ju ui hana!* Some great speed and technique! In and out, dodge, weave, attack – Hey! That was my head fella! It was a great match, wonderful to see the awesome new talent coming up through the ranks. It's looking good for 2011!

The day ticked on and the poor St John's man had a cat-nap, no serious injuries this year, thankfully. As competition came to a close and people started to wind down, the big question was looming – "Which region has taken it out for 2007?" With the best belt awards handed out it was time for the decisive moment. All breath was held and it was silent at the ASB Stadium Kohimarama!

And the winner is – Counties Manukau!

Congratulations to Counties Manukau and all other regions, competitors and teams for placing or just getting in there and having a go! Another successful National Championship with plenty of snapshot moments to remember in the years ahead. A huge thanks to all our supporters, the organisers, the team of officials, our Doodlebug helpers, and coaches and managers for making it all possible.

A massive thank you also to the sponsors of this year's National Championships: Epson, Top Ten, Graphica Technologies, Dilmah, Moonrunner, Protect Self Defence, Inder Lynch, Triangle Television, Artech Print, FujiMAE, Team Talk and Spicers Paper.

I hope to see you all again in 2008!

For all official results refer to page 32.



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# The Sun, the Great Outdoors, Taekwon-Do and You!

by Kane Raukura, IV dan  
Director of Standards and Discipline

This year, two of my articles in *Taekwon-Do Talk* have focussed on moral culture and its relevance to Taekwon-Do students today and the responsibility we have to live up to this special side of our Founder's legacy. As summer is quickly approaching and the weather begins to turn, I thought I would give a few insights into the benefits of outdoor training and getting some fresh air into those lungs!

Ah... you maybe thinking, has Mr Raukura lost a few screws? What has this got to do with Standards and Discipline? Training outdoors is included in the full and condensed versions of the encyclopaedia by General Choi Hong Hi. It is to be found at the very end of the moral culture chapter; here General Choi mentions the following:

“During training the student should constantly develop mental and physical discipline, and the following activities should be considered an integral part of this training:

Travel (*yo haeng*),  
mountain climbing (*dung san*),  
cold showers and baths (*naengsoo machal*)”

Reference: Page 65, Volume One, Full Encyclopaedia, General Choi Hong Hi.

Now, I can hear you thinking already – *mountain climbing! Cold showers!* Don't fret now, I am not going to have you hiking up Mt Tarawera this weekend (it is a nice walk though!). But I would like you to seriously consider the following this summer and maybe occasionally shift your *dojang* outdoors. Why do you think General Choi recommended travel, mountain climbing and cold showers as a great way to develop mental and physical discipline? His reasons are as follows:

Travel – you should strive to visit famous places, historical areas and significant landmarks. These help to instil patriotism and humility in the student. Mountain Climbing – a way of creating a feeling

of victory and triumph in the student. Encouraging students to push their bodies to succeed and strengthening the legs. Cold showers and Baths – this encourages students to develop tenacity (or drive) to keep going, training and improving.

Do we need to exactly follow this though, no of course not, there are many ways we can improvise and use the outdoors without taking a dip under a waterfall! Why not try organising some of the

- Find some local parks, reserves or landmarks where the whole school can meet and train for the night. eg, One Tree Hill in Auckland is great (a landmark, has monuments, hills and fields in which to train) and can also be great advertising for your school.

- Do a trip away with the school. Have a combined training outside with another branch, use your imagination and choose a unique location. eg, on



Miss Courtney Meleisea practises her turning kick outdoors, learning to adjust to uneven ground.

All photographs courtesy of Mr Kane Raukura

following for your Taekwon-Do School as the weather gets finer (instructors or students can do this, students get motivated, make suggestions, maybe help organise and coordinate an event):

the grass in front of the museum with the sun rising on a Sunday morning (everyone can do brunch after training – what a nice way to do some club bonding).

- Catch a ferry. In Auckland you could make a day of it to Rangitoto Island and hike to the summit.
- Find a suitable local beach, do some water training. Full *dobok* and jog the length of the beach in the water – great fun. Do some water sparring!
- If you train at a school, pull everyone outside onto the grass. Play Taekwon-Do war-games, set-up relays and plan outdoor activities.

As well as the benefits that General Choi outlines, the great outdoors is just a wonderful way to get some fresh air. Fantastic scenery can do miracles for the mind and make it feel fitter and younger too! It opens up the opportunity to meet others, make new friends and become more confident in public. Practically, it is useful in training balance and strategy while executing techniques on uneven surfaces. Also, being challenged to accomplish activities outdoors seems to bring with it a huge sense of accomplishment. So let's get into it! Enjoy the sunshine and the summer breeze.

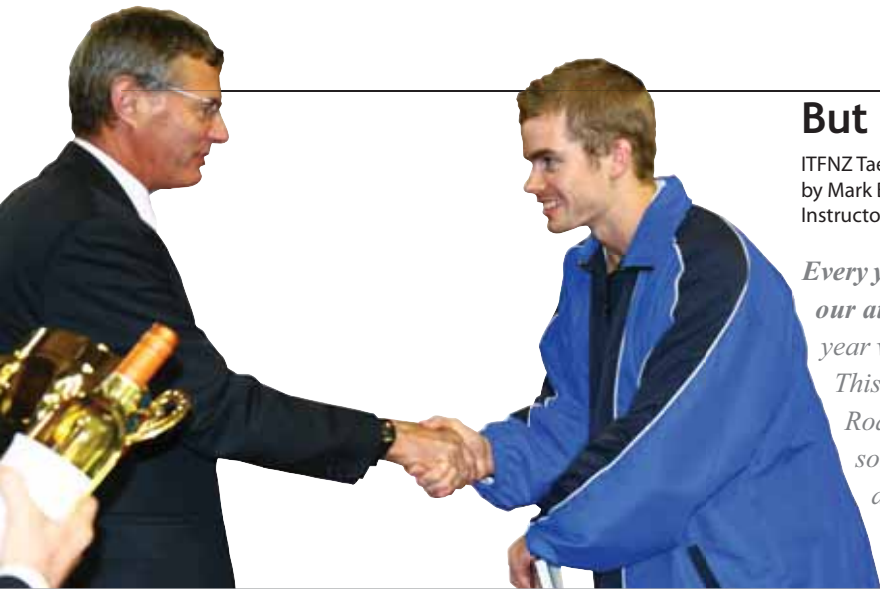
On the behalf of the Standards and Discipline Committee, may you have a safe and happy Christmas and a wonderful New Year (don't indulge in too much Christmas Pud!)



Black belts from Dragons Spirit Papatotetoe practise walking stance forefist middle punch in the great outdoors.







## But What Did They Do?

ITFNZ Taekwon-Do Awards 2007  
by Mark Banicevich, V dan  
Instructor, Paul M Glendowie

*Every year we celebrate the successes of our volunteers and our athletes with the ITFNZ Taekwon-Do Awards. Every year we publish an article about the dinner and festivities. This year we could tell you about the fabulous meal by Spit Roast or the wonderfully brief speeches, but we are doing something different. We are telling you what these people did! We only have 700 words, so this is just a brief taste of some things these people did in the past year.*

### **Paul M Taekwon-Do Dan Student of the Year, Mr Carl van Roon**

Mr van Roon is a model student who dedicates himself to the art of Taekwon-Do. This year Mr van Roon proved himself a world-class competitor at numerous international events, a knowledgeable representative in Korea and an ever-inspiring instructor. He exhibits the kind of work ethic and enthusiasm that one wish were characteristic of all Taekwon-Do practitioners. He is special technique World Champion (thrice running), and attained bronze in free sparring. Mr van Roon was the first student to 'test the waters' during his secondment to ITF Korea. He is also a passionate teacher.

### **Fuji Mae New Zealand Ltd Gup Student of the Year, Miss Chris Morton**

Miss Morton had another very busy year after being involved in the organising committee and competing at the 2006 National Championships in Wellington. She always participates in any extra Taekwon-Do classes or seminars. This year she graded twice with A passes and is grading for 1st dan at the end of the year. Miss Morton was selected to teach Taekwon-Do in Korea for nine weeks earlier this year. She is a member of the Wellington Demonstration Team, and recently organised two ITFNZ Tournaments.

### **Nibun ITF Junior Student of the Year, Miss Amy Reeder**

Having gained her 1st dan with an A pass, Amy won two silver and a bronze medal with the female team at the Junior World Championships in Honduras, and two gold and a silver medal at the 2006 National Championships. That year she won Taekwon-Do Code Awards for Northland Sports and Northland Secondary Schools, was a finalist in the prestigious SPARC Future Champions Awards, received double 'Colours' at her school and won the James Morris Trophy for Outstanding Performance of the Year. She attends trainings with full commitment, including regularly travelling long distances from Whangarei for special additional tuition. She is always helps set up and pack up at club events and fund raisers.

### **Epson New Zealand Instructor of the Year, Mr Steve Pellow**

The twelve members of Paul M Papakura who graded in December 2006 can attribute some of their pass to Mr Pellow's instruction. Whilst trying to prepare them, Mr Pellow was himself preparing to grade to 6th dan. After the 2006 Nationals, Mr Pellow began planning how to build on work with the 2006 Junior Worlds Team and developing a programme to produce World Champions for Canada this year. Mr Pellow ran 84 training sessions for the northern Junior Worlds Team members, consisting of four trainings per week. Mr Pellow was also co-coach of the 2007 Counties-Manukau Team. It does not take long for the newer team members to learn to keep their guard up around Mr Pellow! Of course, he also teaches and trains four times per week!

### **Top Ten Club of the Year, Palmerston North Taekwon-Do Academy**

This social, family oriented club has great spirit! They often arrange interclub trainings and have their own annual awards. The over 18s also regularly socialise together. The club believes in giving back to the community and they collected for the Arthritis Foundation, gave blood, were involved in the Christmas Parade, participated in the Cancer Relay for Life fundraiser (raising over \$2000 each year since it started four years ago), and became part of Mr Bhana's blood donor drive with members and their families donating. The club is never short of volunteers, helping their instructor with International Instructors' Course, Senior Dan Grading, International Instructors Conference, Master Willy van de Mortel Seminar, and the Central District Regional Tournament.

### **The President's Award for Outstanding Contribution to Furthering ITFNZ, Mark Banicevich**

As for me, well, it was quite year for Carl and Mark Productions: together with my friend Carl Matthews we put ITFNZ on television – really on television – for the first time, and this year we are doing it again. With help from Tourism Auckland we produced a bid to host the 2011 World Championships in Auckland, which I presented and we won. I sat in a corner for four days at the World Championships (enough, Mr Eccles!). I helped coach the Auckland members of the team in the last couple of months before the tournament. I was Editor of *Taekwon-Do Talk* (in fact, I am finally passing on this role after over six years). I helped set up the Auckland Taekwon-Do Academy (based on an idea Master McPhail and I had driving through Spain), and tried not to let down the students of my own school – Paul M Glendowie. I instructed at a few camps and seminars, and (of course) attended various seminars, tournaments, and other events.

### **There you have it**

That's a small sample from a small number of volunteers who keep ITFNZ running. Thank you to all of ITFNZ's many volunteers, congratulations to all nominees and winners, and remember, 'many hands make light work'. If you want to help ITFNZ in any way, please talk to your instructor or Regional Director.



## President's Corner

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



I was somewhat disappointed to hear that our instructor's sojourn into South Korea has had to be terminated. This was not unexpected, as I felt the South Korean ITF demands were becoming a little too authoritative. ITF NZ originally supported this initiative with good intention, but in the end it appeared that our instructors were required to teach 'the English language' more so than ITF Taekwon-Do. However, at the end of the day, the instructors who ventured to Korea not only came home with a greater understanding of the difficult situation ITF has over there, but also learnt a great deal about Korean culture and experienced places that most of us only read about in the pattern histories of ITF

Taekwon-Do. Thank you to all those who made the effort to visit and work in South Korea. I hope further opportunities will eventuate in the future.

The 2007 National Champs have now been completed and what a competition that was. Thank you Counties-Manukau for hosting this year's event. A comment received from one of the Sponsors was very heart warming and a credit to everyone in ITF NZ.

*Quote: 'Hi Team! This was the first ITF NZ event of this scale that we have attended and the first ever that we have sponsored. I have to say that we were absolutely blown away by the whole weekend! In over 20 years of martial arts training I have seen, and been a part of, a lot of different organisations and I can honestly say that the enthusiasm, atmosphere, attitude, and positive energy of everyone involved this weekend was phenomenal and unlike anything I had seen before in NZ! ITF NZ has created something quite unique and we were very proud to have been a part of the event.'*

Special mention was made of Mr Mark Banicevich and Mr Carl Matthews. Thank you Mr Phil Thompson of Protect for your comments.

Keep your eyes out for coverage of the 2007 Nationals on Triangle and Sky TV later this year.

At the last executive meeting we had the pleasure of a presentation from Mr Nick Gutzewitz, Project Executive of Tennis NZ. Mr Gutzewitz gave us an

insight into the current organisational structure of Tennis NZ, (some similarities to ITF NZ) and we discussed future governance issues and a possible change to our own ITF NZ structure to enhance the growth/benefits to grass roots members. This matter is under further discussion and your thoughts and input is appreciated.

The end of year grading rounds are approaching fast so good luck to all of you seeking higher levels.

## Next Issue

Next issue is going to be packed full. We will have the usual camp shenanigans, the all-important Technical Tips from Master McPhail, plus much, much more. We may even have something very special to show you - keep an eye out...

### National Camp

Tui Ridge Park, 1-3 February. Featuring a senior dan grading and an introduction to the new ITF NZ Self Defence Syllabus, you won't want to miss this.

### Master van de Mortel Seminars

The highlight of the year for many students. Find out what valuable tips Master van de Mortel brings next time.

### Master Davidson Seminar

Dunedin members are holding their breath for this one... see the results next issue.

## Meeting Snippets

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

Executive Meeting, 6 October 2007

1. There is now an Event Management Plan policy up on the website in the reference section of which event organisers and Regional Directors need to be aware.
2. Instructors need to be more careful with the grading and registration fees being paid to ITF NZ. Overpayments over \$20 will be refunded, any overpayments of \$20 or under will be considered donations as the cost of returning small sums is prohibitive.
3. Nationals made a good profit through sponsorship raised. Thanks go to Messers Banicevich, Matthews, Master McPhail and Mrs Breen for raising the sponsorship money.
4. Hon Trevor Mallard, Minister of Sport and Recreation gave ITF NZ a \$2,000 grant for travel expenses to World Cup. Special thanks to Melissa Timperley and Donald Bray for initiating this.
5. The Executive Committee listened to a guest speaker Nick Gutzewitz from Tennis NZ, and

discussed governance, ITF NZ structure, and growth and benefits to grass roots members. Thanks to Mr Banicevich for organising this.

6. Mr Breen spoke to the Exec about his on-line work for Tournament and Database registration. Instructors can now directly manage their own club details on the database as well as make new and re-registrations on-line.

7. We still need a Marketing Director.

### Become Involved

Members please remember that if ITF NZ is to continue to grow and get better year after year we need YOUR help. Please put up your hand and volunteer. If you have the right skills, the desire, and enthusiasm then get involved. There are many way you can be involved, including as an Executive member, a Regional or Committee Director or a Committee member.



One of our past presidents was a green belt, one of our current Regional Directors is currently a green belt, and one of our Committee Directors is a parent of a member. All have done (and are doing) great things for ITF NZ in those roles.

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**COPY EDITORS:** A strong eye for detail and excellent knowledge of grammar and punctuation are a must. We provide guidelines so you don't need to be a guru.

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Send a one page application by email to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz). Include your full name, the position you seek, a brief summary of your skills, and any other information you think we should know. Applications must be received by 10 January 2008.

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

**TAEKWON-DO TALK**  
THE OFFICIAL MAGAZINE OF ITFNZ TAEKWON-DO



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