

2002 ISSUE 1

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TKD Talk

The Official Magazine of ITF NZ Taekwon-Do

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KIWIS AT THE 2002 OCEANIAS

'Stripes on Tour' Report • General Choi Seminar Information • World Champs - A Coach's View (Part One)



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About Our Cover

The photographs on the cover this issue were taken by Mr Paul McPhail at the 2002 Oceania Taekwon-Do Federation Championships held recently in Canberra.

The top picture shows Miss Toni Moki. Bottom left and bottom right are of Mr Mark Trotter, the 2002 Oceania Grand Champion, sparring in his semi-final. The centre picture is of Mark Banicevich, umpiring in the Patterns competition.

More details of the tournament on p23.

Editorial

I would like to open this issue with a happy apology: I must apologise that only half of the articles I promised you last issue are actually in this issue. This is a happy apology because the reason they are not here is that I received a number of unsolicited articles that simply had to be printed first. The articles I promised last issue will be reprinted in August.

We received an article from our old friend Mr Willy van de Mortel, from the Netherlands; an article from the 2001 Instructor of the Year and New Zealand Coach, Mr Andrew Salton (to be printed over the next three issues); and we have reports on Stripes on Tour and the OTF Invitational Tournament in Canberra.

We also received news about a seminar with General Choi Hong Hi to be held here in New Zealand in July! You have heard about him, probably read his work, and you are

studying his Art. Don't miss this opportunity to learn from General Choi himself. And with him will be one of the greatest masters of Taekwon-Do: Grand Master Park Jong Soo.

With that, I had better let you get into it. Remember we would love to hear from you. Please send articles, letters, and photographs to tkdtalk@itfnz.org.nz or TKD Talk, c/- 26 Merton Rd, St Johns 1006, Auckland.

Mark Banicevich
Editor

PS. We did not receive any entries for last issue's competition, so Mr Breen and I went to see The Fellowship of the Ring. It was a great movie. *The Seven Sabumnim* was punned on *The Seven Samurai* (*Shichinin no Samurai*, 1954) directed by Akira Kurosawa. The movie was remade in the US as *The Magnificent Seven* (1960).

Letters

Dear Editor,

Thanks for sending *TKD Talk* and the letter with your best wishes. You asked for my opinion about *TKD Talk*. Well in one word: *GREAT!* It gives me a good feeling when I see that in some countries the things are so good, and professionally organised.

After my visit to the World Camp many years ago [1992], New Zealand has always had a special place in my heart. First, it's a beautiful country. Second, ITFNZ is so well organised - that's what I miss in a lot of countries, including here (The Netherlands).

I am always looking forward to coming back to NZ.

Okay, I hope you like the article [see page 21], and continue to make the beautiful magazine *TKD Talk*, we need it.

All the best for the year 2002.

With regards,
Willy van de Mortel.

Dear Editor,

Before a bemused audience of locals, fishermen and the usual beach hoons, approximately 60 club members from Wellington and CD regions formed up for the annual combined beach training day at Waiterere Beach on Sunday 17th February. As the instructors and other senior dans were introduced we began to wonder if this was either an (a) senior instructors course or (b) an early Stripes on Tour! A significant number of NZ's senior Taekwon-Do exponents joined us for the day including 4th dans Andrew Salton, Lawrence Mantjika, Jake Pearson, 3rd dans Dave Ballard, Darren Ward, 2nd dans Rose Cherrington, Ian Walton, Brett Kraiger, Sandy Galpin, Suzanne Mains, 1st dans Greg Trilford, Daniel Motu, and many more. At the other end of the spectrum it was fantastic to see a good number of very young, enthusiastic TKD Cubs from Rose Cherrington's club in Levin giving everything a go!

Our host instructors for the day, Greg Trilford and Dave Ballard, took turns at directing/cajoling/demonstrating/laughing at and with us whilst putting us through a good 3 hours of some of the best 'fun'(!) training you could

Notice of AGM

The ITFNZ Taekwon-Do AGM is open to all members.

13 April 2002, 10am
Chester Grey Chartered Accountants
1st Floor 230 Gt South Rd Papatoetoe
Auckland

ITFNZ Taekwon-Do Situations Vacant

Do you want to help out with ITFNZ Taekwon-Do?

Treasurer and Secretary

Our Treasurer is standing down, and the Secretary is up for re-election. If you wish to be considered for either position, forward your name in writing to Mr Pygott (vp ygott@itfnz.org.nz) by 12 April, or hand it to our President, Mr Ng, before the AGM commences.

Director of Marketing

Would you like to lead a great team of people to market ITFNZ Taekwon-Do? Are you good with people, full of ideas, and eager to help? Are you computer literate, with ready access to email? If you would like to be considered for this position, please email your application to marketing@itfnz.org.nz (subject, Application for Director) by 30 June 2002.

have in an open air dojang. Whilst line work and patterns proved difficult to perform in the soft sand it certainly cushioned the landings in our short 'non-contact' (yeah right!!) games of



Dojang on the Beach

33-a-side soccer and touch rugby. We all left wondering what is it about Mr. Ballard and sand after our relay sessions (in which the 'old farts' kicked many young cocky butts!). Dune jumping was a great opportunity to show off kicking style – and where it could be improved.

Highlight of the day for some was the Iron Man/Woman event – surf, beach and dune run – complete with fence jump. What started as a teams event soon became an individual opportunity to push the endurance envelope. For a few the hardest part was to finish with a relaxed smile!

ITFNZ Taekwon-Do Marketing Sub-Committee Representatives

Counties Manukau:

Miss Hannah Honey
2/10 Anthony Place,
Pakuranga

Auckland North:

Miss Hannah Honey
2/10 Anthony Place,
Pakuranga

Waikato, Bay of Plenty and Taranaki:

Miss Jodie Collins
36 Whittaker Street, Kihikihi,
Te Awamutu

Central Districts

Mr David Ballard
171 West St,
Fielding

Wellington

Mr Jake Pearson
76A Wright St, Mt Cook,
Wellington

South Island

Mr Kris Herbison
45 Wells St, Brighton,
Dunedin 9051

That soon changed as more than one favourite instructors found themselves tipped unceremoniously into the warm surf, topping off a great afternoon of training, playing and making/renewing inter-club acquaintances. Taekwon Mr Trilford and Mr Ballard!

More photos and video clips at <http://www.ovm.co.nz/tkd>, courtesy of Mr Trilford.

Richard Burr
Cloverlea Taekwon-Do

Womens' Weekend



Labour Weekend
October 26th, 27th
New Plymouth

All ages, all ranks

More details to come

'Stripes on Tour' Report

by Matthew Breen, IV dan.

'Stripes on Tour' was an idea proposed by Mr Paul McPhail late last year. Seven ITFNZ members graded to fourth dan under Master Leong Wai Meng in September. Mr McPhail suggested that the Foundation send these seven people on a tour of the country, running training seminars.



Lawrence Mantjika demonstrates the "kissy-face" method of breath control

With the departure of Mark Banicevich for Sydney early this year, it left six of us - Chris Fitzgerald, Lawrence Mantjika, Andrew Niven, Jake Pearson, Vince Pygott, and myself - to participate in the tour. Our mandate was to "motivate and inspire".



Matthew Breen shows Dunedin the principles of jumping

Mr Niven and I travelled the length of the South Island, taking four seminars in four days, in Dunedin, Christchurch, Greymouth, and Blenheim. Meanwhile, Mr Mantjika and Mr Pearson covered the central North Island (joined in Tauranga by Mr Fitzgerald). The four of us met up in Wellington to run three more seminars. The tour concluded in Auckland, with Mr Niven, Mr Pygott, and I taking four seminars between us in the Counties-Manukau and Auckland North regions.

Motivation and inspiration run both ways. The many comments we received after each seminar assured us that the primary mission of the tour was successful - the students were getting a lot out of our classes. But it was rare that we as instructors didn't

learn something, or find something inspirational, with each class we taught.

In Christchurch, one of the red-stripe students training was 76 years old. Gives us all some hope for our own future!

In Greymouth, we met a talented young yellow belt named Sonja. She travels, along with her mother and sister, an hour and a half each way to reach the Greymouth club. How's that for dedication?



Ray Savage of Christchurch :
Kicking butt at 76!

For my part, I taught a similar class at each stop on our tour. But it had evolved somewhat by the end of our itinerary. When teaching, I ask a lot of questions of the students - and often the answers I received were ones I hadn't thought of myself. But you can be sure I used them in the next class I taught!

We received many messages of thanks sent in to the ITFNZ website. Short excerpts from some of these are shown at the right. For the complete messages, and for photos and video clips taken from the tour, check out itfnz.org.nz/news/stripesontour.



Sonja de Coster, Taekwon-Do commuter

We would like to return those thanks - to the instructors who hosted the seminars, to the students who attended, and especially to the members who provided wayward stripes with somewhere to sleep. Thank you all, and see you next time!

Hosting Mr Niven and Mr Pearson was a real honour for Kapiti Coast Taekwon-Do. Hosting the two newly promoted fourth degrees was a very enlightening, fun experience. I hope they enjoyed teaching us as much as we enjoyed hearing about their experiences and learning what they know.

Becky Johnson,
Kapiti Coast Taekwon-Do.

What a great success the seminar at Rangitikei was! It was a great turnout for the CD region.

I can not speak highly enough of Mr Mantjika and Mr Pearson. If I were to put the night into one word it would be "FANTASTIC".

Regards Daniel Motu,
Rangitikei Dragons Taekwon-Do.

I am just writing to let you know that the Stripes on Tour was great. It was definitely motivational.

Thanks from Neil and Helen,
Dunedin Taekwon-Do.

On behalf of the Hamilton and Te Awamutu Clubs I would like to say that the Hamilton seminar was awesome. Many thanks to ITFNZ for arranging the seminars, and to Lawrence and Jake for taking a really inspiring three hours of training.

Hamilton Taekwon-Do.

On the 8th March 2002 the Taranaki and Stratford clubs were the port of call for Mr Mantjika and Mr Pearson on their leg of Stripes on Tour.

It was fantastic to train under these two superb practitioners of Taekwon-Do here in Taranaki.

Taranaki Taekwon-Do.

You should have been there. "Sunny Mosgiel", two of the "Magnificent Seven" we had heard so much about and a bunch of keen southerners. The training was so good that I can hardly walk this morning. The only down side was that it went too quickly. Four hours is just not long enough. But in that time Mr Breen and Mr Niven passed on skills, that, with time and practice, will be important to all those who were there.

On behalf of everyone in Otago I would like to thank Mr Breen and Mr Niven for coming down and sharing their knowledge and skills with us. And may this become a regular event, as everyone within Taekwon-Do benefits from the sharing of ideas.

PJ Hayward,
Mosgiel Taekwon-Do.

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Check out the endorsements and frequently asked questions. Also the large list of links to Martial Art web sites around the world.

You could even win a free Maxi Guard by clicking on the link to TKD School.

General Choi Seminar

12 - 14th July (inclusive) 2002
Solway Park, Copthorne Resort, Masterton

The Copthorne Resort is set in 24 acres of landscaped grounds and gardens on the outskirts of Masterton.

Bring your whole family, one member can attend the seminar while the rest of the family can take a well-earned break and avail themselves of the many onsite facilities at the Solway:

2 bars, 2 restaurants, indoor and outdoor swimming pools, snooker, pool, tennis court, squash court, volleyball, jogging track, 10 bay golf driving range and café, solarium, 2 spa pools, games room, fitness centre, darts, bowls, petanque, childrens play area, confidence course, high ropes course, table tennis, 24 hour room service, putt golf course, babysitting.

Family room rate \$125 per night (2 adults, 2 children under 14yrs)

Surprises: Meet the General, questions and answer session (all ranks), seminar video link, extra junior belt seminars (free!!!) Possibility of senior dan grading.

Course Costs (option 1):

Seminar: Blue belt - 2nd Dan: NZ \$565 (non ITFNZ members + \$50)

Seminar: 3rd dan and above: NZ \$665 (non ITFNZ members + \$50)

All inclusive:

3 nights accommodation (twin share)

(2 days) Breakfast, morning / afternoon tea, lunch

Official dinner (Saturday night)

A deposit of NZ \$100 is required by May 22nd 2002 (to secure accommodation)

Course Costs (option 2):

Seminar: Blue belt - 2nd Dan: NZ \$420 (non ITFNZ members + \$50)

All inclusive:

1 nights accommodation (twin share)

(2 days) Breakfast, morning/ afternoon tea, lunch

Official dinner (Saturday night)

A deposit of NZ \$50 is required by May 22nd 2002 (to secure accommodation)

Course costs:

Masters class (all grades) 3 hours Saturday afternoon NZ \$30 (non ITFNZ members + \$20)

Extra nights accommodation:

NZ \$125 per night (double / twin room)

Children under 14 free with accompanying adults.

Casual Daily charges:

\$50 per day - includes, breakfast, lunch, morning and afternoon tea

\$40 official conference dinner

Final payments in full are required by June 19th 2002:

(all payments made before this date are subject to \$25 discount - Options 1 and 2 only)

Payable to: ITFNZ Wellington Region
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Wellington

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President's Corner



The 2002 year will be an exciting one.

We are looking at actions to implement some of our strategic goals of growing our membership, improving communication at all levels, formulating marketing plan at regional and national levels, running well-organised ITFNZ activities and seeking all available external funding.

To achieve the above we need the help of all our members. If you have ideas and suggestions, please tell your Instructor or Regional Director.

We have invited Gen. Choi Hong Hi, President of ITF to Wellington in July to run a seminar and conduct master classes. We hope all members will take this rare opportunity of hearing and learning from the "Father of Taekwon-Do" himself.

For those members who are interested in competition, we are increasingly forging links with our Australian counterparts with invitations to attend the Oceania and other Invitational Tournaments. Keep watch on our website.

Under Master Wai Meng Leong's guidance, the Oceania Taekwon-Do Federation has been formed to further Taekwon-Do activities within the Oceania region. Congratulations to Messrs. Vince Pygott and Mahesh Bhana on their election to General Secretary and Treasurer's positions.

Executive Snippets

Excerpts from Exec Meeting held 1st December 2001

Trish Honey is standing down as RD of Auckland North. (Andrew Niven has since been elected the new RD with V Holmes being the Treasurer for the Region.)

We discussed the possibility of holding a National Camp in 2003 and another Instructors Conference 2004. These two events could be alternated.

We have a corporate pin that allows us to get corporate rates on car rentals. The AWD (Avis World-wide Discount) number is P427923. Any ITFNZ member is allowed to use this number. In return ITFNZ get Loyalty points which will provide free rental day vouchers. This should help reduce our spending and save you money. Ph: 0800 284 772 (outside Auckland) or 526 3287 (within Auckland) to access the priority reservation line.

Discussed was the possibility of having the facility to make payments on the Internet via a bankcard facility. The facility will allow people to pay for products and grading fees etc.

The closing date for the UGS applications is the 28th of February.

ITFNZ Management plan: suggested that it be bound so that it can be used for promotional activities. It is important that people remember that it is to look forward to the future, that it is a living document that is to be adopted and modified, that it is a guiding document for the Executive and Directors.

ITFNZ's mission statement is, "Helping individuals to improve their quality of life through excellence in Taekwon-Do".

Black belt grading fees for 1st dan raised to \$500, 2nd dan to \$500 and 3rd dan to \$600 inclusive of GST.

Next Meeting: 13th April 2002 in Auckland, 9:00am at Chester Grey. This will be the date of the AGM for ITFNZ.

Changes to Tournament Rules

1. Junior defined as Under 18. Details of divisions (either weight or height) to come.
2. New colour belt grouping for sparring: 10th to 7th Gup (this division is optional for Regionals), 6th to 4th Gup, 3rd to 1st Gup
3. New black belt sparring divisions: 1st - 2nd Dan, 3rd Dan & above
4. New black belt patterns divisions: 1st Dan, 2nd Dan, 3rd Dan, 4th Dan & above
5. Specialty Test to change to set heights and distances.
6. Coloured Belt Patterns to be split numbers permitting into Junior & Senior. In all likelihood this will probably only occur at Nationals.
7. New Event. Black belt team event at Nationals only. 1st and 2nd places awarded.
8. Calculation of Best Overall Region. This will be on total points only. No dividing by number of competitors.
9. Calculation of Best overall club at Regionals. This will be based

- on total points with points awarded as follows 6 for 1st place, 4 for 2nd, 2 for 3rd, 1 for every division competed in, 1 for every official available for a half day.
10. Sparring Gear. To be phased in by Nationals 2003 (this date is the goal but will be under review). Competitors will have to wear the correct colour sparring gear. i.e. blue for blue or red for red same as ITF rules. OR black is acceptable. Recommendation to all instructors to advise students to buy black gear or coloured gear only if they are intending to buy both red and blue.
 11. Details of what constitutes acceptable gear to be included in the rules, following ITF rules.
 12. Sparring mats. Official colours red and blue, same as ITF layout.
 13. New safety requirements for handling of blood from last Nationals to be included in the rules.

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A Coach's View on Preparing

by **Andrew Salton, IV dan**
Part one of three

Andrew Salton has coached the last two New Zealand teams to compete at World Championships. Here he shares some of the insights he has gained in his years of training and coaching, and particularly from his World Championship experience.



Andrew Salton, Rose Cherrington, and Glenn Whiley in 1989
Part of victorious NZ team vs Australia

I thought that I would like to share a few ideas on how a coach helps and prepares students to get ready to compete at a world championship event. I am fortunate enough to have been able to represent New Zealand at a competitive level (1978-1990) and recently as a coach, where I have been the NZ Coach for the last two world championship events, Argentina in 1999 and Italy in 2001.

As a small Taekwon-Do participating nation I think it appropriate to mention the fact that we have some of the best practitioners and coaches here on our own soil. I have drafted up a report on some of the people that I think have what it takes to provide the appropriate training technique and guidance to make New Zealand more competitive at world championship events.

I'm sure that there are plenty of others that have got the qualification and the know-how to do a good job of this position, and especially in the coming years.



Head Coach Andrew Salton

I have represented New Zealand on six occasions in sparring and patterns and have trained under some of the best Coaches/Instructors in New Zealand and the world and I base my training methods on what I have learned from them.

A lot of the world championship knowledge that I have gained I have inherited from Mr Hemana, who is our

most experienced Instructor/Coach when it comes to World Championships.

I have been fortunate enough to train with the likes of Benny "The Jet" Urquidez who helped me develop my contact sparring, technical ability and ring craft.

George Dillman (who helped me understand the principles behind a good block and pressure point training).

David Prosser, one of the highest PTI in the NZ Army, who helped me understand what fitness drills help keeps a person in good shape (as well as giving the New Zealand team members at that time some valuable boxing tuition).

Not to mention my own instructor who developed my skills and mental discipline.

Assistant coach Paul McPhail

In the years I have known Mr McPhail, and I'm sure there will be many of you that will all agree, there aren't too many better than him at Patterns throughout the world.

His wide range of knowledge regarding the technical side of the patterns and his own ability to perform all the patterns almost to perfection would have to sit him within the elite performers in the world. He is constantly kept up to date with any changes that may occur to the way the basics techniques may change within the patterns.

Mr McPhail, during my competing days, never lost a patterns event, which was always frustrating for the rest of us competing, as we all knew that the best one of us would do would be to settle for the silver.

Power Breaking

Graham Patterson/Lena Walton

Graham of course was a competitor within my team at both Argentina and Italy championships as a power breaker and pattern competitor, where (if you don't already know) he achieved the bronze medal status at the Argentina championships in power breaking.

Graham narrowly missed out in the power event in Italy, recording the second highest score overall, but unfortunately he was drawn in the same group as the eventual winner.

Lena was also unlucky missing out on a silver medal in the female power breaking as she too was in the same group as the eventual winner. It must be said that Lena was a member of the ladies team that won a bronze medal at the St Petersburg World Championships, also in the power-breaking event.

Special Technique Aaron Lange

We are fortunate enough to have some good class jumpers within our ranks here in New Zealand; Aaron

for the World Championships

Lange would have to be one of the best, definitely within New Zealand as he showed in his efforts in Argentina in 1999. Inexperience and a leg injury at that time affected his individual performance at those champs. He and the other team members went on to perform extremely well to be one of only two nations to hit three out of five targets.

Aaron still has a few more championships in him yet and would be keen to trial for the next worlds in Poland in 2003. I'm sure he could be



Aaron Lange and Andrew Salton persuaded to share any training techniques that have got him to the position he is in at the moment.

We also have some younger members male and female coming through that are jumping extremely well, and with the right sort of training I'm sure that they will do even better in years to come.

I personally believe that as a nation we can hold our own with some of the best Taekwon-Do nations in the world. I believe that the reason we don't seem to bring home much in the line of medals is the fact that we are a small nation trying to compete against the giants of Taekwon-Do with limited resources to help us maintain the things we need to improve on, such as experience.

Most of the squad members prepare themselves on the basis of two tournaments a year, one regional and one national event. This is not nearly enough to prepare one for a major tournament like the world Championships. There are of course a few lucky ones that can keep themselves busy by competing at other tournaments around the country, but of course not all of these are ITF

rules so therefore they could only benefit from this by gaining valuable experience in sparring different opposition.

We must remember that for a Kiwi to compete at a world championship, they will need plenty of support from their club, family and friends, and as well they will need to realise the huge demands this type of commitment will have on their body. First of all the squad members will have to find time to study/work, train, spend time with their family/partners and perhaps if the team is unlucky enough not to gain a sponsor then they will also have to find time to fund raise or seek a sponsor for themselves. Which is not an easy thing to do, especially outside the Auckland region.

We must also put things into perspective - most people in New Zealand do Taekwon-Do for a hobby and are obviously honoured when chosen to represent their country, but to the Koreans, some South American countries and some of the European nations it is a way of life, something that we can only imagine. I have been involved with New Zealand teams since 1978 and to my knowledge the New Zealand Taekwon-Do team has never had a full sponsor.

It is foolish to suggest that we need to change our training methods, when in fact we need to give ourselves a pat on the back for performing so well at a tournament we realistically had no chance of winning. I truly believe that we are on the right track and the results will eventually come; having got four competitors into the quarterfinals was a fantastic achievement.

I spoke to some of the coaches from some of the other participating nations and to my surprise they told me that they train in the same way we did over here. The difference being we don't have anywhere near enough tournaments, as some of them are lucky enough to enjoy.

When a coach looks to prepare students for the world championships they must first find out what the student knows in respect of the actual world championship events that they have chosen to trial out for.

I was quite surprised at the number of competitors who wanted to try out for the team event, but did not know what that event involved. So after an individual discussion and explanation with each squad member (those who have not been to a world championships before) about the events they had chosen to trial for, it prompted some of them to pull out of that particular event.

The team event, to me, is probably the hardest to compete at, as each member of the team has to be competent at at least three of the four events available to them, and requires a lot of training to be sufficient at all of the team events. Unless we concentrate on just one or two of these events.

Next issue we'll treat you to some of Mr Salton's thoughts on sparring, and sparring training.



The author performing a pattern at his 4th dan grading

Instructor Profile : Andrew Salton

by Aaron McIlwee, II dan

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

I started doing Taekwon-Do in June 1975 at the age of fourteen, after witnessing a Taekwon-Do demonstration put on by Mr. Norman Ng and his Palmerston North club members in the Levin Mall. I had also done two years of Judo and Aikido prior to this where I was graded to a yellow belt in both those styles. I also did Kyokushinkai Karate for about six months, but none of these styles really suited me, as I liked the explosive kicking style of Taekwon-Do better.

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

After his initial demonstration I answered an advert in the local paper which was looking for interested people to start a club in Levin under the instruction of Mr. Norman Ng. If the numbers answering the advert were sufficient, then Mr. Ng would start a club in Levin. I'm pleased to say that I was one of the original members of that club. After about a year Mr. Ng passed the Levin club onto one of his senior members (Mr. Tony Assema) who would become my official instructor.

When did you receive your Black Belt?

I received my first dan black belt on 22nd April 1978.

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

My first experience as an instructor was taking beginners at the Levin Taekwon-Do club, while I was still a practising member in about 1978. I began instructing on an official basis when I formed my own club here in Levin in 1986, which I named the Horowhenua Taekwon-Do club, and in 1990 the two clubs (Levin and Horowhenua) amalgamated and I stayed on as the instructor retaining the name Horowhenua. The Levin instructor at that time was commuting to and from Palmerston North so chose to pass the club onto me.

What are some of the biggest achievements you have made in

Taekwon-Do?

As a student I would say that winning New Zealand national titles and setting New Zealand national records would be hard to beat. As an Instructor I would have to say training my students to become mature and very competent people in both their life and in the art of Taekwon-Do, would have to rate as one of the biggest achievements we can all make. To be able to help steer someone in the right direction using the skills of Taekwon-Do is a great feeling, one that we should all benefit from.

What is the highlight of your Taekwon-Do career?

I have two that spring to mind. The first is when I won a multi-style Martial Arts tournament in Power Breaking in April 1990, being the only competitor to break through seven boards with a side kick. This was at the time when New Zealand, in particular the South Pacific organization that I belonged to under Mr. Harry Hemana, had just started breaking at tournaments. At that time I had just set a New Zealand record for the number of boards broken at a Taekwon-Do organised tournament. My other highlight would be the time I won the Wellington Kick Boxing title in December 1990 where I set a New Zealand record in knocking out my opponent in less than 10 seconds of our match.

What are your personal goals for the future?

To continue to train and teach the art of Taekwon-Do, and to conquer the goals that I set for my club and myself both in Taekwon-Do and in my personal life.

What are your goals for the ITF NZ future?

To remain a loyal and trustworthy member of the ITF, to be successful in our bid to make new friends, to one day have our own Masters here in New Zealand and to maintain our high standards.

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

There are many practising Taekwon-Do practitioners around the world that we can all admire, there are

those who are great at patterns, those who are great sparrers, great jumpers and power breakers. To me the person I admire the most would have to be my own Instructor, Mr Tony Assema. Although circumstances forced Tony to retire from Taekwon-Do a long time ago, he to me is still there in heart. What I admire about Tony is his mental strength, his ability to teach, to bring out the best in a person and his ability to read situations and his wide range of knowledge.

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

I think personally Taekwon-Do in New Zealand has changed, we are more aware of what techniques there are. There seems to be a lot more technical information out there now than when I was going through the grades, such as theory, step turning, step sparring, breaking etc. Unfortunately though I do feel that we are lacking some motivation nowadays as compared to, yes all those years ago, it seems that it is an effort nowadays to attend events that someone has worked hard to organise for us, the practising students.

What are your favorite hand technique and foot technique?

My favorite hand technique would be a reverse knifehand strike, as I find this technique to be very powerful. My favorite foot technique would be flying back kick, once again because I find it to be very fast and powerful.

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

ATTITUDE! I think a good Taekwon-Do practitioner should be someone who has the confidence in their own ability, who is able to say what they think and to stand by what they do. They should be loyal to their instructor, club, organisation, parents etc. Live by the tenets of Taekwon-Do to the best of their ability. I believe that it is better to have a strong focused mind than to be technically proficient. I feel that sometimes we lose the real meaning of what it is to be a true Martial Artist, and that is of course to be physically able but strong enough mentally to resist.



International Taekwon-Do Foundation of New Zealand Club Directory



Auckland North Region

Avondale

Mr Shaun Tolley
Waterview Primary
19 Oakley Ave, Waterview
Tuesday and Thursday, 6:30 - 8:00pm

Devonport

Ms Jeanette Joe
HMNZS Officer Training School
Narrowneck Gymnasium, Vauxhall Rd
Tuesday and Sunday, 6:00 - 7:30pm

Glenfield

Mr Vaughan Rae
Windy Ridge Primary, Seaview Rd, Glenfield
Monday and Thursday, 7:00 - 8:30pm

Hibiscus Coast

Mr Vince Pygott
Red Beach Primary School
20 Albert Hall Dr, Red Beach
Kids (7-12yrs) Monday 5:30 - 6:30pm
Adults (13+yrs) Monday and Thursday,
6:30 - 8:00pm

Meadowbank

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

Nibun ITF Auckland Grammar

Mr Andrew Niven
Mountain Rd, Epsom
Monday and Wednesday
7:00pm - 8:30pm

Nibun ITF Baradene

Mr Andrew Niven
Victoria Ave, Remuera
Wednesday and Friday, 7:00 - 8:15am
*Visiting students please obtain
permission before visiting this branch.*

Nibun ITF Diocesan

Mr Andrew Niven
Margot St, Epsom
Tuesday and Thursday, 7:00 - 8:15am
*Visiting students please obtain
permission before visiting this branch.*

Nibun ITF Mt Albert

Mr Andrew Niven
Wesley Intermediate School
Sandringham Rd Extn, Mt Albert
Monday and Thursday, 6:30 - 8:30pm



Nibun ITF University of Auckland

Mr Cameron Snelling
Dance Studio, Recreation Centre
17 Symonds St
Tuesday and Thursday, 7:30 - 9:00 am

Stanmore Bay

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

Counties Manukau Region

Howick

Mr Ryan van Heerden
Howick Intermediate
Botany Rd, Howick
Tuesday and Friday, 6:30 - 8:00pm

Infinity Manurewa

Mr Steve Pellow
Greenmeadows Intermediate
Greenmeadows Ave, Manurewa
Monday 6:30 - 8:30pm
Wednesday 6:00 - 8:00pm

Infinity Papakura

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

Kidz Kwon-Do

Mrs Angela Dunn
Elizabeth Campbell Centre, Papakura
Mondays 6-7:30 pm

Pakuranga

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

Papakura

Mr Paul McPhail
Papakura Normal School Gym
Cnr Porchester and Walters Rds,
Papakura
Monday and Wednesday, 6:30 - 8:00pm

Papatoetoe

Mr Kane Raukura
Papatoetoe Intermediate
Motatau Road
Monday and Thursday, 6:00 - 8:00pm

Pukekohe

Mr Luke Thompson
Buckland Hall, Buckland, Pukekohe
Tuesday and Friday, 7:00 - 9:00pm

Tribal Taekwon-Do

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

Wairua-Do

Mr John Harrison
Southern Cross Community Centre
Ngatapuwai College, Mangere
Monday and Wednesday, 6:00 - 8:30pm

Waiuku

Mr Phil Dunn
Sandspit School, Sandspit Rd, Waiuku
Tuesday and Thursday, 6:30pm - 8:00pm
Juniors: 4:30 - 6:00 pm Thursday

Waikato/BOP/Taranaki Region (WBT)

Hamilton

Mr Grant Eccles
Forestlake Primary School
Storey Ave, Hamilton
Monday and Wednesday, 6:00 - 8:00pm

Stratford

Mr Ian Hayward
Stratford Primary School Hall
Regan St, Stratford
Tuesday and Thursday, 6:00 - 7:30pm

Taranaki

Mr Neill Livingstone
and Mrs Kirsten Livingstone
Ferndale Hall, Barry St
Frankley Rd, New Plymouth
Tuesday 5:15 - 6:45pm
Sunday 10.00 - 11.30am

Tauranga

Mr James Rimmer
Tauranga Girls College
Cameron Rd, Tauranga
Wednesday 6:30 - 8:00pm
Sunday 5:00 - 6:30pm

Te Awamutu

Mr Evan Davidson
The Martial Arts Centre, 350 Bond Rd
Te Awamutu
Sunday and Wednesday, 6:30 - 8:00pm

Waikeria

Mr Ross Campbell
Community Hall, Main St, Kihikihi
Tuesday 6:00 - 7:30pm
Sunday 5:30 - 7:00pm

Central Districts Region

Cloverlea

Mrs Nikki Mantjika
Cloverlea Primary School
Herbert Rd, Palmerston North
Tuesday and Thursday
6:30 - 8:00pm

Hokowhitu

Ms Julie Sandbrook
Hokowhitu School Hall
227 Albert St, Palmerston North
Tuesday & Thursday 6:15 - 7:45pm

Horowhenua

Mr Andrew Salton
Horowhenua College Gym
Nelson St, Levin
Monday and Friday, 6:00 - 8:00pm

International Pacific College

Mr Kenny Chiang
IPC Recreation Centre
Palmerston North
Tuesday 6:30 - 8:30pm
Saturday 2:00 - 4:00 pm

Palmerston North Academy

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

Rangitikei Dragons

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

Taekwon-Do Cubs

Mrs Rose Cherrington
Fairfield School Hall, Levin
4-10 yrs only: Mondays 4:00 - 5:00pm

Tiger

Mr Michael Lowe
Boys' High School Gym
Featherston St, Palmerston North
Monday and Wednesday, 6:15 - 7:45pm
Tiny Tigers Wednesday, 5:00 - 6:00pm

West End

Mr Don Booth
West End School, cnr College St
and Botanical Rd, Palmerston North
Monday 5:30 - 6:30pm
Thursday 6:30 - 7:30pm

Wellington Region**Avalon**

Mr Byron Cummins
Avalon School Hall, 10 Gordon St, Avalon
Monday and Thursday, 6:30 - 8:00pm

Berhampore

Mrs Lena Walton and Mr Ian Walton
Berhampore School, 106 Britomart St
Berhampore
Monday and Thursday, 6:30 - 8:30pm

Brooklyn

Mr Brett Kraiger
Vogelmorn Hall, Vennell St, Brooklyn
Thursday, Juniors: 5:30 - 6:20pm
Seniors: 6:30 - 8:30pm
Sunday 4:30 - 6:30pm

Kapiti Coast

Mr Greg Trilford
Memorial Hall, Tennis Court Rd
Raumati South
Tuesday and Thursday
Under 13 6:00 - 7:00pm
Over 13 7:00 to 9:00pm

Khandallah

Mr Graham Patterson
Onslow College New Gym
Burma Rd, Johnsonville
Monday and Thursday, 6:30 - 8:00pm
Paparangi School Hall
Beazley Ave, Paparangi
Tuesday 6:30 - 8:00pm

Lower Hutt Academy

Mr Wayne Ebert
Dyer St School Hall, Dyer St, Lower Hutt
Monday 6:30 - 8:00pm
Wednesday, Juniors: 6:00 - 7:30pm
Seniors: 6:30 - 8:00pm

Miramar

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

North Wellington

Ms Beryl Pimblott
West Park School, Broderick Rd
Johnsonville
Monday and Thursday
Juniors 5:00 - 6:00pm
Seniors 5:30 - 7:00pm

Silverpine

Mr Nick Carter
Pinehaven School, 93 Pinehaven Rd
Pinehaven
Monday and Thursday, 6:30 - 8:00pm

United

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

South Island Region**Dunedin**

Mrs Helen Kettings
St Clair Primary School Hall
Richardson St, St Clair
Monday and Thursday, 6:00 - 8:00pm

Greymouth

Ms Sonia Smith
Greymouth High School, High St
Wednesday 6:30 - 8:00pm
Cobden School, Cobden
Sunday 10:30am - 12:00pm

Mosgiel

Mr Mark Allen and Mrs Teresa Allen
Taiera High School Gym
Church Rd, Mosgiel
Monday and Wednesday, 6:00 - 8:00pm

Nelson

Mrs Pam Colee
Scout Hall, Richmond A&P Showgrounds
Richmond, Nelson
Monday 7:00 - 8:30pm
Wednesday 6:30 - 8:00pm

Otago University

Mr Kris Herbison
Activities Hall
Clubs and Societies Building
Albany St, Dunedin
Tuesday and Friday, 4:00 - 6:00pm

Redwoodtown

Mr Rex Stuart
Cnr Cleghorn and Weld Sts
Redwoodtown, Blenheim
Tuesday and Thursday, 6:00 - 8:00pm

Riccarton

Mr Stuart Mayes
Villa Maria College, Peer St
Upper Riccarton, Christchurch
Monday and Wednesday, 6:30 - 8:00pm

Details Wrong?

If the details for your club differ
from those shown here, please
inform the Secretary (details
below) and the Editors :
tkdtalk@itfnz.org.nz

- EXECUTIVE -

President - Mr Norman Ng, PO Box 67, Palmerston North, Ph: 06 357-5426, nng@xtra.co.nz
Secretary - Mr Vince Pygott, PO Box 457, Silverdale, Auckland, Ph/Fax (09) 426-6696, M (025)965-947, secretary@itfnz.org.nz
Treasurer - Ms Margaret Pepper, PO Box 97999, Sth Auckland Mail Centre, Ph (09) 278-0984, 277-8278, mem.pepper@xtra.co.nz
Auckland North Regional Director - Mr Andrew Niven, Ph (09) H 846-3551, (021) 444-077, andrew@edgebyweb.com
Counties/Manukau Regional Director - Mrs Sue Breen, Ph (09) 521-3244, (025) 277-9210, suebreen@monstar.co.nz
Waikato/Bay of Plenty/Taranaki Regional Director - Mr Ian Campbell, Ph (07) 871-4063, ian.campbell@zfree.co.nz
Central Districts Regional Director - Mr Mike Lowe, Ph (06) 358-3171, m.lowe@clear.net.nz
Wellington Regional Director - Mrs Beryl Pimblott, Ph (04) H 234-7343, W 234-7832, beryl@egl.co.nz
South Island Regional Director - Mr Shane Rahui, Ph (03)352-2067, sdr31@yahoo.com

- SUB-COMMITTEES -

Grading: Paul McPhail (Director), E Davidson, J Rimmer, M Bhana, G Patterson, P Graham.
Techniques: Paul McPhail (Director), E Davidson, G Patterson, M Lowe.
Tournaments: Kevin Joe (Director), G Eccles, B Kraiger.
Marketing: Mark Banicevich (Director), H Honey, J Collins, D Ballard, J Pearson, D Ward, L Walton, K Herbison.
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By Shirley Pygott 2nd Dan

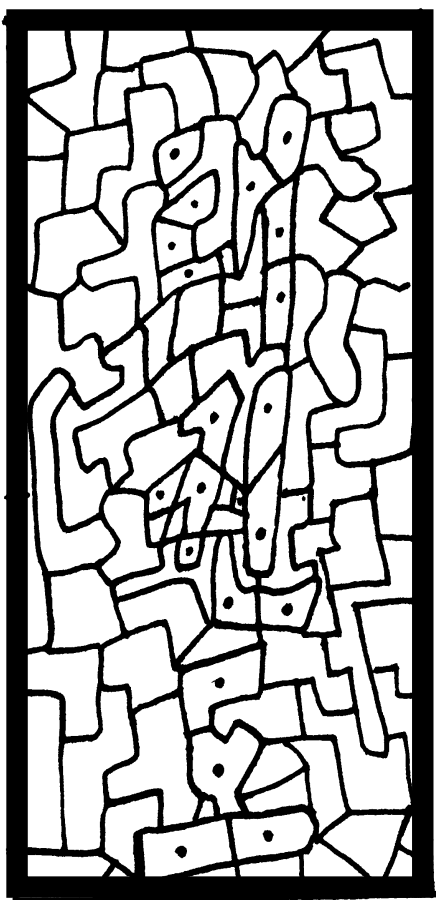
Kicks for Kids

Welcome to the third edition of Kicks for Kids, the feature especially for our junior members. Please, please send in some pictures for this page. It's much better than blank spaces or advertising! Either post to Kicks for Kids, P.O.Box 457 Silverdale Ak 1462, or E-mail us at tkdtk@itfnz.org.nz. There must be some photos out there somewhere!

DOTTY DILEMMA Which Stance am I?

Shade in all the areas with dots in them. Where would you find these symbols? (hint: look on your dobok and on your techniques handbook) What do you think the symbols mean?

They are written in the Korean characters called Han Gul. These are the characters for Taekwon-Do.



Look closely at the central letters of the ITFNZ logo. It has the same Han-Gul characters as the ones above. They are arranged left to right instead of down the page, but they say the same thing.

The first says
TAE



The second says
KWON



And the last says
DO



I am
very useful
for sparring

My weight
distribution
should be
70/30

I
am 1.5
shoulder
widths long

My name
begins
with
an N

My
back leg
should be
bent

Entering the Dojang

Fill in the
missing words:

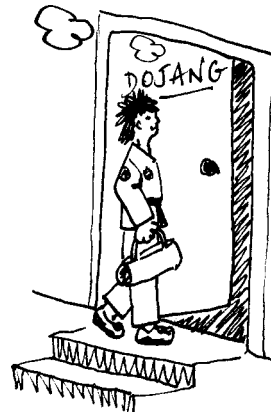
Bow when
..... or
..... the
Dojang

Remove
.....
before entering

..... and
..... enter
first.

Store
neatly in
accordance with
the

..... to the
instructor and other
seniors in the
dojang.

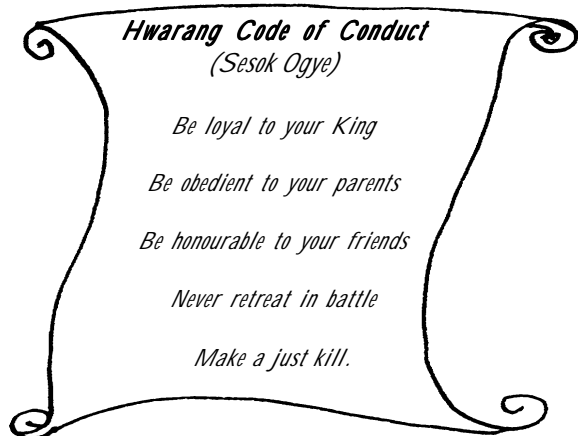


THE WONDERFUL HWARANG

Part Two: Last time we found out what it took to become a Hwarang Warrior. A great Hwarang not only learnt the skills of battle and strategy, but also spent a lot of their time getting in touch with nature, writing poetry and singing songs. But what did they do once they were trained?

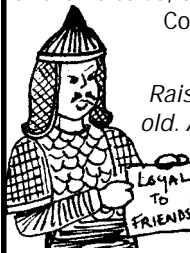
Actually they then became teachers, and trained even more Hwarang in the art of being a Sensitive New Age Warrior. The really successful Hwarang went on to become generals (kukson) in the King's armies, and helped Korea to defend itself against the many of her unfriendly neighbours who were always trying to invade the country.

They became famous because of their ferocious fighting spirit and strict rules of conduct (Sesok Ogye):



The code of conduct eventually became the 'rule of life' for all the people to live by and aspire to, not just the Hwarang.

Hwarang Roll of Honour: There are many heroes of the Hwarang. Some of their actions might seem a bit extreme to us, but show how they followed the Hwarang Code of Conduct ALWAYS.



SA DA-HAM:

Raised an army of 1000 when he was 15yrs old. After his best friend died in battle, he starved himself to death to honour a promise he had made to him.

KIM YOO-SIN:

Helped to unify Korea. He once frightened half to death a Chinese General he was having an argument with. His sword is said to have leapt from its scabbard into his hand all by itself, at a crucial part of the argument. Needless to say the General let him win the argument, and even apologised to Yoo-Sin.

YI SOON-SIN: *(yes, Choong-Moo strikes again)* Stayed loyal to his King even when he was demoted to a common foot soldier (he had done something the King didn't like.) He beat a fleet of 133 Japanese with only 13 Kobukson (turtle) ships. Admiral Yi was reknown for never giving up in battle. He had true indomitable spirit.



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A Different View on Health for

by **Dr Cameron Snelling, II dan, Chiropractor**

We have all come together with a common passion, the passion for Taekwon-Do. And yet with this common passion there is also diversity, diversity in practice, focus of training, goals, and observable (and unobservable) benefits for each Taekwon-Do practitioner. However there is always one constant 'the human body', the training of it, and its striving to excel.

To be effective in Taekwon-Do or any other martial art you need to have balance, in yourself and in your actions. This is so that you can summon up all of your skill and training and convey it through your body at the appropriate time for the appropriate situation to be sufficient for victory. You want no interference to this process obviously, because when using the martial arts in their ultimate test it really comes down to a life or death situation.

I am a passionate Taekwon-Do practitioner, I want to be balanced in my art and myself, and I want to get the ultimate use and function out of my body, that is why I get checked by a Chiropractor and actually pursued to study to become a Chiropractor myself since it became a life changing experience. This is the focus of this article: to shed some light onto what the objectives, philosophy, and art of chiropractic really are and how those who are serious about their bodies, their health, and their Taekwon-Do can benefit from the chiropractic lifestyle.

From Birth

All essential ingredients for health and self-repair are within the body itself.

From the moment of birth your body has manufactured all of its own hormones, enzymes, acids, blood, sweat, tears, and all the other vital chemicals to keep you alive; and has done this merely out of the foods you ate, fluids you drank, and the air you breathed. When you cut your skin

from practicing destructions, the severed edges were healed from the inside out with the materials made by you. If you were unfortunate to break a bone when landing from a dodgy flying side-piercing kick, the union of the bone was achieved with the material manufactured inside your body. If you have a black eye it gets well because of the function of your internal repair mechanism.

In most instances the body, given the time, is capable of achieving its own cure, so long as there is no interference with its proper function and manufacture of essential ingredients. In other words your body possesses an internal wisdom that required no training or education, an innate intelligence. It is respect for this innate ability and its awesome power that we have lost in today's society of pill-popping one-stop-shopping people. But times are changing.



The Control System of the Body

All the manufacturing processes (and everything else) inside the body must of course be directed. Just as in training you need an instructor who coordinates, directs, and organises the class; the same is true for the body.

The master control system (instructor) for the body is the 'Nervous System'; it is the system that directs and coordinates the functions of all other systems - "one ring to rule them all". These systems include the digestive,

respiratory, circulatory, musculo-skeletal systems, etc.

The nerve system is concerned with the integration of function throughout the body and supervises the reactions and adjustments of the body to its environment and with conscious life. These adjustments are called 'adaptation' and are basically what separates us (living beings) from the wood or concrete on which we train. We adapt to and offer resistance to the environment; this is the very definition of being alive.

The Foundation of the Body

The body is not just a chemical factory, it is also a dynamic machine made up of millions of moving parts. There are more than 200 bones alone, including the spinal bones, which are moveable through infinitely variable directions and ranges of motion. How did you think we could actually do all the fantastic Taekwon-Do techniques?

Ask any engineer or mechanic about a machine with moving parts. He or she will tell you that any such machine, especially when in use for 24 hours a day, month after month, year after year for an entire lifetime, will need periodic maintenance. Moving parts constantly under stress become misaligned and require adjustment.

Life is full of many types of stress - physical, mental, emotional, chemical, bacteriological (yes, also Taekwon-Do). Not only is it impossible to avoid all stress but much of it is essential for the body's wellbeing. From an early age you ran, jumped and fell, heaved, tugged and strained, got jolted and bruised, sparred Hong Looi, Jon Sawden, or Vaughan Rae. You may have worked in awkward or restricted positions for lengthy periods of time.

Vertebral Subluxation

When the demands of such activity exceed the ability of the body to adapt, fatigue and damage occur which can work the mechanical parts of the body

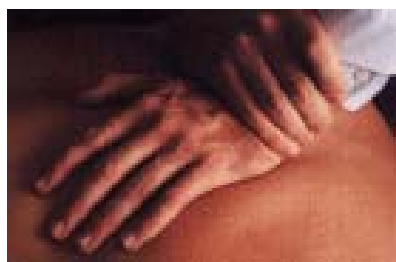
the Taekwon-Do Practitioner

out of alignment. When spinal bones become misaligned not only is normal movement affected, more importantly, that part of the nervous system that passes through and between the spinal bones is prone to interference and irritation, this is called 'vertebral subluxation'.

Without normal nerve function the vital information doesn't get to its destinations as was intended and the body cannot direct and co-ordinate the actions necessary for health and function. Organs and tissues deprived of their normal nerve control show altered function and impaired adaptability. Disease and ill-health can result.

The Path to Optimal Health

To regain true health, normal nerve function must be restored. To restore normal nerve function the structural parts which have been: strained, jolted, or forced out of alignment must be adjusted back (obviously) to proper alignment and mobility. When normal spinal function has been restored the nervous system can again direct the normal processes of the body; and if damage has not gone too far the body can once again manufacture the materials and tissues necessary for self-repair and health.



Enter the Chiropractor

What kind of diseases do chiropractors treat? The answer is NONE. Chiropractors base their practice upon a respect for the innate (born with) ability of the body to heal and organise itself (innate intelligence). They recognise that a great deal of sickness and suffering is caused by failure of some body parts to function properly. Even infectious diseases are more likely to occur when resistance has been lowered by

disruption of normal function.

The Chiropractic Analysis

So how does chiropractic fit into the picture that has now been described? Well, the chiropractor analyses your spine for areas of interference to your nervous system; ie they check for vertebral subluxations. Since chiropractors know that these vertebral subluxations are a detriment to your health and body's performance (thus Taekwon-Do) they want to help our body remove them.

Once the subluxations are found they are corrected by means of a chiropractic adjustment. An adjustment is a very quick and specific low depth force applied to the subluxated vertebra, unlocking the joints and freeing up its movement. The body recognises that a subluxation is bad so it uses the muscle to try and realign the vertebra, and thus very little 'specific and correct' force is needed by the chiropractor to adjust the vertebral subluxation.

Patients and Symptoms

Many people seek chiropractic assistance for headaches, backache and musculoskeletal pains because they have been told that chiropractic is good for those things. Well in truth those probably did get good results for those problems; HOWEVER, as mentioned before the chiropractor did not treat those problems. The body dealt with them because that is what it does, it heals itself when given a proper chance.

People are amazed when symptoms far from the spine start to subside, and people with little or no discomfort are surprised when the chiropractor finds areas of the spine that are severely subluxated affecting their overall health and performance.

Your Body Expresses your Health

Remember you were born with an innate intelligence, an internal wisdom that continually tries to obtain optimal performance from your body in all

respects. But when there is interference to the control system the body cannot do this as effectively. Whether it is Taekwon-Do, digesting a kebab, or taking in information from a book or this article, all aspects of your body are working below par if you are subluxated.

Chiropractors seek, therefore, not to treat the sickness or the symptoms, but rather, through the correction of spinal misalignments, to restore normal function in the spine so that the body can repair and organise itself optimally and express full health. Healing comes from the within once normal function has been restored. Continued good health is the result of harmonious body function.

The Chiropractic Lifestyle

Vertebral subluxations can occur anywhere in the spine, that is from the base of your skull right down to your tailbone, many can go unnoticed, but that doesn't mean they aren't affecting your health and performance. Only regular spinal checkups by your chiropractor will detect these subluxations and deal with them appropriately.

It is funny how a person will take their car for a service even if they don't know anything is wrong with the car. People do this because they know if they get it serviced regularly problems can be detected and fixed before they become major, and the person will get much better performance and life (hence resale) out of that car if it is regularly maintained. So it has to be asked, "what is more important, your car, or the body that you will have for a lifetime?"

Everyone wants the most out of their body especially Taekwon-Do practitioners, and your body is the single greatest and most amazing thing you will ever own, so make it last. Every body has a spine therefore everybody deserves to be under chiropractic care to ensure its proper function. Make sure your health and performance is closer to 100%, get your spine checked! ➡



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Coaching a World Champion

by **Willy van de Mortel**
ITF Netherlands

At the end of 2001, I look back on this year as a coach of the Slovenian team, as the head instructor of my own club Hosin, and as the coach of Tomaz Barada. This is a small report about the last one.



Tomaz Barada, World Champion, with coach Willy van de Mortel looking on

In January we were making a program of the tournaments where Tomaz wanted to compete in the year 2001; as a World Champion he competes only in 5-6 events a year - the biggest ones!

In February we started with the Open Slovenian ITF Championships, a tournament he has also organised now for the 7th time, then to the main event of the year - the 12th ITF World Championships. After that only two weeks' break, and then the preparation to defend his WAKO-PRO World Title in Kickboxing in September, in his hometown of Maribor, Slovenia. Then in November to the second ITC in Uruguay, and ending the year 2001 with the Master-Cup in Stockholm, Sweden, at the end of November.

Now, at the end of the year, I can say that we made the right plan, especially when I look to the results: competing this year in five big events, and five victories were the result. That Tomaz Barada is one of the best in ITF Taekwon-Do, we can see from his long list of titles, with 2 World titles and 2 second places, 6 European titles, "King of Taekwon-Do" in '97 in Tokyo, and 2-time winner of the International Taekwon-Do Circuit.

But that's not all; he's also a champion in kickboxing: with 2 World titles, 5

European titles and 2 Professional WAKO-PRO World titles, you can say he's a *Champ*.

Tomaz and I are very proud of these results, but we both know that we were working really hard to receive them; we invest a lot of time, money and energy in this.

And in our situation it's not always easy - with Tomaz living in Slovenia and I in the Netherlands, there is a 1250 km distance between us, so we see each other only during training camps, held in Slovenia or the Netherlands, and sometimes also in other countries such as Austria, Germany or the USA. But fortunately there is the telephone: we stay in contact by phone very often to talk about training, for example.

In all my years at International competition level, I never saw a person who focuses so well on the goals that he makes for himself, with such determination to find the joy of the victory - not over his opponent, but the victory over himself.

For that reason we are always looking for new goals like kickboxing, Taekwon-Do Circuit, Professional Kickboxing and the all-style fighting like in the Master-Cup in Sweden. But the biggest goals for Tomaz were always to become a ITF Taekwon-Do World Champion. Even after 2 titles, I am sure that we can find the motivation to be in shape for the next World Championships in Poland in 2003.

But the year 2001 has been the most successful for us. He won titles this year in different disciplines like ITF Taekwon-Do, WAKO-PRO professional kickboxing, winner of the Master-Cup (an all-style tournament well-known in Scandinavia with different rules). This all confirms for me that Tomaz is becoming very all-round in this kind of competition, and that he is, at this moment, using the experience we have worked so hard for during all the years that we have been a team. That will be 10 years, next year - a time of blood, sweat, and tears, but also a lot of fun and good friendship.

As the Slovenian coach for the 12th World Championships I was very happy with the results of the Slovenian team; first of all with the World Title of Bianca Tapilatu, Female Sparring (under 52 kg); the World Title of Tomaz Barada, Male Sparring (under 63 kg); and the 3rd place of Simon Jan in Male Sparring (under 80 kg). But also with the results of the newcomers, under 54 kg and over 80 kg, who both made it to the quarter-final - hopefully we can make a strong team again for the WC in 2003 in Poland. I believe in it.



Tomaz Barada, Willy van de Mortel, and Bianca Tapilatu

I am also happy with my own students in the Netherlands, in my club Hosin. There are some talents who have the possibility to make it onto the national team. A couple of them have been there already (3 European Champions), and I hope that they can present themselves at the next European and World Championships.

In the kids' class, there are already talents who overtake other places, so I am very hopeful for the future of my club Hosin. You can visit our website (www.hosin.nl) and give your comments - we are looking forward to that.

In the name of the Slovenian ITF members, and the ITF members of the Netherlands (especially the members of our club Hosin), I want to wish all the members of ITFNZ all the best for the year 2002, and I hope that we see each other soon.

With Regards,
Willy van de Mortel

Hosin Taekwon-Do Vereniging
e-mail: willy.vandemortel@wxs.nl
website: www.hosin.nl

Oceania Taekwon-Do Federation

by Vince Pygott, IV dan

Mr Bhana and Mr Pygott went to Melbourne for the inaugural meeting of the OTF. Also at the meeting were Master Leong, Mr Moore representing Australia, Mrs Kaiou representing the Cook Islands and Mr Cariotis who was looking after everyone while we were in Melbourne.

The OTF's main function is to co-ordinate regional seminars and tournaments as well as senior Dan gradings. Affiliation, breakaway groups, marketing, and advertising were also discussed.

Member countries include Australia, New Zealand, Cook

Is and Papua New Guinea, with possibly Fiji. An interim committee was set up consisting of:

President: Master Leong, Vice President: Mr Moore, Secretary: Mr Pygott, Treasurer: Mr Bhana, Members: Mr Rounthwaite & Mr Kaiou.

A lot of things need to be ironed out more thoroughly, a constitution needs to be developed along with looking at how the OTF will actually function and who the elected committee members will be.

More information about the OTF will be coming in the not-too-distant future.

Technical Tips

by Paul McPhail, VI dan

Many of you have already ordered the new Black Belt Handbook which is on sale for \$10 (or \$80 for 10) from Sue Breen, our Sales Manager.

We have greatly simplified the requirements for 1st dan. The idea is that grading for 1st dan is a test of all the coloured belt syllabus. In theory for example, it is now only necessary to know the contents of the gup syllabus plus the meaning of Choong Moo. All other theory previously required has been shifted up the ranks in a graduated fashion, with the more philosophical and instructor relevant material for 4th and 5th dans.

We have also simplified the certification requirements. We have found over the years that many people have found it very difficult to attend the necessary courses, given that there are only a certain number of them put on each year. We also know that there is a big drop-out rate after 1st dan, and we want to target this problem area and encourage people to stay on and continue their gradings. With this in

mind, we have also dropped the requirement to write an essay to sit for 2nd dan.

There are many more minor tweaks - so here are the new features of the syllabus:

- Breaking requirements for 2nd dan and above changes, to come more into line with World Champs power and special techniques breaks.
- Age for hand breaks has been decreased from 15 to 14, in line with the encyclopaedia.
- Self defence has been simplified. When testing for 1st dan, applicants are expected to be able to perform all techniques from the coloured belt syllabus. For 2nd dan we have introduced ground self defence and have also listed all the ground techniques in attack and defence sections. For 4th dan we have introduced throwing and falling techniques.
- No essay required for 2nd dan. Essay for 3rd dan, thesis for 4th dan only (none for 5th).
- No Umpires certification required for 2nd dan.
- No First Aid certificate or CNZ required at any level
- ITF Course certification required for 4th dan and above - as per ITF rules.
- Fitness test scoring has been simplified.
- Theory for lower dans has been reduced and simplified. Theory for seniors has been increased and relates more to instructing and philosophy.
- Syllabus and application forms are now separate. Samples of the forms are in the handbook, but the actual forms will be on the website. Fees will also be published on the website separately.
- Credit points are now to be allocated by the Instructor or Regional Director, instead of the examiners. The examiners will check it only.
- Credit points have been increased for senior dans - now at a ration of 10 points per year.
- Bonus points can now be allocated by the examiners in any area of the grading (not just breaking and credits).



Kiwis take Gold in OTF Champs

by Mark Banicevich, IV dan
TKD Talk correspondent in Sydney

An early flight to Sydney saved half of the New Zealand team from being caught up in air traffic control strikes on Thursday 21 March. Master Michael Daher met Mr Paul McPhail, Mark Trotter and Toni Moki at the airport and took them for a quick tour of Sydney.



The New Zealand Contingent
at the OTF Championships

Thursday night Master Daher cooked up a feast for an army, which was fortuitous because Mark Banicevich joined them for the occasion. He and Master Daher continued to eat long after the others had pushed back their plates.

Friday morning Mr McPhail, Mr Trotter and Miss Moki departed for Canberra in the luxury of Master Daher's BMW. The three hour drive was over in a flash, and the team spent the afternoon looking around Australia's capital.

Meanwhile, Darren Ward and Kevin Joe arrived. They journeyed to Canberra with Andrew Maait (who some may remember from the Epsom Open), Mr Banicevich and Michelle Smith. They arrived close to midnight, grateful for a bed.

Saturday was the umpires' course, attended by Messrs McPhail, Joe, Banicevich and Ward. While Mr Trotter, Miss Moki and Miss Smith wiled away the hours watching movies and swimming in the pool, our four umpires joined ITF NZ Taekwon-Do friends Mr and Mrs Rounthwaite, friends from ITF Australia, and around seventy other attendees in a seminar conducted by Master Leong Wai Meng.

The seminar concluded around 7pm, and the team returned to the apartments – heads spinning with the resurgence of old hand signals. While Mr McPhail dined with the hierarchy,

and Mr Trotter and Miss Moki popped out somewhere cheap for dinner, the remaining Kiwis had the pleasure of dining with Mr and Mrs Rounthwaite and members of RTR Taekwon-Do. Raewyn Coburn of Kapiti Coast and her mother took this opportunity to meet up with the rest of the New Zealand team.

Sunday: the big day. The team headed out to the venue at 7:30am. The seminar and tournament were held at the Australian Institute of Sport. The complex is huge! No wonder Australian tax is so ridiculous! The Kiwis joined teams from Singapore, and the plethora of Australian ITF organisations navigating their way to the basketball training centre. Three rings were set up in just one third of the venue!

Master Leong selected his ring councils from the fourteen umpires present. Fourteen! Master Leong summoned more umpires, then selected his ring councils. Masters and sixth degrees were selected as juries, and our very own Mr Banicevich was selected as head referee for one of the rings. And so began a solid day of umpiring.

Competition began. Traditional sparring in ring three was met with cheers and applause, while sparring and patterns were underway in rings one and two respectively. Male third and fourth dan patterns came to ring two. Mr Trotter, who hadn't trained in a few weeks, was still in fine form to take gold in patterns. His performance of Juche illustrated the beauty of Taekwon-Do.

Toni Moki was called for female second and third dan patterns. She had a tough draw – set to meet Samantha Johnson of ITF Australia in the semi finals (who you may remember took best overall black belt at the 2001 Epsom Open). But the competition was tougher than expected: Miss Johnson lost the first round to Dana Bower, of ITF Authentic Taekwon-Do. Miss Moki also lost to Miss Bower, despite a powerful performance of Juche. Miss Bower went on to win gold in the event.

New Zealand's success was only just beginning. Miss Coburn set the standard in tenth to fifth gup patterns – winning not only gold, but great

comments from the crowd. A wonderful performance.

Senior sparring began. Mr McPhail pulled out his new digital camera to get some great shots of the Kiwis in action. The Kiwis were in fine form, and the competition was wonderful to watch. Unfortunately, Mr Trotter took a knock to the eye in the closing seconds of his match, leaving him unable to compete in the final. Both he and Miss Moki took silver.

Despite one eye closed up from the injury, Mr Trotter saw well enough to demolish both power and special technique. Not to be outdone, Miss Moki also took special technique, and got bronze in female black belt power.

One event the Kiwis were unable to take out was team event. But what a highlight. Team sparring in centre ring, cheering from the crowd as they supported their organisations. This is bound to be a highlight at the ITF NZ Taekwon-Do 2002 National Tournament!

Around 10pm the team headed back to Sydney, looking forward to next year's competition.



Two Kiwis, one Master,
and a whole lot of trophies

Mark Trotter
2002 OCEANIA GRAND CHAMPION
Gold - Special Technique, male dan
Gold - Patterns, male 3rd / 4th dan
Gold - Power Test, male dan
Silver - Sparring, male dan up to 60 kg

Toni Moki
Gold - Special Technique, female dan
Silver - Sparring, female dan up to 70 kg
Bronze - Power Test, female dan
Bronze - Patterns, female 2nd / 3rd dan

Raewyn Coburn
Gold - Patterns, 10th - 5th gup

ITFNZ Taekwon-Do Awards 2002

Hamilton, 24th August 2002

The ITFNZ Taekwon-Do Awards 2002 are upon us!

The time to make nominations for the 2002 Awards is already upon us. This year, all nominations must be received by each region's Marketing Committee representative before **30 June 2002**, so get started! Representative contact details are listed on p4, and at the bottom of the nomination form. Nomination forms are available from the website (<http://itfnz.org.nz/about/awards>) or your instructor.

A little advice we would like to pass on after last year: the select committee do not know the activities of everyone in ITFNZ Taekwon-Do. Selections are based entirely upon what is *written in the nomination*. Be sure to write clearly why your candidate should receive the award, including a list of his or her activities *in the past year*. You may nominate someone for any of the awards listed, including The President's Award.

The ITFNZ Taekwon-Do Awards

The ITFNZ Taekwon-Do Awards recognise the efforts of ITFNZ members. To receive one of these awards is the most prestigious recognition a member can have. This year, six awards will be presented at the National Dinner:

- (1) Dan student of the year
- (2) Gup student of the year
- (3) Junior student of the year
- (4) Instructor of the year
- (5) Club of the year, and
- (6) The President's Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do.

In addition to the awards, other items will be presented at the dinner (if any):

- (1) International instructor certificates
- (2) Certificates for our seven new sabumnim, and other senior black belts
- (3) ITF umpire certificates, and
- (4) ITFNZ Taekwon-Do Honorary Life Membership awards.

The selection procedure

- (1) Nominations are made by members and instructors and presented to the nominator's Marketing Committee representative (see p4) by 30 June 2002. There are two types of nomination (see below) – regular nomination and special nomination.
- (2) Each region selects one Regional Nominee for each award at a regional meeting, and presents the Regional Nominees to Mr Darren Ward. The Marketing Committee representative is responsible for his or her region having one Regional Nominee for each award, if a potential recipient exists.
- (3) A special select committee selects the recipient of each reward. The committee is comprised of two members of the Marketing Committee, and one ITFNZ Taekwon-Do senior black belt. Award nominees are not on this panel. The selections are based on written submissions about the nominees from the regions.

Regular nomination – each year each instructor nominates one person for each award. This person does not have to be from their club. Nominations are presented to the Marketing Committee representative of the nominator's region.

Special nomination – any registered member of ITFNZ Taekwon-Do may nominate any other person for an award. A special nomination must be seconded by another registered member of ITFNZ Taekwon-Do. The nomination is then presented to the nominator's Marketing Committee representative to be considered together with regular nominations for the region. Each member can nominate one person per award per year only.

Format for nominations

Regular nominations and special nominations must include a written summary of why the nominee should receive the award and a list of the nominee's activities in the past year. These nominations must be accompanied by a copy of the appropriate form (available from <http://itfnz.org.nz/about/awards> or your instructor).

Gup Student of the Year

This award is presented to an outstanding coloured belt student.

Dan Student of the Year

This award is presented to an outstanding black belt student.

Junior Student of the Year

This award is presented to an outstanding student who is under 18 years of age.

A person nominated for a Student of the Year Award must be actively involved in ITFNZ Taekwon-Do and registered at the date of the Awards. He or she may have high achievements in gradings or tournaments, may help or assist regularly at club, and may be involved in organising regional or national events. This person will have excellent moral character, and be a strong exponent of the tenets of Taekwon-Do.

Instructor of the Year

This award is presented to an outstanding instructor of an ITFNZ Taekwon-Do club who is registered and instructing at the date of the Awards. He or she may have achieved a high proportion of students graded, and may have a very high pass rate. His or her students may have great success in tournaments. The instructor may have overcome major challenges, or may be heavily involved in organising regional or national events. He or she will also have excellent moral character, and be a strong exponent of the tenets of Taekwon-Do.

Club of the Year

This award is presented to an outstanding ITFNZ Taekwon-Do club with registered members at the date of the Awards. The club is likely to have a great culture and atmosphere, and may even socialise together. It will be well represented at all regional and national events. The club may be large relative to the local community, or be growing at a healthy rate. The club may also be successful at gradings and tournaments. The members will have excellent moral character, and be strong exponents of the tenets of Taekwon-Do.

The President's Award for Outstanding Contribution to Furthering ITFNZ Taekwon-Do

This award is presented to someone who has made outstanding contributions to furthering ITFNZ Taekwon-Do. This person need not be an ITFNZ Taekwon-Do member, but he or she will have helped ITFNZ Taekwon-Do in some major way. He or she may be the backbone of a region – organising everything, or helping everyone. He or she may have written a major report, or been instrumental in getting ITFNZ Taekwon-Do great media exposure. Whatever the activities, the person will have dedicated a great deal of his or her time to furthering ITFNZ Taekwon-Do. He or she will also have excellent moral character, and be a strong exponent of the tenets of Taekwon-Do.

WaiBopTara Junior Camp

by Gwyn Brown

Day 1- Friday 16th November

The Ute was full of my 2 stepdaughters, Jess & Chelsea and Jess's friend Robin. We were heading out to the campsite at Aongatete Lodge in the Kaimai ranges towards Katikati with a Ute full of singing girls and the obligatory attached trailer containing food for 55 kids and adults. We arrived and unpacked the trailer and the Ute and started organising where everyone would be sleeping. We had put the children into 4 groups, green, red, blue and yellow. All the girls formed team red. (I had originally called them the pink team, but apparently pink is not a cool girl team colour anymore, so they said!)

After most of the kids had arrived we started with the usual introductions and explained the format of the camp for the weekend. It was our intention that although Taekwon-Do would be the focus for the weekend, it would be done through fun and games. Our range of kids went from 7 to 18 so we had to cater for all ages and sizes as well. Each person was then issued with a clip-on clothes peg in the colour of their team. They were told that they had to keep the peg on them at all times, and to lose it would mean not only a loss of points for their team, but they would have to sing and dance to get their peg back. Something that provided a lot of entertainment all weekend!

Bedtime arrived after a few games, one of which saw 4 children singing for the heinous crime of doodling on their application forms. They were charged with defacing official regional Taekwon-Do property. All 4 pleaded guilty (after not being given the chance to defend themselves) and sang a lovely rendition of *Twinkle, Twinkle, Little Star*; one of my personal favorites.

Lights out was at 10pm, but because the boys' dorm chose not to be quiet they were performing press-ups at approximately 10:15. Call me hard, call me tough, but you can't call me unfair!

Day 2, Saturday the 17th November

In the morning the children were woken at 6am sharp to the sound of Mr Bates and myself crashing large pot lids together.

The children were given 5 minutes to

be formed up in their running gear on the bottom field, with the last team losing points. This team was, you guessed it, the girls' team. With 2 teenage girls myself I should have known the reason! That's right, they were doing their hair and asking each other if they looked okay!

After much jeering from the boys' teams when the girls did arrive, we finally set off on a quick run, followed by some more games and fun. After showers, a dorm inspection was carried out by Mr Rimmer while the children all stood at attention by their beds. He was impressed with the standard... that is to say the girls' standard, not the boys!

The first training session conducted by Mr Rimmer got underway in windy conditions with the occasional shower, which did from time to time force us to hurry indoors, but all in all was a lot of fun. During this time Mr Grant Eccles, Miss Jodi Collins, Mr Mark Trotter and Miss Jeanette Joe arrived as guest instructors, and the second training session got underway with the children being split up. Lunchtime arrived, with quite a bit of singing from some team members that were anxious to have their pegs returned to them!

The afternoon session involved the children swapping around with their different instructors for more fun and training. I would like to say a very BIG thank you to our guest instructors, without your enthusiasm the camp would not have been as successful as it was.

After afternoon tea we all hiked down to the swimming hole, except for three of the children who didn't want to swim, but instead stayed behind to clean their dorms to earn points for their team, the little treasures!!

Dinnertime arrived and the barbie was fired up for sausages and salads for all...okay not all. The girls mostly had salad with the boys just sausages and sauce! An evening of games and fun was followed with a video. All the children went to bed very tired – no problems getting them to sleep!

Day 3, Sunday the 18th November

Our intention on Sunday was to let the children sleep. They were all tired so we thought we would go easy on them and get them up at 7:30 for breakfast at 8:00. However when I was

woken up by Mr Devon Pittman's arrival at 6am, I noticed some of the children up and about. When we investigated we found that not only had the girls' team gotten up, but they had also cleaned their dorm ready for inspection and were waiting for us to start the morning's exercise! We told them to go back to bed, but they were so keen we decided what the heck, if they wanted to run, then far be it from us to deny them! I went through to the boys' dorm, and some of them were also keen and were already dressed and ready. So, off we went!

This was the theme for the weekend. All the children worked hard and had such fun. Their enthusiasm and attitude was very contagious for all involved.

The morning's dorm inspection was carried out by Mr Eccles, who was very tough. He got out his white gloves and checked the top of the doors, under mattresses and mats, and behind fire extinguishers! After breakfast, the warm-up was taken by Mr Pittman, who got the children doing Tai-Chi, great fun!

Sunday's training consisted of a mini tournament conducted by Mr Eccles and was followed by a fun session and Mr Rimmer's famous *Slime* game. We then had lunch, which was followed by the awards ceremony. As they had done from the start of the camp, the girls' team again showed the boys why they finally won the junior team prize with their teamwork throughout the weekend. Only in *Slime* did they not come first - well done, girls.

Camp cleanup followed and we managed to get away by 4pm after a very enjoyable but extremely tiring weekend!

The camp was a complete success and my heartfelt thanks go out to all those instructors, parents and children that attended. You are an awesome bunch of people and I am looking forward to the next one.

On that note, Matt and I would like to ask for people interested in being part of a national junior camp to be held sometime next year to contact either of us or express their interest. I can be reached by email at ifyournice@hotmail.com or Matt at mbates@wave.co.nz

Upcoming Events

April

- 6 Umpires Course - Refresher - Auckland
- 6-7 Ball/Training Seminar - Dunedin
- 10-21 Gup Gradings
- 13 ITFNZ AGM
- 21 Demonstration Team Trials - Auckland
- 25-27 University Games - Hamilton
- 28 Epsom Under 18 Tournament - Wellington

May

- 4-5 Regional Tournament - Dunedin
- 11-12 Dan Grading - Wellington
(Examiners: Mr Davidson & Mr Rimmer)
- 18-19 Dan Grading - South Island
(Examiners: Mr Davidson & Mr Rimmer)
- 19 Instructors Course - CD
- 25-26 Dan Grading - Tauranga
(WBT and Auckland)
(Examiners: Mr McPhail & Mr Bhana)
- 26 Instructors Course - Wellington

June

- 1-3 Regional Tournament - New Plymouth
- 1-3 NZMA Hall of Fame Induction - Taupo
- 8 Regional Tournament - Auckland North
- 16 Regional Tournament - Counties Manukau
- 22 First Aid Course - Auckland
- 23 Regional Tournament - Wellington
- 30 Instructors Course - Counties Manukau
- 30-5/7 World Camp - USA

July

- 6 Regional Tournament - CD
- 6-7 Regional Camp - Otago
- 12-14 General Choi Seminar - Masterton
- 20-21 Instructors Course - Greymouth
- 21 Instructors Course - Auckland
- 28 Epsom Under 18 Tournament - Auckland

August

- 24-25 National Tournament - Hamilton

Next Issue



General Choi in New Zealand!

The Founder of Taekwon-Do visits our shores.

Funding

Kris Herbison gives some insight into obtaining funding for clubs, events, equipment, and more.

Injury prevention

This article written by the Accident Compensation Corporation could save lives! ... or at least some nasty pulled muscles...

ITFNZ Taekwon-Do Nationals

Jodie Collins provides a buildup to the 2002 National Championships in Hamilton.

Coaching Part 2 : Free Sparring

New Zealand National Team Coach Andrew Salton's three-part article continues, this time focusing on his personal speciality.

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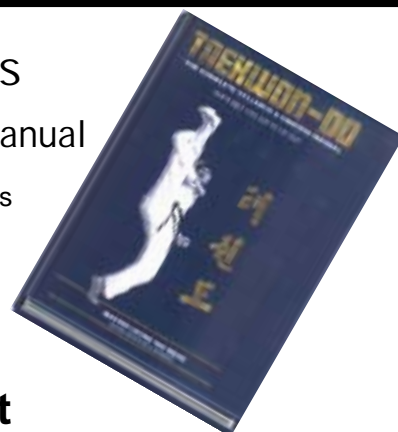


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Due to demand, we are making available to ITFNZ students and instructors over 90 minutes of video footage of the Grading Syllabus Seminar held at the 2001 Instructors Conference.

Messers Graham Patterson, Lawrence Mantjika, Matthew Breen, Mark Banicevich and Jake Pearson demonstrate all patterns from Chon-Ji to Choong-Moo, while Mr Paul McPhail indicates the key points in each pattern. The team also demonstrate 3 step, 2 step, 1 step sparring, free sparring, self defence, breakfalling and destructions. Even theory!

Hear Instructors asking questions on the syllabus throughout the video, and get an insight into how the syllabus is designed and what the examiners are looking for.

Please note that this is not a "professionally" produced video, but certainly good enough to use as a guideline for training and instructing. Thanks to Mr Neil Breen for doing the filming, editing and copying of the tapes.

Cost: \$20 each including postage

<http://www.itfnz.org.nz/sales/video/index.htm>

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*Accompanied by
Grand Master Park Jong Soo*

