

# TAEKWON-DO **Talk**



International  
Taekwon-Do

**Kiwis at the 2013  
ITF World Champs**



ITF WORLD CHAMPIONSHIPS  
SPECIAL EDITION



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of ITKD for their support and  
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fantastic, safe and relaxing  
time over Christmas.*

*Best wishes for 2014.*

*Kind Regards,  
Matt and Lisa Davey*



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## FROM THE PRESIDENT



### Master Evan Davidson

VIII Dan, President

This issue of Taekwon-Do Talk Magazine covers the recently held ITF Senior and Junior World Championships in Benidorm, Spain.

I was fortunate to be able to attend as one of the New Zealand officials and it was an eye opener in respect to being in the thick of an International Tournament involving 1042 competitors and 90 officials from over 50 countries.

Unfortunately not everything ran according to plan but surprisingly the competition was completed in the required number of days. All credit is due to the hard working ring councils, ITF Tournament and Umpires Committee, as well as the acceptance of sudden changes by the team managers and coaches.

On behalf of everyone in ITKD I wish to thank and congratulate our competing teams, the managers, and coaches for a job well done. No doubt planning and preparation can now begin for the next World Championships to be held, September 2015 in Jesolo, Italy.

Also in Benidorm, Master Bhana and I attended the ITF Congress meeting at the Hotel Grand Bali. Forty seven countries were represented at this important meeting with new african countries of Ethiopia and Kenya joining the World Body.

The ITF Headquarters is now operating effectively in Spain and a number of issues were discussed including appropriate recognitions of National Associations (NA's) and Allied Associations (AA's). The ITF President and the Board of Directors are well supported. They certainly have an important role and in some cases a difficult job to do.

I wish you all the best for a happy and peaceful Christmas/New Year and enjoy a good festive holiday season.

### 'Taekwon'



### The Umpires representing New Zealand at the ITF World Champs 2013 (L-R):

Mrs Christine Young, Mr Grant Eccles, Master Mahesh Bhana, Master Evan Davidson, Master James Rimmer, Mr Darren Ward, Ms Rose Cherrington. Also umpiring on behalf of the Cook Islands was Mr Simon Mallinson (absent from photo).

## TKDT TEAM

### Publisher

International Taekwon-Do Foundation of New Zealand Inc.

### Editor

Master Paul McPhail

### Regular Contributors

This issue of Taekwon-Do Talk Magazine is a World Champs Special Edition, so we have given our regular contributors a break. We look forward to reading their regular features from the first issue in 2014.

### Photography

In this special edition most of the photos were supplied by the TKD Action Team: Mr Doug Hanna and Master Paul McPhail.

### Proof Reader

Mrs Vivienne Child

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### Contributions

Taekwon-Do Talk delivers articles relating to International Taekwon-Do in New Zealand and associated activities of fitness, nutrition and health. The goal of Taekwon-Do Talk is to inform, motivate and promote communication throughout International Taekwon-Do.

Your region not represented in this issue? To submit an article please post to: Taekwon-Do Talk Magazine, P O Box 75 -549, Manurewa, Auckland 2243 or email to: [tkdtalk@itkd.co.nz](mailto:tkdtalk@itkd.co.nz).

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See full results, photos and video coverage of the World Champs at :  
<http://www.itkd.co.nz/events/tournaments/world-champs>



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**WORLD CHAMPS  
COUNTRIES**

**Number of  
Competitors**

ITF Argentina	80
ITF Taekwon-do Australia	12
ITF-Austria	3
ITF-Belgium	6
Belarusian Public Association TKD ITF	6
Federação Brasileira de Taekwondo ITF	16
Canadian Taekwon-Do Federation ITF	63
I.T.F. Switzerland Taekwon-Do Federation	7
ITF Chile	17
Asociación Colombiana de Taekwon-Do ITF	10
Czech National Union Taekwon-do	5
ITF-Deutschland	33
Algerian Union I-TF Association	1
ITF England	32
Federación Española de Taekwon-do ITF	47
ITF Ethiopia	8
ITF Taekwon-Do Finland	33
ITF FRANCE	3
Georgian Taekwon-Do ITF Team	1
Hellenic Quadrathlon ITF Federation	8
Hungarian ITF Taekwon-Do Federation	34
ITF Ireland Taekwon-Do Team	50
The Israel Taekwondo-Do Association	12
ITF Italy	41
Jamaica Taekwon-Do Association	5
International Taekwondo Federation Japan	12
Kazakhstan National Taekwon-do Team	11
ITF Kazakhstan	1
Taekwon-do ITF Federation of Kyrgyzstan	21
ITF Lebanon	4
Latvian Taekwon-do ITF Association	2
Taekwon-Do Sportsmen Asociation Moldova	3
ITF-Netherlands	19
National Taekwon-Do Norway	54
ITF - Nepal	6
ITKD New Zealand	47
Polish Taekwon-Do Association	49
Asociación Nacional TKD Puerto Rico	17
ITF Portugal	1
Federación de TKD ITF del Paraguay	27
Romanian ITF Taekwon-do Federation	16
All Russia Taekwon-Do Federation	49
ITF Scotland	30
Slovak Union of Taekwon - Do ITF	4
Slovenian Taekwon-Do Association	31
Swedish TKD Federation	18
Trinidad & Tobago Taekwon-Do Federation	1
All Ukrainian Taekwon-Do Union	10
United States of America Team	54
Federation Taekwon-do ITF of Uzbekistan	19
Federacion Internacional de TKD Venezuela	1
ITF Taekwon-Do Vietnam	2



**COVER**

The all Papakura patterns final at the World Champs between Melissa Timperley (left) and Toni Moki.



# COURSE REPORT

By Mr Jared Neems 1st dan, Paul M Papakura

On the 14th of April 2013 I attended a seminar on how to run an ITKD school. It was a full day course that was being taught by Mr Mark Banicevich, 6th Dan, Instructor, Paul M Glendowie.

I didn't really know what to expect from the day. What unfolded was 8 hours of intense training. There were no push ups but by the end of it my brain was definitely fatigued. It sounds rather torturous right? 8 academic hours inside could be seen as a horrible way to spend a Sunday. The truth is that I was quite astonished. The amount of information and scope covered in 1 day is something that I have not experienced in a class before. It was challenging but extremely informative and rewarding.

In a single day we covered accounting, marketing, administration, class structure, fundraising, legal structure, advertising and even ideas for opening night. We also looked at maintaining momentum once a club is opened and unique ways to source equipment on a tight budget. There was a huge amount of content covered and we were given ample opportunity to give feedback and ask questions. The course was attended by several ITKD members. All in attendance were of different grades, gender, age and experience. Some attendees were actually current instructors who were looking for new ideas.

During the day I wondered what Mr Banicevich actually does for a job. I thought

he might be involved in education. It turns out that he is a Business Analyst. This fact explains the precision and intense level of detail that he executed within the course content. I sincerely congratulate Mr Banicevich and anyone else who assisted in creating the curriculum. I now have text books and software that can assist in operating an ITKD club or small business of any type. More importantly, I know how to use it all!

It is the best \$55.00 I have spent on education. I really mean this. I believe it will benefit anybody who is keen to learn regardless of their academic background. Thanks also for the cake Mr Banicevich. What a champ! 🍷



I really loved the Wellington regional winter camp near Staglands it was great fun and we all learnt a lot, things you would not normally do like breaking boards with our belts over our eyes. I did yoga for the first time, we learnt positions called the crane, the dog, and many others. It was fun because I did things I had never done before, it was very challenging but exciting too.

Part of the weekend was something called war games, I didn't want to play; but I did join in. In the end and it was great fun! I liked the things that Master Rimmer showed us because he showed us things like pattern techniques, he talked about things like speed, crispness in our moves and long stances. He is very good martial artist and explained things really well. I liked everything about the ITF camp especially the sparring and breaking. The run was hard for me but I did it! I got a lot of encouragement to believe in myself to succeed.

I will definitely go again next year because its good experience and I learned a lot.

**Georgia Kitto-Jones,**  
age 13, 9 Gup



# A CELEBRATION OF AGEING – THE VETERANS' CAMP 2013

By **Mr Brian Ricketts** Il dan, Te Awamutu

National and regional ITFNZ camps are generally pretty successful. They tend to be busy, a bit like cramming before an exam, and after a weekend of fairly intense physicality, tiring. The Veterans' camp (August 2-4), organised and run by Morgan Lloyd and Andrew Craig (Silla Taekwon Do) was deliberately not about hustle and bustle, or about cramming as much TKD as possible into the time allotted; it was mainly about the older fraternity of ITFNZ getting together for a chinwag, the odd beverage and good food. And no kids. Of course there was TKD, under the excellent tutelage of three ITFNZ icons – Master Davidson, Master Rimmer, and Master Rounthwaite. But even the more formal TKD was more relaxed than one might find at other camps or seminars. And as many teachers will tell you, a relaxed learning environment is often the most productive. There was also a fair bit of discussion about TKD over two social evenings, some formal, but mostly informal; topics that I either listened to or participated in included issues such as grass-roots funding, why Kodang Tul, are there too many – too few tournaments, costs to individuals, retaining members, viability of clubs, personal time and so on. We were fortunate to have with us Peter Graham and Vince Pygott, both Directors of ITKD who provided valuable background to some of these discussions. I liked everyone's sense of professionalism during the occasional verbal contest.

In keeping with this civilized approach, the Saturday morning-start began at a sensible 7 am, not with a compulsory dip in the local swimming hole (thanks anyway Master Davidson) or 5km run, but waking to Tui song (rather than bagpipes or someone hammering on a large gong); no queues for the toilets or showers, and a reasonable attempt at real coffee (on the first morning at least – I'm not sure what happened Sunday morning!). Scrambled eggs, ham, hash browns, cereal, fruit – plates piled high; no second breakfasts, but in good Middle Earth tradition there were I Ises, luncheon, afternoon tea, dinner, and supper, each accompanied by an appropriate beverage.

Although the 35 year age cut off may have raised the odd eyebrow amongst some



folk, the organisers' decision was quite sensible; if the cut-off had been for real veterans at 60+ then there would have been 3 or 4 of us at camp! At 50+ a few more. For me, and I think for many, the number of attendees at about 40 was just right – any larger and the camp dynamics would have changed significantly and not really for the best; it probably would have required a more rigid or structured programme, there would have been less chance to talk to everyone, longer line-ups for the toilets, and I may not have been able to grab a lower-level bunk (really important for those 'middle of the night' calls). I hope that anyone who plans one of these events in the future keeps this optimum size in mind.

Ageing, even for students less than 35 years old carries with it the attendant inevitability of any number of physical problems, most of which can be dealt with to a greater or lesser extent. Everyone at the camp was well aware of this. Fortunately, the gathering did not descend into a hypochondriac fest. Most of us have worked out what helps best for stretching and warm-up and if not, then we at least we know what doesn't work.

The veterans' camp was a celebration of ageing. We can enjoy the age we are now, and not regret the age we will become. Ageing brings so many benefits – our kids may have left the nest, we will have decades of accumulated wisdom, we will have witnessed the folly of those younger years when we thought we knew everything and be better off knowing that we didn't. And perhaps importantly, the expectations of TKD prowess, agility and championship will now occupy their rightful place – somewhere in the back of beyond - but not regretted. For example, some of our number (generally at the younger end) could perform excellent flying reverse turning kicks followed by well deserved applause and an occasionally expressed "I

wish..." from those of us unable to perform similar feats, perhaps akin to frustration, regret, longing... For myself there may have been a time in the past 8-9 years of doing TKD when I also wished for something like this, you know the feeling "if only I'd started sooner" kind of thing. I now find that I don't wish for such things, mainly because it is pointless. We, at the older end of the TKD student spectrum, can now occupy a place that feels very comfortable, not from the perspective of sitting back and letting others (younger) deal with the world, but from the point of view that we can feel comfortable in our own skins, that whatever we do from now on is absolutely brilliant (in my case the word "brilliant" is a bit of a stretch but you know what I mean).

Well done Andy and Morgan, first for the thinking and planning, and finally for its successful execution. I look forward to the next one. And to the four lovely people who helped out –Allyson Lloyd, Jade Gibson, Abbey Gibson and Francis Lloyd - thanks heaps. In some ways you were like the proverbial 'flies on the wall'; I did wonder what you might be thinking during some of the social activities, but perhaps it's best not to know. 🐝



# TUL TOUR SOUTH KOREA

By Mrs Young-Jasberg VI dan, Hwa Rang Academy Tauranga

The "TUL TOUR®" is the brain child of Master Zibby Kruk (Polish / Australian) now living and working in South Korea. His closeness to General Choi Hong Hi has instilled in him the same passion to share Taekwon-Do with as many people as possible around the world.

A "TUL TOUR®" combines technical training and theoretical knowledge of patterns with the opportunity to practice them in the locations around Korea that are associated with the pattern history.

The tour takes participants to ancient historical sites, monuments, museums and places of stunning Korean scenery which are dedicated to the people and places after which General Choi named his patterns.

The goal of the "TUL TOUR®" is to immerse the practitioner in Korean culture and history in order that he or she is inspired and gains a better understanding of Korean history and life, and as a consequence, Taekwon-Do.

From 15th – 24th August I was one of 18 participants in Tul Tour I, which meant we focused on the tuls from Chon-Ji to Choong Moo. Our group included two

Sabums from the Netherlands, Sabum Harry Van Schaik and Sabum Tjon-a-Pauw, both highly respected umpires whom I had met at past World Competitions.

The group was led by Master Zibby Kruk who outlasted everyone in energy and stamina throughout the tour. We were in the midst of a hot Korean summer where temperatures were plus 30s with high humidity. Our routine involved an early breakfast then bus travel to the auspicious training site, donning our doboks, practising fundamentals for the tuls and then performing the tul under Sabum Harry or Master Zibby's command. As the sites were very scenic and crammed with interesting information or monuments we were always using more than our allotted time at each venue. Master Kruk was in charge of photos after the training, and even though we were very sweaty and frazzled, he always made us stand with correct stances, tool at the right angles and in correct formation so as to look our best.

For brevity I will limit myself to describe my personal three training highlights.

My best memory is being in Gyeong-Ju, the capital city of the Silla Kingdom. This city is bursting with historic significance such as

DaeWang Ahm where King Moon Moo's ashes are scattered, General Yoo Sin's tomb is there and Lake Anapji and surrounds was the home of the Hwa Rang warriors. Training at Lake Anapji inside the site of a former palace where the Hwa Rang came to be educated is special to me, being the Chief Instructor of the Hwa Rang Academy in Tauranga.

For the pattern Toi Gye we travelled to a secluded and remote mountainous area of Korea, to the neo Confucius school where Yi Hwang (Toi-Gye) taught his pupils. We walked along the same courtyards and sat in the same classrooms as the scholar pupils of Toi-Gye. The main tutoring room had a different set of steps for the teachers than for the pupils to enter as the teachers used one set and the students used the other.

At the start of this Tul Tour we climbed Mani-San, where the Korean people still come to worship the legendary founder, the Holy Dan Gun. The 472m peak provided more challenge than belies its height. The journey is peppered with scenic views of the lakes and farmlands below. As we conquered one winding staircase we were rewarded with a life giving cool



Sorak Mountain





**CHONJI WATERFALL ON JEJU ISLAND**

Korea - The Homeland of Taekwon-Do | [www.ittf.org](http://www.ittf.org) | [www.kiff.org](http://www.kiff.org) | [korew@ittfmail.org](mailto:korew@ittfmail.org)

breeze to keep you going upwards to the next staircase. Making this trek and training at the Dan-Gun shrine was a fitting introduction to the Tul Tour.

Over 70% of South Korea is mountainous and mountain walking is a popular pastime of the Koreans. That is no surprise as the country is spectacularly scenic in parts. Especially Sorak Mountains as noted in one of our travel photos.

True to its goals we were also presented with Korean cultural experiences such as the traditional arts programme at the National Gugak (Traditional Performing Arts) Centre in Seoul. Dr Sabina Kim the cultural programme director had gone to great efforts to organise special lunches and dinners for us each day. Certainly each mealtime provided a cultural smorgasbord and a great variety of Korean food to sample and experience.

So far I have just raved about the places and monuments, but those who have travelled overseas for Taekwon-Do will attest to the wonderful feeling of being with others regardless of country, race or religion who share a passion for training Taekwon-Do

together. Our group was represented by 11 Dutch, 1 Suriname, 1 Arab, 2 Turks, 2 Israelis and me, I count for two nationalities being Chinese and Kiwi. It is always amazing to find out how much we have in common and the Tul Tour will certainly connect us forever by having shared such a special experience.

I went to South Korea with an open mind and no set expectations. What I found was an amazing country, rich in culture and ancient in history. The Korean people are really proud of their heroes and the General has chosen some very special people and places and honoured them with a tul. Before going to South Korea I was just scratching the surface to the background stories to the tuls. Being in South Korea, mountain walking amongst her people, experiencing their great variety of food with a strong sense of spiciness and bottomless kim chi to every meal, I certainly got an understanding of the Korean people's unique culture and spirit. The tul tour has certainly enlightened me on many things Korean and given me more understanding and deeper insight to the roots of the patterns. 🌸

*ITF Korea offers several TUL Tours every year. For more information visit [www.tultour.org.kr](http://www.tultour.org.kr)*

*Mrs Young-Jasberg travelled independently to Korea, the cost of her 10 day Tul Tour was US\$1,850 on a full board basis. Mrs Young-Jasberg will be customising and co-ordinating a Tul Tour in 2015. If you are interested please contact her via email at: [ce\\_young@hotmail.com](mailto:ce_young@hotmail.com)*

*Photos courtesy of Master Zibby Kruk and TUL TOUR®*







Girls in front of Won Hyo temple





# EAT REAL FOOD

By Mrs Joanne McIlwee, CrossFit East Auckland

High Performance nutrition is so often an after thought, if thought about at all. Athletes spend hours training and refining their technique in order to win by sometimes the smallest of margins. However when it comes down to those final seconds of competition or the difference of half points in a final score, nutrition will be what determines 1st and 2nd place.

I was honoured to speak with the ITKD High Performance athletes at their recent training camp in Auckland. As athletes at the top of their game with determination and dedication to win, small changes in their nutrition will make a difference.

However whether it be high performance athletes, weekend warriors or just the health conscious, nutrition is a widely debated issue. "Time" appears to be the biggest barrier to nutrition alongside lack of knowledge and the mixed messages we receive can be so frustrating, more often than not convenience food and poor choices, win out.

Nutrition is a full commitment to becoming a better athlete. To perform at your highest capabilities you need to become a more efficient metabolic machine, ensuring that the right nutrients go to the right muscle tissue.

To keep it simple "**Eat Real Food**" and ditch the processed junk.

What's real food? Easy... it doesn't come in a packet. So, eat real protein, that's meat, fish and eggs, alongside vegetables, nuts and seeds, good fats and oils, some fruit, berries are best and a little starch and dairy. These foods repair and rebuild muscle tissue, offer a premium fuel source and ensure our nervous and hormonal systems run at optimum. Remember, vegetables and fruits are your best source of carbohydrate and fibre.

Ok, so everything else is processed? Yes, pretty much. Avoid breads, pasta, crackers, all baked and fried goods, rice, sugar, margarine and vegetable oils. These high carbohydrate foods have drastic impacts on our blood glucose and insulin levels, resulting in weakness, tiredness, an inability to repair muscle tissue and over time contribute to the onset of nearly all chronic illnesses.



Joanne and family. Jo's husband Aaron is a former New Zealand TKD Team member, and also a CrossFit instructor and Director.

Nutrition will serve you best when you eat real food over time, it must become part of your training. 2 weeks out before competition is not enough.

## My top tips:

- Be prepared! Plan all meals as best as you can. When you hit the supermarket, stick to the parameters, the fruit and vege section and meat and chilled/frozen foods section. Head down the aisles for your herbs, spices and good oils.
- Eat real protein sources and vegetables at every meal – if it's green, EAT IT! Go for the kumara and pumpkin after training.
- Make good fats and oils part of your daily diet. Best sources are avocados and nuts, coconut oil, macadamia or avocado oil and omega 3 fish oil.
- Cook double or even triple the portion size – leftovers are legendary for breakfast and lunches.
- Recovery is about getting real food into you as soon as you can. Protein shakes can be ideal here, especially if you know it's going to be a period of time before you get to a full meal.
- Invest in a George Forman Grill and Hotpot. Super fast and easy cooking.

Make the commitment. You think you're fit and strong now, but is it enough to win and how much better could you be? 🍌



# KIWIS IN SPAIN '13

By Mr Doug Hanna ITKD Photographer / Reporter

## ***After we hosted the World Champs in Wellington in 2011 there were big boots to fill...***

On our home soil and with the Europeans generally sending smaller teams due to our isolation we managed to secure 41 medals and claimed the top country status for the first time ever. Not only did our team do well but the iTKD organisation showed the world how to host a tournament to the highest level of efficiency and standard ever:

Soon after the tournament closed plans began for the next tournament campaign in two years' time in Benidorm, Spain.

With a number of senior members of the team retiring as world champions and the changing of the rules to allow teams to submit up to two seniors for each event there were opportunities for new people to step up to the challenge. And in the juniors a number had now become seniors making way for new juniors.

So for 60% of the team this was their first World Champs. From what I've seen at the previous four World Champs it tends to take one or two of these events before new members of the team perform at their peak. However, this year the team performed extremely well with a number of first time medallists.

There was the largest ever number of competitors, due to the new rules allowing more seniors to compete, and being back in Europe and on the back doorstep of many competitors.

From the outset plans were made for this team to succeed. With help from Sport NZ we had an enlarged coaching team who travelled to Spain with the competitors. While previous NZ teams were well managed, this year's team of Don Leong,

Sandra and Afi Meleisea were amazing, raising the standard of team organisation to a new level.

And outside of that Phil Moore brought his IT expertise to the fore with the smart application of technology to aid training and the smooth running of the team at the competition itself.

Normally the team accommodation is organised by the competition organising committee. Our management felt they could do better than what was on offer and secured the Hotel Deloix for our team. It turned out to be a good decision – one that head coach Master Pellow believed gave us a competitive advantage of being away from the other teams and with us having a very good training facility to ourselves.





# “The days before the tournament consisted of an early training for about 1 ½ hours before breakfast...”

The team arrived in Benidorm on a Saturday evening after 25 hours of flights, a 5 hour stopover in Singapore and a 5 hour bus trip from Barcelona. But they now had 4 days to settle in and get over the travel and any residual jet-lag not addressed by the All Black endorsed “Flyhydrate formula fluids” before the tournament started on Thursday. It’s a 4 day tournament that goes through until Sunday afternoon.

The days before the tournament consisted of an early training for about 1 ½ hours before breakfast followed by a day of free time for shopping and sightseeing around Benidorm. Benidorm is a little like Surfers Paradise but more crowded on the beaches and primarily occupied by middle-aged to elderly British holiday makers. There are over 200 hotels and plenty of restaurants specialising in “British meals”. If you’ve seen the British TV show entitled “Benidorm” then you’ll get the idea...

Temperatures were in the high 20’s to early 30’s – pretty hot during the middle of the day - and it was easy to break into a good sweat just walking around. Before dinner each night was Haka practice and often teams practiced for their team patterns too.

The meals at the hotel were excellent with a wide variety of buffet suitable for all including those losing or watching their weight for the weigh-in on Wednesday. The weigh-in went smoothly with no-one not making their weight, much to their relief.

The tournament venue was very adequate – a long rectangular sports arena which had about quarter curtained off for warm up and the rest laid out into 10 rings including one for speciality and another for power.





Finally Thursday came and we got underway arriving early to claim our preferred spot in the stand for the team and spectators.

The four days of the tournament seemed like a blur. We were all especially busy for the first two days as they got through many

of the individual events, and it settled down to a slightly less frenetic pace for the third and fourth day.



# THE OPENING





# DAY 1



Patterns feature highly in the first day. Mark Trotter has been vice champion of 4+ Dan patterns, with Mr Suska of Poland winning the title for many years. Mark wins his first few rounds and meets Suska in the quarter final. Both look great but Suska prevails and goes on to win gold again leaving Mark out of medal contention.

Angel McCreedy wins her first three rounds, the last one going to flags, before being beaten in the next round.

In patterns Michael Davis, Ogy Kabzamalov, Aramai Tahau, Ethan Parker, Melissa Timperley, Toni Moki, Rosin Giles, Helen Caley, all win rounds.

First to rein in a medal was Ethan Parker with gold in senior 2nd dan male patterns.

Next we had Melissa Timperley and Toni Moki in the final of 3rd dan senior patterns. It was extraordinary against such competition. There had to be a winner and Melissa took gold with Toni taking silver. It was a very happy moment for us all.

Next we had Rosin Giles In the final for senior 1st dan patterns. She had worked so very hard on her patterns and won the final to gain a gold medal at her first world champs. Helen goes on to win bronze in 2nd dan patterns.

In sparring Josh Jamieson, Josh Campbell, Maddison Black, all won rounds. Josh eventually takes out the bronze. Maddison drew a tough girl from the Netherlands with both receiving penalties for excessive force. It was a tough match that went to the Netherlands but Maddison didn't make it easy for her.

In senior power, Brendan Doogan broke 2 of the 5 breaks and, being the only one to do so, took gold. All the power breakers found the boards and machine combinations very difficult to break. None of the senior males broke the punch (including Wesley Filiki!) and only one (I think) of the juniors. There was much talk about the newness of the boards and the design of the machines, as the low level of breaks from what looked like good technique so often didn't result in breaks.

In senior female power Kristy Leong won silver. In specialty Aramai Tahau (previously a world champion as a junior in Argentina) won a bronze medal.



Helen Caley



Rosin Giles



Melissa Timperley and Toni Moki



Ethan Parker



Brendan Doogan



Mark Trotter



Aramai Tahau



Kristy and Don Leong



## 2013 NZ TEAM RESULTS

### Gold (8) / Senior (6) Junior (2)

Senior Individual Female 1st Dan Patterns - Roisin Giles  
 Senior Individual Female 3rd Dan Patterns - Melissa Timperley  
 Senior Individual Male 2nd Dan Patterns - Ethan Parker  
 Senior Individual Male Senior Power - Brendan Doogan  
 Senior Female Team Special Technique  
 Senior Pre-arranged Sparring - Mark Trotter and Carl van Roon  
 Junior Individual Male Special Technique - Sean Neary  
 Junior Individual Female Power - Morgan Searle

### Silver (7) / Senior (3) Junior (4)

Senior Individual Female 3rd Dan Patterns - Toni Moki  
 Senior Individual Female Power - Kristy Leong  
 Senior Female Team Patterns  
 Junior Individual Female Special Technique - Rose Biddiscombe  
 Junior Male Team Power  
 Junior Male Team Special Technique  
 Junior Female Team Special Technique

### Bronze (11) / Senior (6) Junior (5)

Senior Individual Female 2nd Dan Patterns - Helen Caley  
 Senior Individual <85kg Sparring - Carl van Roon  
 Senior Individual <50kg Female Sparring - Estelle Speirs  
 Senior Individual <50kg Female Sparring - Melissa Timperley  
 Senior Individual Male Special Technique - Aramai Tahau  
 Senior Male Team Special Technique  
 Junior Individual Male 3rd Dan Patterns - Mitchell Leong  
 Junior Individual Female 1st Dan Patterns - Hine Nolan  
 Junior Individual Male <68kg Sparring - Joshua Campbell  
 Junior Individual Male Power - Sean McDermott  
 Junior Pre-arranged Sparring - Robert Meleisea and Mitchell Leong

## COUNTRY PLACINGS

	Country	Gold	Silver	Bronze
1	Poland	13	6	8
2	Ireland	10	6	11
3	New Zealand	8	7	11
4	Russian Fed.	6	6	8
5	Germany	4	5	6
6	Norway	3	5	5
7	Canada	3	2	3
8	England	3	1	5
9	Paraguay	2	4	0
10	Italy	2	3	8

We ended the day overall very happy with our performances winning 4 golds, 2 silvers and 1 bronze medal and were in the lead in the country rankings.

Back in New Zealand, family and friends were following our many tweets and the iTKD facebook group page went ballistic with updates, photos, messages of support. Back in NZ Mr Dave Blackwell cleverly downloaded the official results in PDF form and put the results into a spreadsheet which he published and kept updating overnight for everyone. This was great as we were able to accurately track our progress each day with Dave processing the results overnight.

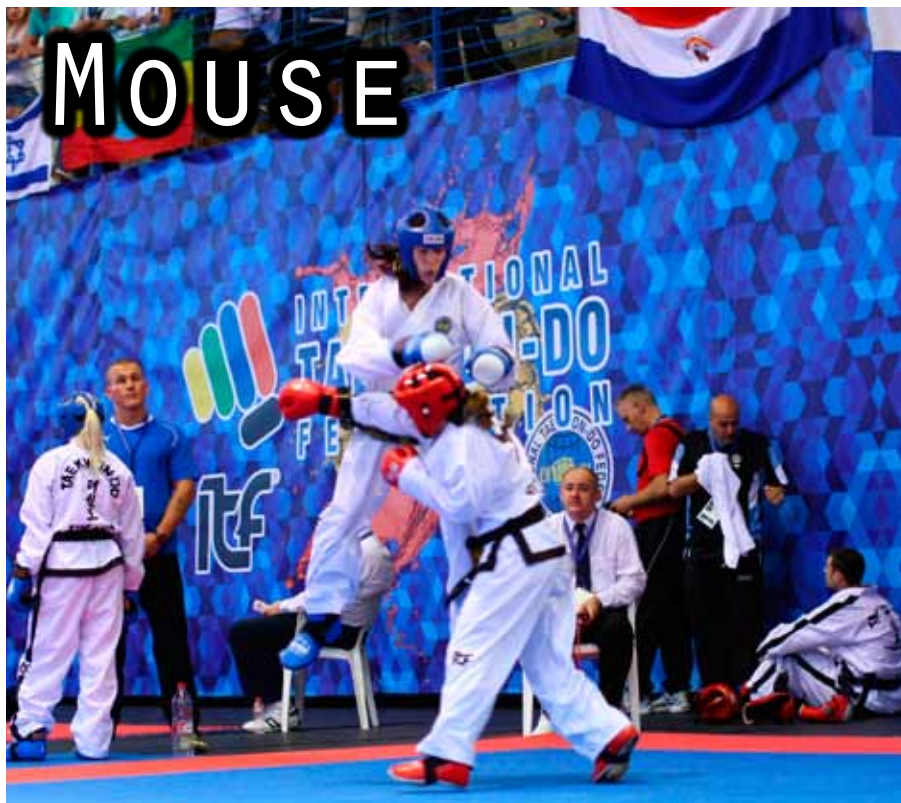
It's fair to say there was a fair bit of frustration on days 1 and 2 with equipment breakdowns. The automated scoring systems proved unreliable with many holdups while the computers had to be reset or other issues attended to. The first day was long and we didn't leave the venue until around 8pm.

Master McPhail and I were taking lots of pictures but couldn't upload them at the end of the first day because our Hotel's wifi was down. We weren't happy with that but couldn't do much about it. Also unimpressed were those kiwis trying to watch Spain's single live streaming video link which also proved unreliable for them. There were a lot of comments and people helping each other over Facebook.



Brendan Doogan





Melissa Timperley was one of the stars of the tournament winning Gold in individual patterns and bronze in sparring. To top that off she contributed to several team events winning Gold on Womens Team Special Technique and Silver in Team Patterns. In the photo (right) fellow club member and patterns gold medallist Ethan Parker congratulates her.

### Medal Classification for Competitors



Position	Code	Competitor Name	Gold	Silv.	Bron.	Point
1-2.	IRL	INCE, ELLEN	2	0	0	6
1-2.	RUS	Kozlachkova, Ekaterina	2	0	0	6
3.	CAN	Maduk, Kayla	2	0	0	4
4-5.	DEU	Adolfs, Colin	1	1	0	3
4-5.	PRI	OPPENHEIMER, AYEISHA	1	1	0	3
6-8.	FIN	Hietaniemi, Pauliina	1	0	1	3
6-8.	NZL	Timperley, Melissa	1	0	1	3
6-8.	RUS	Li, Andrey	1	0	1	3
9-43.	ARG	Farias, Macarena	1	0	0	3



#### Competitors registered:

Competitors: 1042  
Teams registered: 117

#### Competitors per age group:

Senior (18+ years) 623  
Junior (14-17 years) 419  
TOTAL Competitors: 1042

#### Overall Statistics:

Countries 58  
Female Competitors 380  
Male Competitors 662

#### Participants registered:

Competitors 1042  
Officials 119  
Umpires 99  
Coaches 321  
Supporters 512

**TOTAL Participants: 1944**



## DAY 2



Matt Bowden gets through to the quarter finals in patterns before being eliminated. We ramp up our twitter coverage to try and include a tweet for every round, win or lose.

First medal goes to Rose Biddiscombe in junior special technique. Various wins go to Matt Davey (sparring round 1).

Carl van Roon (sparring through multiple rounds to win bronze), Angel McCreedy (multiple rounds patterns), Hine Nolan (wins 4 rounds of patterns to take bronze), Estee Speirs wins vs Hungary (sparring), then again, then again, Georgia Moore goes through to the next round sparring and Courtney Meleisea wins her first round sparring.

Sean Neary wins gold in junior male special technique.

Junior girls get through to quarter finals in power, losing out on a bronze medal.

Mitchell Leong wins bronze in junior 3rd dan patterns.

Melissa Timperley wins bronze in sparring.

Meanwhile junior male team power is going on in the background and they come out with a silver medal.

Estee loses sparring to Germany but takes bronze.

Then we move onto the opening ceremony which traditionally is held on the end of the second day of competition (apart from when we run the World Champs in NZ when we ran the opening ceremony at the start).

A highlight was the team Haka which looked and sounded ferocious. Eventually we return home tired and hungry after another mammoth day.

Our tally for day two was a very satisfying 1 gold, 2 silver and 5 bronze medals and we're still ranking number 1 country.

Aramai is injured in sparring and is taken to hospital as a precaution and kept under observation. Unfortunately this means that our senior male team patterns is forfeited.



Rose Biddiscombe



Carl van Roon



Mitchell Leong





Hine Nolan



Luke Cherrington



Robert Meleisea



One of the stand-out Juniors of the New Zealand team was first time Worlds competitor Sean Neary. Sean took gold in individual special technique as well as playing a key role in the success of the male power and special technique teams.



Angel McCreedy



Junior Female Power Team



Junior Male Power Team





# DAY 3



Morgan Searle



Mark Trotter and Carl van Roon



Sean McDermott

It's a particularly hot day. It was 21 degrees at 8am and a local tells me how extraordinarily hot today is for this time of the year.

Junior girls team sparring lose to Germany. Michael Davis draws his second sparring match and loses in the last second of round three.

Morgan Searle scores on all 3 breaks in junior girls power – she's the first to do that and ends up winning gold.

Alisa's sparring match with Sweden ended early due to her back injury flaring up again.

Kane draws the previous junior world champ in sparring and loses the round.

Carl van Roon and Mark Trotter are in senior pre-arranged sparring and look very good. Their performance is superb and they go through round after round to take the gold medal. This is Mark Trotter's 3rd World Champs gold for this event.

Senior girls take gold for special technique while the senior men take bronze.

Sean McDermott gets 4 of 5 breaks in junior power. But the extremely high performance in this event means he wins bronze.

Our tally for day 3 was 3 golds, 1 silver and 2 bronze medals.

Spain goes out of daylight saving tonight so we all get an extra hour of well deserved sleep.



Michael Davis





Josh Campbell



Sean Neary



Alisa Parker



Melissa Timperley



Joshus Jamieson



Carl van Roon and Mark Trotter





# ESTEE SPEIRS



# ROSE BIDDISCOMBE



## DAY 4



Today is more team events and we don't have a lot left to run. However, our teams are scheduled for multiple events first up this morning and it's busy.

Junior boys team patterns are beaten by Ireland on centre ring.

Senior male team sparring put on a brave face drawing Finland where 4 of the 5 of the Fins are huge. We lose.

Robert Meleisea and Mitchell Leong perform well in junior pre-arranged sparring gaining a bronze medal.

The junior girls lose to Norway after the 3rd pattern playoff.

In special technique, both senior and junior male teams plus senior females draw leads with other countries and go to playoffs. The senior women are up against Poland and Ireland. The senior men eventually win silver after playing off against Poland.

Our senior men miss out on medals in power. The senior women work hard but don't quite medal. Poland have really improved in special technique and power – disciplines we've "owned" in the past.

Junior girls playoff for gold in special technique against Poland and take the silver medal.

Our tally for the final day is 2 silvers and a bronze medal.

Overall we've done brilliantly considering the size of the tournament collecting 8 gold, 7 silver, 11 bronze medals and ranking third country overall behind Poland and Ireland. Ireland have really stepped up and done very well whereas Argentina, who are usually in the top 3, perform poorly.

It's been a very successful campaign and already there's talk of beginning preparation for the next world champs in Italy in 2015.

Special mention has to be given to Master Pellow who retires now as head coach after being involved in four World Champs and two World Cups campaigns. He leaves behind a legacy of a team of coaches, and NZ coming 3rd in Quebec, 2nd in Argentina, 1st in NZ and 3rd in Spain. NZ is one of the teams the international competitors have certainly learned to respect. 🏆



**ROBERT MELEISEA  
MITCHELL LEONG**









# THE SUPPORTERS!!



Matthew Breen, Gray Patterson, Don Leong, Master Steve Pellow, Sandra Meleisea, Lawrence Mantjika, Afi Meleisea.



## *International<sup>®</sup> Taekwon-Do*

### **New Zealand Team Staff**

#### **Coaching Team**

Head Coach:  
Master Steve Pellow

Assistant Coaches:  
Mr Graham Patterson  
Mr Lawrence Mantjika  
Mr Matthew Breen

Senior team members were also registered as Coaches at the tournament and fulfilled crucial seconding and mentoring roles.

#### **Management Team**

Operational Manager:  
Mr Afi Meleisea

Administration Manager:  
Mr Don Leong

Assistant Manager:  
Mrs Sandra Meleisea

IT Specialist: – Mr Phil Moore

Media and Photography:  
Mr Doug Hanna and  
Master Paul McPhail

#### **High Performance Support**

High Performance Manager:  
Master Paul McPhail

Special Technique Consultant:  
Mr Shane Black

Junior Team Mentor:  
Miss Kara Timmer

Medical Director:  
Dr Jake Pearson

Physiotherapist:  
Miss Alex Couling

Strength & Conditioning  
Consultant: Miss Carolina Dillen





# Kicks for Kids



by Mrs Shirley Pygott - II dan Jungshin

Welcome to Issue #32.  
 Taekwon-Do Teddy snuck in to the World Champs in Benidorn, Spain to give you a special report in this issue.  
 What a naughty bear!

## STOWAWAY REPORTER TKD TEDDY

Ok so I know it was a bit naughty, but Ted wasn't very happy to be left behind when the New Zealand Team went to the World Champs in Spain. He hid away in one of the bags, travelling in secret so that he could bring you this very special report full of beary interesting stuff!



New Zealand has been competing at the World Champs since 1994 in Malaysia, where they won 1 bronze medal

58 countries competed this year

The Juniors used to have their own separate tournament, but have competed at the same time as the Seniors since 2007

## Furry Facts about the World Champs

There were 179 medals to be won this year including 46 Gold medals



More than 1000 black belts competed in Spain - it was the largest World Champs the ITF has ever held.

Juniors don't compete against Seniors

Males don't compete against females - except for traditional sparring where you can have an all male, all female or a mixed team of 2

The New Zealand Team had 47 competitors, 27 coaches, 7 umpires, 2 officials and 57 supporters - 118 in all!

Largest Team came from Argentina with 80 competitors

6 countries had only one person competing: Algeria, Georgia, Kenya, Portugal, Trinidad & Tobago, Venezuela



# Just another Day at the World Champs!

Over 4 days of competition there were 33 events covering 65 different divisions.

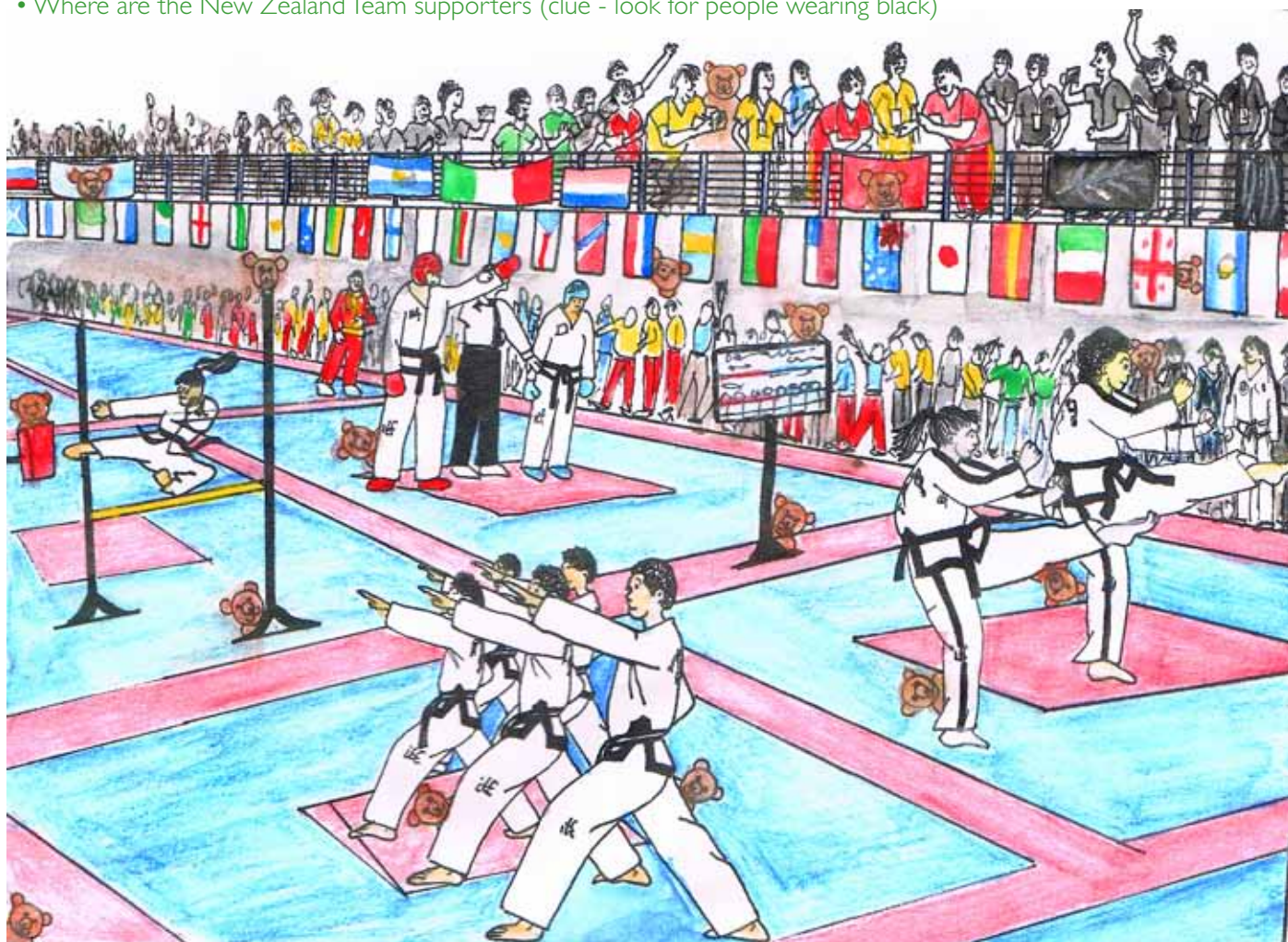
There are juniors and seniors, male and female, individual and teams competing in patterns, sparring, specialty and power; and also traditional sparring. Some people in the New Zealand Team just competed in one event - others were in individual and team events - they were very busy (and very very tired at the end of the 4 days I bet!).

In Spain there were 10 rings going at once with a different event in each one - no wonder the New Zealand team had 27 coaches, and the supporters must have been all over the place trying to watch everyone. How Mr Hanna (with the help of Master McPhail) managed to take photos of everyone is amazing, and I don't know how the team manager Mr Meleisea kept track of everyone. However he and his assistants not only managed it, they were the envy of every other team because they were so well organised.

Have a look at the picture below- we could only fit in 4 rings, and it is really really busy, so imagine what it was like with another 6 events going on at the same time.

See if you can work out the answer to these questions:

- What rank are the two women competing in patterns? (clue - look carefully at the dobok)
- Did the Red or the Blue competitor win the sparring?
- What kick is being done in the specialty ring?
- What technique are the team pattern people doing?
- Only one of the four events is a Junior event. Which one is it? (clue - look at the belts)
- Where are the New Zealand Team supporters (clue - look for people wearing black)



## WHERE'S TED?

Ted poked his furry nose into all sorts of places to bring you this report. See if you can find all the Teds in the picture - all 18 of them. I wonder if the officials saw him? Hopefully not!





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