

TKD Talk

The Official Magazine of ITFNZ

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NZ Taekwon-Do Juniors Take on the World



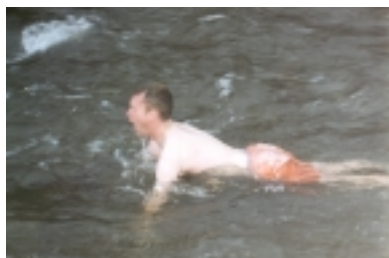
FIGHTING FIT

ITFNZ 2000 Awards

6. The New Zealand Junior Team



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Editorial

NOVEMBER 2000



Hayden Patrick Breese

Editor of TKD TALK

Welcome to the new look magazine. I hope it meets with everyone's approval. This November issue marks the beginning of the Talk in full A4.

Well the year has come and gone. Probably time to stop thinking about how fast time seems to go and concentrate on doing the things you really want to do. Isn't it so easy to make up excuses or give up when not everyone likes an idea? Get out and do the things you want to do now! You may never get a second chance. You might say "Yeah that's fine Hayden but I'm a busy person". Yeah, yeah I'm busy too, sometimes being busy is a form of being lazy. You fill your life with safe, day to day things until you have all the excuses in the world not to challenge, or do something that really grows you as a person. Do it, train, live, love. Get passionate about life and it will get passionate about you...

NOVEMBER 2000

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Send your articles,
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TKD TALK
ITF/NZ
PO Box 457, Silverdale
tkdtalk@itfnz.org.nz

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Managing Editor

Hayden Breese

Proofing

Neil Breen

Matthew Breen

Imagesetting

Paul M Ltd

Printing

Artech Print Ltd

Distribution

Mark Banicevich

Michelle Farquharson

Protecting yourself

If groin guards are compulsory for males in tournament sparring, why are chest protectors not compulsory for females in tournament sparring?

It is common knowledge that a heavy blow to a women's breast can be just as painful as a blow to a males groin area.

Why is it that females in non contact sports i.e. hockey, soccer etc, wear them, and us as a contact sport with intentional blows to the chest area are not required to wear them in competition?

Over the past few years, with an increase of heavy contact within our tournaments i.e. Nationals, it seems ridiculous that they are not compulsory.

As an instructor, with my students' welfare in mind, I have now made it compulsory for all my female students who enter tournaments to wear chest protectors. No chest protectors, no sparring!

There was lots of moaning and groaning to start with, but they now all realise just how important they are.

My club has recently purchased 12 female chest protectors so there is no excuse for them not to be worn. I have noticed that my female students are now sparring with a whole lot more confidence, which I believe, is due to the fact that they feel more protected.

I would like to see female chest protectors made compulsory for tournament sparring because it is our **duty as instructors to ensure our students' safety.**

If you feel this is a valid issue, you should contact the tournament sub-committee.

Kirsten Livingstone II Dan

Editor: You all expected a rude comment, well you're not going to get one!

Kevin Hannigan... An Irishman in New Zealand.

Arriving in New Zealand from South America, my main priority was to relax and take time adjusting to life in the First World again.

Five months travelling through the second and third worlds had been inspiring but entailed lots of bad food, stomach upsets, cold showers and 28 hour bus journeys with live chickens and llamas. I had also an urge to do some training as I hadn't

"I had no pre conceptions of what Taekwon-Do would be like in New Zealand. What I did find was considerably beyond my expectations."

"There was lots of moaning and groaning to start with, but they now all"realise just how important they are."

attended a formal class of Taekwon-Do since I had been in Buenos Aires where due to my inadequate Spanish the training was difficult to do.

I had no preconceptions of what Taekwon-Do would be like in New Zealand. What I did find was considerably beyond my expectations. My first port of call was your excellent website which was supplemented by a phone call to Trish Honey on the Freephone number. Trish very kindly



collected me from my hostel and brought me training at the Meadowbank club under the tuition of Peter Graham. Trish then put me in touch with Mark Banicevich who brought me out to the Papakura club where I did some more training and was even allowed to do a bit of teaching which was almost as

enjoyable as the training itself and definitely a good deal less tiring. As I had to stay in

Auckland a week longer than expected, I had the opportunity of



training once again in Meadowbank, this time under Paul McPhail, Devonport under Jeanette Joe and once again out in Papakura under Mr McPhail.

I left Auckland with a heavy heart and proceeded South and did all the crazy extreme sports that New Zealand seems to excel at.

Skydiving from 12,000 feet, abseiling in caves and under waterfalls and jetboating over rapids. I arrived in Wellington and was lucky that my arrival coincided with classes in Khandallah under Gray Patterson and on the Kapiti Coast in an exceptional club run by Greg Trilford. Further south again for some hiking in the Abel Tasman Park, enjoying the stunning



scenery of the West coast of the South Island and then on to Queenstown for three days of snowboarding.

Battered and bruised, I arrived in Dunedin for a what I thought would be a quick trip. Dunedin had not been on my original itinerary but Hayden Breese and Mark Banicevich had both assured me that my experience of Taekwon-Do in New Zealand would be incomplete without a visit to Dunedin. How right they were. I had intended to spend just a weekend there and take in classes with Kris Herbison and Jake Pearson. Kris persuaded me to stay for the South Island camp and I ended up spending 10 days and taking in the clubs run by James Buchan and Terri Woods as well as the Sth Island camp which was led by Evan Davidson. As we don't have camps in Ireland, I was unsure what to expect but it was a wonderful experience.

The intensity of the training and the humour of the participants made for a very enjoyable weekend. I even discovered the joys of press ups in an icy river at 7am.

“...my experience of Taekwon-Do in New Zealand would be incomplete without a visit to Dunedin.”

A number of things impressed me about ITF NZ. The standard of technique was excellent and is obviously well controlled and taught by both instructors and examiners alike. Although you know instinctively that ITF Taekwon-Do is the same all over the world, it is a pleasure to be 20,000 km from home and find that the techniques are exactly the same. The willingness to learn displayed in all of the clubs impressed me considerably. In Ireland, we have I think become a little bit blasé about learning new ways of training and developing ourselves as instructors and Martial Artists. I saw no evidence of this in New Zealand and I found it to be quite inspirational. What impressed me most however was the pure, unadulterated hospitality in all the clubs. It was a pleasure not only to train with people but also to meet with them on a social level and I am pleased to have found people that



I am now proud to consider friends. I must thank all of the instructors that I trained with for their hospitality and patience and also non instructors like Hayden Breese, Mark Siverski, Uncle Grant and Aimee Hannon for their friendship and willingness to show an Irish traveller how New Zealanders live. Finally, the biggest thank you of all to Mark Banicevich who was at varying times, my chef, my chauffeur,

Mr Salton took us through some great self-defence. As usual, great release techniques, which we should practise at our clubs and we were all in agreement that we would like to do more. Oh! And thanks to Tonee Francis.

Mrs Lena Walton, wow! She took us through destruction. Awesome great tips for breaking boards. Her ability and technique are inspirational – all the best for the World Champs.

Sha! Thank you! Taebo great with all the benefits of self-defence co-ordination and fitness – we all want to do that again. And with Jill Faulkner we stretched and relaxed with yoga – great stuff!

For certain, every one of us ladies was really pleased with the workshop and is ready for the next one. And a word from Mrs Walton – with the female role models we have in Taekwon-Do, we should never fail to have the inspiration we need to reach our own personal goals, whether that's to become a black belt and be the best instructor you can be or compete at the world champs. I'm sure we would all like to thank Mrs Nikki Mantjika for organising the workshop for us and we all look forward to the next one!

Serena Hassell

**Women's Weekend,
Huge Success**

Inspirational - Awesome - All Good

She took us through spirit building and padwork with power, giving all we have at all times, to build team work by encouraging each other and to take the enthusiasm of the day back to our clubs – great instruction Mrs Mantjika.

EMAIL YOUR LETTER TO THE EDITOR TO: tkdtalk@itfnz.org.nz

The lights went on and the stage was set for what would become a night to remember, the first ITFNZ awards ceremony.

It was a night of glamour as ITFNZ members gathered from throughout the nation to give their praise to those who have excelled over the preceding year. Special thanks to Awards Manager, Mark Banicevich and Marketing Director Hayden Breese for your hard work in making this happen.

A NIGHT AT THE ITFNZ 2000 AWARDS



Thanks to the sponsors **Body Focus**, **Martial Arts Apparel** and **Epson New Zealand**

Student of the Year

Mrs Nikki Mantjika, 1 dan

This year's student of the year is Mrs Nikki Mantjika for her excellent involvement/ participation, tournament and grading achievements, club assistance, and attitude. Next year this award will be broken in two: Kup student of the year and Dan student of the year.

Instructor of the Year

Mr Andrew Salton, 4 dan, Horowhenua

Instructor of the year went to Mr Andrew Salton. Andrew's achievements as an instructor over the preceding year have been outstanding, with high grading passes, proportion graded, his involvement, his students' tournament performance and attitude.

Club of the Year

ITFNZ Taekwon-Do Kapiti Coast

Club of the year is measured on involvement and attendance at events, size in comparison to community, club growth, and performance at gradings and tournaments. No one deserved this award more than Kapiti Coast, what a great instructor, what great students, what a great club.

The President's Award for outstanding contribution to furthering ITFNZ

Mrs Sue Breen

The title says it all. The President's Award is presented to someone who has made an outstanding contribution to furthering ITFNZ in the preceding year. Sue is someone who really inspires others to give a bit of themselves, for the good of others. She has tirelessly run regions and tournaments and has sacrificed a lot for the development of ITFNZ. For that she earns our respect, gratitude and this token of our appreciation.

Special Awards

Three very special men were awarded life membership to ITFNZ. Mr Paul McPhail, Mr Evan Davidson and Mr Mike Lowe were recognised for their devotion to ITFNZ over the years. Without people such as these there would be no organisation. We thank you for giving us the gift of Taekwon-Do.

Mr Paul McPhail

ITFNZ Taekwon-Do Life Membership Award

Mr Michael Lowe

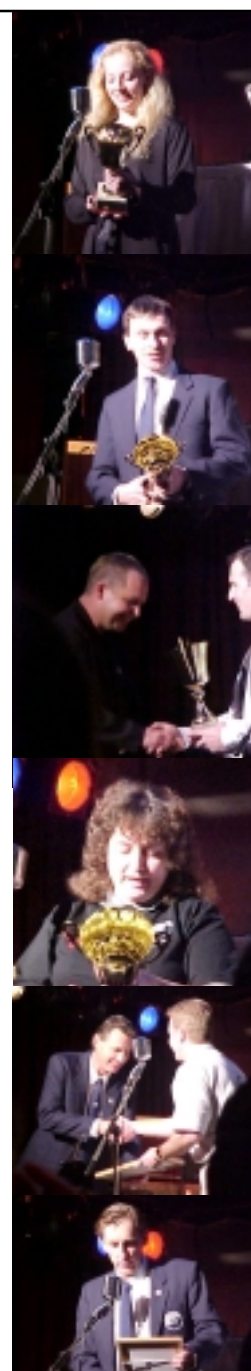
ITFNZ Taekwon-Do Life Membership Award

Mr Evan Davidson

25 years in Taekwon-Do

Mr Evan Davidson

ITFNZ Taekwon-Do Life Membership Award





TAKING ON THE WORLD

What it takes to become a Junior World Champion

After an intensive training programme, the New Zealand Junior Taekwon-Do team had yet to face the reality of travelling in a foreign country and the ferocity of international competition. Junior Team Manager, Debbie Trotter, brings us a first hand account of what it takes to survive and compete in the birthplace of Taekwon-Do.

Firstly a big thank you to all sponsors and supporters of the Junior Team, without these people the Junior Team Members would not have been able to attend the World Championships.

Saturday 19th August

After checking in, taking of photos and a head count, (surprisingly the full 19 were there) we boarded the Korean Airlines flight to Seoul.

We had a good flight, although most of the Juniors got a little bored as the in-flight movies were spoken in Korean with English subtitles. A smooth uneventful trip, 12 hours later we arrived in Seoul.

Sunday 20th August

We had three hours transit time at the Airport. The heat had gotten to most within the first half hour, the tracksuit jacket was the first to go, then the domes on the trousers began to be undone as the heat persisted. The Korean Air flight from Seoul to Beijing was on time and two and a half

hours later we landed in China. We arrived at the Capital Airport Hotel and to our surprise it was a lot better than expected. The rooms were air-conditioned which was a welcome relief. We settled into our rooms and completed our DPR Korean Visa application forms.

Mr Steve McQuillan, Mr Grant Eccles and I waited in the Lobby for the ITF/ DPR Korea Official to arrive and collect our passports and visa applications. Mr Chul was an extremely helpful man who lived at the Korean Embassy. We were more than a little worried about handing our passports and monies to someone we didn't know and Grant suggested he go with Mr Chul and our passports and wait for the Visas to be completed. As it turned out this was not an option, but Mr Chul promised he would return by 3pm the following day.



Dinner was a bit of an ordeal with only one menu in the restaurant being written in English. As none of the waitresses could speak

much English, we pointed to what appeared to be something we recognised and hoped for the best. The portions were quite a bit smaller than we expected, so everyone

"We pointed to what appeared to be something we recognised and hoped for the best."

at the table decided rice would fill us up. We suggested as Grant had been to China previously that he let the waitress know we would like to order more. Grant obliged, but the look on the waitresses face as she ordered him to "please sit" did not bode well and our bill arrived promptly instead, so we presumed it was time to leave (hungry or not).

Training 7am tomorrow morning.

Monday 21st August

Steve set his alarm clock and woke us all for training. Unfortunately he hadn't adjusted his watch to the correct time and at 6am we were up dressed and ready for training....back to bed for an hour.

One of the Bell Hops was friendly and organized for US\$5.00 per head a bus

trip to Tiananmen Square with a guide and the bus trip back. The Bell Hop traveled with us as our Guide - he explained he had spare time after coming off a 24 hour shift.

We walked slowly through the Square, it was huge and took us around two hours to walk from one side to the other. Jake and Zahn were major celebrities with large numbers of Chinese wanting photographs with the two tall people. We finally made it to the other side of the square and

walked across the stone bridges into the Forbidden City. Although the outskirts of the city were pretty, none of us decided to pay the fee to go further inside. The heat and humidity were taking their toll. Around 35 degrees and 90% humidity. Something you need to get used to. McDonalds for lunch. Once again all written in Chinese so the easiest way to order was to point to a picture and hold out some Yuan.

I quickly found out that females' standing in the Community was not as high as it is here in NZ. I waited patiently in line to purchase a can of coke, and was even more patient when Chinese people behind me were served first. Steve's turn was next and finally me, I asked for a coke handed over the money, the can and the change were returned to Steve standing beside me. I finally understood what the pecking order was.

Tuesday 22nd August

Up early for breakfast and onto the bus for our flight to Pyongyang. We arrived three hours early in plenty of time in case of problems. After a few

minor, time consuming disasters including Gemma mis-placing her airline ticket. Complete confusion reigned at the Koryo Air counter and

towing carts with around 20 people sitting on the back.. The roads were around 6 lanes wide in most places but very few cars or cycles in site.

Even more surprising was at most intersections there was someone directing traffic, this worked in our favour at times being the only vehicle on the road we were waved onward without the need to stop and check on the possibility of other vehicles.

As our itinerary had changed in the last week prior to traveling we

arrived on weigh-in day. The bus took us directly to weigh-ins. As we approached the TKD Gymnasium the gasps of appreciation were heard from all. It is a spectacular building with a



there were a lot of really irate people milling around.

We met the Malaysian team standing at the check-in counter. They were on the next flight an hour after ours.

It was a surprisingly good one and a half hour flight and then we had finally achieved what I had begun to think was impossible, we landed in Pyongyang DPR Korea. We filed through customs and were met by ITF representatives and our guides Mr Kim and Mrs Lee. We boarded a bus and waited for some officials to join us and watched as the Malaysian team boarded the bus beside us. We traveled for around 50 minutes through one of the most beautiful countries I had ever seen. There was no smog or pollution, it was very green with lots of trees and shrubs everywhere. The rivers were wide and appeared to be endless. The buildings we saw were large and uniformly concrete coloured. We saw oxen driven carts and large old tractors



solid bronze statue of a TKD practitioner performing a kick on top of a large sphere outside the main entrance half way up the flight of stairs. (It was one of the few buildings painted white.)

Males and females were separated for weigh-ins. Amanda was asked if she still wanted to enter as she was 3 kilos lighter than the top of the light-weight division. She nodded her head and the girls went to check on the boys.

Jake was over weight by 1 ½ kilos. He was handed two t shirts, a sweatshirt and put his jacket on. Already a pinky shade, he started jogging on the spot. With much encouragement from all team members, he started exercising in the heat. Fifteen minutes later he was on the scales, but still more to lose. He persevered and so did the rest of the team, exercising the whole time with him. Ten minutes later he was back on the scales, still 0.4 overweight.

He nodded his head and went to walk away, he could not have kept going, he was prepared to admit defeat. As he bowed and walked away, the officials, impressed with Jake's spirit, called him back and allowed him to enter. Victory celebrations consisted of the least amount of clothing possible and lots of water.

We headed for our Hotel, which again was a spectacular building with three wings 13 stories high (our superstitions don't exist over there) with a revolving restaurant on the top.

"He nodded his head and went to walk away, he could not have kept going, he was prepared to admit defeat."

The lobby was all marble and looked impressive. Into the lifts up to the fourth floor reserved for the NZ Team.

All meals were included with our accommodation and the team met for dinner at 8pm. We entered the main dining room and realised quite a few teams were also staying at the hotel (Greece, Argentina, USA, Australia, Japan, Poland & Russia). Half way through dinner we had our first black out. The power shut down and everyone sat and waited around 15 minutes for it to come back on. One torch was produced and this was pointed towards the ceiling (it did little to illuminate the huge dining area). We counted ourselves lucky we weren't in the lift.

This was the first and last time we ate in the main dining room, we were not sure whether it was our bad table manners or overcrowding but from the next morning on we ate in a smaller dining area off the main dining room.



Wednesday 23rd August

The team was up early to sew their competitor numbers to the back of doboks. By the time all numbers had been sewn on, breakfast had been and gone.

Our Guides/Interpreters met us in the Lobby and ushered us onto the bus. Speeches started the ceremony spoken in both Korean and English, followed by brass bands and the parade of the competitors from all Countries. The 5th Junior World Champs flag was raised for the duration of the competition. More speeches followed, the competitors paraded back out. The opening ceremony was completed by noon and we all filed back on the bus and back to the hotel for Lunch.

1pm back onto the bus ready for the start of the tournament.

The inside of the TKD Gym is amazing, it is huge with tiered seating on opposing sides, three rings were set out on the floor below. The heat inside the stadium at times was unbearable. There was no air-conditioning or fans to help cool it down.

Ring three, Mark vs Greece was first up for II Dan patterns. Win to Mark. Next up was Thai vs Uzbekistan for I

Dan patterns. Win to Thai.

Next Thai vs China. After two patterns the judges could not separate Thai and his opponent on points and so a third pattern was called for (Po Eun). A very close win to China and a great performance from Thai.

Mark Vs Uzbekistan.

Two outstanding patterns from both competitors, a very close win to Uzbekistan.

Gemma Vs Canada for II Dan patterns. Win to Canada, the Canadian girl eventually coming a very close second in the division.

The afternoon concluded at 6.15pm then back to the hotel for Dinner, at the team talk that night the

Coach Mr Kaiou let the team know that he had been advised Mark's loss to Uzbekistan had actually been a draw, but there had been insufficient time to protest..

Zahn was not feeling too well and he stayed in bed for the afternoon, by evening he was running a temperature and the effects of a change of diet had started to take place.

Thursday 24th August

Breakfast, on the bus and at the TKD Gym by 8.45. Although we are all starting to get used to the heat it is still HOT.

I Dan Female patterns Amanda vs Czech Republic - win to Czech, but a very good performance from Amanda (many commented on her power for her size).

Male Middleweight sparring Richard vs Nepal win to Richard. Richard vs Greenland win to Greenland. An obvious win to Richard in the first bout.

Male Lightweight sparring Thai vs USA win to Thai. Thai

vs China win to China

Thai had two amazing fights, the first

bout he won convincingly and took a heavy knock in the second bout (he was seeing stars for a while).

Male Heavyweight sparring Jake vs Greece, win to Jake. Jake vs Japan win to Jake. Jake vs Poland win to Poland. Jake becomes one of the few New Zealanders to win a prized world championship Taekwon-Do medal.

Team Pattern NZ vs USA win to USA

Heavy weight Female sparring Toni vs Korea win to Korea.

Toni had a really hard fight, she was really short compared to her opponent, but those back kicks found their mark every time.

Middleweight Female sparring Gemma vs Canada win to Canada.

Gemma had an awesome fight with Canada. At the end of the second round it was a draw, so into a one minute third round, still a draw. The fourth round was flags where the first point won the fight. The Canadian's winning point was dubious.

Lightweight sparring Amanda vs

"Jake makes history, joining the few New Zealanders to win a prized Taekwon-Do World Championship medal."

Greece. Amanda drew a MUCH larger opponent and had a real battle in this match. She showed great spirit and the Greek girl knew she had been in a match. Win to Greece.

Another power failure, and the stadium went into darkness for 2-3 minutes. We presume the fighters in the ring stopped immediately, but in total darkness we had no idea. The power came back on, and the lights gradually brightened over the next 15 minutes.

Finished late tonight at 7.30. Back to the hotel for dinner. Zahn still in bed and Michael, Richard, Stuart and Lin not feeling too good. Mark had been leading the Haka but his voice is starting to disappear from yelling. Team talk and to bed.

Friday 24th August

Daniel in ring three and Mark in ring one both at the same time.

Hyperweight male sparring Daniel vs Korea, win to Korea.

Daniel fought well, at the end of the second round it looked fairly even but



Korea got the close win.

Microweight male sparring Mark vs Czech win to Czech

Mark had a bye through the first rounds. He fought very well against the Czech but received twelve warnings which effectively lost him the match. The speed in microweight

"it was a really proud moment for the Junior Team as Jake entered carrying the NZ flag. The cheering and clapping for... Bronze far outweighed the response for Gold and Silver."

moment for the Junior Team as Jake entered carrying the NZ flag. The cheering and clapping for Jake and his Bronze far outweighed the response for Gold and Silver.

Mark's voice went through a few changes today including some high pitched squeaks until it finally disappeared. Jake, took over leading the Haka until his voice followed Mark's and Andrew has now taken over. Finished tonight at 9pm.

Lin not well today and spent the day in bed. Zahn is still feeling sick and Stuart and Richard still feeling unwell. Amanda feels fine, her diet consists of lollies, water and lemonade, perhaps

we could all learn something from her.

Saturday 26th August

The centre ring raises one metre up off the ground for the final placings of 1st & 2nd, then lowers back to floor level at completion. (very impressive).

Back to our hotel for lunch and then on to the closing ceremony complete with brass bands, speeches and the parade of competitors ending with the flag being lowered.

No official party had been organised, so Team USA arranged a disco at the hotels nightclub, with all in the hotel invited. The NZ juniors started their evening in a hotel room, planning on joining in a little later, their popularity showed when large numbers kept knocking on their door requesting their presence. The evening ended with groups still partying in the main lobby.

Sunday 27th August

Medal ceremony for Jake was at the end of the day, it was a really proud

A sightseeing tour had been organised for a trip up into the

COVER STORY TAKING ON THE WORLD

mountains, Lin, Rua & Beryl went and thoroughly enjoyed themselves. The rest of our group opted for sleep with most emerging around lunch time. By this time Stuart was feeling really ill and spent the next couple of days in bed.

for the NZ team to go sightseeing including a photo session outside the TKD gym.

When we arrived at the gym it started to rain, so we requested to go inside. The team went into the main hall, taking a few shots when to our

appeared everywhere you looked there was a shop, it didn't take long before we discovered that the shopping below ground was endless and cheaper. The main problem Beryl encountered on the second day was how to find your way out and above



The true spirit of Taekwon-Do, the New Zealand and North Korean teams together

Grant wanted a few photos of the hotel and wandered down the road to get the perfect shot. Unfortunately he forgot to ask a guide to go with him, through the camera lens he viewed some worried looking hotel staff on the top floor and thought it best to return. Within 30 minutes of returning to his room, he had a knock on the door and a polite request to not do this again.

Monday 28th August

Most teams left this morning. Our guides/interpreters organised a bus



Someone's pleased to see ya Gemma!

surprise and delight the Korean Team arrived.

The opportunity to have photos with the Korean team was too good to resist and the two teams mingled smiling. The Korean & NZ team doing the Haka will remain vividly in the minds of all.

Tuesday 29th August

Up early and off to the airport. 1 ½ hours later we landed in Beijing, two hours in transit and another 2 hours onto Seoul. For all the junior members Seoul meant shopping, McDonalds Burger King and Pizza Hut, for the senior members it was shopping and relaxation, and for me, Coffee (something I had missed dreadfully).

Wednesday and Thursday 30th, 31st August

Each day was shopping. Although it



Toni Moki and Dad

ground again.

The weather is getting worse. The American forces TV station (one of the few in English) has constant warnings about the approaching Typhoon. It is meant to hit tonight between 6pm and midnight.

Friday 1st September

The Typhoon has changed course and although it is still raining and windy, it looks like we will still be going home today.

3pm and it is time to leave. A 1 ½ bus trip back to the airport and once again our flight is on time.

12 hours later we landed in Auckland to the welcome of flashing cameras, family and friends.



FIGHTING FIT

Finding the performance edge through Nutrition.

Dunedin Instructor, Jake Pearson tunes his body to perfection by combining a demanding training schedule with a smart approach to nutrition. Utilising his experience as an instructor, student, and his study of medicine and physical education, Jake suggests some approaches to gaining your training edge.

NUTRITIONAL CONSIDERATIONS WHEN TRAINING FOR A TAEKWON-DO EVENT

I was asked recently by some 1st Kups to plan a diet for them as they train towards their black belt grading. Now I am certainly not a nutritionist, but have picked up a few principles from my studies in Physical Education and Medicine as well as a recent CNZ level 1 course. I made up the following notes for my students and thought others might be interested to have a read. I would welcome any feedback or comments.

General principles

- a training diet is usually similar to a normal diet, but often involving slightly larger servings (to compensate for the increased energy expenditure of exercise) and a bit more discipline when it comes to “treats”.
- there is no single correct diet, rather general principles that should be considered when making your own individual one.
- a training diet is best when it fits

around your likes/dislikes, rather than making drastic changes that may cause discomfort and make you less likely to stick to it.

· also, your diet depends on your lifestyle and budget so compromises may need to be made - remember, even if it is not perfect, every bit you do to improve your diet will help.

I recommend keeping the following points in mind when planning your eating patterns:

High carbohydrate intake

- provide the main source of energy.
- main meals should be around two-

thirds carbohydrate.

- eg. breads, cereals, rice, pasta, noodles, potatoes, milk, fruit and vegetables (can include small amount of sugars such as jam, honey, cordial and soft drinks)

Adequate (but not excessive) protein intake

- important for maintaining and repairing body tissues, and can contribute energy.
- should include a high protein food in every main meal.
- eg. lean red meat, fish, chicken, eggs, milk, yoghurt, cheese and cereals (good sources also baked beans, peanut butter and ice cream!)

Limited fat intake

- fat provides large amount of energy and some essential vitamins.
- the normal NZ diet has PLENTY of fat so usually good to cut down.
- eg. dairy products, meat, fish, vegetable and seed oils
- best choices: plant oils, nuts/seeds and avacadoes
- avoid: biscuits, pies, chips, chocolate, deep fried food

Adequate vitamin and mineral intake

- a balanced diet provides plenty of the essential vitamins and minerals so there should be no need for vitamin supplements.

· vegetarians are particularly at risk of iron and B12 deficiency but these can be obtained from non-meat sources.

High fluid intake

- at least 2-3 litres per day, primarily water.
- varies according to amount lost (eg. need more if sweating a lot).
- sports drinks contain a large amount of sugar so should be drunk in conjunction with water.
- athletes should get used to taking

Daily diet #1

Breakfast
fruit juice
poached egg(s) and toast
tea/coffee

Mid-morning snack
yoghurt
juice

Lunch
sandwich(es) filled with
meat, tomato, lettuce and
cheese
fruit
milk

Mid-afternoon snack
fruit
water

Dinner
poached fish
potato(es)
spinach, mushrooms
custard and fruit salad

in regular small amounts of fluid before, during and after long training sessions.

Meal timing

- a good idea is to have the normal 3 main meals every day as well as a mid-morning and mid-afternoon (ie. before training) snack.
- eating in the hour or two after training helps replenish energy stores and rebuild body tissue.

Other points

- alcohol can affect your training and well-being in more subtle ways than the obvious next-day hangover, therefore it is invariably best to cut down on the amount and frequency that you drink. Binge drinking is worse than having a couple of drinks more often.

Examples of daily diet

- amounts vary between people - your body is usually very good at regulating how much it needs.
- of course if you do notice significant weight changes then the balance is probably wrong.

Daily diet #2

Breakfast

grapefruit
cereal and skim milk
tea/coffee

Mid-morning snack

muesli bar
water

Lunch

pizza
carrot sticks
fruit
juice

Mid-afternoon snack

muffin
water

Dinner

broiled chicken breast
cold pasta salad
broccoli, cauliflower
water
small piece of cake

Daily diet #3

Breakfast

porridge, milk and brown
sugar
fruit
tea/coffee

Mid-morning snack

crackers and cottage cheese
juice

Lunch

noodles
fruit
milkshake

Mid-afternoon snack

sandwich
water

Dinner

beef stir-fry
(incl. various veges)
rice
glass of red wine or beer
apple pie and ice-cream

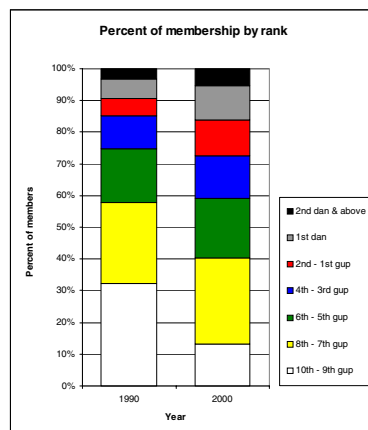
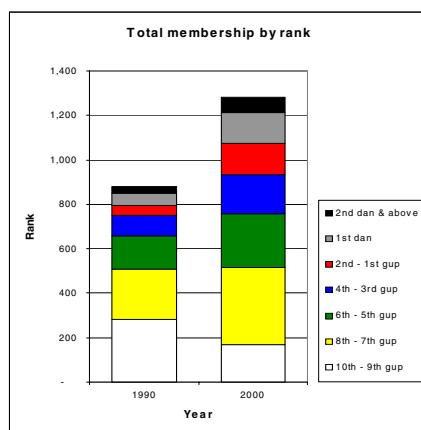
President's Corner



Congratulations to Graham Patterson and his team for running a successful year 2000 National Tournament. Congratulations to all place getters. There is no success without sweat- so start training now for future tournaments. Read the "Champions of Tomorrow" poem for your inspiration.

For the first time our juniors have participated in a World Championships. You have represented New Zealand and ITFNZ with pride and I hope your experience will filter through to other members of our organisation. Congratulations to Jake Goldsmith for obtaining a Bronze in sparring. Well done! Credit should also be given to the Marketing Subcommittee for turning the Awards concept into a pleasant reality. Congratulations to all the recipients! A Management Plan has been prepared. When all the

action plans are added, it is hoped that this will be the "blue print" for taking ITFNZ into the 21st Century. It is not long ago that I took up the position of President and now the term is just about to expire. I wish everyone future successes in all your endeavours.



The graphs, to the left, show the growth of ITFNZ since 1990. The membership by rank shows the differences in percentage of membership at their respective belt ranks. I wonder what the graphs will show in another ten years...



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Couples who instruct

- How long have you been instructing/assistant instructing for?

RY & TL – Rachael 13/14 years, Tristan for the last year.

Waltons – Assistant instructing at Mirimar 1971 – 1997, Instructing own club Berhampore 1998 to present.

Livingstones – Neill for 7 years, Kirsten for 3 years

Pygotts – Vince started in assistant instructing in 1989 at Mt Albert and Waitakere clubs. He then started Hibiscus Coast in 1991. Shirley started assistant instructing at Hibiscus Coast (HBC) then started her own club in 1995 at Stanmore Bay (SMB). So that's 11 years for Vince and 9 years for Shirley.

- Do you instruct the same club?

RY & TL – yes, we instruct at 3 clubs together.

Waltons – yes

Livingstones – No, we instruct at two separate clubs. Westown



club and New Plymouth East.

Pygotts – We both instruct and assist each other.

- Who started TKD first?

RY & TL – Rachael started 18 years before, although Tristan has a Black belt in CMA.

Waltons – Mr by 4 months. Ian Started in Nov 1984, Lena, 1st March 1985

Livingstones – Mr by 6 years. Neill started in 1987, Kirsten started in 1993

Pygotts – Vince started first by 3 months. Vince started in August

1986, Shirley November 1986

- How long have you been a couple/married?

RY & TL – A couple for one year, getting married in another years time.

Waltons – A couple for 14 years, married for 4 years.

Livingstones – A couple for 7 years, married for 4 years.

Pygotts – We got married 15th May 1985, so that makes it 15 years this year.

- Where did you first meet your partner?

RY & TL – At Taekwon-Do. Rachael took over a club, and Tristan stayed on. Got together after being long time friends.

Waltons – At College in 1991

Livingstones – At the pub. (Stag and hens' night).

Pygotts – We first met in 1983 at an Auckland University Field club Easter camp at Kawerua.

- Do you have any children?

RY & TL – No

Waltons – Yes, 2. No 1 son Devon, 4 ½ years, and wonderful Kyla 11 months.

Livingstones – Yes. Our gorgeous 2 year old daughter Jaime Lee.

Pygotts – Yes, we have two beautiful children. Thomas aged 10, and Emma aged 7.

- If you do have children, what do you do about 'baby-sitting'?

RY & TL – Not a problem. – No kids

Waltons – Roster them out. I (Lena) take Monday classes, and Ian takes Thursdays. Mondays we have a set sitter. Every second Thursday it alternates between good old Dad and another sitter. If one of them pulls out, we have a back up of 2 other sitters. If the back ups can't make it, then depending on who's taking class, the other stays at home. No biggy.

Livingstones – We have different training nights, so we take turn about. If we have combined training's or gradings, Neill's parents baby-sit.

Pygotts – Well, up until this year both of our children have always come to training with us. Recently we decided to have them baby-sat once a week, as by the end of the week there are too many homework tasks needing completion, and they get too tired.

- In what way does Taekwon-Do affect your home life?

RY & TL – Often talk too much about TKD. Don't get a break from it. Find it's easy to burn out.

Waltons – Apart from organising the baby-sitters for training and gradings, it doesn't. We don't let it. The kids and 'us' come first.

Livingstones – With running two clubs, and both being on different ITF NZ committees, it's very hard to get away from. There's always something to do, to do with TKD. It's always in the conversation and on our minds. Whether it's discussing our students up coming tournaments, gradings or articles for TKD Talk, there's always a TKD topic close to hand.

Pygotts – A better question would be in what way doesn't Taekwon-Do affect our home life. The main influence is on the eating and sleeping habits. With both of our children not getting fed until after training and then subsequently going to bed later, so bed time for our children is 20.30 for Emma and 21.30 for Thomas, much to Emma's disgust, naturally. With both of us going out to TKD 3 times a week that means we have hectic afternoons and evenings. i.e. after school and training.

It often leaves little or no time for other family or school obligations. Making time for our own respective training can be a logistical challenge, but we have

an agreement that only one of us can do extended intensive training, while the other 'minds the shop'.

- Does everything you do together, revolve around Taekwon-Do?, or do you have separate interests? If so, what are they?

RY&TL –Tristan plays squash, Rachael shops! Nah, Rachael catches up with friends. Has quiet time by reading books or walking. "We both like to do things together most of the time and the fact that Taekwon-Do is something we both can do is really great. But we also know when to move on to other things like family, movies, eating out, going to the beach etc either together or on our own."

Walton's – I'd like to think that everything we do together doesn't revolve around TKD. I'd like to think it's a hobby that we enjoy and that TKD doesn't rule the roost. We're very much family people and probably the best thing we like doing is spending time at home with the kids or doing simple family things like going swimming, playing around taking rides, visiting friends, going out for meals (minus kids), and "hitting the town" (minus the kids), on the odd occasion with our friends. Ian likes photography and rugby (aagghh) and I just love reading, organising and bossing Ian around.(Ian's nodding ...YEAH)

Livingstones – Taekwon-Do is our main interest together, but we both like to do different things. Neill likes to potter around the house doing odd jobs, and playing PLAYSTATION when he finds the time where I like to read if I get the chance.

We all like going to watch the odd soccer match, going for walks along the beach with our daughter and having fun together.

Pygotts – Well, in order to be a good rolemodel to your students if you want them to take full benefit of all

that ITFNZ has to offer i.e. camps, tournaments and seminars, then it is important that you attend everything that is happening. This has meant many weekends spent attending TKD events, but then a lot of our students do as well. In recent times since taking on other positions within the organisation we have not been able to attend so many events and it is noticeable that our students have reduced their attendance rates too. With Vince being, firstly, Standards and Discipline Chairperson and then both Standards and Discipline Chairperson and Secretary and now



just Secretary that has meant hours spent in the evenings and weekends doing "office type work". This has compressed the amount of time spent with the family even further. And now that Shirley has the ITFNZ Sales position, Shirley has spent many hours dealing with orders from people. Basically at this present time TKD rules our life, and has done so for many years. For the most part it is rewarding knowing that you are helping people achieve things they wouldn't normally achieve and by doing work for the organisation it is our way of saying thanks for what the organisation has done for us as we continue to gain skills.

So to get back to the original question most of what we do does revolve around TKD but it is worth it.

We do do other things too. Vince enjoys playing soccer, squash, board games and role-playing games and more recently has started a new business venture. Shirley has her own business making and selling home-made babyware. She also does craft orientated activities i.e. embroidery, painting, dressmaking etc.

We definitely do not live in each

other's pockets 24 hours a day. It is very healthy to do things together and separately in proportions that feel comfortable for your relationship.

Comments:

RY&TL – The only thing that can really bother me sometimes is when Tristan carries on the "senior hierarchy" thing in to the home. It is happening less and less and it's only after some instructing and when he's quite hyped up now that I have a real problem. I have a real objection to being called "Ma'am" in my own home.

"More seriously, to us, both of us being in Taekwon-Do is definitely a bonus but it wouldn't matter if either one of us was to stop training. We have our lives in perspective and know when to move on. Being in business together with Taekwon-Do and the rest of Body Focus means a huge part of our life is working or training together anyway. It's important we get time apart to pursue our own interests and have breathing space. So long as you have your life balanced and in perspective, everything is an advantage and to be enjoyed. We are fortunate that a lot of that we can do together."

Livingstones - As long as we can try to put our family life and Taekwon-Do in to perspective and make more effort to make time for ourselves as individuals and as a family, we can continue to combine them both.

Thanks to Rachael Younger and Tristan Lewis, Ian and Lena Walton, Vince and Shirley Pygott and Neill Livingstone for their contributions to this article.

We have many other couples instructing like: James Buchan & Colleen Gorton (Dunedin), Phil & Angela Dunn (Waiuku), and Jeanette Joe & Jon Sawden (devonport).

Pros

- We help motivate each other.
- If one of us is sick or injured, we take the others class.
- Have a training partner at home
- Can share ideas
- A common interest. Something we can do together
- A good support system for trying something new. Work on it together.

Cons

- If an event is on, we have to toss up who is going to go (baby-sitting duties).
- If we can get a baby-sitter, the cost of going to an event doubles.
- Because of different teaching methods, philosophies and style, we often don't see eye to eye.
- We have little time for anything else. TKD rules the house.
- Can sometimes forget you are now home and continue on with TKD stuff for too long, when should be doing other stuff.
- When one's highly organised, and the other's not. It can lead to conflict.

ATTENTION TAEKWON-DO STUDENTS

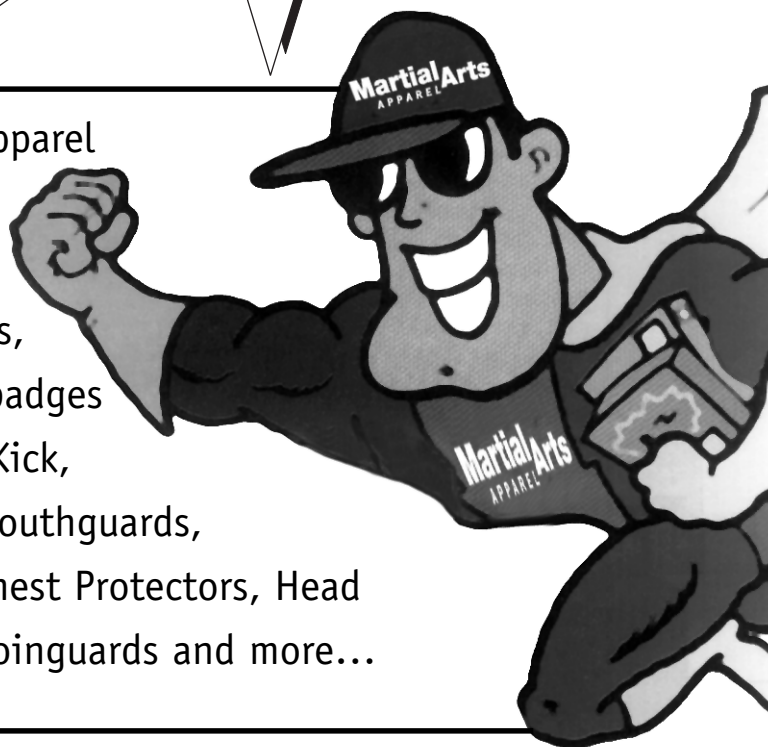
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Mr Norman Ng honoured as a member of the Century of New Zealand Martial Arts Awards

Our ITFNZ President Mr Norman Ng was honoured in 1997 at the New Zealand Martial Arts Achievement Awards by being inducted into the NZ Martial Arts Hall of Fame.

We are proud to announce that Mr Ng has this year been recognised in the "Century of New Zealand Martial Arts Awards".

For the past two years the New Zealand Martial Arts fraternity made their nominations, the Mr Ng was one of the chosen few. Also from ITF Taekwon-Do was Mr Harry Hemana. We congratulate Mr Hemana also.

These awards are truly prestigious in every sense of the word. There were no politics or finances involved in the nominations or the recipients list. These awards are about honour, dedication, loyalty and expertise. The 1st Century of Martial Arts Awards of Excellence truly stand as the ultimate symbol of status for the first 100 years of New Zealand Martial Arts and its cherished recipients.

Mr Evan Davidson, 6th dan, is this year a new inductee to the NZ Martial Arts Hall of Fame. CONGRATULATIONS MR DAVIDSON

Champions of Tomorrow

The measure of your achievement
is not the colour of your belt,
And success is not a measure of
the number of trophies you
received.

You could train away your life, just
accumulating belts,
But the end will pose the question
— have you enlightened yourself?
Did you help and participate and
find satisfaction?

Or did you wait for others to do the
deeds for you?

The champions of tomorrow are the
ones who've got the perseverance
The desire and the indomitable
spirit to realise their dreams.
By fulfilling all their goals, that they
pursue with such attraction,
They will receive the finest prize —
the sense of satisfaction.

*The above is a poem written by 10
year old Cameron Follett of
Queensland, adapted by Norman
Ng with a Taekwon Do theme.
Courier Mail 16 May, 2000.*

National Championships 2000

The 2000 national championships,
held in Wellington earlier this year,
had the largest number of
competitors for quite some time.
The event also received Television
coverage from Teen program
"Wired," which did a segment on
the Tournament and the junior
world champs team.

Although the first time under the
newly adopted ITF ruling system,
the Officials and Tournament Sub-
committee did a good job to ensure
that competitions were fair.
However, many were left
wondering when the newly invited
Auckland Taekwon-Do group,
lead by Mr Rua Kaiou 5th degree,
won the coveted best overall
region. While the Executive and
Tournament Sub-committee were
left reading the fine print of

minimum regional numbers, Mr
Kaiou's small team celebrated in
the glory and fortune of "points-
per-head" calculations. It will be
interesting to see next year if the
rules will be altered to account for
the discrepancies in team
numbers.

The results of the 2000 national
championships are printed on the
following page. Look closely and
see if you can spot the aspiring
international competitors.

ARE YOU INTERESTED IN A POSITION ON THE ITFNZ EXECUTIVE COMMITTEE?

The 2001 AGM will including
voting for the positions of
President, Treasurer and Sales
Manager. Ask you instructor or
Regional Director for details.

Division	Gold Region	Name	Silver Region	Name	Bronze Region	Name
Best Overall Region	SA	South Auckland Taekwon-Do	AN	Auckland North	CM	Counties Manukau
Best Overall Belt						
Green (equal)	W	Shane Rogers				
Blue	WB	Cara Lucas				
Red	WB	Anita Schweiger				
Black (equal)	AN	Cilla Brown				
	SA	Rua Kaiou				
	CM	Toni Moki				
Patterns						
Yellow Belt	AN	Shaun Hayward	W	Jane Pilkington	CD	Hemi Tukapua
Green Belt	WB	Cara Lucas	W	Shane Rogers	WB	Roshni Patel
Blue Belt	WB	Anita Schweiger	AN	Stacey Peters	AN	Cedar Brown
Red Belt	AN	Cilla Brown	SI	Russell Stuart	AN	Joanne Ho
1st Dan	CM	Daniel Jackson	AN	Cameron Snelling	W	Jake Goldsmith
2nd Dan	CM	Toni Moki	AN	Hong Looi	SI	Hadyn Breeze
3rd Dan +	AN	Andrew Niven	AN	Jeanette Joe	AN	Matthew Breen
Team Patterns						
Coloured Belt	CD	Central Districts	CM	Counties Manukau	WB	WaiBop / Taranaki
Black Belt	CD	Central Districts	AN	Auckland North	WB	WaiBop / Taranaki
Free Sparring						
Peewee Boys Green/Blue Light/Middle Weight	CD	David Burr	WB	Dominic Yardley		
Peewee Girls Green/Blue Light/Middle Weight	CM	Joyce Leeward	CM	Roberta Leeward		
Peewee Boys Green/Blue Middle/Heavy Weight	CD	Tyler Pewhairangi	AN	Thomas Pygott	CM	Peter Poko
Peewee Girls Green/Blue Middle/Heavy Weight	W	Christina Lowndes	CD	Catherina Bowness	CM	Catherine Howard
Jnr Men's Green/Blue Light/Middle Weight	CM	Chris Clencie	W	Luke Spencer-Jones	W	Ellie Haidamous
Jnr Women's Green/Blue Light/Middle Weight	AN	Stacey Peters	WB	Melody Schweiger	WB	Cara Lucas
Jnr Men's Green/Blue Middle/Heavy Weight	CM	Benjamin Kautapa	W	Matthew Kiernan	WB	Mustafa Khalafalla
Jnr Women's Green/Blue Middle/Heavy	WB	Anita Schweiger	CM	Rhianon Hugo	CD	Sara Wilson
Jnr Men's Green/Blue Heavy Weight	WB	Kyle Caldwell	CM	Leonard Deadman	AN	Dale Borland
Jnr Women's Green/Blue Heavy Weight	AN	Anna Wintle	CD	Rene Faleseuga	CD	Hannah Speirs
Jnr Men's Red/Black Light/Middle Weight	CD	Robert Buddle	CD	Richard Wong	AN	Samuel Skinner
Jnr Women's Red/Black Light/Middle Weight	CM	Harmony Moki	AN	Jessica TeHau	AN	Erika Fernandes
Jnr Men's Red/Black Middle/Heavy Weight	CM	Daniel Thompson	WB	Matthew van der Hulst	CD	Lewis Pewhairangi
Jnr Women's Red/Black Middle/Heavy Weight	AN	Alix Bartholomew	AN	Roseanne TeHau	CD	Nikki Galpin
Jnr Men's Red/Black Heavy Weight	SI	Daniel Kerr	CD	Tonee Francis	AN	Dafydd Sanders
Jnr Women's Red/Black Heavy Weight	CD	Cloe Trubshoe	W	Isabella Goldsmith		
Veteran Men's Green/Blue Open Weight	CM	Fritz Nieu	CM	Keith Brown	CD	Richard Burr
Veteran Women's Green/Blue Open Weight	CM	Jeanne Deadman	AN	Christine Davey	CD	Pristine Burke
Veteran Men's Red/Black Open Weight	SI	David Oliver	SI	Rex Stuart	CD	Bruce Morley
Women's Green/Blue Light Weight	W	Belinda MacDonald	SI	Sumitra Shankar	CD	Ana Pallesen
Women's Green/Blue Middle Weight	AN	Cedar Brown	SI	Kirsty Irvine		
Women's Green/Blue Heavy Weight	W	Erin Boshier	WB	Tina Harding	WB	Kate Galligan
Women's Red/Black Light Weight	AN	Carolina Dillen	W	Suzanne Main	CM	Tracey Smith
Women's Red/Black Middle Weight	AN	Cilla Brown	CD	Sandi Galpin	CD	Tessa Prebble
Women's Red/Black Heavy Weight	CM	Sonia Bertelsen	SI	Alison Roma	CD	Nikki Mantjika
Women's 2nd Dan + Open Weight	AN	Jeanette Joe	CM	Toni Moki		
Men's Green Light Weight	CD	Carl McIlwee	W	Duncan Kum	AN	Todd Goodman
Men's Green Light/Middle Weight	WB	Nathan Harvey	WB	Warren Smith	W	Rhys Wilson
Men's Green Middle Weight	WB	Vincent Johnston	W	Shane Rogers	W	Dylan Cassidy
Men's Green Heavy Weight	WB	Derek Oldridge	CM	Upoko Poko	CM	Greg Clencie
Men's Blue Light Weight	CD	Andy Kwan	AN	Matthew Davey	WB	Scott McGrath-Lorigan
Men's Blue Middle Weight	W	Paul Drysdale	AN	Peter Casale	SI	John Eley
Men's Blue Heavy Weight	W	Mark Sagato	WB	Courtney Quinn		
Men's Red Light Weight	CD	Kenny Chiang	WB	Devon Pittman		
Men's Red Light/Middle Weight	CM	Steve Morris	CD	Cameron Wilson	SI	Russell Stuart
Men's Red Middle Weight	CM	Stephen McNamara	AN	Stuart Overton	W	Stephen Smith
Men's 1st Dan Light/Middle Weight	CM	Daniel Jackson	CD	Nick Fisher	WB	Timothy Linn
Men's 1st Dan Middle Weight	SI	Jarrold Ramsey	W	Rodney Thistoll	WB	Richard Cotter
Men's 1st Dan Heavy Weight	CM	Jaime Reti	SI	Shane Rahui	WB	John Hare
Men's 2nd Dan + Light/Middle Weight	AN	Hong Looi	CD	Aaron McIlwee	SA	Lewis Looi
Men's 2nd Dan + Middle/Heavy Weight	SA	Rua Kaiou	SI	Jake Pearson	W	Darren Ward
Specialty Technique						
Junior Women's Specialty Technique	AN	Erika Fernandes	CM	Evadora Tairuia	CM	Cara Harrison
Junior Men's Specialty Technique	WB	Matthew van der Hulst	CD	Tonee Francis		
Women's Specialty Technique	CM	Toni Moki	CM	Tracey Smith	W	Jine Assaf
Men's Specialty Technique	SA	Rua Kaiou	AN	Jon Sawden	AN	Zahn Buchanan
Power Test						
Women's Power Test	CD	Nikki Mantjika	AN	Jeanette Joe	CM	Toni Moki
Men's Power Test	SA	Rua Kaiou	W	Rodney Thistoll	AN	Hong Looi

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Hayden Breese and I cut work a little early on Friday 18 October – around lunchtime. We had to organise the ITFNZ Taekwon-Do site at one of the biggest sporting events in the Auckland calendar: Sports Expo 2000. The two of us, prepared for the weekend, settled in for over thirty hours of demos and exhibitions.

Of course, we passed out the usual array of brochures advertising free Taekwon-Do sessions. I know the Papakura branch has had a couple of people pop along as a result.

The Auckland Demonstration Team wore themselves out, performing three 45 minute demonstrations over the

Auckland Domain and is always impressed with our representation and commitment.

I had a great deal of positive feedback from the organisers and other site holders. I would like to thank everyone who helped make this event such a success and I hope you all enjoyed

S P O R T S E X P O 2 0 0 0

The Expo was huge. Over 200 sports, activities and sports products were represented. There were clothing stalls such as Rebel Sport and Surf Dive 'n' Ski. Nutritional supplements including Musashi, creatine, spirulina and Sanitarium. Sports such as BMX biking, rock climbing, judo and swimming. And there was ITFNZ Taekwon-Do.

Our site was a great success. But that was thanks to the attendance of close to two hundred Auckland and Counties Manukau students who came along to the Expo and trained in special sessions with their instructors. With only a couple of exceptions, we held a Taekwon-Do session every two hours and hundreds of passers by stopped to see what we were all about.

course of the weekend on the main stage in the Logan Campbell Centre.

Big thanks go to Mr and Mrs Breen – Mrs Breen for her constant help and resourcefulness; Mr Breen for arranging a computer with the ITFNZ Taekwon-Do website for punters to browse.

We have not been able to participate in this event in the past, because sites started at almost \$1,000 for the three days. This year, with a change of organisers, we were approached by Aaron Carter of Sport Auckland with an offer of a free site. Aaron organises the annual Have A Go Day in the



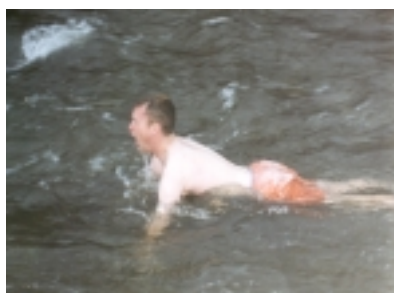
yourselves enough to come along for another great time next year. In the mean time, look forward to a fantastic combined training at the Auckland Have A Go Day on Saturday 16 December 2000!

Executive Committee Meeting News

July Meeting

- The new ITFNZ millennium uniform has now been approved and official ITFNZ ties for tournaments may replace bow ties for men.
- Mrs Sally Terry of Palmerston North has been appointed to the Marketing Subcommittee.
- Messrs E. Davidson, Mike Lowe and Paul McPhail to be granted Life Member of ITFNZ.
- Tournament Subcommittee have been asked to recommend a policy with respect to inviting VIP's and other dignitaries for future National tournaments.
- Sue Breen has been appointed as Information Manager to maintain and update the ITFNZ database, designed and produced by Neil Breen.
- All instructors' qualifications must be updated by the end of the year in order to receive next year's bonus.
- New batch of ITFNZ flags will be ordered for the branches.
- ITFNZ is looking to run a Fourth Dan grading together with an International Instructors Course in 2001.
- World Championship 2001: The next National coach and manager will not have any trip expenses paid out of the UGS. This needs to be made clear to prospective candidates prior to them accepting the position.
- A Taekwon-Do Conference will be held in 2001- Marketing Committee to organise.
- Job descriptions for various positions have been finalised.
- Public Liability and ITFNZ property insurance were discussed. Regional Directors were asked to discuss these at Cell Meetings.
- The President was asked to prepare a 3 year Management Plan.

The next meeting has been changed to 9 Dec. 2000.



SOUTH ISLAND CAMP

Well there we were. An Irishman, the head of the standards and discipline committee and two students standing in the middle of nowhere. No, this isn't the beginning to a bad joke but the start of the South Island Regional Camp.

After picking up our first guest instructor, Mr Kevin Hannigan (a visiting 4th degree from Ireland), we raced out to Dunedin airport to collect Mr Davidson, our second guest instructor. After racing back to Mr Herbison's house we were to gather the food and equipment required for the weekend, change to a larger vehicle and depart in time to arrive up at the camp before everyone else in order to have the place set up.

From what you have read so far you can probably guess it wouldn't be that easy. Upon arriving we found out that the larger vehicle had broken down and was away for repairs. With no way to get the food up to the camp, let alone ourselves, we sat down to think about our predicament. After much contemplation on the matter we were able to forage up two smaller vehicles which we loaded up with gear (I believe Mr Davidson commented a few times on how close the bumper was to the road) and set off one and a half-hours behind schedule.

The two-hour drive to Timaru went according to plan...until we arrived at the turn off to the camp. It was at this moment Kris revealed that he hadn't actually seen the camp as such because he knew where it 'kinda' was. After playing Rally Drivers for an hour among the back roads (we had a lovely experience with a flooded ford!) of an area that looked like something out of

'Deliverance' we finally, in the cool of the South Island darkness, arrived at what would be our home for the next few days. That night Mr Davidson gave an inspiring talk on the meaning of TKD to the group and set a mood that would continue throughout the weekend.

Saturday began with an invigorating wake up call at 6:00am and a mild warm up and run. After breakfast Mr Davidson took a class on ground fighting techniques, which was both interesting and challenging. After lunch the class was split into two groups. Mr Hannigan took a session on sparring drills and techniques while Mr Davidson dazzled us with his self-defence skills. One image that will stay with the seniors is that of Mr Pearson and Mr Evans dropped to their knees as Mr D applied wrist locks to both instructors simultaneously. After lunch Mr Davidson went through questions students had on any aspect of TKD. The session involved sine wave, training secrets of TKD and much more.

That night the camp assembled for a TKD quiz...I'm sure you're all dying to hear which instructor had the hairiest toes! The night closed off with the movie 'Enter the Dragon', what a classic.

6:30 wake up call the next morning. The day was dark, cloudy and dismal. Everyone was told

to assemble with togs and a towel. Mr Hannigan, in a sadistic gesture, played the Beach Boys on the stereo as we warmed up. I'm sure many of you reading this would have experienced what happened next. An early morning jog led us, as luck would have it, to a crystal clear South Island stream. Mr D led the charge as we all dived in for press-ups as the icy water washed over us...brilliant way to start the day.



News

Later on in the morning Mr Davidson unfortunately had to leave us but we continued until lunch with a session on 'Bust'n' or board breaking.

Leaving was an easier task than arriving and thankfully we all made it back. I would like to thank Mr Davidson for his time and inspiration on the camp and Mr Hannigan, wherever you may be. A special thanks must go to the camp organiser, Kris Herbison, for an interesting start, and all the others that helped in the running of the camp. Can't wait until next year...in summer...hopefully.

Adam Siwerski
Otago University Branch

WAIBOP CAMP

The WBT senior weekend (2nd kup and above) was held from the 1st to the 3rd of September 2000 at Pirongia Forest Park Lodge, around 20 minutes from Te Awamutu.

The weekend was organised by our Regional Director Mr Ian Campbell, 3rd Dan from Te Awamutu Club and

went off without any major hitches (mostly thanks to the real boss, our chef, Mrs Campbell!). It was tremendous to have a group of

four travel all the way from New Plymouth as well as our awesome guest instructor, Mr Paul McPhail (who needs no further introduction since we all know him well).

The weekend started with Mr Campbell rushing up to the camp at 5pm, certain that the highly organised students would all turn up at 5 past 5 - yeah right! What actually happened was that the majority of us didn't arrive until after 7pm, with the other

half of Tauranga students having so much fun at KFC that they forgot to arrive until about 8.30! The weekend began with an introduction of everyone just on the off chance that there was anyone we didn't already know, and then we ripped into a nice relaxing session of Tai Chi with Mr Kevin Frost, that traitor from Te Awamutu who does two martial arts! After that we all went to have a proper look at the sleeping quarters in our log cabins. For some reason, Mrs C (aka the *real* boss!) and I had been separated from the other girlies in our own room. Perhaps they thought we would be a bad influence? Anyway, we made a corporate decision that since there was only a grand total of five females at the camp anyway, we might as well all sleep in the same room!

Saturday: wake up call at 6am - never a good time to move from the cosy nest. For some very strange reason Mr Campbell seemed to think that waking the females up last would mean we were ready at the same time as everyone else!! (Yes, we thought that was funny too...) Then we had to send Mr Brown to wake up the instructors and apparently he didn't get a very good reception. Once everyone was finally on the field in the cold fog we were taken for a run to try and wake ourselves up, fell over the confidence course and were very glad when it was time for breakfast. During breakfast, we discovered that none of the toasters actually worked, so Mrs C had to put the bread under the grill instead.

After brekky, Mr McPhail grilled us all on the philosophy of Taekwon-Do and showed us a video of the North Korean demonstration team, which was commented by some American who obviously had no idea about martial arts! Then Mr Davidson explained how our rank structure is related to the military structure and discipline, and the significance of the 9 Dans.

Having stimulated our minds, we all rushed off to put on our grungiest clothes in readiness for Mr Davidson's muddy mountain tramp up Mt. Pirongia. There are two main routes

up Mt. Pirongia - the tame one with lots of resting places, and the one for hardened, experienced trampers. Mr D being Mr D, we took the hard way. Of course it had been pouring with rain the last week, and the mud was 3 feet deep in some places, which made for some interesting new skiing techniques. Most of the Te Awamutu crew decided to support the rear of the group after a while (and hold up a few trees which looked like they were about to fall over!) Several people were looking less than their best when we hit the 80 and 90 degree uphill slopes and demanding to know where the beer was. (Mr Brown would enlighten us on that later...) Unfortunately, 20 minutes from the top, the bosses (Mr D and Mr McP) decided the terrain up ahead was too rough for us slackers so we had to turn around and go all the way back down (after eating our lovely packed lunches from Camp Mother).

Back at camp, we took off our brown-coloured clothes and replaced them with doboks ready for Mr Rimmer's class on preparation/lesson planning. This basically involved creating our own lesson plans and most of us having a go at instructing in the very small hall. But not me! Maybe it's because I'm too bossy... Anyway, after that we had every camper's favourite moment - free time!

Everyone was completely starving by the time dinner arrived and harassing the chefs (we had a couple of extra volunteers from TA Club); some of us got kicked out of the kitchen.

Some time after dinner, Mr Rimmer took us through some team building exercises involving pieces of string and blindfolds (don't even ask!). Once the handcuffing was over, Mr Rimmer asked if anyone else had any brilliant ideas for games. That was when Mr Brown piped up (someone should have told him to sit down and shut up) and said he knew this really irritating lateral thinking game. He lied. It was a totally *infuriating* game involving trying to guess who had the invisible beer and had everyone, including Mr McPhail, completely stumped, until some people figured it out.

Sunday: Got half an hour sleep-in. Yay! But then we had to get up and do some more running which wasn't the thing. Mr Livingstone took the warm-up and then got us into some more 'team-building' or more accurately, a trust game involving closing your eyes and hoping the people underneath you would bother to catch you when you fell backward! After breakfast, we got into grade training with the three senior instructors. It was so nice not to have to do Chon-Ji for the six zillionth time. I had my first chance to really get into some foot-sparring, which is one of the things not really covered often in class. Mr McPhail excitedly picked our patterns to pieces and Mr Davidson gave a brilliant demonstration of gymnastics in his break-falling class! Having learnt absolutely heaps, and with a good idea of what we all needed to improve on, it was time to pack up and clean up. Fortunately for us females, Mrs Campbell had already done half our cleaning, so we were finished long before everyone else.

The weekend was definitely well worth it and hopefully we will have another sometime in the next few years (and not on Father's Day next time, because guess who got in big trouble for forgetting...)

Joanne Davidson (1st Dan)
Te Awamutu Club

*Send your club or Regional
News to:*

TKD TALK
ITFNZ
PO Box 457, Silverdale
AUCKLAND
tkdtalk@itfnz.org.nz

An Interview with James Rimmer

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

Started training on July 11th 1983 at 22 years old.

What club did you start at, and who was your Instructor ?

Started training at the Khandallah club in Wellington under Mr. Evan Davidson.

When did you receive your Black Belt ?

I was promoted to 1st Dan in April 1986.

When did you start instructing, and what club was this at ?

I started at instructing (in a way) at Yellow Belt when Mr. McPhail would have us taking warm-ups during our Saturday training sessions at the Khandallah Town Hall. But on a serious note I was instructing a club for the first time in July 1986 when I took over as head instructor of the Khandallah Club.

What are some of the biggest achievements you have made in Taekwon-Do ?

Attaining Black Belt was a great thrill. It was a very real goal of mine for a long time and I worked really hard for it. The success of the Tauranga Club also is a great achievement with the club stronger than it's ever been in 13 years.

What is the highlight of your Taekwon-Do career ?

A major highlight was testing for my Black Belt at Trentham in Wellington and having my instructor Mr. Davidson come all the way from Te Awamutu to watch me. Being a part of the opening ceremony for the Commonwealth Games in 1990 was also a thrill and I got to know the road between Tauranga & Auckland really well having travelled it heaps for rehearsals.

What are your personal goals for the future ?

I'm keen to do more Black Belt



gradings and pass on any knowledge I have to all students. I love taking classes at Camps and enjoy the spontaneity of the Camp environment. Lastly I'm keen to have my student's achieve standards in Taekwon-Do that they did not realise they had.

What are your goals for the ITF NZ future ?

I think the realisation that we have a great Art at our fingertips needs to be re-instilled in a number of our key personal within ITF NZ. All too often it comes back to a select few to pick up the ball & run with it but we need a team to succeed. Everyone needs to realise that they have a part to play within our Organisation even as a beginning student. I find it disconcerting at Black Belt gradings to see students testing without there Instructors present, I think that's sad. I feel a sense of pride has gone from our Organisation and students (especially seniors) need to be proud again !!

Which practising Taekwon-Do practitioner do you admire the most ? Why ?

Mr. Davidson. He is so diverse in his understanding of the Martial Arts. He has an uncanny way of answering (or not answering) a query you may have and leaves to search for yourself. Nothing came on a platter with Mr.D.

Mr. McPhail. I admired the dynamics of his Pattern work from day 1. He was a true inspiration of Power, Focus & Flare.

General Choi. I have met General Choi on several occasions. Not only has he given me Taekwon-Do for the last 17 years but also he's given the gift of friendship.

In your view how has Taekwon-Do changed in New Zealand in the past few years ?

I think certainly that ITF NZ has grown stronger over the last few years, certainly since the upheavals of the early 1990's. We have a

small core of volunteers who consistantly are at the fore front of running our Organisation and I think in this respect it's sad that more people don't lend there assistance. When I started my training everyone was breaking his or her neck to be a part of whatever was going down at any given time but now that commitment seems to have disappeared. I believe the standard we have today is far greater than it has ever been. We are more focussed than ever before on the teachings of General Choi, we have more International recognition than ever before and we are more well rounded in our Instruction and syllabus than ever before.

What is your favourite hand technique and foot technique?

Favourite hand technique ?? I like the 'ol Forefist punch, it's the only one the makes my Dobok CRACK !! Favourite foot technique, Back Piercing kick.

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

I think commitment is the key to a good practitioner. Also a student who has a flexible mind and understands the Tenet's and becomes a good role model for others, not just Physically but Mentally.

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