

# TKD Talk

APRIL 2000

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## WORLD CAMP 2000



*Master Wheatley  
and Mrs Mala  
Wheatley*

**INTRODUCING**

**INSTRUCTOR OF THE  
YEAR & STUDENT OF  
THE YEAR AWARDS**

# The Editor:

Welcome to TKD TALK 2000,

I guess by now you are well into your training programmes, new members have enrolled and some members have moved on. If this is the case I hope that the Foundation will have taught you well about preserving a bond that will always be the guiding light in all of your goals for the year 2000.

A funny thing happened to me while at the World Camp. One day I was just one of eighty-odd coloured belts who had registered to learn more and to meet some of the TKD members from throughout the country, and the next I was organising the Maori welcome for Master and Mrs Wheatley. Funnier still was when Mark Banicevich dropped the role of editor for the TKD TALK -in my lap. [Thank you Mr Banicevich for your nomination and also thank you Hayden Breese and Kirsten Livingstone for your support.] Thirdly I was requested by Mr McPhail to interview Master Wheatley on video. [How he knew I did this sort of thing puzzles me !!] However Mr James Rimmer has the recording, and one day we might be fortunate enough to read the transcript in TKD TALK.

Without giving too much away I can say that Master Wheatley was extremely impressed with the standard of those members who attended the World Camp.

Wishing you all the best and keep up the good work.

## Mike Stafford

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I believe that, regardless of size - how small or how big, - if it's informative and is related to ITFNZ it should be printed. So come on members - keep the Talk Talking.

TKD Talk is a publication of the ITFNZ Marketing Sub-committee

On behalf of the Marketing Sub-committee, I would like to welcome Mr Mike Stafford to the TKD Talk team. He brings a wealth of experience with him and we wish him all the best.

## Hayden Breese - Marketing Director

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**(Aka: The Epic Saga)**

## **IT ALL STARTED**

In June 1998, a team from New Zealand travelled to Hawaii for a Senior Dan grading, among them Mr Evan Davidson and Mr James Rimmer. Over there, these two great legends of ITF NZ met Master Robert Wheatley. Mr Rimmer suggested to Mr Davidson, “Zeus, I have a great idea. Let’s organise a World Camp in New Zealand.” So they decided to invite this awesome Master over to New Zealand as the guest instructor at our World Camp.

## **PREPARATION**

Camp planning soon got underway, with interest shown from such countries as Argentina, Nepal, Pakistan, India, Mongolia and Ghana, all of which required visas to get to New Zealand. Unfortunately people have a great tendency to leave things to the last minute. Which was the case with this World Camp, as the organisers soon found out. Closing dates for applications were approaching fast with numbers attending still down. Two weeks before the original date the organiser’s letterbox nearly fell over due to the weight of the mail.

## **CHALLENGING**

Meanwhile Mr D was having lots of fun e-mailing, phoning and faxing hundreds of official invitations and explanations to India, Pakistan and Nepal, and their related NZ Embassies, ending up in a major paper war. Three weeks before the camp was due to commence, the Indians had their visas refused. The explanation given was that they didn’t have a genuine reason for coming (!) or sufficient sponsorship. Mr D began to panic - what if Nepal and Pakistan were also refused? More grey hairs appeared. Then around a week later he rang the NZ Embassy in New Delhi only to be told that the Nepalese team had also been refused. Mr D got mad. *Then* he had lots of fun e-mailing, phoning and faxing the Immigration Minister’s office to complain! Anyway, to make a long story short, the Pakistan group eventually got visas accepted - two days before the camp started.

Then the USA had its worst snowstorm in 72 years and Master Wheatley’s plane got stranded in Los Angeles (Mr McPhail’s comment? “This camp is doomed!”). Fortunately, Master Wheatley was able to arrive in New Zealand on Friday morning, to the relief of everyone. Unfortunately, the Pakistanis, who were meant to arrive in the afternoon, never appeared.

## **“THE CAMP” NGARUAWAHIA Friday evening:**

Lots of keen and excited people turned up at the Christian Youth Camp in Ngaruawahia, ready for five days of hard training and pain. After everyone had finally registered and figured out which room they were in, we got ourselves all psyched up for the official Maori Welcome for Master and Mrs Wheatley, organised by Mike Stafford TKD Avondale. This involved learning to perform the “Powhiri” - not a good idea for people like myself! Ten rehearsals later we *just about* had it right. Apart from sitting outside in the freezing wind, it all went smoothly and Master Wheatley was very honoured with the welcome and Maori challenge. Later, and away from prying eyes, the challenger gifted Master Wheatley with a carved Maori flute.

Supper was held at 9pm in the dining room and was an excellent opportunity to catch up with old friends, if we hadn't already spotted them earlier. Around 10.30, we were supposedly tucked up in our nice cosy beds and asleep. The only problem being that it's rather hard to sleep when you share a room with a snorer, a marathon sleep-talker and someone who had fleas in their sleeping bag! (We think).

**Saturday:** Some idiot wakes everyone up at 6am - hang on, that's the time we're meant to get up! Mr D was obviously still feeling some leftover stress, because he took it out on us during the army-style warm-up. After this, breakfast was definitely welcome! Then Mr D announced he had written a list of people for 'fatigues' - one person thought fatigues meant extra training!



*Mr Davidson's Pack Run*

Our first session of the day was patterns - McPhail style. The coloured belts got off lightly, having Master Wheatley take them for sparring, while the rest of us completed Po-Eun at a record speed of 70km a second! Lunch was definitely welcome, apart from the meal being a bit light for hardened athletes like ourselves. Then Mr D announced that the Pakistanis had gone AWOL and were joy-riding somewhere around Auckland with a Pakistani taxi-driver! (Fortunately, the local authorities were keeping tabs on the situation).



*Black Belt Patterns*



*Master Wheatley's sparring class*

Our afternoon session was sparring with Master Wheatley, who by then was already famous for his excellent instructing (I was told by one of the girls; "He made me *like* sparring!"). After we'd had tons of info stuffed into our brains we were allowed to have some free time, which for most people involved a sleep or trying to throw each other off the log into the pool.



After dinner, we were divided into teams for the confidence course and some ‘team building’. Our team kicked butt on the first activity, but were appalling at the rest (no sense of balance, not to mention that we had Mr Banicevich as our mighty leader!).

Saturday night some groups went out to Hamilton, while the rest of us socialised and played noisy card games involving lots of swearing by the losers!

**Sunday:** It rained. Constantly. In between bouts of rain we managed to fit in group photos - the hard part being to make sure we had at least one shot on all the forty or so cameras scattered across the ground! Due to the weather, all our training had to be done inside, in sometimes very cramped conditions. Everyone was feeling their aches and pains, especially after Master Wheatley’s sweat-



*Mr Graham leading the way*

puddling session of power development. Some people couldn’t take any more and went home after lunch! (Of course, they’d only paid for the weekend, but that’s not the point). After dinner, Mrs Livingstone took us for a rowdy session of Ki Bo, while the seniors did secret stuff with Master Wheatley that the rest of us aren’t allowed to know about. One of the girls had kindly got “The Matrix” out on video, so that was our entertainment for the rest of the night, especially for those trying to find out how to walk up walls!

**Monday:** More rain. We managed to fit in Mr Gillon’s thankfully not-quite-so-energetic warm-up before we got rained out halfway through a four-way tug-of-war and had to abandon it until the next day. For the morning session, we were split into three groups: black belts, coloured belts and females. After putting up with endless jokes about ‘learning how to knit’, we got into it with a vengeance and (of course) proved them all wrong. Mr Rimmer decided to reward us for all our hard work by getting the “boys” to put on a demo for us. I think some of them were a bit embarrassed about having a female audience because they fluffed their routines a little!



*The Women in action*



At lunch, Mr D gave us another update on the Pakistani situation; apparently the police had put a tail on them (loud cheers) and found out where they were staying. The drama continued.

Our afternoon session was breakfalling and releasing (or in my case, how *not* to breakfall!). The coloured belts had Master Wheatley for dodging/close quarter combat and got a bit of a shock when he told them: “No one leaves the do-jang till there’s blood on the floor.” Luckily for them he was just kidding! After dinner, Mr John Havill, our physiotherapist from Te Awamutu, gave a lecture on injury prevention (some smart-alec said “Why didn’t we have this lecture earlier in the camp?”) and gave some valuable tips, as well as managing to entertain everyone with his keen wit. After that Mrs Gummer took everyone who could still walk for yoga, and we learned the hard way that night that if we weren’t at supper by 9pm, we would miss out!



*Mr Niven “tosses” Mr McPhail in the Weapons Self Defence class!*

**Tuesday:** (Waitomo Adventure Day). At 10 to 6, Mr Breese rudely awakened the whole camp ringing the bell like a lunatic, then proceeded to go round all the dorms shouting: “Get up, you lazy maggots!” and shining his torch into people’s faces. Needless to say, he wasn’t very popular. His excuse was that the seniors had got annoyed by people being late to warm-ups. Today everyone was on time - except the seniors! After suitable punishment (that’s right, everyone *else* got punished for the seniors’ lateness!) we finally completed the four-way tug-of war - our team lost - and went back to our rooms to get ready for the trip to Waitomo.

At Waitomo, we split up into groups for our activities, taking a walk up the hill to the nearest pub while waiting for some of the later activities to start. Fortunately, Mr Brown had found someone to join him in the Haggas Honking Holes (don’t ask!), but we were still taking bets as to whether or not they would make it out alive! I’d decided to try horse trekking for the second time and really enjoyed it (apart from a very sore butt for the next two days). Mr



*The “Fearless” Black Water Rafting Team*



Niven got stuck on a horse with a flatulence problem that had a bad habit of dropping little “presents” every ten minutes or so! Most of the seniors, including Master Wheatley, did blackwater rafting and afterwards he said it was better than Disneyland (score one to us).

Once we got back to camp, we were free to relax for the rest of the day. Our only other “session” was ‘Questions and Answers’ with seniors and Master Wheatley in the Bush Chapel. This actually ended up being one of the (many) highlights of the camp. After learning about Master Wheatley’s background, the



*Question & Answer Session*

history of ITFNZ, the latest update on the Pakistanis and other assorted topics, we all joined Master Wheatley on the guitar in a sing-a-long, which ended up continuing all the way back to the dining-room and late into the night. We just wanted to make sure the rest of Ngaruawahia was awake....

### **Wednesday:**

The final day (boo hoo!). Mrs Gummer organised a team of ladies to get revenge on Mr Breese. They lay in wait in the bushes and ambushed him with water-bombs while he was on his way to wake us up. Go Mrs Gummer! Of course, there was some excess water-bombs left over, so after a group discussion, we decided to ‘honour’ Mr D during his warm-up. Which we did. The warm-up this morning involved getting wet (a Zeus tradition for those few who don’t know!). Fortunately, he couldn’t find any ice-cold rivers that were clean enough to swim in, so we used the pool instead!

Our last session of the day was free-sparring and plyometrics, after which we played “Ultimate Frisbee”. Mrs Livingstone got a little over-excited and crashed into the corrugated-iron fence - of course with such team spirit in our team, we won! Master Wheatley had obviously decided that the 3<sup>rd</sup> Dans and above hadn’t worked hard enough, because he made them do all the patterns, from number one right up to number 24. They were still going at lunchtime! Good on you, Sir!

After lunch, we had presentations, with gifts for Master Wheatley and his wife Mala. Then everyone said goodbye to all their new and old friends and headed home.

## SUMMARY

All in all, it was an excellent, well-run camp and I'd just like to thank everyone who attended (Palmerston Nth and New Plymouth clubs had the biggest turn-out) and made it work. Thanks to the organisers, Mr Davidson and Mr Rimmer, and of course Master Wheatley and Mala, who gave up their time to come all the way to New Zealand and inspire us with their wisdom and awesome personalities. Master Wheatley wanted to know how much I charged for deleting negative comments, but of course there weren't any! All comments I've heard regarding the camp were positive and everyone who went felt it was absolutely worth it and didn't want it to end. So, when is the next one???

**Joanne Davidson**  
(1<sup>st</sup> Dan, Te Awamutu)



*Master Wheatley and Mr Davidson  
demonstrate destruction!*



*Shane Taepa and Tonee Francis*



*Matthew Ward*

# President's Corner

Thank you Messrs Evan Davidson and James Rimmer and your team for running the World Camp 2000 at Ngaruawahia. Those who attended enjoyed the friendly atmosphere and the varied programme. Thank you also to Master Wheatley for his outstanding contribution to the success of the Camp.

Thank you Mr Paul McPhail and Mrs Sue Breen for producing an imaginative and innovative event calendar by profiling our senior Black Belts. Every TKD family should have one as a “collector’s item.” Enquire with your instructor for copies of this fantastic souvenir.

The next kup grading will be conducted by Regional Examiners. The Executive supports this innovation from the Grading Sub-committee. I hope you will form a rapport with the Regional Examiners.

I have written a few salient points on the Strategic Marketing Management Report for your information. Talk to your instructor or Regional Director if you have good ideas on how we can make ITFNZ more dynamic.

## STRATEGIC MARKETING MANAGEMENT REPORT

Some salient points from the conclusions and recommendations.

**Situation Analysis:** There are many sports organisations and martial arts groups in NZ. There is a low knowledge of martial arts organisations in NZ.

**Organisation Analysis:** ITFNZ lacks direction. Must raise the profile of ITFNZ. Needs to spread influence into areas we presently do not have representation.

Give more recognition to “outstanding” instructors and students. Get parents of students involved. Provide more expertise in funding procurement.

**Structure and Communication:** Appoint more office bearers to lighten the work of existing officials. Empowering office bearers. Appoint more assistant instructors and train them to run new branches.

Form alliances with like-minded organisations.

**Participation Motivations:** Insufficient role models – particularly female ones. Some of the motivation factors are: social approval, camaraderie, skill development, fitness, competition and self-defence knowledge.

**ITFNZ Branding:** More publicity on the meaning of the logo. Need to use regional brand e.g. “Taekwon Do Manawatu”, “Taekwon Do Wellington”.

Make use of slogan such as: “disciplined body, focused mind, pure spirit” in promotional materials.

**Promoting ITFNZ Taekwon Do:** ITFNZ to mount a campaign using regional TV, posters, radios and direct marketing.

**Tournaments:** Charge an entry fee. Provide comfortable seating and environment such as seating positions and clear viewing. Use “boxing” type announcements. Consider Tournament as an entertainment event.

Seek active sponsorship. Invite participants from other Taekwon Do organisations.

After reading the above, if you have good ideas to enhance anything please ring to discuss them with your Regional Director or if you are interested in finding out more about them please borrow the report from your Regional Director.

Norman Ng  
**President**

### **SNIPPETS from November Executive Committee Meeting**

- We are looking at a new ITFNZ formal uniform for the new millennium.
- We are compiling a list of ITFNZ policies.
- Mr Brett Kraiger of Wellington is now the Chairman of the Tournament Subcommittee.
- The Universal Grant Scheme and the Gold Point Scheme are now ready for implementation.
- New branch at Otago University is starting this term.
- Because we sent a team to the World Championship this year, there will be a substantial deficit for 1999.
- The organising region of the National tournament will retain all the profit made on catering and the other profit/loss will be retained/borne by ITFNZ.

# From Mr Lowe...

TKD is the one common thread that holds us all together. Other than that we are some 1500 individuals, all with different interests outside of TKD, different hopes and aspirations, different cultures and upbringings. However, to a large number of other people, **Alcohol** plays some part in their lives.

**[Part 1] Wine, Women and Song** is an informative and light-hearted look at some of the lesser known effects of alcohol on the body.

**[Part 2] The Walk of Life** outlines the benefits of walking as another activity option on those days off. Sport science is continually providing answers to some of the questions that we are interested in that relate to training. Warming-up for activity is one such area of interest.

**[Part 3] Skip the Warm-Up** offers an interesting how and why angle to the warming-up debate.

## WINE WOMEN AND SONG

Like it or not alcohol is a widely accepted part of our society. Last year Kiwis drank about 6.8 litres of pure alcohol each. That translates into about 140 litres of beer. You can't picture that? Then how about half a bath-full, or 14 paint buckets of it? Not a beer drinker, then how about five and a half buckets of table wine, four buckets of sherry, or two buckets of rum? If teetotallers and children are removed from the equation then that means there are adults who are drinking much more than that. Pretty scary eh?

By comparison Kiwis drank more than Americans (6.6 litres) but less than British (7.2) and Australians (7.8). Top of the chart were the French who drank 12.1 litres of pure alcohol per head.

People like to drink because in moderation alcohol releases our inhibitions and relaxes us; it brings out the joke telling, song singing. Drink more than we should and it can punish us in many other ways.

Alcohol affects us in different ways depending on factors such as speed of drinking, body weight, presence of food in the stomach, drinking history, body chemistry, type of beverage, social context and mood. It is a drug that affects the whole body but mostly the central nervous system.

Alcohol has some well-known short-term effects. It is often thought of as a stimulant that makes people more lively and uninhibited. In small quantities it slightly increases heart rate, increases blood flow to arms, legs and skin, lowers blood pressure, stimulates appetite, increases gastric secretions and many other effects.

Drinking excessive amounts of alcohol over long periods of time can lead to alcoholism and cause problems with parts of the gut and stomach. It is linked to cancer, especially when combined with smoking and can be a cause of malnutrition. It can be very damaging to major organs such as the heart, brain, and liver. In its most serious form this type of damage can lead to death. While moderate amounts of alcohol (two standard drinks a day for men and one for women) can give some protection from coronary heart.

What is excessive drinking? The amount of alcohol in a drink is measured in terms of a unit called the “standard drink”. A standard drink contains 10 grams of alcohol. Here’s how many standard drinks there are in some servings:

Number of standard drinks in some alcoholic beverages

Amount and type of alcoholic drink	<i>Number of standard drinks</i>
1 can or stubbie of beer at 5%	1.5
1 nip of spirits (whiskey, gin, vodka)	1
1 glass of fortified wine (sherry, port)	1
1 glass of table wine	1
1 bottle of fortified wine (sherry, port)	11.5
1 pint or handle of beer	2
1 jug of beer	4
1 bottle of table wine	7.5
1 bottle of spirits (whiskey, gin, vodka)	25

In New Zealand, based on research done here and overseas, there are some guidelines that recommend upper limits for safe drinking. For men it is recommended that they drink no more than 21 standard drinks per week, with a maximum of six in any one sitting. So that means no more than 14 cans of beer a week with a maximum of four cans in a sitting. For women the limits are lower with a maximum of 14 standard drinks (14 glasses of table wine say) per week and no more than four in one sitting.

If you drink more than what is recommended in these guidelines then you drink too much. All the men’s problems as listed can occur if you drink more than five standard drinks per session, two or more times per week. However, given that there is considerable variation in the way that alcohol affects individuals, then correspondingly not everyone will suffer from the same health problems, even if their drinking habits are the same.

Binge and long term excessive drinking can also weaken bones in men. Bone forming cells are prevented from doing their job and calcium, a mineral that helps to harden bone, is excreted into the urine.

As if to add insult to injury, drink more than about 50 handles of beer a week for a long time and men risk becoming more feminine. So the story goes.

Now it’s time for women readers to stop laughing. While men seem to think that

drinking alcohol makes them more of a man when in fact it doesn't, However with women, science can say the opposite.

Many of alcohol's effects on women are also the result of it playing around with the proportions of oestrogen and testosterone. Yes women too have testosterone. Excessive drinking especially in alcoholics, can increase the concentration of testosterone in the blood and make skin look old, increase waist to hip ratios, make the voice deeper, make them more aggressive and may increase body hair. Moderate consumption of alcohol can lead to delayed or a lack of ovulation and spontaneous abortion, while chronic heavy drinking can stop menstruation. It is difficult to prove a specific effect of alcohol on all women as their bodies come under the influence of different hormones at different stages of their menstrual cycle.

So the next time you decide to have an all night binge with the boys, or with the girls for that matter, spare a thought for what you might be doing to your body.

## **THE WALK OF LIFE**

Hands up all the couch potatoes who don't do any exercise in between training sessions down at the club? The Hillary Commission TV advert tells us that we should be doing something active for 30 minutes a day if we are to stay in good shape. If you train only twice a week then there's lots of time for you to be doing something else. Thought about walking? Did you go out and do it or did you lie down until the feeling passed? You may have long suspected that walking is good for you so here is some evidence that it really can get rid of those Christmas and New Year excesses.

Walking of any sort, but long walks especially, are good for helping to remove dangerous chemicals from our blood and improve physical fitness. These were the conclusions of a study conducted by a team of researchers led by Steve Bird, from the department of sport and exercise science at Canterbury Christ Church University College in Kent. The study was reported in *New Scientist* (8 January 2000) magazine.

Bird put a group of 56 normally inactive people through a programme of 18 weeks of daily walking. The group was divided into four sub-groups. A long-walking group did walks of between 20 to 40 minutes every day. The "intermediate walkers" did two walks a day of between 10 to 15 minutes. The short walking group did three walks a day of 5 to 10 minutes. The last group was the control and did what couch potatoes like doing, as usual.

The health and fitness of each group was measured at the beginning and end of the 18 - week period. Bird found that the concentrations of "bad fats" in all the walkers had reduced by the end of the study, but the long walkers' drop was more than twice the reduction in intermediate walkers and five times that in short walkers. The concentration of these fats stayed the same in the couch potatoes. Long walkers also showed an increase in the concentration of "good fats" that help to keep arteries unblocked and working properly. Clogged arteries contribute toward coronary heart disease and stroke.



Tests of fitness showed less of a distinction between the walking groups. Measurements of reductions in heart rate and blood lactate, a chemical that causes fatigue in muscles, were less clear cut but all three walking groups were a lot fitter than the control group.

So the message is clear, daily walks can help extend your life. If long walks are not always possible on your off days in between training, then try leaving your car some distance from your place of work and walking the rest of the way. How about walking during your lunchtime? And the same goes for school kids. Get Mum to drop you off further away from school rather than at the gate. Putting your feet up in front of the TV with a bag of chips sucks – try the walk of life.

## **Skip the Warm Up**

Don't bother warming up before training because it won't stop you from getting injured. So said a news article that made the headlines just before Christmas. The news raised a few eyebrows and so some explanation was required.

The discovery was announced as a result of a scientific study conducted by an Army physiotherapist. Rod Pope and colleagues, while working out of the University of Sydney and Charles Sturt University, conducted a year long study of more than 2600 army recruits. The group was divided into two, with one group stretching particular leg muscles before exercise while the other did not stretch. The researchers found that there was no difference in the injury rates between the two groups.

Unfortunately we were not told what type of stretching was done in the trial. Assuming that the stretching was static then the results probably make sense. Static stretching is the type where a limb is kept still while the muscle is slowly taken through its full range of motion. Static stretching can be harmful, as some evidence suggests that static stretching done before dynamic exercise like Taekwon-Do movements, can actually increase the chance of injury. This is because static stretching relaxes and cools down muscles and makes them less responsive to stimulation. This is the complete opposite of what we are trying to achieve by doing a warm up, which is preventing injury and preparing the body for activity.

Pope and his colleagues are now telling the army to not bother with stretching. Personally I would qualify that and say not to bother with static stretching during the warm up, unless someone was chronically tight in a particular muscle. A popular and safer approach these days is to warm up with dynamic stretching like arm swings and leg swinging. As long as it is done gently at first, dynamic stretching is better because it warms up the muscles with movements that are similar to proper Taekwon-Do movements. The correct place for static stretching is during the cool down phase at the end of training, where excited muscles are calmed, stretched and waste products removed.

Pope's study was reported *NewScientist* magazine (18 December 1999). The investigation has been accepted for publication in a scientific journal, which means that the findings are not to be sneezed at.

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The calendar has all the grading, tournament and seminar dates for the year - put together in a SPECTACULAR FASHION by Mr Paul McPhail - featuring all 12 of our most senior instructors in action. Calendars are selling for \$10 plus postage and are now available from your club or from Mrs Sue Breen.

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**Master Leong has generously donated these books to ITFNZ, to help raise funds to support the ITF Taekwon-Do in Indonesia.**

## TAEKWON-DO

**By Master Leong Wai Meng**

### **The Complete Syllabus and Grading Manual (10th Gup - 1st Gup)**

"Many books on Taekwon-Do have recently been produced by instructors and masters of different levels for general reference. However, to date there has been nothing written specifically to equip Taekwon-Do students for their belt promotion test. For this reason, I have chosen to write this textbook to help you prepare stage by stage for your tests." Master Leong Wai Meng, quote from p.21

Contents include detailed information on the training secrets of TKD, theory of power, explanation of tenets etc, as well as detailed explanations and photographs of patterns, step sparring, breaking techniques and self-defense at individual coloured belt levels. In addition, an ITFNZ Techniques Handbook is included for ITFNZ members, as some of the requirements for step sparring, breaking and self-defense differ from the book. A complimentary ITFNZ car sticker is also included.

**If you would like to see the book:** contact your Regional Director.

All Regional Directors have been supplied with a sample copy.

**Cost per book:** \$80.00 + postage (Auckland \$4.00, rest of NZ \$6.00). Please contact Mrs Pygott ( details below) for freight costs for more than one book. Send name, delivery address and a cheque to

ITFNZ SALES: P.O.Box 457, Silverdale, Auckland 1462

# Regional News...



## Taranaki TKD News

Westown TKD – New Plymouth East TKD – Stratford TKD

<http://itfnz.org.nz/clubs/taranaki>

On December 11<sup>th</sup> 1999, Taranaki Taekwon-Do hosted their annual event at the Merrilands Hall – New Plymouth.

Up until now, we have restricted the event to Taranaki clubs only, but we decided to have a guest club – This being Ms Younger's 'Body Focus' club.

It was a great way to finish off the century. Thanks to all those who participated and contributed on the day. It helped make the events run smoothly.



Having other members whom we hadn't seen before was great as it took us out of our comfort zone, and pushed us that little bit further than we were used to being pushed.

There was a good standard of patterns. Sometimes the smallest thing such as the correct height for a kick, being the difference between winning and not.

The sparring was eventful, with a great fight between Mr Ian Hayward and Mr Mark Trotter setting the standard of the day.

The specialist events were a lot of fun, with the flying sidekick competition being my pick of the day, with Derek Oldridge doing Taranaki proud.

## **Results:**

### Theory

1<sup>st</sup> adult- Jamie Denton (BF)

1<sup>st</sup> junior-Carolina Dillen (BF)

### *Patterns*

#### White/yellow

1<sup>st</sup>- Alisha Oldridge (NPE)

2<sup>nd</sup>- Melissa Menehira (NPE)

3<sup>rd</sup>- Derek Oldridge (NPE)

#### Green

1<sup>st</sup> - Amy Brines (BF)

2<sup>nd</sup> - Julie Yardley (NPE)

3<sup>rd</sup>- Jamie Denton (BF)

#### Blue

1<sup>st</sup>- Melody Schweiger (NPE)

2<sup>nd</sup>- Anita Schweiger (NPE)

3<sup>rd</sup>- Carolina Dillen (BF)

#### Red/Black

1<sup>st</sup>- Mark Trotter (BF)

2<sup>nd</sup>- Erica Fernandez (BF)

3<sup>rd</sup>- Ian Hayward (Strat)

### Sparring

#### Male Div. 1

1<sup>st</sup> - Mark Trotter (BF)

2<sup>nd</sup>- Derek Oldridge (NPE)

3<sup>rd</sup>- Mike Yardley (NP)

#### Woman Div. 1

1<sup>st</sup>- Carolina Dillen (BF)

2<sup>nd</sup>- Anita Schweiger (NPE)

3<sup>rd</sup>- Julie Yardley (NPE)

### Boys Div. 1

1<sup>st</sup>- Dale Borland (BF)

2<sup>nd</sup>- Conor Yardley (NP)

3<sup>rd</sup>- Rowan Beggs-French (NPE)

### Girls Div. 1

1<sup>st</sup>- Alix Bartholomew (BF)

2<sup>nd</sup>- Erika Fernandez (BF)

3<sup>rd</sup>- Melody Schweiger (NPE)

### Boys Div. 2

1<sup>st</sup> - Jason Pepper (Strat)

2<sup>nd</sup> - Dominic Yardley (NP)

3<sup>rd</sup> - Alex Lovell (NPE)

### Beginners Div.

1<sup>st</sup>- Jason Pepper (Strat)

2<sup>nd</sup>- Cameron Grierson (Strat)

3<sup>rd</sup>- Erin Grierson (Strat)

### *Destruction*

#### Adult division

1<sup>st</sup>- Mike Yardley (NP)

2<sup>nd</sup>- Jamie Denton (BF)

3<sup>rd</sup>- Alisha Oldridge (NPE)



### Junior Div.

1<sup>st</sup>- Mark Trotter (BF)

2<sup>nd</sup>- Dale Borland (BF)

3<sup>rd</sup>- Carolina Dillen (BF)

### Kids Div.

1<sup>st</sup>- Jason Pepper (Strat)

2<sup>nd</sup>- Kathleen Rosser (BF)

3<sup>rd</sup>- Erin Grierson (Strat)

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# Fund-raising the Tae-Bo way



After seeing the Billy Blanks advertisements on TV, I thought 'I can do that'.

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We charge \$3 per class. There is an option of a \$20 concession card for 10 classes.

A basic programme starts off with a light warm up, rising kicks to get started, then building up the tempo with blocking techniques, kicks, knees etc.

As the whole idea was to do this for the public, we keep to fairly basic techniques. We have used it in a TKD class situation and used more advanced techniques.

We warm down with a stretch, then demonstrate one or two techniques that we have used that evening, to show its application. i.e.: wedging block – They then know what they are doing, and generally perform the techniques better for understanding.

It's a great way to get fit, flexible, have fun and make some money for your club.

**Kirsten Livingstone**  
**New Plymouth East Instructor**



## **Auckland has a go at Taekwon-Do**

Last year, the Auckland Have-A-Go Day was held just a week before Christmas, which kept many of the usual punters away. Despite this, about 80 ITFNZ students turned out for the early morning combined training session preceding the day.

Many students stayed back to help out as punters from around Auckland had a go at kicking pads or breaking boards. We joked and messed around – Have-a-go days are also a great opportunity to try out new techniques, or hound senior students for the answers to those tricky questions.

For the first time in the last three years we were given the prime lunch time spot for our demonstration. The Auckland Demonstration Team took advantage of the great black belt turnout to invite former members of the team and other seniors to participate. This meant that our current repertoire of breaks and items was complemented with old favourites such as Mr Andrew Niven and Mr Francis Fong's self defence skit, – which they quickly recalled and rehearsed after more than a year and a half's absence!

By early afternoon we were all feeling very lethargic. Fortunately, Mr Arthur Atutahi arrived. His enthusiasm motivated us to get back on our feet. Mr Atutahi soon had another training session going for over a dozen students and punters.

The day wrapped up successfully, with many of us crossing the domain to enjoy Mr James Rimmer's performance at "Christmas in the Park", along with thousands of other Aucklanders.

The Auckland Have A Go Day is held in the domain every December. The Auckland Demonstration Team and other ITFNZ students also participate in Have A Go Days at the Manukau Velodrome, Long Bay Reserve and Orewa Beach in late February and early March.

The Auckland Demonstration Team is currently in need of new members. Trials will be held soon after the Auckland North and Counties Manukau Regional Tournaments. The team is open to all grades. For more information, visit our web page on the ITFNZ website ([www.itfnz.org.nz](http://www.itfnz.org.nz)).

**Mark Banicevich, III Dan**  
**Auckland Demonstration Team Coach**



# Regional Reports...

## WAI/BOP/TARANAKI

A big thank you to Mr. Davidson and Mr. Rimmer and their team of helpers for putting on a fantastic World Camp. Even though there was a lack of overseas participants I believe that everyone had a great time and enjoyed the presence of Master Wheatley.

On behalf of the Wai/BOP/Taranaki region I would like to thank all the ITFNZ students who attended the camp and made it so successful.

As you can tell from the name our region is quite spread out and it has recently spread even further with the opening of our newest club, Stratford Taekwon-Do (South Taranaki), under Instructor Mr Ian Hayward, I Dan. Many Auckland people will know Mr Hayward as he was very active in your region for a long time and was the instructor of the Hillsborough club.

The membership within our region is steadily growing and none more so than in Tauranga where Mr. Rimmer has been averaging classes around the 40 students. On one particular night he had a class of 62 students. Unheard of in my time at the Tauranga club. Here in Taranaki our student membership is pretty healthy. The New Plymouth East club (Instructor Mrs. Kirsten Livingstone) is the largest club with around 30 students. The New Plymouth Club closed down at the end of 1999 and has been replaced by the Westown TKD club.

### **Planned events for this year:**

- 16 April: Refs & Judges seminar. (Tauranga)
- 3<sup>rd</sup> & 4<sup>th</sup> June: Regional Tournament (New Plymouth)
- 8th October: Techniques seminar
- Regional camp: date to be confirmed
- Taranaki end of year tournament: date to be confirmed

As well as the above we shall be having our usual 3 gradings. Mr. Danny Ward is now our regional Examiner and we look forward to seeing him in our region.

This year's Regional tournament shall be held over two days as it was in Tauranga last year with great success. It gives us a chance to spend a bit of time together and get to know each other.

We have changed the format of our Regionals slightly to include sparring, destruction & theory test for all grades. The team spirit trophy is again up for

grabs. This was a brain wave of Mr. Rimmer's and is awarded to the club which displays the tenets of TKD and, of course, those other facets of a good martial artist.

Over the course of this year we shall be bringing you instructor profiles from within our region and we are starting off with Mr. Rimmer in the next issue. This will make very interesting reading.

Until next time, take care and train hard.

**Neill Livingstone III Dan**  
**Regional Director.**

## **SOUTH ISLAND**

A big year is planned for the South Island. The events pretty much kicked off in this order, starting with Mr Nathan Mckendrick's 21st birthday party in Blenheim on the 26th of February. [Happy birthday Nathan]

Three colour belt gradings, one with Mr Paul McPhail, and we are honoured to have two of the gradings taken by Mr Graham Patterson.

Umpires course in Christchurch on the 15/4/2000.

Regionals are to also be hosted by Christchurch some time in May or June.

South Island will have a strong team to go to Wellington for the Nationals in July.

Dunedin are to host the Techniques and Instructors courses on the 30/9/2000 and 1/10/2000.

The regional camp still has to have a date and venue organised, but we like to leave that one to later in the year.

The last event of the year will be the Black Belt grading in Greymouth on 2nd and 3rd of December.

Financially the eight clubs have an equal split of the promotional money for the twelve month period.

The biggest changes in the South are the club and instructor roles.

Riccarton TKD Instructor is now Mr Stuart Mayes, address 147 Matsons Ave Christchurch, Phone 033520208, assistant Instructor Mr David Oliver and a special thanks to David for all he has done for Christchurch.

Change of postal address for Mr Jake Pearson, 10 Scott St Dunedin, phone 03 4561410.

Welcome aboard Mr Kris Herbison, Head Instructor of Otago University ITF Taekwon-Do. Club starts up in March.

Mr James Buchan is the new Instructor of Mosgiel. His postal address is RD1 Outram, Phone 4861966, email [john.buchan@xtra.co.nz](mailto:john.buchan@xtra.co.nz).

Uncle Grant as regional director has got a more permanent postal address, 226 Main Sth Rd Green Island. Phone nights 03 4561410 or 0252140533 email [uncle\\_grant@hotmail.co.nz](mailto:uncle_grant@hotmail.co.nz).

On behalf of the South Island, have a good one and we will see you during the year.

**Grant Evans**  
**South Island Regional Director**

## **CENTRAL DISTRICTS**

By the time this report goes to print all clubs within the region will have reopened for the New Year.

With respect to personnel changes, year 2000 sees the resignation of Mr Shane Kelly and closure of the Awatapu College branch. Ms Julie Sandbrook takes over as the new instructor for the Massey University branch. Our first planned event is the annual regional camp, this year being held at Forest Lakes, south of Levin, on April 28-30. Following close behind will be the regional tournament in Levin, in May.

**Mike Lowe**  
**CD Regional Director**

## WELLINGTON

Well, all of the clubs in the region are back into full swing now following the New Years break.

One of the features of the year (already) was the World Camp in Ngaruawahia, a well-organised and carefully thought-out event. A thank you goes to Messrs Davidson and Rimmer and their band of assistants for running the camp. I can fully recommend participation at such events in the future to everyone.

The first grading round for the year will soon be upon us, so that will be starting to occupy the minds of the majority of students in the region. A novelty will be our new Regional Examiner, Mr Davidson, who I am sure will bring his own flavour to the event. I wish the best of luck to all involved.

Not far beyond that - the Wellington Regional Tournament is also due, being organised this year by Brooklyn club's Emma Ashman. This is everyone's opportunity to try out for the team to represent Wellington at the National Tournament, so I encourage everyone to be involved.

The annual Wellington Region Winter Camp is booked for June at Camp Akatarawa in the Akatarawa Valley - well known for it's morning frosts and freezing river (it's all good!).

As most of you will already be aware, the Epsom National Tournament will be held in Wellington this year in July. It will be a lot of hard work to top the efforts of last year's tournament, but we will see what we can do!

The last quarter of the year will see our annual Junior Tournament, a well-supported event for tournament novice white to green stripes.

So, with these and other events coming up there should be enough to keep everyone motivated.

I look forward to seeing you all in Wellington in July and thank you in advance for your support with this year's Nationals.

## COUNTIES MANUKAU

Counties Manukau had a very full year last year and has a lot of activities planned for this year. A large number of these are combined activities with are close neighbours, Auckland North.

We finished 1999 with an Auckland North / Counties Manukau combined training that coincided with the Eta Have-a-Go-Day in the Auckland Domain and began the year with the Freshup Have-a-Go-Day in Manukau, followed our first Epson Under 18 Tournament. We have three of these tournaments scheduled this year and they are complemented by the two planned Adult Tournaments.

CM have members trialling for the Junior World Champs in Korea this year. Their training has been under way since early in the new year.

The Auckland Demonstration Team has been very busy this year with four demonstrations in February, further ones in March and some already organised for later in the year. The greater percentage of team members are drawn from the Counties Manukau Region.

We are looking forward to the National Tournament in Wellington and plan to retain the rather large trophy we currently have on display.

Please feel free to enter any of the planned tournaments (dates are in the 2000 calendar). They are open to all ITF members.

Yours in Taekwon-Do

**Sue Breen**  
**Counties Manukau Regional Director**

### ***INSTRUCTOR OF THE YEAR STUDENT OF THE YEAR AWARDS***

Nomination details will soon be sent to clubs for this inaugural event. We are planning to make the presentations at an Awards Evening at this year's National Tournament in Wellington. This will be an annual event.

# Profile

## PROFILE of MR NORMAN Y. NG

### 4<sup>th</sup> Dan, President of ITFNZ, NZ Martial Arts Hall of Fame

At age 61, Mr N.Y.Ng came out of Taekwon Do retirement to take up the Presidency of ITFNZ.

While there are many in the martial art scene, who strive for higher rank this 4<sup>th</sup> Dan Black Belt is more interested in unity and betterment of all martial art in general, and Taekwon Do in particular. He was never concerned about achieving a higher rank.

Born in Taishan, China, he became a New Zealander in 1960 when he was an engineering student at the University of Canterbury. After gaining registration as a professional engineer, he took up a lecturing post at the University of Malaya in Kuala Lumpur.

In 1966, he joined Master Low Koon Lin's Taekwon Do class in Petaling Jaya. After three and half years training, he was awarded 1<sup>st</sup> Dan Black Belt by Grandmaster Nam Tae Hi who was, at the time, General Choi Hong Hi's right hand man, Chief Instructor for Singapore and Malayasia, and President of Asia Taekwon Do Federation.

In 1970 Mr Ng returned to New Zealand to start a career in the electricity industry in Palmerston North. He started the Palmerston North Taekwon do Academy. After more than 30 years, the Academy still maintains its numerical strength as one of the foremost branch within International Taekwon Do Foundation of New Zealand (ITFNZ).

The Levin branch he started in 1974 is still flourishing. Many of his students have become instructors, starting clubs in many parts of the country.

During the early 1970's Taekwon Do was unheard off and he expended a great deal of energy promoting it. He gave numerous demonstrations and advertised extensively all over Manawatu and as far afield as Hawkes Bay. He liaised with karate groups and assisted in refereeing in multiple style karate tournaments at the Highland Games in Hastings.



During the last 30 years, he has been a successful instructor actively fostering relations with other martial arts groups, maintaining a high standard of teaching and discipline and always instilling in his students the importance of the “Tenets of Taekwon Do” – Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit.

During this period, he notched up a number of pioneering endeavours, which continue to be used by ITFNZ.

- In the mid 1970's, he made contact with a Korean instructor from Sydney and was instrumental in getting ITF clubs to affiliate with the Australian organisation. In 1989, he was also among one of the most senior instructors who supported dis-affiliation from the same organisation.
- A founding member of ITFNZ, which was formed in March 1981 to run and promote ITF Taekwon do in New Zealand. He was the Foundation's first Treasurer. This organisation continues to gather strength in student numbers, improving standards, updating teaching methods and promoting excellence in Taekwon Do throughout New Zealand.
- He believes that students should have the opportunity to gauge their indomitable spirit, competitiveness and the application of techniques. He initiated local and regional Taekwon tournaments in the latter part of 1970's culminating in organising the first National ITFNZ Taekwon Do Tournament, in Palmerston North, in 1981.

He was the organiser of the first Oceania Training Camp held at Massey University in 1978, thus setting the standards for subsequent National and World Camps. It was the first occasion Taekwon Do hit the TV News. In the same year, he organised the first public Taekwon Do demonstration to be seen by paying patrons at the Palmerston North Opera House.

- From 1989 until his retirement in 1995, he was one of the founding members of the Grading Sub-Committee of ITFNZ. In conjunction with his fellow examiners, Messrs Paul McPhail and Evan Davidson, he designed the Black Belt grading syllabus and was on the Black Belt examining panel.

His long service to Taekwon Do was recognised by the martial arts community resulted in his being inducted into the NZ Martial Arts Hall of Fame in December 1997.



# Taekwon-Do Word Find

Here is a wordfind by: .  
Conor Yardley - 4th kup  
New Plymouth

T	K	D	K	G	F	S	D	B	M	X	V	U	T
A	Y	T	E	C	Z	H	E	J	J	H	J	L	O
E	E	R	E	R	H	W	D	A	I	Z	C	B	I
K	S	D	F	G	J	O	A	J	R	L	M	N	G
W	E	R	T	Y	S	N	N	U	U	U	I	O	Y
O	W	E	R	A	T	H	G	J	G	I	O	P	E
N	Q	R	N	A	S	Y	U	D	I	D	F	G	H
D	G	H	Y	P	O	O	N	U	J	J	Z	I	I
O	J	L	J	O	O	N	G	G	U	N	M	G	G
K	J	K	L	Z	X	C	V	B	F	N	M	K	A
J	H	G	G	F	D	S	A	T	Q	W	E	A	H
Y	U	L	G	O	K	O	I	U	T	Y	R	M	C

## WORDS.

TAEKWONDO  
JOONGGUN  
WONHYO

YULGOK  
T.K.D.  
DOSAN

I.T.F.N.Z  
DANGUN  
MAKGI

CHONJI  
CHAGI  
TOIGYE

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## FROM THE WORLD CAMP

### Why do we say “Taekwon” when we bow?

Someone asked this at the World Camp question-and-answer session. Although it brought out some interesting trivia, nobody really had the answer.

By coincidence, General Choi himself answered the question in an interview with Taekwon-Do Times (Vol 20 No 1, January 2000).

When our art was developing into maturity it was known by many names, including Tang Soo, Kong Soo and Kwon Bub. An advisory committee was established to unify the art under a single name. On 11 April 1955, the committee accepted the name submitted by General Choi: “Taekwon-Do”. To spread the new name through existing schools (many of which were in the military), General Choi ordered Taekwon-Do soldiers to say “Taekwon” when they bowed to each other.

This has been the Taekwon-Do tradition ever since, although the practice was lost in New Zealand until a few years ago.

Your instructor has a copy of the January 2000 issue of Taekwon-Do Times. The issue includes an excellent 15 page interview with General Choi Hong Hi, the founder of Taekwon-Do.

**Mark Banicevich**  
**III Dan, Papakura Branch**

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