

Taekwon Do **Talk**



Double Power Gold

Issue 1 2015 – Featuring:

NEW ZEALAND AT THE WORLDS

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FROM THE PRESIDENT



Master Evan Davidson

VIII Dan, President

A dream of the late General Choi Hong Hi, founder of Taekwon-Do, was the hope to see a re-uniting of the two Koreas, 'North & South'. NB: Korea became a divided country following a truce that ended the Korean War conflict on the 27th July 1953.

Refer: http://en.wikipedia.org/wiki/Korean_War

In 1980 General Choi led a team of ITF Masters and Instructors to North Korea with the sole purpose being to introduce and teach his ITF Taekwon-Do system in that country. Due to North Korea's isolation and political control it was mainly Russia and other Eastern Bloc countries that were allowed to continue teaching General Choi's Taekwon-Do. I believe he was hoping that ITF Taekwon-Do would go some way to break the isolation of North Korea and the Western world. It is also interesting to note that only seven years later, at the 1987 ITF Senior World Champs in Greece, it was North Korea who dominated the medal count, winning 10 Gold and 5 Silver. Canada and the USA were 2nd and 3rd out of the 20 countries which attended.

Why do I mention this?

In this issue of Taekwon-Do Talk is a letter received from Grand Master Van Binh IX Dan, Chair of the ITF Masters Promotions Committee and President of ITF-USA, titled: "Back to ITF: An Untold Story". GM Van Binh is speaking from his heart and I ask that you all keep an open mind after reading this letter. Each one of you will take from it different interpretations of what he has said.

If you have any questions or thoughts on this matter please do not hesitate to contact me.

Email: president@itkd.co.nz

'Taekwon'



Photo courtesy of www.kidokwan.org

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TAEKWON-DO AS A FAMILY

By Karen Cossey Hwa Rang Academy, Tauranga TKD

Our family has been doing Taekwon-Do together for about six years. First our son, Daniel, began with Mrs Young's classes at Otumoetai and Pillans Point. It wasn't long before my husband, Peter, joined him. About a year later Amy and I began as well – it seemed the common sense thing to do: why sit and watch when you could join in! There aren't many sporting activities which you can do as a family – usually the classes are for either the kids or the adults, not both. So we took advantage of that.

It has always been a challenge for me, being the un-sportiest of my family. Throughout my childhood, people would say nonsensical things about how I must be good at sport because I have long legs. Actually, they're more of a disadvantage to an uncoordinated person like myself – I tripped my way through all my PE classes at school and developed a healthy aversion to anything requiring exercise. So to take part in Taekwon-Do for me has always firstly been about doing something as a family, and secondly about trying not to fall over in class!

The great thing about doing Taekwon-Do as a family is that we all appreciate first-hand each other's achievements. I'm sure I'm more proud of my kids' achievements than I would be if I was just watching from the sidelines. There's something about taking part in your kids activities that gives you a deeper understanding and appreciation of what they're doing. I can get as excited as they do when they achieve some new goal.

And it works both ways. My kids are great encouragers of my efforts too. If it wasn't for that, I'm sure I would have given up a long time ago! Every time I grumble about how difficult I'm finding some new technique though, I get a bucket load of support from my kids along with lots of talk about perseverance.

Seems they've taken on-board all the tenets of Taekwon-Do. Which is good, because I can use those same tenets to keep them focused in other important areas of their lives ... homework and housework! Thank you Taekwon-Do for the principles you've helped instil into my kids, even if they don't always appreciate it!



Dan and Pete

Another great thing about Taekwon-Do is the people we've met. Such a great bunch – everyone is really encouraging! I particularly enjoy the Vets camps, where I get to be among others who've made it past my grade. They don't know how much of an inspiration they are.

Another aspect of Taekwon-Do that I didn't realise would be such a benefit to me personally is the self-defence knowledge. Not just for self-confidence, which definitely has been helpful for us

all, but as an aspiring children's writer, I've been able to have a lot of fun with Daniel figuring out fighting scenes for one of my kids books I've written (www.karencossey.com/childrens-books/). We've had lots of laughs, and had to discard some highly improbable scenarios, but my stories are a lot more realistic because of my Taekwon-Do experience.

Talking about improbable scenarios, when I first started Taekwon-Do I thought I would never get past yellow belt. It's quite



Dan, Pete and Mark

incredible to me to look back at the things I used to think were impossible, and realise I can now do them. All I needed was time. I still find sparring the hardest thing, but it's not so scary now (depending on who I partner with, that is!). I can co-ordinate myself around patterns that I used to have to stop halfway through and just laugh at myself. And occasionally I can break something I'm actually meant to. Though getting past blue stripe still seems a big ask, I have my kids and my Taekwon-Do buddy, Svetlana, telling me I can do it, so sometime this year I guess I'll have to give it a go ... blue belt, now won't that be something? 🥋



Karen and Amy



Dan working on his arm locks

“The great thing about doing Taekwon-Do as a family is that we all appreciate first-hand each other’s achievements.”

Photos are of the Cossey Family at regional camp, seminars, and the Nationals Awards Dinner. Current grades: Daniel Cossey – 1st Gup, Peter Cossey – 2nd Gup, Amy Cossey – 4th Gup, Karen Cossey – 5th Gup.

NEW SCHOOLS

Welcome to our new schools and instructors

Paul M Taekwon-Do Ardmore



Instructor Mr Sei Brown 1 dan
Ardmore Primary School Hall
Clevedon Road, Papakura
Monday & Tuesday 5.30 - 7.00pm

The following clubs have new instructors:

Jungshin Shore Kids – Liz Tee
PNTA – Richard Burr & Michael Davies
Guardians – Carl Robinson

Assistant Instructors recently approved:

Roisin Giles – Warrior TKD
Matthew Chan – Warrior TKD
Jacky Geurtss – Warrior TKD
Kevin Matsuoka – Warrior TKD
Barry Hart – Hart TKD
Dennis Burns – Spirit Kilburn
Melanie Semmens – BOP TKD Academy
Fiona Read – Salton TKD Academy
Fiona Parrant – Salton TKD Academy
Steve Parrant – Salton TKD Academy
Brenda Snow – Salton TKD Academy
Richard Rodgers – Guardians
Aidan Mason-Mackay – Spirit Brooklyn

She's A Doll

What do Life Members do when they're not at training? Viv Holmes 11 dan of Mosgiel Club recently made this doll's dobok. The doll is a birthday gift for 5 year old granddaughter Alissa who recently started training with Hart TKD kids in Auckland.



MY TAEKWON-DO EXPERIENCE IN NZ

By Juan Dougnac III dan

I should probably start by introducing myself. My name is Juan Dougnac, I am a 30 year-old Taekwon-Do Assistant Instructor. Having been accepted for a Working Holiday Visa here in New Zealand, I arrived in Wellington in July 2014 to open my own club, installing what must be New Zealand's smallest school, with only one student.

If I had to sum up my experience in these few months, I would use two words: humbling and inspiring.

It has been humbling for many reasons. The first one is about sheer magnitude: to the best of my knowledge, New Zealand has thirteen VI degree black belts and six masters, with enough practitioners to host a flawless World Championship on their own. Compared with that, Chile's federation just recently got its first promotion of VI degree black belts, which

speaks volumes about the difference in size between both organisations.

The second one has to do with skills. While I don't consider myself an arrogant person, I've always been fairly proud of my skill in both sparring and patterns. The sparring pride was shattered when I went to a High Performance training in Auckland, while the one in patterns survived until I went to a tournament in Wellington.

Of course, what makes the experience so humbling – both at a personal level and on that relative to the countries' respective organisations – also made it inspiring. By watching and training with those who are truly proficient in their respective areas of expertise, I realize how much room I still have for improvement, and redouble my efforts in order to reach that level.

With regard to organisations, I have spoken to a few instructors, who told me that just a few years back New Zealand's situation was not too different from that of Chile today. This gives me the hope of one day seeing my home country rise to a similar standing as that of New Zealand in regards to Taekwon-Do.

Like everyone else, I have no clue as to what the future holds for me, whether a stay for years (or even life!) in this marvellous country, or a swift return home. What I do know, however, is that this is a journey I shall not forget for as long as I live.

I have New Zealand's ITF, and the many members of it that accept a foreigner in their midst as if he was one of their own, to thank for that. 🇳🇿



S&D UPDATE

By **Lena Walton** Standards & Discipline Advisor

I'm Mrs Lena Walton IV Dan Instructor and Co Instructor of Berhampore Club, with my husband Mr Ian Walton. This year I celebrate being around the iTKD traps for 30 years and while I've held other leadership roles within the Organisation, I'm currently heading the Standards & Discipline Group as their Advisor.

Your S&D Group are also senior members of our Organisation and most have been a part of this group for a number of years, and one has joined us recently.

Some of you may know them but in case you don't let me introduce them:



Mrs Lena Walton
S&D Advisor and
Wellington S&D
Representative



Mr John Matsuoka
Auckland North S&D
Representative



Mr Brendan Doogan
Counties Manukau S&D
Representative



Mr Shaun Skedgwell
Midlands S&D
Representative



Mr Darren Andrews
Central Districts S&D
Representative



Dr Lorraine Eade
South Island S&D
Representative

Our collective role is to primarily ensure the maintenance of standards, good order and discipline within the organisation, or outside the organisation as far as it affects the running and good reputation of the Foundation.

While there are guidelines and procedures in place for Rules of Conduct, Standards for Dress, Criteria for Opening/Closing a School, Display Material, A guide to Etiquette etc which can be found in the Standards & Discipline document, what probably is beneficial for you is knowing who to speak to if you have a concern that someone is breaching our rules, code, ethics or etiquette.

If you are a junior member then you should definitely speak to your parent or care giver first. Then both of you should speak to your instructor. We would encourage all other members to speak directly with your instructor to see if the issue can get resolved at school / regional level. Depending on the issue at hand it may involve the Regional Director as well as the Regional Standards & Discipline Representative to find a resolution.

In any case your instructor and Regional Director are familiar with our complaints procedure, and our Standards & Discipline Advisor Group are here to provide guidance and direction at all times or take over the handling of a complaint where required. 📞

Seize the day

Once I came down the stairs to my front door, opened it and realised I'd forgotten my keys. So I took the spare from my wallet to lock the mirrored street door behind me. Suddenly there's a mountain of a man in front of me, more than 50kg heavier at least. He asks to borrow my phone.

Well, I know what that means. It's not the phone he's after. So I say "Sorry mate, haven't got one, don't believe in them." I look him full in the face and step towards him like I know he's going to step aside, "Scuse me". And I turn my back on him. Look him in the eye in the mirrored surface of the door. Lock it and walk off up the road, watching him in shop windows. The look on his face was priceless.

He was utterly confounded. How had this small [actually 100kg] guy walked him backward and walked off without being bashed for cash?

I've been around the block a few times. I've trained for nearly 20 years and have no doubt I can kill in defence of human life. I've testified in court and sent a pair of burglars to jail, stopped a suicide and numerous domestic violence incidents, given first aid to a dead man. I can currently bench 150kg, squat 140 and deadlift 180. But fighting in a shoulder-wide stairwell? With a behemoth?

Option B. Seize the day.

Anonymous



TAEKWON-DO AT GRASS ROOTS LEVEL

By Christine Young-Jasberg VI dan Hwa Rang Academy, Tauranga TKD



FUN FAMILY AND FRIENDSHIPS

In January this year I celebrated my 30th year since I started my first Taekwon-Do class. Today as an instructor instead of a student the reasons for my continued enjoyment of Taekwon-Do have not changed. I still look forward to class and the reasons are fun, friendships and the Taekwon-Do family.

The three Tauranga clubs held a combined training on September 11th last year. We always have a great turn out, it's fun, and we always vow to have another one soon. As is the norm each club took turns to host their 45 minute slot. Hwa Rang kicked training off with a build up of the humble front kick, culminating in twin foot front kicks, double, triple - and a few managed the quadruple flying front kick.

Silla club specialised in self-defence with Mr Skedgwell leading the charge on recapping our new grade syllabus.

The BOP Academy, who was without Master Rimmer that evening, shared some different kicking drills, and generally fun stuff.

A combined training really encapsulates it all, we come together, we share, we do press ups, we try new things and students from the different clubs get to know each other. This is Taekwon-Do at the grass roots.

Here are some photos from our combined training night.



GET YOUR DSLR OUT OF AUTO AND TAKE BETTER TKD SHOTS

BY ROB HARRADINE 1ST GUP, PAUL M GLENDOWIE



A little too much blur perhaps at 1/80 but that board is moving pretty fast



With the shutter at 1/200 there is still a little motion represented but it doesn't distort the image too much



At 1/100 we've lost some of the essential detail due to the speed of the strike

So many people I know have invested some decent cash in a nice camera but just about every time I'm handed a nice DSLR or high end compact camera to take a quick shot of someone, it's on full auto.

Now this isn't an in-depth technical article; more a guide that can help you understand a few simple settings so that you get the results you want from your camera, not the results your camera thinks you want.

So here's a simple overview and if you're super familiar with the features of your camera, just sit back and enjoy the pictures. Firstly, the simple basic principle of any camera is, it likes light and does its best to capture and replicate what you're pointing at when you press the button that opens and closes the shutter. Therefore, what's basically happening

is the camera is using a combination of 3 camera settings and one environmental setting to decide how much light to allow onto the sensor (so this article isn't for anyone who's still shooting on film of course) - shutter speed, aperture, ISO and light. We're breaking this article into two pieces across two issues. In this issue we're focusing on shutter speed and aperture.

Setting 1 - shutter speed

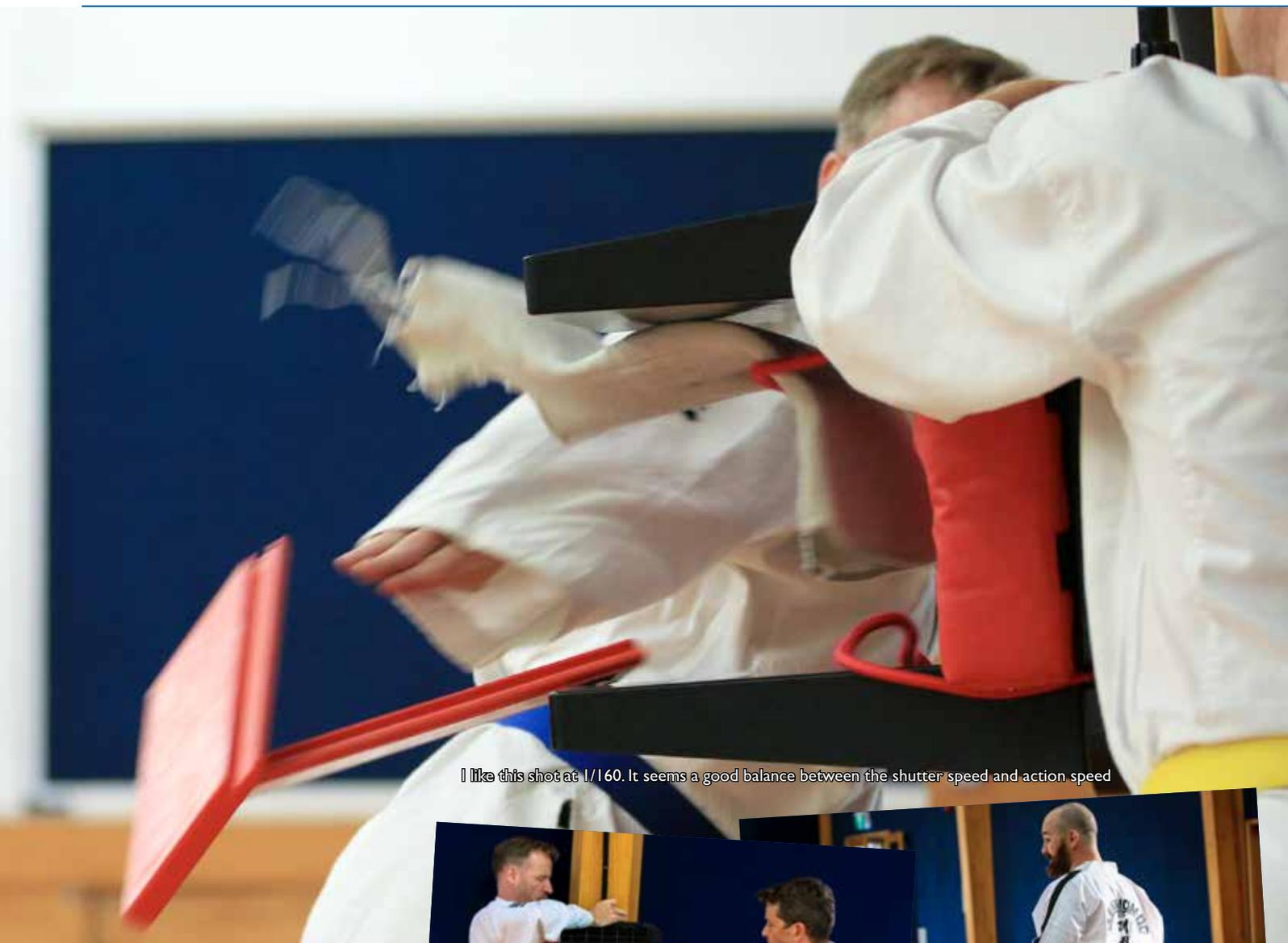
As the name suggests, this setting determines the speed of the shutter - how much time it takes for the shutter, that sits closed in front of the camera's sensor until you press go, to open and close. The longer it's open, the more light you'll let in. You'll also let in more or less time by changing shutter speed too. If the shutter is open for a full second (that's a pretty crazy setting clearly) then you'll capture everything that happens during that second. So if your subject is moving, the picture will show them moving and they'll look blurred. For action shots such as sports photography, the shutter speed will likely be your primary setting - the one you rely on to get the look you really want. If you want a

little blur to show that the subject is moving then you'll allow the shutter to be open for longer than you will if you want to capture a perfectly still image however fast the subject moves.

This can be used to great effect blurring the background or subject. Place your camera on a tripod to keep it stable so that the background does not blur if your hands wobble, select a reasonably slow shutter speed like 1/60 or 1/80 (shutter will be open for a sixtieth or eightieth of a second) and fire the shot as your subject moves. A punch to break a board is a nice subject here. The effect will be some blur of the action and anything not moving fast will be clear and crisp. Nice way to represent movement. Similarly, take the camera off the tripod and move it following your subject, such as someone running. This way you'll blur the background and get a mostly clear image of the subject for a great representation of speed. And then play with the shutter speed and camera motion to change the look until you get what you're after.

And if you're after a moment frozen in time, you'll want to opt for higher shutter speeds. A shutter speed over 1/1000 can





I like this shot at 1/160. It seems a good balance between the shutter speed and action speed



This seems a good balance for the motion I was after too at 1/80

be great for capturing sharp detail such as sweat flying from someone's head as they dodge or don't quite avoid that straight punch. The thing to remember here is that higher shutter speeds let in less light along with less time and slow shutter speeds let in more light so you'll want to now take a look at setting 2 to get some balance.

Settings 2, 3 and 4

We're going to cover off the other settings next time where we can focus (not a pun) on a different finished look to your photos. But for now give it a try in semi manual mode and get some great results that you're in control of.

Taking control in semi manual

Now I'm not a stills photographer, I shoot movies for a living, but I work regularly with stills photographers who shoot entire events in semi manual. I guess that's why it's most often referred to as semi manual - no

pro wants to refer to their shooting mode as anything auto, do they.

If you're shooting on a Canon you'll have Av and Tv modes on your dials and if you're shooting on a Nikon or Sony you'll have S and A modes. These are a great place to start.

Tv or S is a Shutter Priority setting. So in this mode, you're manually setting the shutter speed and the camera will work out the correct aperture to get the lighting right as best it can. So right away you're in control of whether you want that moment frozen at 2000th of a second or some drag and blur at a 50th of a second. And just

like anything, the best way to work it out is to go and play with it. That's the beauty of digital, isn't it.

Try a few extremes too. 1/20 or 1/3000 for example. Just pop the camera into Tv or S, and start turning the dial by the shutter release button and see what results you get.

In the next issue we'll look a little at composition along with creating specific ranges of focus for great effect.

Until then, have fun. 📷

All the photos in this article were shot during the fabulous breaking session taken by Mr Doogan, organised by Ms Stein at Paul M Glendowie.



BACK TO ITF AN UN-TOLD STORY

By Grand Master Van Binh IX dan

I am Grandmaster Van Binh, Chair of the ITF Masters Promotion Committee, President of the ITF-USA. I was born in Hanoi, Capital of North Vietnam in 1936. In 1975 I fled the Communist regime to become a refugee in the US with my family: 70 year old mother, wife and five children from 4 to 12 years of age.

My father, the 5th generation in a Martial Arts family, taught me the traditional Vietnam Martial Art, from 1941 when I was 5. To enrich my studies I started Judo lessons in Hanoi in 1952, learning from two Judo teachers, Couzinie and Tarquiny. Then in 1961 I studied Aikido in Saigon, capital of South Vietnam, from Sensei M. Nakazono, 5th Dan Judo and 6th Dan Aikido, a direct student of the Judo Founder Dr Jigoro Kano, also a direct student of the Aikido Founder, O Sensei Morihei Ueshiba. I began teaching Judo in several different High Schools in 1956, then opened two of the largest Martial Art Centers in Saigon, doing this until 1975. I was Vietnam Judo Champion in 1956, and in 1964 a Judo Tokyo Olympic Competitor.

In 1962, the first TKD group lead by Major Nam Tae Hi, 7th Dan and his 3 assistants, Capt Kim Seung Kyu, 5th Dan, Lt Jhong Yong Huy, 4th Dan and Lt Cho Kyo Il, 3rd Dan, were sent to introduce TKD to the Free South Vietnam Army. I was lucky in that Master Nam accepted me to be his student, and I subsequently became the Vietnam Civilian Pioneer TKD Black Belt. I had the honour to change my school name "JUDONAM" to OHDOKWAN (name of the South Korean Army TKD Dojang, whose director was Master Nam Tae Hi). During 19 years teaching Martial Arts in Vietnam, my two training centers taught about 60,000 students. 95% of them were instructed in TKD classes.

The Japanese Samurai used to say "MY HONOUR IS BIGGER THAN THE GREAT MOUNTAIN (The Dai-Shan in Canton province, China) and HEAVIER THAN THE GLOBE"; it is why he prefers to Harakiri (kill himself by his own sword) than live without honour.

Since I was five, I learned to live as the Japanese Samurai. My honour is not smaller than the "Great Mountain" and much bigger than the globe we share.

I am writing this UNTOLD STORY with only one purpose: what happened to me should not happen again to anyone in our ITF, if we really desire that our ITF will exist for a long time.

I was in Athens, Greece, in the 1987 World Championships with my daughter Ashley Mai, 21, and my youngest son Lee, 16, representing the US. On the Saturday morning, 7th Dan Master, four other Black Belts and I were assigned to judging the pattern competition. In that ring, the judges' highest and lowest scores were supposed to be eliminated. I was surprised from the beginning that all the North Korean men and women competitors became champions, even though some of them were not as good as their competitors. I tried to find the answer. I stepped around behind the Korean Referee and discovered that the Korean Referee was judging too; he gave all the North Korean competitors maximum points such as 19.5 / 20.00. I called Mr Phap Lu, who was my student from Vietnam before 1975, to discuss the matter with him and find some way to prevent the Korean Master's cheating. The result was two of us deciding to give maximum points to the good competitors in order to destroy that Korean Master cheating. From that point on, only a few North Korean competitors could be champions. Master Park Jung Tae and three others Koreans came to our ring to ask the Referee about what was going on, and why the situation was not as they wanted. Looking at me they spoke animatedly in Korean, "This guy is a trouble maker" - without realising I could speak Korean too. I answered them in Korean that "I am not, but they are."

A second cheating incident: At 12 noon, it was break time. Ashley Mai told me that she should fight in the afternoon, but her name had disappeared from the draw and been replaced

by a Korean fighter who lost the fight in the morning. I looked at the document of Master Park Jung Tae, Ashley's name had been covered by liquid corrector. I reported to Master Sereff, USTF President. He asked me what did I want him to do? I told him to tell one of the USTF Black Belts standing by his side to get a similar paper from Master Park's table and rewrite all the names of competitors in Ashley's division and restore Ashley's name as it was in the morning; then keep the cheating proof to report to the General. At 3 pm, Master Sereff showed it to General Choi, sitting on the second floor. I looked up at the General, his face changed a little in looking at what Master Sereff had shown him.

Since coming back from Greece, my children decided they did not wish to support the ITF any more. I only got Black Belt certificates for my students, but my own children did not get any ITF certificates, nor did they go to any WC or World Cup events, although they were excited to be in the Quebec City 1982 General Choi Cup. I too, lost interest in being at ITF events, even though I still love the Founder. From 1987 to 2002, I only came to the 1990 World Championship



Dane Canton and Brendan Doogan with GM Binh after the World Champs in Italy



in Montreal, Canada, and that was at the request of Mr Tran Trieu Quan who was like my brother. I only hosted three ITF Seminars in Houston; and I visited the Founder once at his residence in Toronto. In 1990, General Choi ordered me to be in the IIC in Florida before he promoted me to VIII Dan in 1991. I did attend another one in Toronto hosted by GM Park Jong Soo.

In 1999 General Choi called me many times urging me to apply for IX Dan promotion; I delayed five times, until I sat the test in February 2002, after his last call. This means that I stayed VIII Dan for 11 years. General Choi told me by telephone he would come to the IIC which I hosted in March 2002 in Houston to present my IX Dan certificate and belt in person. One week before the seminar date, his daughter called me to cancel his trip, due to his stomach cancer.

In the period 1963 to 1975, General Choi and GM Nam Tae Hi came to my residence and my schools in Vietnam many times. And in the US since 1975 he came down to Houston at least 10 times visiting my family and my Dojang. I always looked on him as my second father; whenever we were alone together I would call him "father". But what happened in Greece in 1987 was like a tornado that cooled off my warm feelings

for the ITF until he went to North Korea without return.

Who is GM Tran? His TKD master was Master Pham-Quang-Thong, one of my first students when I had my own Judo school named JUDONAM in Saigon in 1958, in free South Vietnam. I met GM Tran in California in the 80's and we became like brothers since. After the ITF Founder passed away, we had many meetings planning how to revive the ITF. I supported him in running for the ITF Presidency. He was like a breath of cool air refreshing my return to the ITF. However my five children of 3rd and 4th Dan and college graduates with Honours in different disciplines, still have no interest in connecting with the ITF. That was until 2007, when GM Tran came down to Houston to convince them to go to the WC 2007 in Quebec City. Some of them went to Canada for the 2007 event. Jacqueline, 4th Dan since 1987 and Lee, 4th Dan since 1999, decided to test for ITF V Dan in 2009. Three others, Bruce DDS, Ashley DPT (Physical Therapy Dr.), Quoc MD, still shy away from my loving ITF.

Human beings are imperfect. Sometimes we may make a few mistakes. However, we should not forget our TKD TENETS and TKD OATH. Some of our mistakes will affect our ITF for a long time, sometimes for our whole life. 🙏

NEW ZEALAND NUMBER ONE AT THE WORLDS

By Jenny Church NZ Team Co-Manager

Jesolo, Italy – a bustling seaside town some 30 odd hours travelling time from Auckland and the destination for our 51 competitors who have been in training for the World Champs since selection in November last year.

All those weekly HP training sessions, the Monthly HP Camps, the Junior Camp, the girls weekend in Palmy, the Adventure Race and the pressure of maintaining all the other normal daily activities like work, school, university and family commitments are all forgotten as the excitement builds at the airport with the convergence of a sea of black-clad athletes, coaches, supporters and other well-wishers.

We're off on our latest mission, to do our best and show the world what Taekwon-Do in NZ has to offer; an evenly split team of 25 Juniors and 26 Seniors. Juniors comprise 13 women and 12 men, of which 14 are first-timers on the International stage so emotions are tinged with apprehension. Seniors comprise 10 women and 16 men with only 4 first-timers, so theirs is a more settled trip.

We arrive in Jesolo to balmy weather and a "flash" hotel right on the beachfront; not sure about a World Competition, more like the perfect spot for a great holiday complete with sandy beaches, shady tree-lined main street, people spilling out of cafes and pizzerias and a plethora of shops offering good quality Italian goods (and a smattering of the obligatory tourist souvenirs).

Taking a look around the hotel, Mr Patterson decides that the underground parking lot is the perfect location for team training sessions so after a relaxing and fact-finding Saturday afternoon in the town, the team is up early on Sunday for a light training. The parking lot is perfect, feels like a gym environment with concrete floors and low ceilings, the NZ flag hangs in a make-do way up on the wall and the music is pumping – works well for the athletes as they shake off the cobwebs of the flights and in fact have quite a session, the word light doesn't feature.

Sunday is down time for everyone to get their bearings and get mind and body prepared for what lies ahead. Some choose to relax on the sunbeds out on

the beach, some dip in the tepid waters of the Aegean Sea while others go exploring by bike. We wander down to the Pala Arrex stadium and as there is a basketball tournament, we have a nose around and familiarise ourselves with the venue layout, size etc. The warm-up area is full of mats and machines waiting to be put to good use over the coming days. The arena itself seems small for nine rings to be set up so we will wait and see.

GM Bos has asked Mark Trotter if the team will perform the Haka at the opening ceremony so it's Sunday night Haka practice for the team. Kaylan Putaka gets proceedings underway with a Kairanga, it is so spine-chilling and sets the tone for what is to be an outstanding performance of the Haka at the opening ceremony, so much so that the team breaks the centre stage with the physicality of it. The VIPs are well impressed and comment to Master Davidson about the strength of it.

Monday, another light training and then most of the team head off to Venice on a water taxi to spend a quiet day taking in the sights and sounds of this old city – the canals, St Mark's Basilica, Venetian masks, gondolas, pizzas - just like the travel agent brochures. Some are on weight watch so it's a pretty tormenting day for them having to avoid all the delicious Italian fare, especially the Gelatos (Ice-cream) on offer. We and Mr Patterson head down to the venue and complete registration for the team, a very quick and smooth affair

as the organisers have everything under control. The mats are mostly down but no sign of any breaking machines or specialty equipment that Mr Patterson can check out – perhaps tomorrow?

Another Haka practice and the mood is now somber as realisation hits that tomorrow is weigh-in time and the competition is only 2 days away. Grand Master Bos stops in for a quick preview of the Haka and to thank us for our contribution to the upcoming ceremony.

Tuesday and it's no breakfast for many, there are people hopping on and off a couple of scales, all hoping that the lightest scales are the correct ones. We manage to coerce the hotel into opening the sauna for us so a couple of the girls spend some time in there dropping the last of the unwanted weight. There are a couple of the USA team in our hotel and one of their girls is distraught as she is over-weight. As is the way of Taekwon-Do we offer the use of the sauna to her, which helps her make weigh-in, and we have made a friend for life!

Tension is palpable as we head down to the venue, it's all very quiet. Everyone is looking to one another for unspoken support which comes in the way of a handshake, a hug, a small nod There are heaps of people meandering around waiting their turn and some already madly exercising in sweat gear in the stinking heat to try and drop those killer grams. One athlete has already had her hair cut right back and we stand and watch





PHOTOS BY MR IAN WALTON

the tears as she is .050grams over and refused entry – oh the heartbreak. As we have a large team we are fortunate to be placed 6th for weigh-in so not too long a wait before everyone can eat and drink. Then! As we line up we are advised that all athletes now require additional ID such as passports or driving licences to weigh-in – seems there has been incidence of persons using false dates of birth to enter as Juniors so the organisers have decided to check everyone. So it's a mad dash for some back to the hotel, fortunately only a 10 minute walk, to collect necessary documents, still the suspense continues. After all the angst and months of weight watching, it's all over in minutes, everyone is through bar Toni Moki. Coach Chris does a quick work out with her and the whole team holds our breathe as she steps back up – It's high-fives all round and a cheer breaks out, New Zealand is ready to compete. The snacks appear as do the smiles and banter. Another cruisy afternoon spent ironing doboks, mending gear, going over patterns in preparation for tomorrow. Carmel Kendrick has offered her services doing massage, and has a number of takers keeping her busy all afternoon. The coaches head down to the venue for their meeting and come back with not too much to report.

During the day we have the pleasure of presenting to Mr Niklas Enander a large number of doboks that have been collected by the NZ Team to be sent to Africa as part of their Doboks for Africa campaign, a very rewarding and worthwhile cause. He addresses the team and tells them a little about the campaign and what they are trying to achieve.

8:30pm and an oil slick is seen moving through Jesolo – the length and power of it is quite formidable as we cross the road to the stadium for the opening ceremony. Estelle Speirs and Kane Baigent have been given the honour of representing the NZ Team as flag bearers, a fitting tribute to two outstanding servants of Taekwon-Do in New Zealand as this is to be their last World Champs. The ceremony is enjoyable with a taste of the finer things Italy has to offer – a light opera piece, a very good pianist, an entertaining dance routine incorporating Taekwon-Do and of course the Haka. Kaylan gifts a Maori



artefact to Master Ceconato prior to the performance lead by Mark Trotter, Carl van Roon and Kane Baigent.

Wednesday morning is upon us and the breakfast hall is hushed. After eating everyone gathers and walks down to the venue. 9am arrives and without a stutter, the 2015 World Champs begins. It all seems a bit surreal as everyone is getting a grip on the arena – 9 rings, all in close confines with no room for waiting competitors, coaches or photographers. It's great from the spectators' point of view as all the rings can be seen from our stand. The whiteboard is written up with the day's events for our athletes and this will continue for the next 5 days. The coaches together with Dave Church and Clive Wood are all wired up with walkie-talkies which will be our lifelines to keep things running throughout the tournament. The warm-up area is a large area away from the stands and is the usual mixture of high-energy movement versus the solitude and quiet of a pensive preparer. The frantic calls for missing or stressed athletes, gear being run to those with wrong colours, the smell of sweat and linament, people being tended for various minor injuries BUT everyone working with no idea as to what events are on and when. Step in Aaron Williams and Greig Low for Team NZ, such a huge gesture to forego watching the competition action and rather sit in the bunker aka the warm-up area and let our competitors know when they are due at the ringside. These two guys probably don't realise how significant their contribution to the successful running of our tournament was – thanks guys!

The rollercoaster of an International Tournament unfolds in the ensuing days: Big wins, unexpected wins, lucky wins. Sad losses, inexplicable losses, inconsolable losses – the whole team and support

crew feels and sees everyone's emotions. The joy and smiles of one followed by another's uncontrollable sobbing in a hidden corner, the hugs of celebration or is that commiseration? The ensuing conversations relive every moment of that last event regardless of the outcome, one thing is quite clear though – the New Zealand Team are united as one and are sharing the highs and lows of performing on the world stage. Each one has given their best at that moment and that is all that can be said – yes there are better days and there are worse days but it is today that counts. The supporters are enveloped in the emotion of the stadium and are urging the team on with their yelling and clapping, hoping that their voices and encouragement will spur the athletes to a medal. A raised hand in New Zealand's favour brings whistling, clapping and a feeling of a job well done for all concerned. Coach and competitor united in their joy. All the months of training, the financial and family sacrifices worth it in that moment. A result in favour of the opposition brings a shaking of heads, perhaps an odd tear and a quietness as the athlete's head goes down and they are consoled by their coach, hearts are heavy. If only..... the words swirl round and round. The athletes come back to the stands and it is quite clear that regardless of the outcome, everyone is behind their teammates by the welcome they receive and at the moment, we know that Taekwon-Do prevails.

The days are all different but the same, well for coaches and management anyway. A frantic start to the day which settles down as the events progress and the athletes' nerves settle. The tournament seems outwardly to be running smoothly with no major technology glitches bar a flat battery on one of the scoring devices which results

Best overall junior female of the tournament - Frances Lloyd

in a 20 minute delay. There are of course a number of protests over the 5 days, including a few from New Zealand, which slow proceedings, however the organisers manage to move some events into other rings to speed things up. We win some of our protests (mainly lodged in Specialty and Power) however a couple of decisions are upheld. A protest is lodged for one of Hunter Edward's patterns rounds as his competitor performed the wrong pattern and is awarded a win! On protest, they are recalled for a rematch and Hunter goes on to win Gold for 1st Dan Junior Male Patterns.

Injuries in the main are minimal and kept under control by the athletes themselves bar a scary moment from Kaylan Putaka who takes a blow to her temple. A sad sight to see her stretchered out of the ring, however some recovery time with the Medics sees her head back to the hotel, her main concern being that she can compete in Power the next day.

After the first day of competition, New Zealand is top of the leader board with 5 gold medals, we can hardly believe it!! All the hard work and patience has paid off for Dane Canton with a Gold in the 3rd Dan Senior Male Patterns – awesome moment as he acknowledges the New Zealand contingent from Centre Ring. The Junior top spot for Female Specialty is won by Frances Lloyd. Both Male and Female Senior Power are dominated by New Zealand with Wesley Filiki and Kara Timmer winning Gold. Daniel McMillan wins Gold for 1st Dan Senior Male Patterns.

Day Two and how can we hold our top spot? Step up Sean Neary and as previously mentioned Hunter Edwards. Sean makes Specialty look easy and takes Gold again, just as he did in Jamaica. Hunter looks awesome and despite the protest, holds it together to take Gold.

Day Three and we are still hanging in there with Poland and Romania trailing us. The Junior Male Power Team keep us out in front with their Gold win and then Roisin Giles owns her event from start to finish with an amazing display to win Gold in the 1st Dan Senior Female Patterns. We finish up at lunch time for a quiet afternoon whilst the ITF Congress Meeting is being held – Ireland is announced as the Host

Country for the 2017 World Champs.

Day Four and we are starting to run thin on events, can we manage a top 3 finish? Rose Biddiscombe helps the cause with her awesome win in her Junior Women's Sparring division, well deserved Rose! It's a pretty frantic time with Junior Sparring, Junior Team Specialty and Junior Team Patterns all on at the same time, the girls are literally running between events as they unfold, so awesome results under pressure. The Junior girls surprise themselves and everyone else with Gold Medals in both Team Patterns and Team Sparring. Special mention to Georgia Moore who wins her sparring round to help win the Gold after the teams are level going into the final match. The Senior Women's Specialty also come away with a Gold – Well done ladies!

So Day Five is looming and we are still at the top of the leader board with Poland and Romania hot on our heels. There are only the Team Sparring events left and this could be our downfall. The Senior Pre-Arranged is hotly contested and we all have our hearts in our mouths waiting for the final result. A resounding cheer from around the 120 NZ contingent when Mark Trotter and Carl van Roon are declared Gold winners. Way to go guys!

The rest of the events are watched with baited breath as the competition nears its end. Could it be possible that NZ, who had come over with the expectation of being in the top 5, actually take out that coveted first place?

And suddenly, there we are 1st in the world with a raft of medals from a large number of members of the Team. The Gold Medals determine where we sit in the medal ranking and doesn't take into consideration all the efforts and elation of those that have won Silver and Bronze, no mean feat on the world stage where 1019 competitors and 52 countries are competing. It is so difficult to capture every moment of 5 days of competition, what the competitors see and feel competing against friends and countrymen, foes whose standards they know, dealing with the pressure of big time competition and the eyes of the world on them. It is surely possible to understand the elation the team felt on NZ receiving so many different awards; to have the team on the



podium singing and swaying to the NZ National Anthem says it all. Proud in our effort and reward but mindful of others who have pushed us to our limits to get there and continue to keep us honest and unwavering in our determination to be the best we can be.

Such amazing success cannot be achieved without dedication and determination and the support of others around you. The trophy is a tangible symbol of all that has gone into the past eight months by a wide range of people – not least the athletes themselves who have pushed their boundaries to see what they can achieve, and excelled they have. The partners, parents and families of all of those competing, you bear the brunt of their journey and are the strength behind everything they do. The coaches, instructors and club members who inspire, motivate and mentor the competitors as you know them so well. The suppliers, sponsors, donors, benefactors et al, our campaign would not have been successful without your support. Finally, all those people that offer their help in the biggest, smallest or unusual ways - the trophy is yours too – we don't always realise what a positive word or action can do for another's confidence and performance.

Finally, on a personal note I would like to make special mention of Sean Neary and our daughter Courtney, each of whom lost a grandfather in the week before the tournament. You both showed such courage and maturity to go out and compete with such determination during such a tumultuous time. True practitioners of Taekwon-Do and everything it stands for, you and your teammates have done New Zealand proud. 🇳🇿







THE NEW ZEALAND RESULTS

Best Senior Female Team | Best Junior Female Team | Best Senior Team | Best Junior Team | **Best Overall Country**

Best Overall Junior Female - Frances Lloyd

Gold

Dane Canton	Senior 3rd Dan Patterns
Daniel McMillan	Senior 1st Dan Patterns
Wesley Filiki	Senior Power
Kara Timmer	Senior Power
Frances Lloyd	Junior Specialty
Sean Neary	Senior Specialty
Hunter Edwards	Junior 1st Dan Patterns
Roisin Giles	Senior 1st Dan Patterns
Junior Male Team	Junior Male Team Power
Rose Biddiscombe	Junior Sparring
Senior Female Team	Senior Team Specialty
Junior Female Team	Junior Team Patterns
Junior Female Team	Junior Team Sparring
Mark Trotter, Carl van Roon	Senior Pre-Arranged

Silver

Melissa Timperley	Senior 3rd Dan Patterns
Vinu Vijayakumaran	Junior Specialty
Angel McCreedy-Pilcher	1st Dan Junior Patterns
Kyla Walton	Junior Power

Aidan Campbell, Jared Wood	Junior Pre-Arranged
Junior Female Team	Junior Team Specialty
Senior Female Team	Senior Team Patterns
Frances Lloyd	Junior Sparring

Bronze

Phillipa Henry	Senior 2nd Dan Patterns
Courtney Weir	Senior Power
Damon Williams	Junior Sparring
Aidan Campbell	Junior Specialty
Maddison Black	Junior Specialty
Rose Biddiscombe	Junior Specialty
Michael Davis	Senior Sparring
Courtney Church	Junior 1st Dan Patterns
Frances Lloyd	Junior Power
Georgia Moore	Junior Sparring
Junior Male Team	Junior Team Specialty
Junior Male Team	Junior Team Sparring
Junior Female Team	Junior Team Power



POWER TESTING AND SPECIAL TECHNIQUES

By Mr Richard Burr IV Dan, PNTA

Power testing (or destructions) and specialty kicks become part of the examined techniques beginning at blue belt, and continue throughout subsequent colour belt and black belt gradings. The specific techniques to be examined are given in the iTKD colour belt and black belt syllabus handbooks. In this document think of specialty as a power technique, just delivered whilst you are floating in the air!

For destructions the examiner will want to see that the student is competent in the following areas :

1. Sets up the board holders or equipment correctly.

2. Appropriately measures the distance and angle for the technique.
3. Applies the technique using all of the elements described in the Theory of Power.
4. Observes the appropriate protocol for addressing both the examiner and the board holders.

For specialty the examiner will want to see:

1. That the student can jump – of course the higher the better; but taking into consideration your abilities too
2. Understands how to apply the required technique at the apex or TOP of the

jump, not jump and kick when the supporting foot hits the ground.

3. Understands the combination of approach angles, the pathway of their tool angle relative to the board and where they propose to land.
4. Demonstrates coordination of jumping, kicking or striking, breathing ... all in a dynamic or moving environment.
5. Sets board holders or machine in a way to maximize the chance of success.

To achieve ANY of these, much less all of them, **REQUIRES PRACTICE!**

Mr Sei Brown smashes tiles for his 1st dan grading



Practice

- Determine the height that suits YOU, so that you have the best chance of completing your break.
- Play with distances and angles to get the optimum angle between your attacking tool and the breaking material.
- Understand your technique – what is the tool being used? What is your intended target (against an opponent)? What stance works best? How to use your body to get maximum effect (Theory of Power!).
- Condition the attacking tools to make them strong. This also includes conditioning your BRAIN!
- Understand the expected protocol and practice it so that it becomes second nature.
- You may begin preparing yourself for destructions and specialty from your very first lesson – understanding the purpose of each technique, correct application, appropriate stances, developing strength and speed and conditioning your tools. Starting a week before grading will only demonstrate your lack of preparation..
- How many practice breaks? 50? 100? A good target for beginning students would be 1000 successful breaks or jumps before being examined on that technique. Sound like a lot? It is. How many times would you perform or practice a pattern before being graded on it?

Why do we do destructions?

The average untrained person uses only 10-20% of their potential. The systematic and scientifically sound basis of Taekwon-Do that General Choi developed allows a person, regardless of size, sex or age to train and condition to use 100% of their potential to create a devastating physical power. Destructions allow us to demonstrate to the examiner, the public, and more importantly to ourselves that we are beginning to master the elements required to achieve a single blow sufficient for victory. These elements are described

In this 3 part series Mr Richard Burr will explain the ins and outs of breaking for gradings.

in the theory of power. But destructions and specialty are more than sheer physical power applied to a target, or how high you can jump. It is also about demonstrating your confidence

- Showing that you have practiced.
- Showing that you know what this is going to feel like.
- Showing that you KNOWWHATYOU ARE DOING.

Before grading

This is 99.9% of breaking and specialty. On the day it is all over in a matter of seconds – successful or not.

1) Knowledge

Every break or destruction must start with a thorough understanding of:

- Tool.
- How to get that tool to the target in the most efficient and powerful way.
- Conditioning the tool to withstand the impact required to break without injury.

It is absolutely essential to get competent coaching at this point to develop YOUR technique. Each person is unique, and subtle differences in leg or arm length, stance, flexibility and strength have significant effects on the effort required to break. It may be that your current technique allows you to break one board or jump 600mm high. But further progress may be limited by the way that you break or jump, requiring you to re-learn with a

modified, more efficient or effective style. Better to start right in the first place.

2) Conditioning

- a. Start on a soft target:

Every destruction hurts. Little ones not so much. Big ones, unsuccessful ones, a lot more. If you are working at or close to the limits of your ability you will have ONE, perhaps TWO good destructions in you before your body overrides the mind. You may train your mind to keep telling you I'm going to NAIL this!, but after a big break, or perhaps an unsuccessful one, the body starts putting the brakes on just before you get to the target – the body instinctively saying this is going to HURT! and trying to lessen the potential for injury. 90% of your technique development can be done on a target pad or hanging bag allowing you to repetitively work up to maximum power without risk of injury. Don't be in a rush to see just how many boards you can break – the first bruise will set you back perhaps weeks.

- b. Preparing for harder targets:

Remember the 1000 breaks? When you progress to boards or tiles – PROTECT YOURSELF! Sport shoes generally have sufficient padding to allow you to perform kicks for an extended time. Mostly the limitation will be boards snapping onto your ankle. Wear a thick sock wrapped and taped around your ankle. A shin



Mr Kishan Mistry executes a mid-air kick for his 3rd dan

pad may help too. A shin pad worn on the knifehand will protect fingers, wrist bone and forearm. For punching a sparring mitt will help, but you may find forming a tight fist a little difficult. A shin guard is ideal for elbow techniques.

You don't need to break the board(s) every time. Slow repetition of the correct motion of the technique gives your brain a bit more time to process a large amount of information. Even the most basic technique has a huge number of things going on that at full speed may take as little as 3 /100th of a second. Crossing, weight transfer, sine wave, trajectory, acceleration, penetration, balance, focus, angle, tool position ... once you have these under control then you can start to look at breaking stuff. It helps to start slow and get the basics right, gradually adding power and speed to the technique – all the while maintaining all those things that you are doing properly. Soon you will find the board breaking and you maintaining your good technique!

c. Getting real:

At some point you have to make that transition from being padded up to no pads. Don't rush this. But don't delay it to 2 days before grading either. A good way to gradually work into it is using a light foam pad on the board, or reducing the thickness of your hand/elbow/foot protection. You will find that with less padding, more energy can be transmitted to the target. But the trade-off is that your hand/foot/elbow will have to withstand more of the impact. This is where brain training comes into breaking. You need to have done enough training, conditioning and repetitions for your brain to be saying Ok...I know this is going to sting a little, but I know it's not too bad, it only lasts a short time. And I'm going to be so pumped from the board breaking I will hardly notice. Without all those 1000 breaks in preparation it will more likely be saying WHAT are you doing?!! This is REALLY going to HURT! I'm going

to tell body to slow down so it doesn't hurt so bad.

A common mistake is trying to moderate how hard you hit a target to 'just make' the break, in a misguided thinking that it won't sting as much as a 100% full speed, full power strike. You will soon discover that a strike that was 90% of the way towards breaking, and doesn't succeed hurts 10 times more than a strike that was 150% over the top.

3) Muscle Coordination Training

Often when learning something new we tend to want to learn everything at once. Remember how ugly your first circular block was when you learnt Won-hyo because you wanted to learn the whole pattern from start to finish? When we break things down into learning smaller units first, putting them together later becomes much easier.

Specialty requires additional elements of coordination that take a while to master.

To perform destructions when flying or jumping we additionally require:

- a) The kick is executed at the apex of the jump
- b) In most cases the back is kept straight at impact
- c) Tucking the supporting leg up
- d) Recovery after the technique to regain balance
- e) Stable stance when landing.

There is a lot of variation in how people best learn coordination activities. In some cases such as the overhead side piercing kick (1st Dan), its best to learn how to land FIRST, and then work backwards. It's hard to learn how to jump and kick if you roll your ankle on every landing!

A large part of success in specialty techniques comes from plyometric, or rapid contraction exercises, and training to shorten reflex times – being able to deliver that kick or strike soon after take off. Use slow walking/knee lift exercises without kicks first to develop coordination so that it becomes natural or second nature. Add knee lift/rotation for flying spinning techniques (reverse turning, reverse hooking, mid air). Add jumping/landing (overhead side piercing). Once these movements become natural feeling and fluid then start to add kicks ... small abbreviated kicks for a start until you start to get enough air time to execute a fully extended kick, retract and land correctly with balance. Gaining confidence in your coordination and ability to land on your feet (not face!) comes before stretching

yourself to push those kicks higher and longer. 🥋

In part 2: Setting up, Protocol, General Points to Remember, and Theory of Power.

In part 3: Specific pointers for all the destruction techniques.

TOP TEN



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MEDICAL MULTI-CHOICE QUESTIONS

By Dr Jake Pearson V dan Khandallah, Sports Physician

SPORTS MEDICINE



HOW MUCH DO YOU KNOW?

I thought I would try something different for this edition, and construct a few MCQs on a smattering of medical topics for members to have a go at. These are intended to be difficult and therefore educational so don't feel disheartened by a low score – I tested it on another doctor and they even did not get 100%! Anyway, have a go and then read the answers and explanations following. Please feel free to contact me with any questions, and I invite any questions or topics to cover in my next article. Contact email: bopalop@gmail.com

1. A male adult student collapses suddenly during patterns training, is then unresponsive and does not seem to be breathing or have a pulse. What is the most important first thing to do?
 - A Call 111
 - B Start rescue breathing
 - C Start chest compressions
 - D Put a barley sugar in his mouth
2. How long does a typical bone fracture take to fully heal?
 - A 6 weeks
 - B 10 weeks
 - C 6 months
 - D It never fully heals after it has been broken
3. In diabetes, what is the key issue?
 - A Excessive intake of sugary food or drink
 - B Blood vessels being narrow and restricting the flow of blood around the body
 - C A lack of production of insulin, the hormone that helps store sugar in the body
 - D Reduced sensitivity of the body tissues to insulin
4. Which of the following statements about ankle sprains is true?
 - A The longer you can avoid weightbearing (i.e. with crutches) after the injury the better
 - B A rehabilitation program will speed up recovery and reduce the chance of repeat sprains
 - C Taking anti-inflammatory medications will result in better healing
 - D Difficulty weightbearing immediately afterwards means there is almost certainly a fracture

Answers

1. A. The most likely cause of the collapse is a cardiac arrest (aka heart attack) and the most important factor in their chance of survival is how fast a defibrillator can arrive and deliver an appropriate electrical shock. Chest compressions are the next priority and could of course be started almost immediately by someone else, ideally along with intermittent rescue breaths (30:2 ratio). Instructors should make themselves aware if there is an Automatic External Defibrillator (i.e. that anyone can use) located close to their dojang.

2. B. A rough rule of thumb is that a broken bone recovers its strength at about 10% per week with appropriate treatment. Any of the above answers

however could be correct under various circumstances e.g. different ages, locations, types of fracture etc. The latter stages of healing usually continue for a few weeks after a cast is removed, hence it is important to continue with some degree of caution and progressive loading for another few weeks. Once a bone is strong again however a process of remodelling back towards its original shape can continue for a longer period of time.

3. C and D. Sorry if you agonised over this. Diabetes is classically divided into type 1 and type 2. Answer C refers to type 1 that typically starts in childhood or early adulthood, and requires insulin treatment for life. Answer D refers to type 2 that typically comes on in middle or older age in association

with lifestyle factors such as diet and exercise, and only sometimes requires insulin treatment.

4. B. Protected weightbearing for a period of time (e.g. a few days for a moderately severe sprain) is helpful but then at some point putting weight through the foot and trying to walk normally again is therapeutic. Anti-inflammatory medications can be used on top of Paracetamol if required for pain relief, but in general should not be taken excessively in the few weeks after the injury as there is some concern they may interfere with tissue healing. It is quite common not to be able to weightbear straight after a routine ankle sprain but this should be possible within about 24-48 hours. 🦿

OTHER IMPORTANT FEATURES OF TRAINING

By Mrs Sonya Robinson IV dan, WarriorTKD, Personal Trainer

FITNESS

Part 2

In my last article I wrote a little on Adaptability, Monitoring and Goal Setting, this time we'll be looking at Training Effects, Overtraining, Maintenance and Reversibility.

Training Effects

Training effects are not gained uniformly over time. We don't improve at the same rate all the time. Improvements often come in cycles of rapid gain followed by times of little or no improvement or even possible back sliding to be followed by improvement again.

Our progress might look a bit like a climbing staircase with landings every now and then, and sometimes we might fall down and have to climb back up again. We really need to practice perseverance and indomitable spirit if we are to achieve what we are truly capable of.

Overtraining

Yes, overtraining is possible (High Performance students take note!). You can overdo training. Generally this would only happen when your body and mind is stressed to the point that you are no longer getting better and are actually getting worse. This can happen if trainings are too hard all of the time, and/or you train too hard every day. You could train every day if you wanted to, although if that were the case you wouldn't and shouldn't train at the same intensity. Strangely enough rest is an important part of your training too.

Symptoms of overtraining can be both physical and/or psychological. Although the symptoms I'm about to describe could be part of other conditions, they are also reliable indicators of overtraining.

In general: poor practices and/or poor performances.

Physically: sudden or unexplained loss of weight, joint and muscle pain without an injury, nausea and persistent head colds and/or a stuffy nose.

Psychologically: depression, irritability and/or insomnia.

Maintenance

It takes more training to get to a certain level than it takes to maintain it.

If you ever get to a stage where you are happy with where you're at (congratulations on that if or when that ever happens!) you'll still need to continue to train just to keep at that level.

This is why it's still important to keep yourself fit and healthy if/whenever you have a break from Taekwon-Do.

As Training Effects are lost at about the same rate that they are gained you do need a kind of maintenance programme during your off season.

Check out my article "Maintaining in the "Off Season" aka Fitness Fun in the Sun" in the 2nd edition of TKD Talk 2010 for some ideas.

Reversibility

In terms of training effects – if we stop training or don't train often enough at a sufficient level to even "maintain our gains" our current level benefits can be lost. Yes unfortunately, if you don't use it then you will lose it.

The good news though is that if you are able to achieve a high level of training and conditioning, and then continue to train at a maintenance level once that high level has been obtained, then the reversibility of training can largely be prevented.

Of course there are always lots of variables that have an effect on anything that we choose to do; some are outside of our control, many are within - so keep practising that perseverance, indomitable spirit and self-control and they shall help you with your health, fitness and on your Taekwon-Do journey. Enjoy. 🍷



Photo by Peter Graham



CLARIFICATION OF NZ UMPIRE QUALIFICATIONS

By Mr Gwyn Brown V dan Tournament Advisor

TOURNAMENTS

Several years ago the Tournament Advisory Group (TAG) restructured the New Zealand umpire qualifications, simplifying them to international standards. Up until then there were 4 different NZ umpire levels, in addition to the 2 international ones, and it was extremely confusing for everyone involved as to who got what and what they meant.

The changeover has been confusing for some and the TAG still finds students that don't know what they mean, so here they are:

NZ 'C' Qualification

This is the basic qualification that any iTKD member, including parents, can obtain simply by sitting the introductory 'C' course. But if you are not a practicing member obviously you cannot judge patterns or traditional sparring (Pre-Arranged). The

course is one day long and usually held in each region once a year. It is just what it says, an introduction, with all umpire positions covered. There are no exams involved and everyone sitting the course gains the qualification.

NZ 'B' Qualification

This is a much more in depth course, and involves 2 days of training and practical exams. The first day is all theory with the second day being held at a real tournament, usually one of the Under 18 series. The course is only available to 1st dans and above who have already sat the 'C' course and in order to pass, you must competently take charge of all areas of umpiring, including being the centre referee and the juror. Failing one of these areas doesn't mean you fail the course, it just means you won't have that particular area

endorsed. The TAG recognise that not all students are able to take charge as a juror or a centre referee.

If you previously held a NZ 'A' qualification, this is now the standard for you.

International 'B' Qualification

This course is run by the ITF Umpire Committee and the TAG has no involvement. It is a one-day course at present and usually held in NZ every 2-3 years, or you can attend the course internationally.

International 'A' Qualification

Exactly the same course as the International 'B'. You are awarded the 'A' qualification if you are a 4th dan or higher and already hold the International 'B' qualification. 🏆



Photo by Paul McPhail

Umpire Shaun Skedgwell rushes in to break apart Melissa Timperley and Estee Speirs

HOW TO PRACTISE FIVE PATTERNS IN FIVE MINUTES

By Mr Brendan Doogan IV dan, Dragons Spirit Papatoetoe

TECHNICAL

A few years ago during a seminar Master McPhail told us a quick way of practicing patterns.

Rather than practicing all of Dan-Gun to get good at Dan-Gun, take the tricky bits out and practise them separately. Once they're improved, put them back in. I asked him about it a while later and he replied he'd picked it up from learning musical instruments. I brought it up because I'd played with the idea and come up with a quick way to improve all of my patterns by practicing only a few movements.

I noticed that most of our side outward blocks are middle or high. And they're done with the tool higher than the elbow, more or less like Chon-Ji #9. And there are heaps of them in patterns – but just how many?

I counted them – took a while – and found that of the colour belt patterns and sajus about 35% of the movements are that bent-arm-block shape. Sometimes the same shape is performed inwardly, like Won-Hyo #2, the rear arm in middle guarding blocks and the “reaction” hand in Toi-Gye #2.

By practicing this movement a few times with different tools and stances, inwards and outwards, I can practice more than a third of my colour belt patterns. And it only takes minutes [assuming I'm performing correctly!].

I had another look. The straight arm punches [i.e. not angle, vertical, upset etc] make up another 25% of the colour belt patterns. Practicing straight arm punches [and thrusts] at different heights and on different stances, stepping and turning, I've covered another quarter of my patterns in only another few minutes.

This means you can practice the movements of about 60% of your colour belt patterns by spending only five minutes on bent arm in five minutes. 🍻



Some other groups of movements that you could practise together:

- Knee upward kicks and back piercing kicks are essentially the reverse of each other.
- Angle, turning and crescent punches are the same other than the elevation and the stopping point.
- Upset and upward punches are more or less the same motion stopped in different places.
- Low outward blocks [Chon-Ji #1, Choong-Moo #10] and outward strikes that finish with a straight arm [Do-San #24, Juche #41] are basically the same movement at different heights.
- Front snap, turning, reverse hooking and twisting kicks are all the knee opening or closing at different heights and angles.

ITKD NATIONAL CAMP 2016
SPECIAL GUEST: MASTER MARK HUTTON (Scotland)
www.itkd.co.nz/events/camps/2016-national
 29-31 January 2016



INSTRUCTOR PROFILE

Master Rocky Rounthwaite VIII dan

PROFILE

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

My interest came as a result of listening to a Dunedin policeman, Lindsay Parry, describing his Karate black belt grading which involved 2 days of physical testing including 40 fights at 1½ minute intervals. In round 10 he 'lost' an eye to his opponent's kick, and in round 12 received a broken nose. After 5 years of preparation including 3 weeks off work fine tuning, he was not giving up. To this day he swears he will never attempt his 2nd dan which includes 60 fights.

At high school I had spent a season in schoolboy boxing so my interest in martial arts was developing though in those days, 'good boys' did not participate in such activity. Little did I know that a decade later, during the Bruce Lee era, my interest in martial arts would begin to grow?

I really commenced TKD soon after in 1976, though had dabbled with Aikido, Hapkido, and Judo.

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

Physical Education Instructor at the NZ Police College, (then) red belt John Moran, ran a Taekwon-Do class in Stokes Valley (near Upper Hutt) so the link was obvious. Had John taught Kung-Fu, I guess I would be doing Kung-Fu. Fate brought us together which, in hindsight, was fortuitous as the organisation I was joining was energetic, forward looking, and professional in outlook.

When did you receive your first dan black belt?

1980 saw me grade for my 1st dan under Master YK Yun, then part of South Pacific TKD Federation. Any grade of black made one a senior member so teaching started quite early. Taekwon-Do has evolved so much since then in its maturity, technical knowledge, teaching skills, philosophy, and administration. It is sad to see others leave to 'do their own thing' as they generally remain static. Even our founder General Choi conceded the art was a developing art.

When did you start instructing, and at which club?

Instructors in those days often included coloured belts. Being a 1st dan seemed an appropriate time to commence a class with me as the instructor and my wife Trish as administrator. We commenced the Pakuranga club in Auckland which grew to 140 members - and a waiting list.

Early students at that class included now Master Bhana; a good friend of mine 2nd degree medical scientist Dr Gerald Woollard; green belt Mr Peter Graham (now 6th dan) who joined us from Master Davidson's Wellington class; Kevin Joe (4th dan) and his sister Jeanette (5th dan), Mr & Mrs Pygott (5th & 2nd dans), Kirstin Eady (nee Vaughan), most of whom are still involved.

What are some of your biggest Taekwon-Do achievements?

The early days in Auckland saw Mr Graham and me preparing the way for a young Master McPhail who had transferred from Wellington. His new class at Homai College had 110 people on the floor on the first night.

PNG brings back very fond memories and rates as a highlight in our lives. Experiencing life in a 3rd world country was exciting enough. PNG remains a cultural Mecca, a photographers paradise, rich in minerals, with more than 800 identifiable languages among its five million people, though the bird life is diminishing, evidenced by the world's most colourful headgear. A distinguished visitor to the highlands Mt Hagen region in 1995, Grand Master C E Sereff's famous quote, "No uniforms, no politics, just pure Taekwon-Do", is always remembered.

Commencing classes in a broken down police gymnasium we boasted more female students, which, in a male dominated society, we put down to Mrs R's presence, and 'team teaching'. It was not unusual for us to carry a baby whilst teaching; allowing mothers a short period of uninterrupted training. Classes still run in Mt Hagen 20 years later with 4th dan Simon Kama at the helm.

Umpiring at World Championships is a buzz and included Malaysia, Poland, Germany, New Zealand, with other events in Vietnam, Hong Kong, Australia, and in the early days in Fiji.

Grading for 8th dan in India gave me a personal goal to work towards. Another country, more friends, more experiences, and always stimulated by IIC leaders, Grand Masters Marano and Bos.

What is the highlight of your Taekwon-Do career?

There are many:

- a) The many times I was privileged to train under General Choi himself.
- b) My wife Trish's grading in Thailand for her 5th dan remains a highlight – no pressure, just half the school she worked at, staff and headmaster watching.
- c) World championship medalist in Poland, Germany, Italy, and in Canada, where our very own Carlie Dann won best overall senior female.
- d) Specialising in power breaking. We have lost count of the number of students we have helped prepare who returned with medals. Just seeing students progress as individuals is a huge reward for us. In one weekend whilst living in Australia, during a visit from Jon Sawden, we broke the equivalent of 10,000 boards between 5 of us. That's serious breaking.
- e) Seeing clubs we commenced many years ago still running. Though in different locations now, they include Pakuranga, Clover Park, Sunshine Coast (Australia), and Mt Hagen in Papua New Guinea.
- f) Training under a mango tree in PNG's coastal town of Wewak with Mr Imatana. And people can't understand our frustration when they complain about lack of equipment. "Get a life"!
- g) BUT seeing students develop as individuals brings me the greatest pleasure.

Master Rocky Rounthwaite

What are your personal goals for the future?

To follow the General's example and teach to the end. Surrounding oneself with enthusiastic, motivated, and passionate people keeps you young. To continue, however, one needs to be financially sound. I am rich in heart but that does not pay the bills.

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

We must expand membership, being mindful of quality control. There is a fine balance between the two. Without numbers we remain static, or worse, cannot expand due to financial constraints.

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

In NZ I have to say Master Paul McPhail. I have seen him develop the science of TKD, respectfully questioning General Choi at every possible moment. Not satisfied with executing a technique "because that's the way we do it", he sought qualification reasoning behind techniques, standing his own students, ITF and iTKD in good stead.

Internationally I have to say the Grand Masters rate highly on my admiration list, in particular Grand Master Lan from Germany. His obvious TKD ability is tempered with true humility, a trait few martial artists manage to achieve.

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

So much time and energy is put on International Championships. This drive is admirable, develops students immensely, gains experience, develops character, makes us proud, and sometimes gives access to funding. However a need for balance is required.

Competition is a vital part of student development. One would not teach a child the skills of rugby or netball without putting them into a game periodically. Likewise it is quite wrong to give our students a false sense of security and not allow them a

chance to test their skills under controlled conditions such as tournaments. I see our standards and technical knowledge rising immensely, but do not see the growth that should result from that.

We all practice TKD for varying reasons. I would like to see the less driven instructors take a leaf from the enthusiasts and grow their membership rather than leaving it to others.

What are your favourite hand technique and foot technique?

Without a doubt the knife hand strike. It is fast, strong, and targeted properly can be very effective. Should the need require, accuracy and choice of target is vital, more so as one ages.

Front snap kick is still my favourite foot technique. I speak from experience when I say it works in reality. It keeps the opponent at a distance, maintains balance, and with the correct use of body weight can be devastating.



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

I see many great 'sports' men and women who, whilst they practice Taekwon-Do, miss the point. There are three main characteristics that make a good practitioner - humility, humility, and humility.

Other characteristics include confidence, a caring for others, self awareness, being in good physical shape (relevant to age). If any one of these is missing, one cannot claim to be a good practitioner.

"Any place under Heaven is Do-Jang" – General Choi, Hong Hi. 🙏



MAKING WEIGHT FOR TAEKWON-DO

By Mr Kerry McEvoy III dan, MHS, BA(HMS), CSCS

Getting into shape for a grading or competition is a regular practice for any progressive and competitive Taekwon-Do practitioner. In many cases, this not only means getting fitter but also achieving a precise optimal bodyweight to be able to perform to your potential or to make a competitive weight class.

Unfortunately, like much of the population, many Taekwon-Do practitioners take part in physically and psychologically unhealthy diets to lose weight, either deliberately or unknowingly.

The purpose of this article is to give you some common sense healthy guidelines on how to lose weight for a grading or competition and be able to keep it off so that you no longer have to "yo yo" diet your weight up and down. It is recommended if you wish to lose weight in the healthiest way or if you have a medical condition that you consult with a qualified sports dietician.

Here are five steps to a healthy weight loss to make your ideal competitive weight.

Step 1 – Determine Your Ideal Weight

The first step is to determine the weight that you perform your best at and aim to get to that weight in a healthy way and be able to stick to it all year round. For a weight category competitor, you should never be any more than a few kilograms off your competition weight, which means you will only have to slightly adapt your eating plan a few weeks prior to the competition to make weight, rather than a long drawn out weight loss schedule.

Step 2 - Keep the Foods You Love

The second step is to determine which are the foods you love to eat and which you cannot go without, and work out a way to include these foods in your year round eating plan. If your favourite foods are high in calories/fat then look at ways to reduce the calories from that food. An example would be if you love pasta, then there are four ways you can reduce the calories: 1. Reduce the serving size

of the meals, 2. Reduce the frequency of the meals, 3. Replace the high calorie/fatty sauces (creamy based sauces) and fillings with low calorie/tomato based sauces and fillings, and 4. Expend more energy via movement and exercise to counteract the extra calorie intake.

What is important, however, is not to give up your favourite foods, because when you give up what you love, you want it even more. This makes the eating plan not very enjoyable and will promote a psychological and eating rebound after the grading or competition, resulting in you putting the weight back on and more. This will make it harder next time to lose the weight again both psychologically and physiologically.

Step 3 – Eat High Nutrition Foods

The third step is to pick tasty, highly nutritious foods as your main food source. These foods tend to come from out of the ground, which includes vegetables, fruits, grains and cereals. The less processed these foods are will generally mean they are still rich in nutrition (essential vitamins and minerals) and are ideal in energy (carbohydrate and fats). A good way to look at any meal plan is: two thirds of what you eat should look like it came out of the ground (unprocessed vegetables, fruits, grains and cereals) and one third from other sources (meats, dairy and treats). Then adapt the amounts you eat to your activity levels and weight goals. If you move more, eat more... if you move less, eat less. If you want to lose more, eat less... if you want to lose less, eat more.

Step 4 - Burn Off More than You Put In

The fourth step is to match your weight goal with your eating plan and activity levels. The law of physics states that energy cannot be created or destroyed, it can only change its form. This basically means if you put energy into your body you have to burn it off, or you will store it. So to get a deficit between energy in and energy out to lose weight, you have to burn off more energy than you are putting in. So to lose weight you have to either expend more



Photo by Ian Walton

energy via movement/exercise or eat less energy (calories) via a healthy eating plan.

With regard to exercise, high intensity interval training makes you fitter which increases your fat burning capacity (see my previous article Quality Fitness Training for Taekwon-Do in TKD Talk, Issue 1, 2014), while strength training increases your metabolic rate and energy burning capacity (see my previous article Quality Strength Training in TKD Talk Issue 1, 2013)

With regard to nutrition, you can reduce calories in your eating plan by decreasing your serving sizes and/or reducing, replacing or eliminating high energy fatty and sugary foods and replacing these with highly nutritious medium energy foods.

Step 5 – Set a Healthy Time Frame

The fifth step is to set an achievable time frame to lose the required weight without compromising your health. A good healthy guideline for weight loss would be about a ½ to 1 kilogram of weight loss per week. Half a kilogram of weight loss per week is technically a deficit of 4500 calories (1 kilogram of fat contains 9000 calories) across 7 days, being a daily deficit of 1285 Calories a day, which is achievable for an active athlete.

	Don't	Do
1	Aim to lose too much weight too fast - you will lose muscle, strength, energy and performance	Give yourself plenty of time to lose the desired weight in a healthy manner while keeping your muscle, strength, energy and performance
2	Follow someone else's diet - you may not like it	Structure your own eating plan around the nutritious foods you enjoy
3	Give up the foods you enjoy and include foods you do not enjoy - you will not enjoy the diet	Include all the foods you enjoy and adapt the amounts according to the weight loss goal
4	Give up specific food groups that are full of nutrition, eg meats, dairy etc - you will miss out on essential vitamins and minerals	Keep all the healthy food groups and adapt the serving sizes according to your weight loss goal
5	Lower exercise intensity to burn fat - all you do is reduce energy expenditure	Increase exercise intensity to get fitter - fitter people burn fat faster
6	Relax too much between training sessions	All daily incidental activity contributes to energy expenditure and boosts your metabolism
7	Give up strength training - you will lose muscle and lower your metabolic rate	Do strength training to boost your metabolic rate and increase your performance
8	Follow any form of diet that replaces food with powders, shakes and pills - you will miss out on vitamins and minerals in their natural balanced state	Follow an eating plan that comprises of whole natural foods for good health
9	Dehydrate to lose weight - you will reduce energy and performance	Maintain high fluid consumption and allow no more than 1 kg to be dehydrated off the day before weigh-in to maintain your energy
10	Be grumpy and negative - you annoy the people around you	Be happy and positive - you will be enjoyed by the people around you

An active 70kg male Taekwon-Do practitioner who trains 1 hour a day of high intensity activity will burn off about 3500 calories per day (2500 calories from their daily resting metabolic rate plus 1000 calories per day from training). This means that they can eat 2215 calories from healthy nutritious food sources to achieve the required daily 1285 calorie deficit to achieve the half a kilogram of weight loss per week. These are only estimates and will vary from person to person and be influenced by weight and gender.

Essentially, if you are not losing weight then you can either move/ exercise more or eat less to achieve your required deficit. It is important that in this process you choose foods that are high in nutritional value so as to contribute to your Taekwon-Do performance. 🥋



Kerry McEvoy HMS, BA(HMS), CSCS

- Education Director: Max International College for Fitness Professionals
- Masters Degree in Exercise Science
- Former Trainer for the Australian Institute of Sport and Olympic Gold Medallists
- 3rd Degree Black Belt, Jungshin Taekwon-Do
- 4 times Taekwon-Do World Cup Gold Medallist



THE VERBAL FENCE

By Mr Phil Thompson Protect Self Defence

A significant and often overlooked tool in anybody's self defence toolbox is their voice. For self-protection we use voice for tactical communication, de-escalation, verbal defusion, giving commands, calling for help, attracting attention, controlling a scene, and many other important aspects of personal safety.

This article focuses on what we at Protect call the 'Verbal Fence'.

What is a 'Verbal Fence'?

The 'Verbal fence' is the term we give to the strategic use of voice to create hesitation or dissuade a potential aggressor from escalating or continuing their assault on us.

An example...

Let's start with a recent actual example of a verbal fence which was deployed effectively by a Protect instructor in Auckland. Keep in mind this is just one example and each one is different, as each situation is different, each person has their own style and level of confidence, and each aggressor/threat will respond differently. This is just a single example for illustration purposes.

The instructor was withdrawing cash from an East Auckland ATM machine, 2pm on a Saturday afternoon, in a shopping centre carpark. He had done everything 'right' in terms of a Code Red mindset as he approached the ATM, good level of general and situational awareness, 'Hard Target' behaviour, and a quick scan of the area upon approach revealed nothing of concern. Once his card was in and the transaction underway he noticed a guy appear around the corner. Within a matter of a few seconds our instructor noticed several Pre-Contact Indicators (PCI's) which alerted him to an obvious threat and need for attention. He was restricted from an immediate disengagement (escape) by a situational factor which meant he had to remain in the environment for a longer period than he otherwise would have and wanted to. After several more PCI's, including the extreme threat of the offender placing his hand behind his back as he closed the gap, the offender began a direct approach from about 15 metres away. Our instructor decided to employ a verbal fence as the next best thing to an escape. He turned, looked the offender directly in the eyes, with a very strong body

language, and asked firmly "What do you want mate?". The offender said nothing (which said everything) and kept approaching. Our instructor stepped it up a notch and told him "Stay there, I don't know you, what do you want?!" Again, no reply, so it was time to take things up a serious notch. The next command was "STAY THE F**%* BACK! GET THE F**%* away from me!!" He said this as he took a step TOWARD the offender. This caused an immediate hesitation in the offender, and he used a face-saver, which was "Oh, aye? I'm just looking for a ride to Hen (Henderson, from Howick!)." This of course was not what he wanted, but the verbal fence had worked and the offender was looking to cover his intention and save face. There is a little more detail to the situation but the outcome was the situation was avoided from escalation and the Police dealt with the offender from there.

So let's explore the basics of the concept...

When can the Verbal Fence be used?

For kids, we teach the Verbal Fence as part of their self defence toolbox since other forms of verbal defusion are outside their scope of learning at a young age. It's often taught as part of the response to peer aggression (aka "Bullying") and certainly against potential abuse or abduction from an older offender, as part of our 'No, Go, Yell, Tell' Model.

For adults, it can be applied in many different scenarios and situations but it is most likely used as a response to an approach by a threat 'on the street' where the intention is likely of criminal nature, rather than ego based. The common basis of a Verbal Fence contradicts the four 'Ego Fuels' which we train to avoid when de-escalating a situation, so very rarely works on an ego-based aggressor. At a criminal level though we know that the offender usually perceives vulnerability in their target, which is why they are targeting them (criminals pick victims, they don't pick fights). The Verbal Fence is part of Hard Target behaviour, but it is at the pointy end of the stick when all else has failed. The objective being to 'change their script' and display to the offender that you are not the vulnerable target they perceived you were.

Why use a Verbal Fence?

The Verbal Fence is designed to show strength to an aggressor who is distinctly targeting weakness. Done well it can also trigger a Fight/Flight/Freeze (hopefully 'flight') response in the aggressor. The outcome we want is for the aggressor to reconsider their options based on the new information they have been presented, in this case that you are going to be a 'real handful' rather than the vulnerable target they thought you were.

When should a verbal fence (probably) not be used?

Using a Verbal Fence in any ego-based situation which you want to defuse is likely to have the opposite effect and escalate the situation as it is usually challenging to the aggressor. As with all self protection, the situation dictates our response, there is rarely a black and white 'technique' to apply to all situations. A good understanding of the dynamics of the verbal fence can help us make an informed decision under stress about when to deploy it as a strategy and when not to.

What are the risks?

Everything can of course fail. There are no fail-safe concepts in the real world when it comes to dealing with aggression or violence. A Verbal Fence is usually a last resort option when escape or avoidance options have failed or are not present. There is a chance that the aggressor will completely ignore your Verbal Fence and continue anyway, but that would indicate that their intentions were already set and that this outcome was always going to unfold regardless. You are generally still better off even if it doesn't dissuade them as it often has the effect of placing you in a combative mindset rather than one of denial, confusion, or remaining in the freeze response.

How do we do it?

There are three key parts to an effective Verbal Fence; Voice, Body Language, and Eye Contact. All three of these should project confidence and strength.

The voice should be projected in a manner that the person can practically

"No! Leave me alone!"



'feel' (practising effective ki-hap in class is a good way to train this), it should go right through them, communicating power as well as potentially creating attention to the situation from others in the vicinity.

The body language should be grounded and strong, often we even take a step toward the aggressor if possible and practical, as this communicates the opposite of vulnerability and 'easy target' behaviour. Hands will be up and forward in some way to project strength and for offensive and defensive options.

The eye contact should bore a hole into the aggressor's eyes. Eye contact in aggressive situations is a challenge and in this situation that is what we are deliberately aiming for.

The verbal fence can be scaled substantially up or down depending on the situation at hand. The example of our instructor above is an extreme one, but that is what the situation required. Lesser level situations

might not need anywhere near that level of intensity

Just one more tool in the toolbox...

This concept is just one more tool in your toolbox, nothing more or less. It is worth practising, and developing the confidence to be able to use this in a real confrontation if your avoidance strategies have failed.

Remember; 'if you look like food, you'll have a higher chance of being eaten', which is why we train Hard Target behaviour. In this case the aggressor has still targeted you so as a last resort you are communicating to them "If you try to take a bite, I'm really going to bite back, hard". If all that fails... Well... That's why we train effective physical responses.

As always I welcome your feedback.

Cheers

Phil. 🇳🇿



Mr Thompson is co-founder of Protect Self Defence and instructs classes, seminars and gives private instruction at Protect's training centre in Auckland and throughout NZ.



Kicks for Kids



by Mrs Shirley Pygott
II dan Jungshin

Welcome to Issue #35.

It's celebration time! We are celebrating a major birthday, but will TKD Ted spoil the festivities with his report on sugar?

Happy 60th Birthday Taekwon-Do!

I need to think of a name for my Martial Art

It needs to show it is a Korean Martial Art

It needs to be modern - so it stands out from the others

It needs to be so good that everyone will vote for it



Although General Choi was teaching his new martial art since the late 1940's, April 11th 1955 was the day that it got its official name, which makes it 60 years old this year. Before 1955 it was known by quite a few different names like Dang-Su, Gong-Su and Kwan-Bhup, but General Choi had to think of the perfect name.

After a lot of thought he came up with the name that he thought was the best choice, and sent it in to be voted on. There was only one little problem - no-one liked it. The General had to think fast - so he explained to them that his name "Taekwon-Do" sounded a bit like Taek-kyeun which was an ancient Korean Martial Art - that meant everyone would

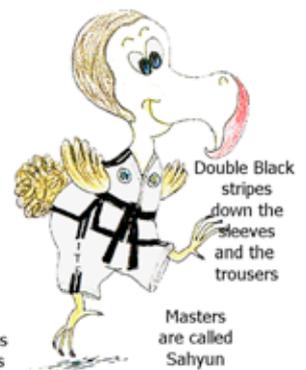
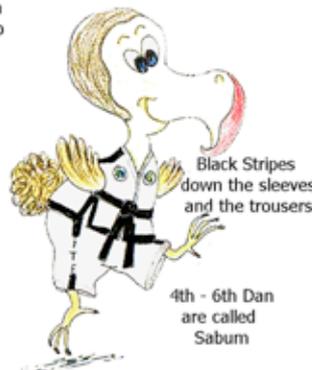
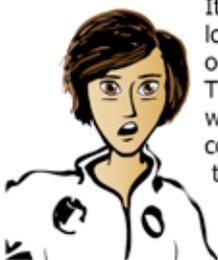
immediately know it was a Korean Martial Art, (not Chinese or Japanese), and he talked about how unique the name was - so different to all the other martial arts that were popular. He was such a persuasive man, that all the voters changed their minds and voted for Taekwon-Do. On the day it was officially named, General Choi said that his joy was "too great to be expressed in any words or writing"

WHAT'S IN A NAME???

At the start of class, how do you know which name to call the instructor: Boosabum, Sabum or Sahyun? I am confused...



It's easy. Just look at the trim on the dobok. That will tell you which is the correct name to use.





TKD TEDDY investigates:

What's the big deal about Sugar?

Birthdays usually involve cake - lots of sweet, sticky, colourful YUMMY cake. We are often told that sugar is bad for us, but how can something that tastes so good be so bad? Should we not be eating cake at all? Surely not!!! Ted did some research to get to the facts...



What is sugar?

It is a carbohydrate called sucrose made up of fructose and glucose. Sugar has no protein, vitamins, minerals or fibre - so it has nothing that will help you to be healthy and strong.



Why do we like sugar so much?

It has something in it that makes you want to eat more and more of it. That's why it is always hard to stop at just one biscuit or lolly.

What happens in my body when I eat it?

The sugar goes straight into your blood. Your body knows that too much sugar in your blood can make you unwell, so it makes insulin to help process it out of your blood quickly. If you eat a lot of sugar quickly, the insulin works so hard that it goes overboard and takes too much sugar out of your blood. This sends a message to your brain that you are tired and need more sugar. Too much sugar puts your whole body out of balance. It also does bad things to your teeth.



How does sugar make me feel?

Sugar gives you a burst of energy that might be fun to start with but usually doesn't last very long, and can make you feel hyper and fidgety. If the insulin takes too much sugar out of your blood, you can feel grumpy and find it hard to concentrate and learn. Sugar can even give you a headache or make you feel sick, and make it harder for your body to fight germs like colds and flu.

What about fruit - is it bad for me too?

Fruit is sweet so does have fructose in it, but it also has fibre and vitamins, so it takes longer for the sugar to get into your blood. You don't need as much insulin to process it, so it doesn't affect you the way processed food does.



Can sugar make me fat?

Yes it can. If you eat more sugar than your body can use each day, then it will store it in your body as fat.

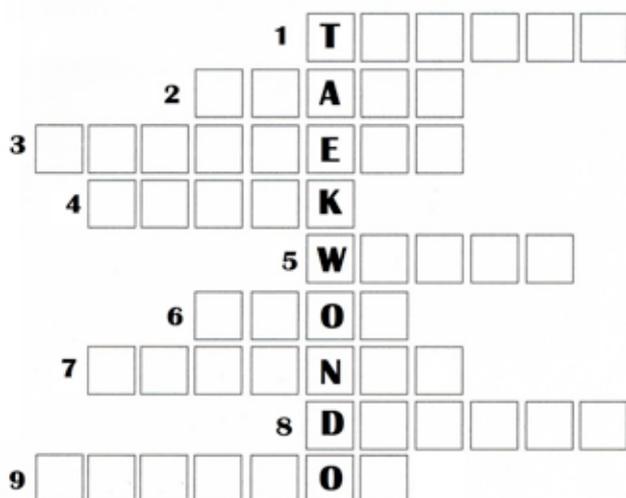
Are sweet foods OK as a treat?

Sweet foods are fine as a sometimes or special day food - like birthdays - (glad to hear that Ted - I was worried I would have to take that birthday cake away).



Did you know.....sugar has more than 70 different names?

Food labels tell you what's in your food, but there are over 70 ways that they can list sugar on a label. When you find words that end in OSE, there's a good chance it is sugar: Sucrose, Maltose, Dextrose, Fructose, Glucose, Galactose, Lactose and many more. Sugar is hiding in a lot of food we eat, so we eat more sugar than we think we do. Have a look at some food labels and see if you can find sugar!



Crossword Clues

- I promise to observe these
- Korean for Kick
- Polite
- Name for uniform
- First belt colour
- Name of the Founder
- High
- Legendary founder of Korea
- Attention





- Are you or your child on the Mini Kids syllabus?
- Are you a colour belt or black belt wanting to improve your skills for grading or competition - or just want to be the best you can be?
- Are you preparing for tournaments?
- Are you an instructor looking for teaching ideas and new drills and skills to teach your students?

TKDCoaching.com has TKD video resources suitable for everyone, with more videos being added weekly!



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