

# TKD Talk

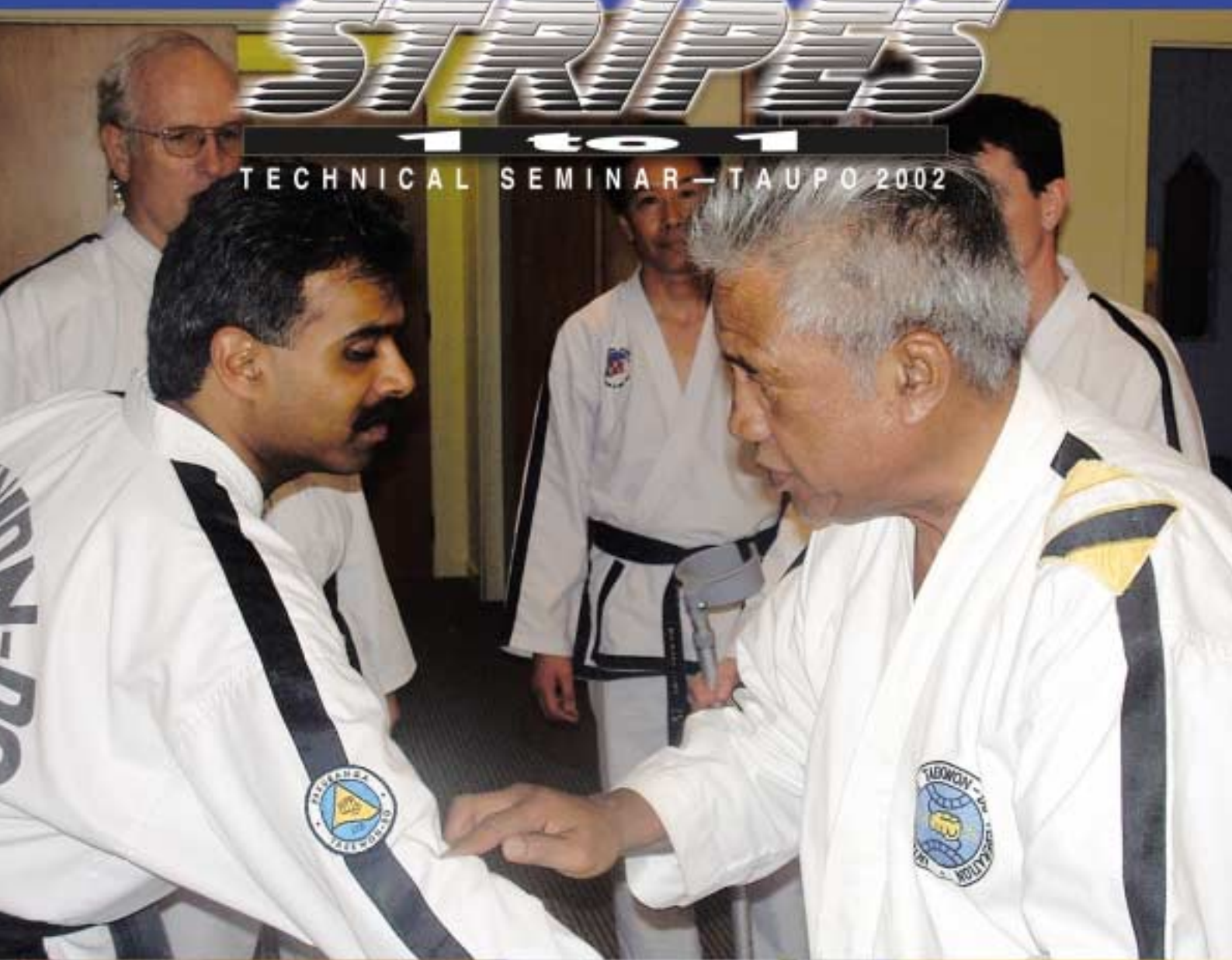
The Official Magazine of ITF NZ Taekwon-Do

[www.itfnz.org.nz/tkdtalk](http://www.itfnz.org.nz/tkdtalk)

## STRIPES

### 1 to 1

#### TECHNICAL SEMINAR - TAUPO 2002



### IN THIS ISSUE:

**TKD TALK Photo Competition - and the winner is...**

Plus Epson Open, A Coach's View Part 3, What do funders want?, National Tournament and Awards, and much more!

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# Features



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### About the Cover



The photographs on the cover this issue are from the Stripes 1 to 1 seminar featured on page 5.

These photographs were taken by Paul McPhail.

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## Editorial

Welcome to the final TKD Talk for 2002 – and what a busy year it has been!

The highlights of the year have been many: we began with Stripes on Tour and the Oceanic Championships. We had representatives at Grand Master Park's seminar in Queensland and the Sereff World Camp. We had Epson Under 18 tournaments, the National Tournament and the Epson Open. Various regions had camps, seminars and community events, and Taekwon-Do was represented at the University Games. The low point of the year was without doubt the passing of General Choi Hong Hi.

At the Stripes 1 to 1 seminar recently, senior black belts were very excited about the year ahead. It begins with a fantastic seminar at the end of January (see the back cover for details), and just gets better! Take a look at the calendar at the centre spread of this issue.

The calendar presents, in tremendous full colour (thanks to Artech), the winning photograph for the TKD Talk Photo Competition. (The competition was advertised on the website through September and October.) Congratulations to Mr Ryan Van Heerden and Mr Hong Looi (whose runner-up photo can be found on p34), who will be attending the National Seminar in January gratis. The quality of the entries was very high, and we would like to thank all those who entered. The winners were chosen by our senior dans at Stripes 1 to 1, and their decision was not easy!

It is also time for me to thank the crew of TKD Talk, who do fantastic work to prepare this great magazine. Mr Matthew Breen and Mr Peter Casale, who convert the words and photographs you submit into pages of aesthetic perfection. Mrs Shirley Pygott, who ensures there is quality content for our junior

members. Mr Paul McPhail, who not only writes the Technical Tips column, but also cleans up everything to prepare it for printing. Mrs Sue Breen, who arranges delivery and postage to our friends locally and overseas. Finally, but significantly, to Tribal Taekwon-Do, who do fantastic work packaging all the magazines for postage to clubs and members. I am very proud of our team and the work we have done this year.

Thank you to everyone who has submitted material for publication. Without you, too, there would be no magazine. I look forward to being overwhelmed with your articles and photographs in 2003. Please note the submission deadlines in the calendar.

It only remains for me, on behalf of the TKD Talk team, to wish you a very merry Christmas, and a safe and happy New Year.

Mark Banicevich, Co-editor

# Letters to the Editor

Dear Editors,

## The journey to my black belt

Gaining my black belt was a rocky road for me, but a real learning experience. You see, when I first sat for my black belt and received a pass incomplete, I was devastated. I felt like a failure. I didn't want to go back to club nor the Junior World trainings – in fact I wanted to chuck Taekwon-Do in altogether. I didn't want to face everyone and tell them. My parents encouraged me to go back, but somehow I didn't think my heart would ever be back in it. I know people were feeling sorry for me and I was sure feeling sorry for myself. I felt like I had let so many people down.

You see, throughout my years in Taekwon-Do I have trained under some awesome instructors: Mr Pellow, Mr McPhail, Mr Niven, Mr Matthew Breen, Mr Eccles, and Mr McQuillan, to name a few.

I soon started to realise, however, that maybe I hadn't let them down. I had let myself down. I had not prepared myself enough. What would really let people down was to quit – to just give up on all the awesome training, support and encouragement I had received from others along the way. To those who supported me, I'd like to say a huge thank you, notably to my Regional Director Mrs Sue Breen. She organised an earlier re-sit date and my instructor Mr Pellow, and Mr McPhail were agreeable. I knew I had a lot of hard work but I was more motivated than I had ever been.

I'd also like to express heaps of gratitude to Mr Pellow for all the extra one to one time he spent with me brushing up on my patterns and theory.

The big day arrived and I was really nervous but seeing the people there to support me from my club and Mr McPhail's club, Mr and Mrs Trotter who travelled from the other side of town, and Mr Pellow's partner Cheryl meant so much to me.

I had trained hard, studied hard and it paid off. I was more prepared and you know what, it feels good to know that you've earned it.

To anyone else out there who may feel at some time like I did, wanting to throw in the towel and feeling like its just too hard, remember quitting is the easy answer, the easy way out, and remember too the tenet of perseverance. One must set a goal and constantly persevere because although you may have some ups and downs along the way, when you finally achieve that goal it sure feels good.

Jessica TeHau, I dan, Infinity  
Manurewa and Junior Worlds Team

Dear TKD Talk,

## Camping in Queenstown

Vroom, bang, chomp, arrrrg and la-de-da would be the best way to describe our journey to Queenstown for the South Island Regional Camp. We arrived to see majestic snow covered mountains from a relatively tropical Dunedin as it had been snowing all day in Queenstown. When we retired to bed, Mr Evans and the others from Christchurch had still not arrived; after 5 hours and many stops for V, they arrived at 12:30am!

Mrs Kettings was two steps ahead of everyone and we woke and dressed long before the instructors were up at 6:30am – no running in our PJs for us! Then we heard we needed togs. Togs?! Hmm... After a run and fun warm-up in the crisp Queenstown air, we sure found out what the togs were for, BRRRRRRRRrrrr. A quick dip in Lake Wakatipu would be enough to freeze the balls off a brass monkey, let alone us mere mortals! Two seconds under the water was enough to numb my hands and feet for a good half hour and make putting on my shoes a tricky feat. We stumbled to breakfast just in time to see the sun rise over the mountains. Breakfast was awesome with about five different cereals, fruit, yoghurt, toast and spreads. Mrs Herbison, Nicola and Nikki did an amazing job in the kitchen; I have never been so well fed in my life!



Weapon defence  
at the South Island camp

Training started out with punches and upper body pad work before moving on to legs and then patterns after morning tea. Mr Patterson had many words of wisdom to offer – tips we all tried to soak up and memorise.

In the afternoon, we utilised everyone's amazing natural talent and good looks to make the greatest B grade martial arts movie ever! (Seriously!) A classical good versus evil Taekwon-Do love story - with the beautiful and skilled Thu Thach starring as Juliet and the brave and handsome Nick Eley as Romeo it was bound to be a

success. To make a short film even shorter it all ended in a massive fight scene with a big finale involving Mr Evans causing Mr Patterson to take another swim in the lake. Everyone died except for Danzebar/Tibolt who died twice and the Good Instructor (Mr Evans) who didn't even die once.

Saturday training finished with board breaking skills. Natalie, Kanhchana and I broke our first real boards and Mr Patterson broke an impressive seven board turning kick. We sure ended up with plenty of firewood!

After a ginormous meal of lasagne and chocolate pudding we had a nutrition talk from Nikki where everyone discovered their food pyramids were upside down. Then Mr Evans and Mr Patterson proceeded to turn themselves upside down in an instalment of their ongoing handstand competition. After a fun quiz where some smarty-pants knew all the answers, I won't mention any names: THU; some of the less tired and some of the more inebriated hit Queenstown with a bang. Some stayed out until 3.30am!

We started later on Sunday, with patterns before breakfast making a great start to the day. (We had all struggled out of bed with aching muscles; where did those come from?) Tash was heard to say, "Mum I feel very fragile", which sums up exactly how everyone felt. The morning was spent doing fun stuff with knives and other weapons like baseball bats, involving self-defence. The take-home message was RUN if anyone attacks you with a knife; and don't ever attack Mr Patterson with a knife because he will stab you over 50 times!

To sum up, the camp was awesome. We had a great instructor, learnt heaps and even starred in a movie. The company was good and everyone felt they had improved a huge amount. Mr Patterson, Mrs Herbison, Nicola, Nikki and Mr Herbison deserve a massive thank-you for their invaluable contributions to the camp, making it an amazing weekend.

The End... or is there a sequel? Maybe the evil instructor didn't die after all...

See more at

<http://www.siregion.itfnz.org.nz/>

Carolyn Faithfull, 6th gup  
Dunedin



Dear TKD Talk

I have just finished reading the latest issue of TKD Talk [August 2002] and just wanted to say thanks for an excellent issue. It is a quality publication that everyone in ITFNZ should be proud of. Keep up the great work!

Kane Raukura, III dan  
Instructor, Papatoetoe



# Stripes 1 to 1

by Jake Pearson, IV dan

The first weekend in November saw the first ever ITFNZ Taekwon-Do seminar for 4<sup>th</sup> dan and above. The brainchild of Messrs Davidson and McPhail, the seminar brought 17 of the possible 20 senior black belts together from around the country for advanced training and to discuss the past, present and potential future direction of ITFNZ Taekwon-Do. Special guests were Mr Rocky and Mrs Trish Rounthwaite, our Australian cousins.



Even Mr McPhail needs to look it up sometimes!

The title "1 to 1" referred to both the personal tuition we received and the timing of the course (from 1pm Saturday until 1pm Sunday, a fairly brief but action-packed experience). It has certainly been quite some time since I attended an event at which I was one of the most junior members!

First up were patterns, where we had the rare opportunity to start straight at 4<sup>th</sup> dan level. For some of us, this was a chance to initially refresh our memory of the movements, before concentrating on the technical aspects – rather a reminder of how easy it is to neglect one's own syllabus! We were spoiled by Mr McPhail's incredible knowledge of and enthusiasm for all 24 patterns, and everyone finished the session inspired to continue to practice the various points discussed. Mr Salton was "lucky" enough to receive particular attention due to his upcoming grading.

The second session challenged us to consider a wide range of practical applications for a number of advanced techniques. This demanded full concentration and participants demonstrated some truly lateral thinking. Ever considered a flying sweeping kick

to sweep an opponent's supporting foot if they don't tuck during their flying kicks? What about using a front pushing kick to push the cross button at traffic lights (who doesn't!)?

Over the course of the weekend, three formal discussions were held. First Mr Davidson covered "the past" in a talk on the history of the ITF as it relates back to the origins of Taekwon-Do in New Zealand. He drew on various interesting sources, and made what has always seemed to me to be a confusing narrative relatively clear.

This set the scene for the discussion later that evening on "the present", mainly concerning the current international unrest within the ITF. Mrs Rounthwaite also gave an interesting talk on the ITF situation in Australia. It became particularly apparent that the unique strength and vision of ITFNZ Taekwon-Do is attributable to our unity. This is something we must never take for granted.

Some important decisions were reached: one was recommending a statement to release about ITFNZ's current position regarding the ITF (Mr Ng talks about this in his column on p14). During the final discussion, we developed ideas for "the future" of ITFNZ Taekwon-Do, particularly activities for the next two years (see the sidebar on this page). The relatively informal nature of all discussions enabled open and fruitful debate.

Sunday started especially early for the few hardy souls (mainly those from south of the Bombay Hills!) who followed Mr Davidson into the icy waters of Lake Taupo before breakfast. Sunday morning's session included a recap on patterns, model sparring practice, a thought-provoking talk on moral culture, a discussion of a topical technical issue (timing of turning of the head during patterns), and finally an explanation from Mr Rounthwaite on his approach to power breaking.

The drive back from the seminar gave us a chance to reflect on the weekend. I had been challenged to master my new patterns, educated about Taekwon-Do in the past and overseas, given the opportunity to contribute to discussions on our future, and I had been able to renew friendships. I came away re-inspired to continue to practice and promote this wonderful martial art in this wonderful country. Ko mup sum neda to Messrs Davidson and McPhail.



All Stripes on the mat for Storytime!

## Future ideas from Stripes 1 to 1

These ideas require Executive Committee approval to be implemented.

- Each year there will be one fixed grading in north (AN, CM and ML), central (CD and W) and south (SI).
- The second Development Camp for talented coloured belts will be in 2003.
- The second ITFNZ Instructors' Conference will be in 2004.
- Stripes 1 to 1 will be an annual event, in the first weekend of November.
- Stripes on Tour 2003 will have a technical focus. Any new 4<sup>th</sup> dans promoted in January will be invited to teach.
- We would like to send TKD Talk to past instructors and national volunteers of many years' service.
- The Marketing Subcommittee will develop a marketing seminar covering such topics as how to open a new club, funding, and marketing.



A well-appreciated chance to practise senior patterns

<http://www.itfnz.org.nz/news/stripes1to1.htm>



# Epson Open 2002 Report

by Evan Impson, III dan

It was the usual wet long weekend day that welcomed competitors to the ASB Stadium in Auckland's eastern suburbs for the 2002 Epson Open tournament. Competitors from New Zealand and overseas, and from different styles were all united in one task: to test their skill in the ring, either performing patterns or sparring using ITF rules.

The day got off to a late start; unfortunately delayed by a shortage of officials (despite the efforts of the organising committee). Once that was sorted out, the patterns competition got under way. The standard overall was quite high, but due to styles and format the patterns were scored differently than normal, which resulted in a few surprises for a few competitors. They will be better off now due to the experience.

After a quick break, the sparring was on and if you weren't prepared, boy were you in for a quick lesson in survival! I know in the ring in which I was judging, the second bout of the day a competitor was carried off on a stretcher. That was the ladies lightweight division! This set the tone for the rest of the day.

The referees did a top job. They let the bouts flow and only pulled you up if you went over the top. While refereeing, Mr Pygott found he had to stand between two hyperweights to break them up, but they didn't stop punching! Ouch.

One of the best bouts was Honza Kubat against Lewis Looi. It had everything: power, speed and control, and the techniques were awesome.

Special thanks must go to the organisers for a great event, and to everyone who came to help. To have so many senior dans there to assist in the day was awesome.

Below left: Jon Sawden vs boards: win to Jon  
Below right: Teresa from Hibiscus Coast in patterns



Photo: East and Bays Courier



Above: Peter Casale performs flying turning kick in the special technique competition

Left: Greg Skinner took a few nicely-timed shots of sparring competitors in the heat of action

A real eye-opener on the day of the Epson Open was the performance from members of the Junior World Champs team. Their long period of intensive training and practise, combined with natural talent for Taekwon-Do was evident.

Patterns were crisp, sharp, powerful and technically excellent. Harmony Moki's effortless rendition of Juche Tul was magnificent and envy-inducing at the same time. Junior team member Regan Diggelmann had the great experience of competing against World Championship silver medalist Honza Kubat from the Czech Republic.

Sparring performances left no doubt as to the ability of these youngsters, as did the amazing individual power and specialty breakers. Almost every Junior Team member came away with medals against their senior counterparts.

<http://www.itfnz.org.nz/ref/tournaments/epsonopen/2002/index.htm>

# Seminar with Master Michael Daher

by Toni Moki, II dan

On Saturday 26<sup>th</sup> October, around 50 Taekwon-Do students attended the sparring seminar held by 7<sup>th</sup> degree instructor Master Daher from Australia. He provided us with some very different views and ideas for our sparring and offered some interesting insights into the reasons why Australia and New Zealand are not as successful at world championships as some of the other countries.

The four hour seminar began at 9:30 with an hour long introduction to the basics of self defence. We went through several different grabs from the wrist up to the shoulder. He showed us how to release ourselves from them all and then how to take our opponent down and put a hold on them. He emphasised the importance of learning how the wrist rotates; it takes very little force to cause pain if you know which way to apply the pressure to your opponent's wrist. Master Daher also said that the key to effective self defence is

repetition; you have to practice until it all comes naturally to you.

We had a short break before we began the sparring part of the seminar. I have to say that it was important to have an open mind throughout the seminar as Master Daher had some very different ideas and some totally unusual exercises to practice.

For example, the very first thing he demonstrated was an exercise in footwork and coordination. We were told to get into our sparring stance and then to hold hands with our partner; at this point he demonstrated how we should double step forwards and backwards with our partner concentrating on timing, rhythm and most importantly keeping light on our feet, "just like dancing". As he walked around the hall counting out "one, two, three, one, two three..." we began to think we were in a dance class.

It was at this point he showed us how to add in a kick, which led to several different combinations, and the "dancing"


became more realistic. We did several more of these types of exercises where he demonstrated, and then we were given plenty time to practise them until we could do them at speed.

After the footwork exercises Master Daher wanted to do some work on our close range sparring, ie, using our hands and blocking. This was because he believes that New Zealand and Australia are not as successful as we could be at world championships because we are afraid to get in close and use our hands.

We began by doing an exercise where our partner did a kick and we blocked with both hands and followed up with two punches. We had to do it all using the same footwork as we had practised earlier and in the same "one, two, three..." rhythm. He emphasised keeping our hands loose, free and flowing and also keeping light on our feet.

It was pretty difficult to keep the footwork going in the right rhythm and concentrate on our hands, especially when we had to start picking up the speed. But he said that the point of the exercise was to become accustomed to blocking every technique and following up without ever losing rhythm. Just like self defence, the key to it was repeating the exercise until it became so natural you would do it without thinking.

Another important thing that we were practising the entire time was being hit. With every exercise that we did, Master Daher told us to hit each other hard enough so that our partner could "feel" it. He demonstrated this with his partner Sally Clark, a 2<sup>nd</sup> degree from Australia, by punching her hard on the chin with his bare knuckles. Afterwards she said that during these exercises you should take the opportunity to practise not blinking when you get hit in the head so that in your sparring you don't have to take your eyes off your opponent.

It was obvious that four hours was not really long enough for Master Daher to show us everything he had to offer, but it was a brilliant seminar from an interesting point of view. It was an excellent build up to the Epson Open on the following day, the perfect place for us to practise our new skills. 



Master Daher prepares to cause Jake Pearson great pain for the edification of the students at the seminar

# A Coach's View on Preparing for

by Andrew Salton, IV dan  
Part three of three

## Patterns

I have always found this event to be one of the hardest to prepare for because the result of the competition is really based on each judge's preferred style of pattern. I found a lot of them (in particular the ex Eastern Bloc countries) to be very robotic and slow with varying technical differences, yet these were the patterns that seemed to be winning. Their patterns seem to be done in complete contrast to how we perform our patterns over here: I question what is politically correct. How does one prepare for that sort of competition? No amount of technical coaching can change a judge's opinion on the outcome of the pattern if the judge deems it to be wrong, according to their interpretation of how the pattern should be performed. This can be really frustrating for both competitor and coach, who have worked so hard on getting things right according to General Choi's teachings.

## Power Testing

In this event the individual member needs to prepare himself or herself properly, first finding the best way to perform each technique. (I don't think it is up to the coach to tell a person where they should stand in order to break the boards. This is something of which the individual should already be aware.)



Graham Patterson, IV dan,  
nicknamed the 'Demolition Man'

The coach's job is to monitor the technique and advise some changes if needed, or to offer another way of performing the break. If you are a competitor preparing for this event, you

should:

1. Find your own comfortable distance, angle, height and direction that you are happy with. Everybody does things differently. What may work for one may not work for another. Experiment to find your own comfortable position and stick to it. Be consistent in the number of times that you break and utilise the theory of power to generate sufficient speed to break the boards.
2. Physically prepare your own breaking tools by conditioning them, which will also help prevent them from sustaining too many injuries. In this event you may be required to perform the same break on more than one occasion, as was the case in Italy, so be aware!
3. Slowly increase the number of boards you are breaking and keep a record in a notebook for the coach and for your own reference. Bear in mind the time factor of 30 seconds to complete the break, remembering to start and finish in a guarding block.

## Special Technique

This event requires many different training programmes, such as plyometric exercises, weight training programmes, technical training, flexibility and focus. These exercises are all to help the competitor gain maximum performance levels so that they will be able to jump higher and further.

1. Plyometrics and depth jumps help build explosive energy levels in your legs that help you jump higher.
2. Weight training builds strength in your leg muscles, once again helping you to elevate yourself higher.
3. Technical training helps you find your distance from the target, and helps you locate your takeoff point. It is also important that you are performing the kick correctly, using the correct part of the foot. Each individual will have their own set way of performing these techniques; the coach should look out for any way that may help the athlete achieve a better result.
4. Flexibility: you get those legs up where they need to be.
5. Focus is very important, as you should be able to hit the target once you get

the required height. Also work to the time given to perform this event, and start and finish in a guarding block.



Daniel Jackson, II dan,  
performing flying reverse turning kick

## Team Event

This is probably the most daunting of all the events that one participates in, because being a team member means having to be an all-rounder that can slot into any of the given events. Team pattern is the hardest to do, as all team members have to work together in unison and every member must perform all the techniques identically, meaning perhaps some may have to change the way they perform their own individual pattern. It is a hard one to explain, but believe me it takes a lot of time and patience to perform these patterns well. Designing a pattern is also something that needs to be considered. From the walk on until the walk off, everything has to be perfect. This is where I feel that the old Eastern Bloc countries and the North Koreans have the advantage. Their strict military upbringing will enable them to work together without too much effort, as it has been part of their life from the moment they are born.

## Other Comments

Other things that can help us with our development are to become more focused and be a lot more assertive in all aspects of training, especially the team event. To help the keen practitioner develop speed, they could sit at home in-front of the TV and try to react by standing up and throwing out a kick or a punch when the scene of the programme they are watching changes, as you don't know when it is going to happen you really do have to be ready to react. This will also



# the World Championships, Part 3

help you with self defence training, in other words: always be alert.

Psychological training is important – without this our members become more nervous than they would normally be (which is understandable). We can't ignore the mind. Unfortunately this is not one of my strong points so we probably didn't do enough of this sort of training. Luckily I was able to call on the services of Jake Pearson to help with this aspect of training. Jake did a great job in motivating our squad members when called upon, and I think we were lucky to have his input.

Also we have to put ourselves on a strict nutritional diet that can help us remain healthy, as well as remembering to take in lots of fluids to stop us from dehydrating (the right type of fluid though, *no alcohol*). Our diet should consist of a good balance of the proper nutrients, plenty of carbohydrates, not too much fat and right amount of proteins.

## Conclusion

I personally don't think that we have to change the way that we train, and bringing another coach over here to tell us what we should be doing, I think, would be a waste of time and money. I think we should look at bringing world-class judges or umpires over here to find out what it is that the judges are looking for, especially in the pattern event. I'm sure that this will be of more benefit to us than having to change our training and perhaps set us back another four or five years.

In my opinion some of the judging at the world championships would seem to be biased mainly towards the Koreans, and some of the European nations. It reminds me of the old saying it's not what you

know, but whom you know, and unfortunately for us we are not well known.

I think I have covered every aspect of sparring that can be covered and the skills that are required to do well in this event. Remember, Italy 2001 was the first time in a world championship at the senior level that New Zealand has been able to get more than one person into the quarterfinal rounds.

In Argentina Tamaiti Brunning was the only Kiwi to win a sparring match before bowing out in the next round against the USA. This time we managed to get Mark Trotter into the second round, Aaron McIlwee into the quarterfinals (unluckily being knocked out of the tournament by a warning that cost him precious points), and Hong Looi into the second round, as well as winning his team spar.

In the females Kylee Cusin was another that made it into the quarterfinals. Toni Moki also won in the team sparring event. Is this a sign that we don't have what it takes?

Aaron and Tamaiti are my own students and have been doing this type of training since they joined my club over 14 years ago. Kylee Cusin is another who has trained under me from time to time, and I think all these people proved that the sparring training that is offered to the New Zealand team members is sufficient.

How many other nations larger than us have never taken a medal home? Look at the USA for example: how many people do they have to choose from and how well have they performed in the past – even with Fabian Nunez as their coach?

I was extremely proud of our team and I think I was more disappointed than the team members in not bringing home a

medal, I do believe if we keep up this sort of training and all the suggestions I have made I'm positive that we will bring home a *gold*!

Remember a coach is there to advise and to open some doors for students to try, and of course to offer other ideas that perhaps the student doesn't know about. Whether the students want to add some of these technique to their arsenal is purely up to them, but I know that ITFNZ is in a better position now than when we first started competing at the world championships and we are still continuing to improve.

## Thoughts for the Future

I would like to see ITFNZ hold a national team event in the very near future, separate from the national individual tournament. I have suggested this to the Tournament Subcommittee, who have had the same thought.

I believe this will help strengthen the way we perform our team patterns, and we will be able to witness different ideas and diagrams to help the New Zealand team.

It will also let the students of ITFNZ know how it feels to compete in such an event, and of course everyone will know what this event is all about. By holding this event in a separate tournament, will also save time in the individual nationals.

We have so many options, for example:

1. Male and female peewee division gup and dan, numbers permitting
2. Male and female junior division gup and dan, numbers permitting
3. Male and female senior division gup and dan
4. Male and female veterans division gup and dan, numbers permitting

We could even have inter-regional tournaments to help us gain experience. I would also like ITFNZ to host an all Taekwon-Do tournament using ITF rules. This can be used as part of our preparation for future world championships, and enables us to bring some of these world champs judges over here so that we can be recognized for the efforts we put in. I leave you with all these thoughts, and I hope that some of you will show the initiative to start training for the future now.



Kiwis and the haka...  
always popular at World Championships

# Epson Under 18 Series Champions

Anthony Coster, 7<sup>th</sup> gup, Kapiti Coast

by Dylan Cassidy, 1<sup>st</sup> gup

Twelve-year-old Kapiti Coast Taekwon-Do student of two years, Anthony Coster is the 2002 Epson Under 18 Male Grand Champion. Anthony is currently a 7<sup>th</sup> gup. He is one of four family members that are students of the Kapiti Coast Club, including his ten-year-old brother Jarrod of the same rank, who came a close 2<sup>nd</sup> place overall in the Under 18 Tournament.

Anthony competed in four out of the five tournaments in the series. He amassed a mountain of trophies comprising of eight 1<sup>st</sup> places and two 2<sup>nd</sup> places and this is not including the massive trophy he received for the male Grand Championship. Sparring was Anthony's strong point in the series, placing 1<sup>st</sup> each time in the four tournaments he entered.



Anthony demonstrating techniques on the lawn

Anthony is assisted by his maturity both inside of and outside of the ring. His philosophy on sparring is; "If you're not nervous before you step into the ring, then you will be overconfident inside the ring. Never underestimate your opponent!" For Anthony, one of the highlights of tournaments is meeting a lot of people and making new friends within Taekwon-Do.

Although Anthony has natural talent, his full potential is brought out by his instructor Mr Greg Trilford who strives to bring out the best in all of his students. Anthony is looking forward to defending his Grand Championship at next year's Under 18 Series.



Action shots of Roseanne TeHau sparring at the final Epson Under 18 tournament, held in Palmerston North

Roseanne TeHau, 1 dan, Infinity Manurewa

by Steve Pellow, V dan

Roseanne TeHau has become a familiar name in ITFNZ, especially at tournaments. She has consistently placed either 1<sup>st</sup> or 2<sup>nd</sup> in every regionals and nationals since 1998, and in fact I cannot remember her coming home without a trophy from a single tournament since she began Taekwon-Do!

She has won over 30 trophies to date, and now has the honour of being the first female Epson Under 18 Grand

Champion. In addition, she and her sister Jessica are going to Puerto Rico as members of our Junior World Champs Team in December.

To achieve what she has in Taekwon-Do alone is hard enough, but she is also one of New Zealand's top track and field athletes – if not the top in her age group – and has been since she was seven (her running is legendary). In July this year she travelled to Australia as a member of her local netball team (and was awarded player of the tour). She has been upstreamed into an accelerant class at school a year before she was even eligible, and has just been awarded employee of the month at her part time job. Roseanne is highly motivated to succeed. She is one of those people with exceptional talent, coupled with dedication, perseverance and a willingness to work hard.

## Roseanne is highly motivated to succeed

Rosanne is supported in her efforts by two equally dedicated parents, who can be found sitting in the back of my class on training nights, or travelling the length of the country to athletics events or Taekwon-Do tournaments. Their efforts for Roseanne and Jessica are inspiring and the girls have grown up into two of the most lovely and well-mannered girls to whom I have had the pleasure of teaching Taekwon-Do.

Oh, did I mention modest? Getting information from Roseanne about her achievements is often like getting blood out of a stone. I would not have known any more about this than all of you, if I didn't have a large group of spies who keep me so well informed. But this time, Roseanne, if you don't ring me and tell me how you get on in the World Championships, there will be trouble!

Best of luck to you both and all the members of the team travelling to Puerto Rico. We, as instructors, are all proud to have played a part in your development.

<http://www.itfnz.org.nz/ref/tournaments/epsonunder18/index.htm>

# What do I do if I have a complaint?

by **Evan Davidson, VI dan**

Director of Standards and Discipline

Taekwon-Do is a martial art, which is more than just a means of combat and self defence. The “Do” literally indicates the path or a discipline and philosophy with moral and spiritual meaning, the ultimate aim being self-enlightenment and personal development. This is what we should be training towards. To be a better person and a just human being.

We would like to think that our instructors, and seniors and students of the Art could do no wrong. Unfortunately as human beings things can and do go wrong.

So what do you do as a member, or as a parent or guardian of a member, if you have an issue or complaint about the organisation or against another member, instructor or senior?

## What do you do if the complaint involves a possible criminal offence?

To keep things simple, the approach to take depends on the type or gravity (seriousness) of the incident or offence.

First you must decide to whom the complaint should be reported. Should it be reported to your Instructor, another senior member, your Regional Director, a parent, or even to the Police?

If the complaint involves a possible criminal offence, eg, theft, threats, intimidation, assault or fraud then you should discuss it with your Instructor, your Regional Director, or another trusted senior.

If ITFNZ rules or procedures are breached, then the most appropriate person to advise would be your Instructor or another senior member who can then decide where the complaint can be further directed, eg, Regional Director or higher.

The Instructor or Regional Director will make a decision as to where, when and how the complaint should be dealt with. A result could be given there and then.

If you are not satisfied with the outcome given at club or Regional level, then you should put the complaint in writing. Your document should include an explanation

or response from the accused party, and must include the Regional Director’s recommendation. You should then forward this document to the Standards and Discipline Subcommittee.

### Resolutions

As indicated above, complaints can be resolved at various levels within ITFNZ. These are:

1. By your club Instructor. We suggest this decision should also involve the club’s committee or other senior members if necessary.
2. By the Regional Director, through Region Instructors’ resolution at a regional meeting.
3. By referral to the Standards and Discipline Subcommittee who makes a recommendation to the ITFNZ Executive for their final decision.

All parties involved are then advised of the decision.

### Penalties

This section comes from the Standards and Discipline document.

For a complaint made at club level on breaches of rules or etiquette, the Instructor may counsel, warn, or even recommend suspension of a member through the Standards and Discipline Subcommittee.

The Standards and Discipline Subcommittee can counsel, warn or suspend a member until the Executive Committee makes an ultimate decision.

The Executive Committee, or when delegated, the Director of the Standards and Discipline Subcommittee may counsel, warn, suspend or dismiss any member.

Where any member is suspended from a club, no other club, student, or instructor shall allow that member to train formally or informally at an ITFNZ club or otherwise.

If a member is suspended from his or her club, they may, after a suitable period, have their case reviewed by the club

Instructor, who shall make a recommendation to the Director of the Standards and Discipline Subcommittee.

For more information, the Standards and Discipline document can be downloaded from: <http://www.itfnz.org.nz/ref/documentation.htm>

Remember, a club Instructor has the ultimate role of control and guidance over his or her own members. This is delegated to the Instructor by the declaration we all sign when joining an ITFNZ Taekwon-Do club, which reads as follows:

I hereby agree to abide by the following conditions:

1. **The instructor has the right to withhold tuition from me if I disturb the class** in any way.
2. **I hold myself responsible** for any injury that I may sustain in the course of my training.
3. **I agree not to misuse the knowledge** gained through the classes.
4. There shall be no refund of my membership or training fees paid in advance.

### Privacy Act

I give my permission for the International Taekwon-Do Foundation Inc. to collect, store and use any information provided by me as well as any information collected about my progress or activities in Taekwon-Do, for its own purposes and business only. I understand that this information will not be disclosed to any other organisations without my prior consent. I recognise the right to view this information and make corrections where appropriate.

I have read and accept the above conditions.

The applicant, and the parent or guardian if the member is under 18yrs, signs this declaration.

Basically this says to the Instructor, that if a member does not abide by the rules and regulations of the do jang, the Tenets of Taekwon-Do, or other rules laid down by the organisation, then the Instructor has the power to withhold tuition and not teach the student any further (a power not to be abused).

Note: all clubs should be signing up new members using the correct ITFNZ Joining Application Form, which contains the above declaration.



# What Funders Want

by Kris Herbison, III dan

I was planning to discuss the three main types of funding sources in this article: the Hillary Commission, Community Trusts, and Gaming Machine Charitable Trusts. However Sport and Recreation New Zealand (SPARC) have recently superseded the Hillary Commission, one of the main funding sources, and we are waiting for them to tell us how they intend to fund sporting groups such as us. As SPARC is a new organisation it is taking them some time to implement the new funding scheme and make the new criteria and application information available to the public. I will therefore discuss the types of things that you should include in an application to a potential funding source.

## Funders usually ask these questions:

- Does the application make sense?
- Is the group reputable?
- Does the project seem worthwhile?
- How does the number of people to benefit relate to the amount requested?
- Is there community support for the project?

## Making an Application

Funders want to receive a professional, well-organised application from a reliable group who can account for its funds. The funder wants to see that the project is worthwhile so you need to show that there is a need and support for the project. You can show need by including a covering letter describing what the project is for in more detail and the benefits that will arise as a result of completing the project. For example funding for equipment is going to make training safer for the participants, especially puzzle mats, club and regional sparring gear and kicking or focus pads. Without these types of equipment there is an increased risk of accidents and injury to people training and competing. Also having more highly qualified instructors is going to make training safer, as they will have more knowledge of safety issues relating to the specific training involved; the quality of instruction given to students will also increase. So when applying for funding to send instructors and seniors to things such as Instructors Courses and

Conferences, training seminars, CNZ courses, First Aid courses, and black belt gradings, you should include these points. You could also ask your Regional Director to write a letter of support

## ask yourself whether it would make sense to someone who is not involved in the project

describing the benefits to the wider Taekwon-Do community. If your application will benefit other clubs ask them to write a letter of support as well. When reading over the application ask yourself whether it would make sense to someone who is not involved in the project. Ask someone else to look over the application and ask if it makes sense to them; your regional marketing committee representative would be a good person to ask. Most funding bodies have an advisor. Always talk to them about the project so that they are familiar with it and know that you are committed to it.

When planning a project and making an application you might want to take the things that funders like and dislike into consideration (see opposite page).

Although specific criteria may vary with each funding scheme, the majority of funding applications require you to provide similar types of information. As your club or region will be required to supply most of this information on each funding application that you make, you should create a funding file that includes all this information in it.

## Information asked for usually includes:

- contact details
- a description of the project
- a brief description and history of your club, and its aims and objectives
- the project budget
- the amount of assistance requested
- all other sources of funding
- how your club meets the grant criteria
- a guarantee that the project will go ahead
- a guarantee that money received will only be spent on the project
- copies of the latest annual report
- copies of the latest and audited accounts
- a bank generated deposit slip
- evidence of IRD tax status
- letters of support.

Funders like you to acknowledge from where you received funding. This is usually to advertise themselves to other potential groups so that they will make applications. They usually ask for acknowledgement in your Annual Accounts and Annual Report. They also like you to acknowledge them in any relevant publicity material such as newspaper and magazine articles, club newsletters and speeches.

## Hints:

- Obtain application forms well in advance.
- Prepare your application well before the closing date.
- Allow enough time to gather all the items you need, such as quotes and signatures.
- Most trusts and departments have advisory officers who can help you.
- Late applications are usually not considered.

## Accountability

Every club should have some form of bookkeeping, even just a record of each individual transaction. From these you can create annual accounts. If your club is randomly audited for one of the projects that you receive funding for you will need these records. If you do not have financial records, sometimes a copy of a current statement of income and expenditure or a bank balance sheet from your club is acceptable; talk to the prospective funder about this. If you are not keeping financial records for your club or region you should start thinking about recording where your money is going – it could save you a lot of trouble later on. You should issue receipts for all incoming money as it proves from where the money came and reminds you why it was received. You should keep a record of your deposits to the bank and make sure they balance with the amount in the receipt book. You should have deposit slips in the back of your chequebook, otherwise ask your bank for a deposit book. You should also keep a good record of where you are spending your money. You should usually pay for everything by cheque; never pay out from incoming cash.

Most grants are given for a specific project and should not be spent on another project. If you are not able to

spend the grant on the original project for which the funding was received, contact the funder and explain why. Don't spend the money first. If there is a good reason for not being able to go ahead with the original project, most funders will agree to let you spend the grant on another project (usually one similar to the first one), but they may not. You must keep receipts for all expenditure related to the grant (you should be getting and keeping receipts anyway). Photocopy them and send them to the funder with an accountability form and letter stating that you have spent the grant on the approved project. If you cannot account to the funder that you spent the funds on the project for which the money was granted, then you will be expected to return them. If you end up with left over funds you will also have to return the unused portion.

**Funders Like:**

- ✓ value for money
- ✓ clear benefit to the group
- ✓ volunteer input
- ✓ evidence of sound planning
- ✓ accountable, well-run group.

start thinking about recording where your money is going – it could save you a lot of trouble later on

You should now hopefully have a better understanding of what a potential funder wants in an application. If you have any other questions please contact your local Marketing Committee Representative or myself for more information. (See the ITFNZ Taekwon-Do directory in this issue.) Now it is up to you to make some applications for funding: good luck!

**Funders Dislike:**

- ✗ lateness
- ✗ incomplete applications
- ✗ missing financial information
- ✗ wordiness
- ✗ illegible writing
- ✗ unrealistic requests
- ✗ an "anything will help" request
- ✗ blank forms with "see attached"
- ✗ no acknowledgement in your annual report of the previous year's grant.

**Do you have something for TKD Talk?**

You can email letters, photographs, and articles to

[tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz),

or post to

*TKD Talk*,  
26 Merton Road,  
St Johns,  
Auckland 1006.

Non-ITFNZ members can subscribe to *TKD Talk* for \$NZ20 within New Zealand (overseas \$US15), including postage and handling.

Some back issues are available at \$NZ5 each (overseas \$US5) – limited stocks available!

See [itfnz.org.nz](http://itfnz.org.nz) for more details.

## Advertise with

# TKD Talk

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# President's Corner

Congratulations to all the winners and Award recipients at this year's National Tournament in August at Hamilton.

Special thanks to all the participants and to Mr Ross Campbell and his team for organising a well-run event.

In the four months since General Choi's passing, some of us may find the ITF scene currently somewhat confusing. Here is some information to share with you.

ITF (Canada) was set up recently by Master Choi Jung Hua, son of the late General Choi. We also have ITF (Vienna), set up by the late General Choi, who was the President. Upon his passing, Vice President Mr Russell MacLellan assumed the role of Acting President. He should hold the position until a new President is elected at the ITF Congress in 2003.

At the September Memorial Service for the late General Choi in Pyongyang,



Norman Ng  
President of ITFNZ Taekwon-Do

North Korea, an impromptu Special Congress was convened, where it was announced that Mr Chang Ung of North Korea has been elected President of ITF.

According to the Chairman of the ITF Consultative Council and lawyers for ITF (Vienna), the Special Congress was not in accordance with ITF rules and

regulations. There seems to be a power struggle going on within the Hierarchy of ITF (Vienna). Hopefully order will be restored before the 2003 Congress.

ITFNZ is keeping calm and we are currently staying with ITF (Vienna).

Congratulations to all those who have been selected to represent ITFNZ and New Zealand at the next ITF Junior World Championships at Puerto Rico in December. And good luck!

ITFNZ intends to send a senior team to the next World Championships in Poland in June 2003. Many members are already training very hard in anticipation of getting selected for the team.

Another year is almost over and I want to wish all instructors, members, volunteers and sponsors a "Merry Christmas and a Happy New Year".

Norman Ng  
President



## News In Brief

### Papakura wins Regional Sports Awards

When Mrs Breen was up late completing thirteen applications for the Counties Manukau Sports Awards recently, she found herself wondering if it was all worthwhile. She was soon rewarded, however, when Mr McPhail became a finalist for two awards (Administrator of the Year and Masters Award) and Papakura Club became finalists for two awards (Club Award and Top Team of the Year).

Mr and Mrs Breen, Mr Pygott, Mr McPhail and a few senior members of Papakura Club went to the Awards dinner at the Lakeside Convention Centre on 31 October 2002. (Incidentally, the Auckland Demonstration Team performed at the ceremony one year earlier, and it was a fantastic event!) The news got better. For his services as Chief Examiner, Web page administrator, Author of training materials and Director of Technique, Mr McPhail was chosen as the Administrator of the Year. For their achievements at Regional and National tournaments, the contribution of club members to the National Body, and their involvement in the local community, Papakura Club was chosen for the

Counties Manukau Club Award.

The awards came with trophies, and over \$3,000 in total prizes! It is definitely worth the work. Make sure your Regional Director and Marketing Representative coordinate applications for your region!

<http://www.itfnz.org.nz/about/awards/cmawards.htm>



### Gradings in Northland

Our Chief Examiner, Mr Paul McPhail, said recently that each grading round often has a memorable highlight. In August, he said it was the grading for our three new clubs in Whangarei. When clubs join ITFNZ, it often takes them a year or so to correct a number of technical differences, so the first few gradings can be small and trying. Thanks to the effort and enthusiasm of these club members and instructors, these clubs were able to field a large grading first time, with a high portion of A passes.

Mr McPhail, who was accompanied by Mr Matthew Breen, Mr Andrew Niven and Mr Vince Pygott, stayed in a hotel adjacent to the grading venue. He described the great feeling of hearing the students warm up in the next building, while enjoying his breakfast!



### Tauranga visits Brisbane

Members from our Tauranga club did New Zealand proud at the Bai Rui National Championships in Brisbane on 13 October 2002. Tauranga members were in competition with over 260 competitors from around Australia.

#### Black belt sparring:

1st Shaun Skedgwell

2nd Richard Cotter

#### Black belt patterns:

2nd Cara Lucas

#### Power:

1st Shaun Skedgwell

#### Special technique:

1st Richard Cotter

#### Special events team:

1st James Rimmer, Gwyn Brown,

Cara Lucas, Shaun Skedgwell

#### Coloured belt patterns:

1st Desiree McNie

#### Coloured belt sparring:

1st Robyn Bates

3rd Sheri-Jane Lander

#### Presidents sparring:

1st Alan Cotter

2nd "Uncle" Glen Harding

Well done to my guys. They did ITFNZ and Tauranga proud. Thanks to Gwyn, Min and Sandy for their efforts.

James Rimmer, V dan.



<http://www.homestead.com/taurangatk/ClubNews.html>



# Technical Tips

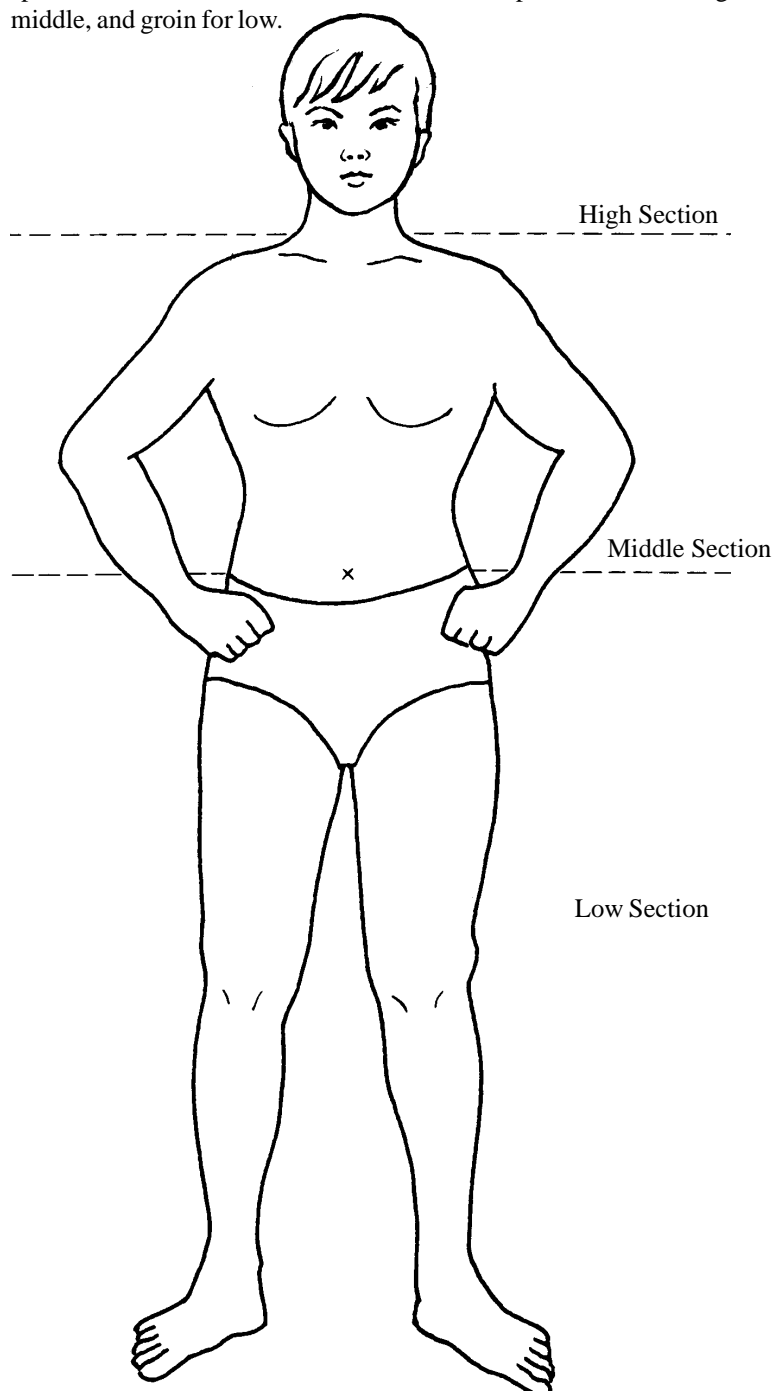
by Paul McPhail, VI dan  
Chairman, ITFNZ Techniques Sub-Committee

## Terminology for heights

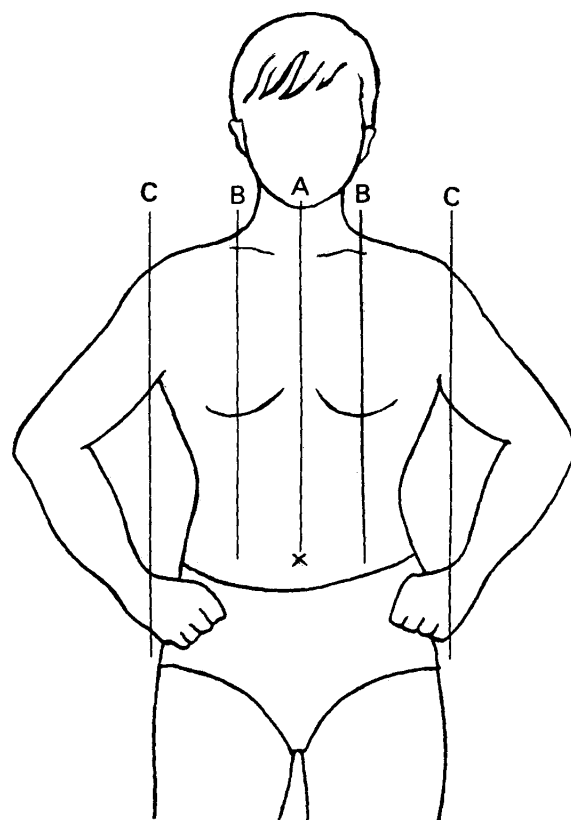
There is some confusion over the terminology used for high, middle and low vs high section, middle section and low section. Over the next two issues we will look at each in turn and clarify the difference.

### SECTIONS OF THE BODY (*Mom Dungboon*)

Taekwon-Do training is characterized by its lack of contact. Patterns and many other attack and defence exercises are practised alone against imaginary opponents. Even sparring is conducted without actually striking or grasping an opponent's body. Under these circumstances it would be extremely difficult, if not impossible, to specify the particular vital spot to be attacked. Furthermore, it would be almost impossible to standardize the location of the hand or foot of the student for attack or defence. To alleviate these problems, the human body has been divided into three sections: the high section, above the neck; the middle section, between the shoulders and umbilicus; and the low section, below the umbilicus. Within these areas are a number of vital spots. In each area, the most accessible vital spot is used to categorize each section: i.e. philtrum for high, solar plexus for middle, and groin for low.



This terminology is used when talking about vital spots or sections of the body. For example, in tournaments we say that a flying hand attack directed to the "high section" will score 2 points.



In addition to high, middle, and low sections of the body, it is further divided laterally into solar plexus (or centre), chest and shoulder lines.

A - solar plexus line  
B - chest line  
C - shoulder line

## HIGH, MIDDLE AND LOW

The terminology high, middle and low (notice the word “section” is not used), is used to describe the position of the various attack and defence techniques, in relation to person performing the technique. The terms are used so we can standardise where we position our techniques, regardless of what parts of the opponent are being struck. The rules for attack are slightly different from those for defence. In this issue we look at attack.

### Definitions

#### High Attack

When the attacking tool reaches the eye level of the attacker at the moment of impact, it is called a high attack. The attacking tool can reach the philtrum, chest, solar plexus, abdomen or other vital spots depending on the height of the opponent as shown below. Regardless of which vital spot is struck, an attack at the eye level of the attacker is called a high attack.

#### Middle Attack

When the attacking tool reaches the same level as the shoulder of the attacker at the moment of impact, it is called a middle attack.

#### Low Attack

When the attacking tool reaches the same level as the attacker’s umbilicus at the moment of impact, it is called a low attack.

*Note: there are some exceptions to these rules, which we will look at in the next issue of TKD Talk.*

Key points: (1) we are given heights (eyes, shoulder and umbilicus) and (2) we are given a time, “moment of impact”. These heights were chosen because when your opponent is standing naturally, and you execute the attacks from a common stance such as walking stance or L-stance, the most accessible vital spots on each section of the body will be struck - ie the philtrum, solar plexus and the groin. Remember though, that the target on the opponent has nothing to do with the terms high, middle or low. To give an example, a high punch means the fist should be at your eye level when you execute the punch. Against a very tall opponent, or someone jumping, you may actually contact the abdomen – but it is still called a high punch (see photos below).

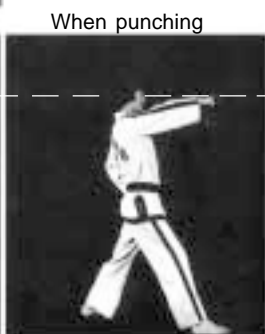


Standing naturally

Another example is that of a low kick (umbilicus height), that may actually contact the head of the opponent. It is still called a low attack.

#### Examples of high attack

The high attack is based on attacking the philtrum of an opponent of similar height who is standing naturally.



When punching



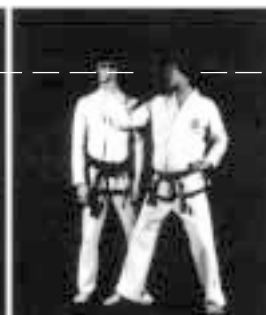
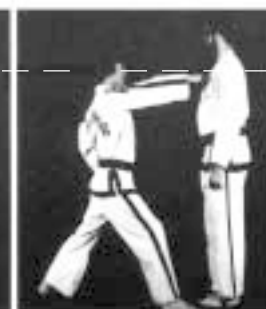
A low reverse turning kick to the opponent's high section.



Standing naturally



When striking



Eye level

*Next issue:  
High, middle and low blocks*

**ITF NZ****Taekwon-Do****0800 800 495****www.itfnz.org.nz****Auckland North****Avondale**

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

**Devonport**

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

**Glenfield**

Mr Vaughan Rae, III dan  
Windy Ridge Primary, Seaview Rd, Glenfield  
Monday and Thursday Beginners 6-7:00pm  
Seniors 7:00 - 8:30pm

**Hibiscus Coast**

Mr Vince Pygott, IV dan  
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

**Hurupaki (Whangarei)**

Mr George Konia, I dan  
Hurupaki Primary School, 20 Dip Rd, Kamo  
Monday 6:00 - 7:30pm  
Wednesday 6:00 - 8:00pm  
Saturday 9:30 - 11:30am

**Kororareka (Russell)**

Mr Rikki Lawrence, I dan  
Russell Town Hall (The Strand Russell)  
Monday and Tuesday, beginners: 5-6:00pm  
Seniors: 6:00 - 8:00pm

**Meadowbank**

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

**Nibun ITF Auckland Grammar (School Club)**

Mr Andrew Niven, IV dan  
Mountain Rd, Epsom  
Monday 7:00 - 8:30pm  
Wednesday 6:00 - 7:00pm

**Nibun ITF Baradene (School Club)**

Mr Andrew Niven, IV dan  
Victoria Ave, Remuera  
Wednesday and Friday, 7:00 - 8:15am

**Nibun ITF Diocesan (School Club)**

Mr Andrew Niven, IV dan  
Margot St, Epsom  
Tuesday and Thursday, 7:00 - 8:15am

**Nibun ITF Mt Albert**

Mr Andrew Niven, IV dan  
Auckland Grammar School  
Mountain Rd, Epsom  
Monday and Wednesday, 7:00 - 8:30pm

**Nibun ITF The University of Auckland**

Dr Cameron Snelling, II dan  
Dance Studio, Recreation Centre, 17  
Symonds St; Tuesday 7:30 - 9:00 am  
Thursday 10:00 - 11:30am

**Rosmini**

Mr Vince Pygott, IV dan  
Rosmini College, Catcheside Building  
36 Dominion Rd, Takapuna  
Tuesday and Friday, 3:30 - 5:00pm

**Stanmore Bay**

Mrs Shirley Pygott, II dan  
HBC Leisure Centre, Stanmore Bay  
Wednesday, kids under 7: 4:00 - 4:30pm  
Over 7: 4:30 - 5:30pm

**Tikipunga (Whangarei)**

Mr Mike Smith, I dan  
Tikipunga High School, Kiripaka Road  
Tuesday and Thursday, 6:00 - 7:30pm

**Counties Manukau****Howick**

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

**Infinity Manurewa**

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

**Infinity Papakura**

Mr Steve Pellow, V dan  
Kelvin Rd Primary School, Papakura  
Tuesday and Thursday, kids only: 5-6:15pm

**Kidz Kwon-Do (Papakura)**

Mrs Angela Dunn, I dan  
Elizabeth Campbell Hall, 294 Great South Rd  
Papakura. Monday 6:00 - 7:30pm

**Pakuranga**

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

**Papakura**

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

**Papatoetoe**

Mr Kane Raukura, III dan  
Papatoetoe Intermediate, Motatau Rd  
Monday and Thursday, 6:00 - 8:00pm  
Sunday 9:00 - 11:00am (informal, please  
call instructor to attend)

**Pukekohe**

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

**Tribal (Otahuhu)**

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

**Wairua-Do (Mangere)**

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

**Waiuku**

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

**Midlands****Gisborne RTR**

Mr Kim Bull, I dan  
Te Wharau School, Graham Road, Kaiti  
Monday and Wednesday, 5:50 - 7:30pm

**Hamilton**

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

**Stratford**

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

**Taranaki**

Mr Neill Livingstone, III dan and  
Mrs Kirsten Livingstone, III dan  
Ferndale Hall, Barry St, Frankley Rd  
New Plymouth  
Monday and Thursday, 5:30 - 7:00pm  
Kids: Tuesday, 3:30 - 4:30pm

**Tauranga**

Mr James Rimmer, V dan  
Tauranga Girls College, Cameron Rd,  
Tauranga  
Wednesday 6:00 - 7:30pm  
Sunday 5:00 - 6:30pm

**Te Awamutu**

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

**Waikeria**

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



Official National Governing  
Body for the International  
Taekwon-Do Federation





# 2003 Events

## ITF Taekwondo

M T W Th F S Su

January						
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Iana Bikoulova, 1 dan, Howick branch, at Music Point

### January

24-26 **NZ** ITFNZ National Seminar, Massey University

### February

- 7-9 **NZ** NZ Team Final Selection Camp
- 16 **AN** North Harbour Have-a-Go Day
- 23 **CM** Epson Under 18 Series Tournament 1
- 23 **CD** Esplanade Fun Day, Palmerston North
- 24 **NZ** Submission deadline for April TKD Talk

### March

- 3-16 **NZ** Stripes on Tour 2003
- 8-9 **CD** Relay for Life
- 14-16 **ML** Midlands Regional Camp
- 16 **AN** Round the Bays fun run
- 22 **AN** Waitakere Have-a-Go Day
- 22-23 **CD** Regional Camp
- 24-28 **NZ** Gup Gradings, Regional Examiners
- 29 **INT** General Choi Cup, Sydney

### April

1-6 **NZ** Gup Gradings, Regional Examiners  
*My grading is at:*

- 13 **AN** Regional Tournament
- 18-21 **NZ** University Games, Massey University
- 26 **CD** Regional Tournament
- 27 **CM** Regional Tournament

### May

- 3-4 **AK** Dan Grading, Auckland
- 5 **AN** Epson Under 18 Series Tournament 2

### June

- 1-2 **NZ** National Tournament, South Island
- 12-15 **INT** XIIIth World Championships, Warsaw, Poland
- 30 **NZ** Submission deadline for August TKD Talk



Photo by Ryan van Heerden

# Calendar

M T W Th F S Su

July						
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## July

- 1 **TBA** Epson Under 18 Series Tournament 3  
27-28 **NZ** National Tournament, South Island (Proposed date)

## 5-17 **NZ** August

Gup Gradings, Chief Examiner  
*My grading is at:*

- 24 **TBA** Epson Under 18 Series Tournament 4

## September

- 6 **AK** Techniques Seminar  
7 **ML** Techniques Seminar  
13 **CW** Techniques Seminar  
14 **SI** Techniques Seminar

## October

- 25-26 **NZ** Epson Open Tournament  
27 **NZ** Submission deadline for December TKD Talk

## November

- 11-21 **NZ** Gup Gradings, Regional Examiners  
*My grading is at:*

- 22-23 **SI** Dan Grading  
29-30 **WN** Dan Grading, Wellington

## December

- 7 **INT** Epson Under 18 Series Tournament 5

## Key

**AN** Auckland North  
**CD** Central Districts  
**CM** Counties-Manukau  
**ML** Midlands

**SI** South Island  
**WN** Wellington  
**AK** Auckland-wide event  
**CW** Combined CD / Wellington event

**INT** International event  
**NZ** Nationwide event  
**TBA** Region to be advised

## Central Districts

### Cloverlea

Mrs Nikki Mantjika, I dan  
Cloverlea Primary School  
Herbert Rd, Palmerston North  
Tuesday, Kids 4 – 6: 3:30 - 4:00pm  
Kids 7 – 11: 5:30 - 6:30pm  
Adults: 6:30 – 8:00pm  
Thursday, 6:30 - 8:00pm

### Horowhenua

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

### International Pacific College

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

### Milson

Mr Lawrence Mantjika, IV dan  
Milson School Hall, Rutland Place  
Palmerston North  
Monday and Wednesday, 6:00 - 8:00pm

### Palmerston North Academy

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

### Rangitikei Dragons (Marton)

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

### Taekwon-Do Cubs (Levin)

Mrs Rose Cherrington, II dan  
Salvation Army Hall, Durham St, Levin  
Juniors only: Mondays 4:00 - 5:00pm

### Tiger (Palmerston North)

Mr Mike Lowe, IV dan  
Boys' High School Gym  
Featherston St, Palmerston North  
Monday and Wednesday, 6:15 - 7:45pm

### West End

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

## Wellington

### Avalon

Mr Byron Cummins, I dan  
Avalon Intermediate School,  
1041 High St, Lower Hutt  
Monday and Thursday, 6:30 - 8:00pm

### Berhampore

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

### Brooklyn

Mr Brett Kraiger, II dan  
Vogelmorn Hall, Vennell St, Brooklyn  
Thursday, 6:30pm - 8:30pm,  
Sunday, 4:30pm - 6:30pm

### Kapiti Coast

Mr Greg Trilford, I dan  
Memorial Hall, Tennis Court Rd, Raumati Sth  
Tues and Thurs, Under 13: 6:00 to 7:00pm,  
Over 13: 7:00 to 9:00pm

### Khandallah

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

### Lower Hutt Academy

Mr Wayne Ebert, II dan  
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

René Kunz, II dan  
Miramar South School, Kauri St, Miramar  
Mon and Thurs, Juniors: 5:30 - 6:30pm  
Seniors: 6:30 - 8:00pm

### North Wellington

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

### United (Upper Hutt)

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

## South Island

### Dunedin

Mr Neil Kettings, I dan  
St Clair Primary School Hall  
Richardson St, St Clair  
Monday and Thursday, 6:00 - 8:00pm

### Greymouth

Ms Sonia Smith, I dan  
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, I dan  
Taiera High School Gym,  
Church Rd, Mosgiel  
Monday and Wednesday, 6:00 - 8:00pm

### Nelson

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

### Otago University

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

### Redwoodtown (Blenheim)

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

### Riccarton (Christchurch)

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

### Is there an error in this directory or in the website directory?

Please email **all** of the following people:  
Mr Vince Pygott, Secretary  
vpygott@itfnz.org.nz  
Mr Paul McPhail, Webmaster  
pmcphail@itfnz.org.nz  
Mrs Sue Breen, Database Administrator  
sbreen@itfnz.org.nz  
Mr Mark Banicevich, TKD Talk Editor  
mbanicevich@itfnz.org.nz

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

## Executive Committee

**President:** Mr Norman Ng, PO Box 67, 161A College St, Palmerston North. Ph (06) 357 5426, nng@itfnz.org.nz

**Secretary:** Mr Vince Pygott, PO Box 457, Silverdale, Auckland. Ph (09) H/F 424 2741, (025) 965 947, vpygott@itfnz.org.nz

**Treasurer:** Mrs Tanya Katene, PO Box 5346, Palmerston North. Ph (06) H 357 1845, W 358 0058, tkatene@itfnz.org.nz

**Auckland North Regional Director:** Mr Andrew Niven, PO Box 7612, Wellesley St, Auckland. Ph (09) H 846 3551, (021) 444 077, aniven@itfnz.org.nz

**Counties Manukau Regional Director:** Mrs Sue Breen, 26 Merton Rd, St Johns. Ph (09) 521 3244, (025) 277 9210, sbreen@itfnz.org.nz

**Midlands Regional Director:** Mr Gwyn Brown, 15 Dunrobbin Pl, Greerton, Tauranga. Ph (07) 578 6680, gbrown@itfnz.org.nz

**Central Districts Regional Director:** Mr Mike Lowe, 483 Ruahine St, Palmerston North. Ph (06) 358 3171, mlowe@itfnz.org.nz

**Wellington Regional Director:** Mrs Beryl Pimblott, 2 Exploration Way, Whitby. Ph (04) H 234 7343, W 234 7832, bpimblott@itfnz.org.nz

**South Island Regional Director:** Mr Shane Rahui, 118 Haris Cres, Papanui, Christchurch. Ph (03) 352 2067, srahui@itfnz.org.nz

## Subcommittees

**Grading:** Mr Paul McPhail (Director), pmcphail@itfnz.org.nz, Mr Evan Davidson, Mr James Rimmer, Mr Mahesh Bhana, Mr Gray Patterson, Mr Peter Graham

**Techniques:** Paul McPhail (Director), pmcphail@itfnz.org.nz, Mr Evan Davidson, Mr Gray Patterson, Mr Mike Lowe

**Tournaments:** Mr Kevin Joe (Director), kjoe@itfnz.org.nz, Mr Lawrence Mantjika, Mr Grant Eccles, Mr Darren Ward, Mr Kris Herbison, Mr Geoff Ward

**Marketing:** Mr Mark Banicevich (Director), mbanicevich@itfnz.org.nz, Mr Carl Matthews (AN), Miss Hannah Honey (CM), Miss Jodie Collins (ML), Mrs Lena Walton (WN), Mr Jake Pearson, Mr Darren Ward, Mr Kris Herbison (SI)

**Standards & Discipline:** Mr Evan Davidson (Director), edavidson@itfnz.org.nz, (and Regional Directors)



# Self Defence

by Steve Pellow, V dan

## Technique 1 : Double Push

### STEP 1

**a** As the attack is initiated, the defender should assume a right L-stance stepping outside the attacker's right leg.

**b** The left forearm is to make contact with the attacker's right arm between the wrist and elbow joints, left palm facing forward.

**c** At the moment of impact, the *arms and upper body* are to rotate sharply (*as one unit*) clockwise deflecting the attack with the left arm while drawing the right arm up and back into a *chambered* position, in readiness for the elbow strike to follow. (For maximum effect the right hand should rotate clockwise as the body turns).



This movement is not unlike the W-shape blocks found in Toi-Gye. Ultimately the opponent will collapse forward into the elbow strike to follow.

### STEP 2

**a** Stepping forward with the front foot, and sliding the rear foot forward to maintain centre of balance, bring the elbow into range for the attack.



**b** Snap the upper torso back to a position full facing to the opponent, to deliver the right elbow to the face.

### STEP 3

**a** *M a i n t a i n* contact with the opponent's arm. Simultaneously, slide the left hand down the arm (palm up, thumb open) while wrapping the right hand around behind the attacker's head.



**b** Locate the nerve in the side of the neck with the index finger. Lock the forearm very tight on the side of the head, to prevent movement or escape. Catch the wrist in the web of the left hand, lifting it sharply, while bringing the head forward with the right arm and executing a knee kick to either the groin or lower body (this action could be likened to a left front punch). The time delay for steps 1a to 3b is no more than 2 seconds.



**c** A small person may grab onto the opponent's back or shoulder for control if the neck cannot be reached.



### STEP 4

Returning the right foot to the ground, pivot clockwise and execute a left downward elbow strike to the head. Be sure to drop the body weight when pivoting, drawing the right hand to the forehead as the elbow is delivered.



### Alternative targets for attack

**STEP 2:** This elbow strike may be targeted to either the biceps muscle of the arm, chest or ribs. In these cases the opponent's arm will not be raised but swept to the side, immediately followed by step 3c and 4 of Technique 1.

**STEP 3b:** The point of the knee may be driven upward into to the shoulder joint with the arm flexed upward – or deliver the knee into the thigh. (By 'knee' here, I mean the whole of the thigh is to drive forward into the opponent's thigh so at the moment of impact the leg, from the hip to the knee joint, contacts the opponent.)

Note: this can cause the opponent's head to hit the floor, as the legs may be driven upward off the floor. (For children the point of the knee should be used as the striking weapon in all cases).

## General Principles

- When performing knee techniques always be sure to lean the upper body away from the strike. Although this initially may feel unnatural, it aids considerably in creating power because of the action / reaction forces involved. Always pull the opponent into knee strikes to further enhance this effect.
- In a sense the pivot point for the body is the hip joint. The knee is delivered in a forward thrusting manner with the body tilting backward, often making contact from the hip to the thigh, rather than just an upward slapping action with the body kept upright. It may be used in combinations, driving to the target using a skipping motion.



This photo shows the wrong position for delivering the knee.



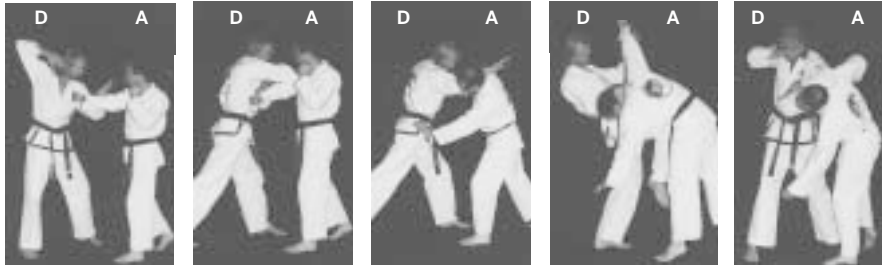
This photo shows the correct position for delivering the knee.

## Technique 2 : Straight Punch

**a** This is essentially the same series of techniques as in Technique 1. However, students should practise both left and right, obverse and reverse punches, so as to develop the technique evenly on

both sides for all situations.

**b** A variation will occur when the opponent is in a parallel leg position as opposed to cross leg position.



Step 1c

Step 2

Step 3a

Step 3b

Step 4

## Variation B - Left Lead Position

Step outside the opponent's right foot with your left foot, simultaneously blocking the punch as in steps 1a to 1c of Technique 1. Execute steps 2, 3b OR 3c, and 4 of Technique 1, but deliver the right knee in a circular motion to the inside of the right thigh, just above the knee joint. As your left foot now traps the foot of the opponent, extreme pressure can be brought to bear on the opponent's knee joint.



**GREAT CARE MUST BE TAKEN WITH THIS VARIATION!**

I do not teach this variation to children.

# Free Sparring Techniques

by Grant Eccles, III dan  
and Steve McQuillan, III dan  
Coaches, 2002 NZ ITF Junior World  
Championships Team

In some ways learning to spar is like learning to drive. The beginning driver must practise in a controlled environment to develop confidence before being given a licence to drive on the open road, where events are unpredictable. Likewise in sparring, the student must practise their skills in a controlled environment before they enter into the unpredictable world of free sparring.

Sparring, like any other complex skill, can be broken down into individual skill sets that can be practised in a controlled environment. In this article we have tried to pass on what we believe are the crucial sparring skills, and how they can be practised outside of actual sparring. We also illustrate a couple of specific sparring techniques for students who already have some sparring ability and experience.

The crucial sparring skills are evasion, speed, mental focus, and fitness.

## Evasion

The best defence against an opponent's attack is not to be in its way. The best sparrers can evade an opponent's attack

and counterattack simultaneously. To develop good evasion skills, the student must learn to move in a balanced way. This means not only forwards and backwards, but most importantly *sideways*. Moving sideways creates far more opportunity to attack an opponent than simply retreating in a straight line. As soon as a student moves sideways the angle relative to the opponent changes significantly, and more of the opponent's vital spots and scoring zones are exposed.

Evasion skills can be practised with or without a partner. For many people, learning to make their initial move to the side instead of backwards is hard enough. The student must condition their thoughts through individual practice to make sideways movement an automatic reaction to an opponent's attack. Stepping with either the front or the rear leg first can produce sideways movement.

Evasion can be practised with a partner in semi-free sparring. One partner performs attacks as the other partner evades. Initially only one attack should be performed at a time, with a corresponding evasion. As the student becomes more confident, the speed and number of attacks that need to be evaded can be increased. Eventually the student should be able to evade and attack at the

same time.

## Speed

Good sparrers are fast – not only in attack, but also in defence. Opportunities to successfully attack or defend when sparring do not last long, so the student must have the speed of thought and body to be able to take advantage of any opening, or to cover up.

Develop speed by practising offensive and defensive techniques. However, to increase speed (or at least maintain it) practice must be fast, not half paced. Practising with a partner holding focus pads is good for retaining accuracy, while working on attacking speed. The recipe is simple – if you want to be a fast sparrer you must practise being fast.

The crucial thing to remember is that speed is produced by relaxing the body. If a sparrer is too rigid in their stance, or too tense in their shoulders or legs, then fast, explosive movements will be inhibited.

---

*"Float like a butterfly, sting like a bee"*  
– Muhammad Ali

---

## Mental Focus

The mind controls the body, so students need to have good mental sparring skills

before their sparring will improve. Too often people appear to be totally blank mentally while sparring, neither thinking about what they are doing, nor attempting to identify their opponent's strengths and weaknesses. Sparrers that switch on mentally can take advantage of the smallest weakness of an opponent and can react faster. Self-belief is also very important when sparring – if you do not believe you are capable of sparring well and beating an opponent, chances are you will not.

### Fitness

Without fitness a student will struggle to improve their sparring. Too frequently we see sparrers who are technically well-equipped lose a match because they run out of steam. When the body tires, it becomes difficult to evade an opponent, throw fast and accurate techniques, and retain mental focus. Sparring can help to build sparring match fitness, but great gains can be made outside of the ring (with less risk of injury!). Short duration, high intensity, interval-based exercise is

best for sparring fitness. Such training includes shuttle runs, sprints, and pad work. All training should be done at maximum effort. Time the exercises so that session durations are greater than rest sessions, eg two minutes working a pad, one minute rest, two minutes working, etc. The aim is to increase the body's ability to operate when lacking oxygen, as happens in sparring. Fitness also increases self-belief and confidence through knowing you can last the distance in a match.

## How to attack a cornered opponent

Many people see a cornered opponent as an easy target. Many times, however, we see cornered sparrers able to escape because of the type of attacks used by their opponents. The cornered sparrer has three available options to escape: move to the right, move to the left, or come blasting straight out at the opponent (which is uncommon). Throwing a

straight line attack at a cornered opponent, such as a front pushing kick or a side piercing kick, allows the opponent to escape to either the left or right of the technique. Instead, if a wide angle attack such as a turning kick is thrown with the left leg, the cornered person will usually try to escape away from the kick by moving to their left (and

vice versa). Thus wide angle attacks can be feigned with one leg to encourage the opponent to move in the opposite direction. Once they have moved in the desired direction, the main attack can be performed with the other leg or the hands to keep the opponent trapped in the corner.



Feign a right leg kick to get the opponent moving right



Quickly kick with the left leg to trap the opponent



Follow up quickly with punches or other leg techniques.

## Front foot step / front hand punch

This is a very simple, yet surprisingly effective technique.

As the opponent attacks, the front foot steps out at about a 30 degree angle. The body should be half or side facing. As the foot steps and the body moves, the front hand punches in a jabbing motion toward the mid or high section of the opponent.

The angle of the initial step is important. If the step takes you too far away from your opponent, your punching hand will not be able to reach the target. If the initial step is not wide enough, the opponent may still score with the attacking technique. Therefore it is very important to practise this skill with a partner before attempting it in free sparring.

As confidence increases, the initial step can become a jump to score with flying punches. For tournament sparring, it is important to prepare your stance relative to your opponent, to allow you to move to the opponent's open side, ie where you can see and attack their chest rather than their back.



Set up your stance to let you step easily to the open side of your opponent

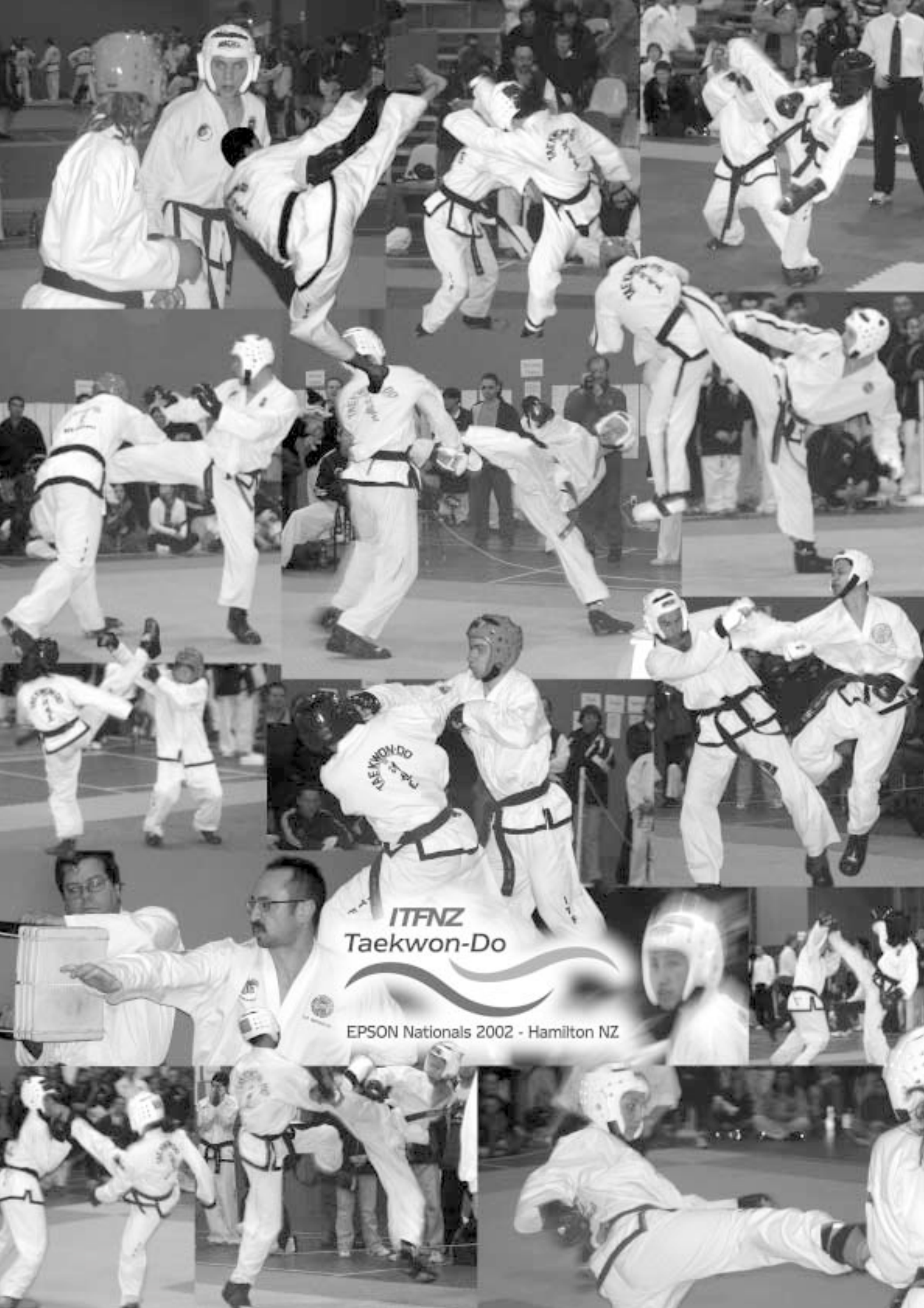


As your opponent kicks, step your front foot out on an angle to avoid the attacking technique



Punch with your front hand to your opponent's high or mid section (flying punch is also possible)





**ITF NZ**  
**Taekwon-Do**

EPSON Nationals 2002 - Hamilton NZ

# ITFNZ Nationals 2002 - Hamilton

by Jonathon Wong, 5<sup>th</sup> gup  
Otago University

The weekend began with a long day travelling from one end of the country to the other. The majority of the team drove from Dunedin to Christchurch then flew to Auckland and then drove to Hamilton in an effort to save money. By the time we all arrived in Hamilton everyone was completely exhausted, sick of sitting and waiting for the next flight or van, and eager to get on with Taekwon-Do.

The following morning we arrived at Te Rapa in great anticipation. The minute we stepped out of the vans we were lost in the crowds of Counties Manukau jackets. SI was the smallest team but thankfully the only ones wearing dark blue hoodies. The tournament began with form up and speeches from the ITFNZ seniors and the Mayor. The atmosphere amongst the competitors was amazing – everyone was psyched and eager to get on with the days events.

First up, patterns. The coloured belts ran through juniors followed by seniors. The standard was very high, especially amongst the junior blue and red belts. Its always feels funny seeing people three times smaller than you wearing the same belt and performing techniques better! With the coloured belt patterns out of the way, everyone gathered around Ring 1 to watch the 1st – 4th dan finals. This was a real eye opener for myself and for the rest of the team, I'm sure. Team SI watched and cheered as our only competitor left, Mr Kris Herbison, competed for gold in the 3rd dan finals against who else, but Mr Hong Looi. The 4th dan finals were amazing to watch! Mr Patterson and Mr Mantjika battling it out, executing perfect techniques with perfect timing, and at the same time making it all look ridiculously effortless. Watching

them perform Moon-Moo and Juche was definitely a major highlight of the tournament.

After a short break and the patterns presentation, it was straight into sparring, individual power breaking and special technique. Nothing held back here. Every competitor gave it their all showing just how tough you had to be to compete at national level. As expected there were some casualties with bleeding



Auckland North Coach Andrew Niven  
with the Best Region Trophy



A huge turn-out for the ITFNZ  
Taekwon-Do tournament of the year

noses left, right and centre; a couple of people were carried off and St John's people were kept busy throughout the day with mostly minor injuries. However, the level of skill in the sparring was excellent and all bouts started and finished in good spirits. The centre referee even had to pull two competitors apart after a bout because they couldn't

stop congratulating each other!

The Awards Dinner followed that evening – an all-you-can-eat buffet (Mr Patterson looked especially hungry as there were rumours of him dribbling while queuing for food). The Junior World Champs Team was introduced, which included Mr Daniel Kerr (Nibun ITF Junior Student of the Year) and Miss Nicole Kettings from the SI team. Then Mr Norman Ng (President of ITFNZ) gave a speech about many important issues like free ties for all instructors and how ITFNZ was in need of more cash!

The second and final day of competition began with the sparring finals. With the stakes raised another level; the finalists intensified the level of competition showing exactly why they were in the gold medal bout: Once again an eye opener. It was especially exciting watching Mr Hong Looi delivering lightning reverse turning kicks to his opponent time and time again. The final and most exciting event concluded the tournament: team sparring. The noise levels in the stadium were so loud you couldn't hear yourself think. Chants from Auckland North's official cheerleading squad (who were well practiced) seemed to drown out most people as their team battled it out with Wellington. The men's team sparring final was between the South Island and Midlands, with team SI winning. The presentations of the final awards followed to finish up what had been an unforgettable nationals tournament.

No surprises for the Best Region trophy, Auckland North cleaned up for the second year running, followed by Counties Manukau and Wellington. We are looking forward to next year when the Nationals will be here in the South Island...

The Best Overall Belt trophy winners

<http://itfnz.org.nz/ref/tournaments/nats2002/index.htm>



# ITFNZ Nationals 2002 Hamilton: Results

Division	Gold	Silver	Bronze	Bronze
4th Dan+ Patterns	CD Lawrence Mantjika	WN Graham Patterson	AN Matthew Breen	AN Jeanette Joe
3rd Dan Patterns	AN Hong Looi	SI Kris Herbison	CM Haydn Cain	CD David Ballard
2nd Dan Patterns	AN Lewis Looi	CM Toni Moki	ML Devon Pittman	CM Harmony Moki
1st Dan Patterns	WN Shane Rogers	CM Amanda Brown	AN Cilla Brown	ML Regan Diggelmann
Red Belt Patterns Adult	AN Kyaw Pau	AN Carolina Dillen	WN Dylan Cassidy	CM Wayne Heywood
Red Belt Patterns Junior	CM Christopher Clencie	WN Matthew Kiernan	AN Ariane Heynen	CM Chanthie Thach
Blue Belt Patterns Adult	CD Thomas Young	CM Papaka Brown	AN Chuan Whei Lee	SI Dean Jenkins
Blue Belt Patterns Junior	AN Scott Wilmshurst	CD Jessica Walker	SI Natasha Kettings	CM Chris Broughton
Green Belt Patterns Adult	SI Jonathon Wong	WN Andy Wong	CD Naoki Minamiguchi	AN Bernice Ng
Green Belt Patterns Junior	CD Lewis Rice	AN Hannah Warren	CM Jacob Daube	CM Thomas Millard
Yellow Belt Patterns Adult	ML Desiree McNie	WN Ken White	CM Alfreed Saboonchi	AN Anna Voss
Yellow Belt Patterns Junior	CD Jethro DArc	CD Charlotte Clark	WN Chloe Parsons	CM Sasha Millar
Mens 3rd Dan+ MiddleHeavyweight	WN Graham Patterson	AN Vaughan Rae	AN Matthew Breen	
Mens 3rd Dan+ LightMiddleweight	AN Hong Looi	AN Mark Trotter	SI Kris Herbison	
Mens 1st/2nd Dan Hyperweight	CM Jaime Reti	SI Jarrad Ramsay	ML Shaun Skedgwell	
Mens 1st/2nd Dan Heavyweight	SI Daniel Kerr	SI Shane Eade	AN Carl Van Roon	WN Rodney Thistoll
Mens 1st/2nd Dan Middleweight	AN Lewis Looi	ML Kim Bull	SI Glenn Goldsmith	ML Clint King
Mens 1st/2nd Dan Lightweight	CD Kenny Chiang	AN Royston Lim		
Womens 1st/2nd Dan Heavyweight	WN Erin Boshier	SI Alison Roma	CD Tracy Lockwood	
Womens 1st/2nd Dan Middleweight	CM Toni Moki	CD Sandi Galpin	AN Cilla Brown	WN Suzanne Main
Womens 1st/2nd Dan Lightweight	SI Thu Thach	WN Amy Carroll		
Vets Mens 1st Dan+ Openweight	CD David Ballard	ML Robert Severne	AN George Konia	AN John Matsuoka
Vets Womens 1st Dan+ Openweight	SI Lorraine Eade	AN Christine Davey		
Jnr Boys 1st Dan+Hyperweight	AN Dafydd Sanders	ML Phillip Diggelmann		
Jnr Boys 1st Dan+ Heavyweight	ML Kyle Caldwell	CM Daniel Thompson	CD Tonee Francis	ML Mathew VanderHulst
Jnr Boys 1st Dan+ Middleweight	ML Regan Diggelmann	CD Robert Buddle		
Jnr Girls 1st Dan+ Hyperweight	CD Nikki Galpin	AN Karen Davey	CM Anthea Markstein	AN Anna Wintle
Jnr Girls 1st Dan+ Heavyweight	CM Roseanne Te Hau	CM Jessica Te Hau	CM Cara Harrison	AN Alix Bartholomew
Jnr Girls 1st Dan+ Middleweight	CM Amanda Brown	AN Megan Matsuoka	SI Nicole Kettings	AN Amy Kingston
Jnr Girls 1st Dan+ Dan Lightweight	CM Harmony Moki	AN Siobhan MacDonald	CD Catherine Bowness	
Mens 1st-3rd Gup Hyperweight	AN Sean Davis	WN Brian Tietjens	WN Peter Doile	WN Peter Chapman
Mens 1st-3rd Gup Heavyweight	CD Trent Rogers	AN Daniel Nelson		
Mens 1st-3rd Gup Middleweight	CM Satnam Deo	CM Wayne Heywood	AN Rohan Dass	AN Carl Matthews
Mens 1st-3rd Gup Lightweight	AN Kyaw Pau	WN George Harache	ML Neil Ward	
Womens 1st-3rd Gup Heavyweight	WN Sarah McCardle	CD Tracy Walker	WN Jennifer Iiti	ML Tina Harding
Womens 1st-3rd Gup Middleweight	AN Carolina Dillen	AN Julia Palmer	SI Camilla Krebs	
Womens 3rd-5th Gup Lightweight	WN Pamela Yee	WN Sandy Congdon		
Vets Mens 1st-3rd Gup Openweight	CD Richard Burr	CM Greg Clencie	ML Glen Harding	WN Nick Lourantos
Vets Womens 1st-3rd Gup Openweight	ML Caroline Moore	WN Suzanne Oliver		
Jnr Boys 1st-3rd Gup Hyperweight	CD Damian Sligo Green	WN Simon Pittams		
Jnr Boys 1st-3rd Gup Heavyweight	WN Matthew Kiernan	CM Papaka Brown	ML Scott Sutherland	ML Hadyn Hitchins
Jnr Boys 1st-3rd Gup Middleweight	CM Christopher Clencie	ML Gregory Dyson	ML Ryan Stevens	CD Jamie Smith
Jnr Boys 1st-3rd Gup Lightweight	CD Karl Mehlhopt	ML Martin Ward	CD David Burr	ML Hayden Stevens
Jnr Boys 1st-3rd Gup Microweight	AN Uhn Coradine	WN Matthew Brunton		
Jnr Girls 1st-3rd Gup Hyperweight	AN Helena Murray	AN Kathleen Rosser	AN Laura McIntosh	
Jnr Girls 1st3rd Gup Heavyweight	AN Ariane Heynen	CD Gemma Aldrich		
Jnr Girls 1st-3rd Gup Middleweight	CD Sara Curtis	AN Joanna Northey	CM Chanthie Thach	CD Jenna Curtis
Jnr Girls 1st-3rd Gup Lightweight	CD Estelle Speirs	AN Rebecca Walthall	SI Natasha Kettings	
Jnr Girls 1st-3rd Gup Microweight	CD Jessica Walker	AN Xian Konia		
Mens 6th-8th Gup Hyperweight	AN Tony Walker	CM Alfreed Saboonchi		
Mens 4th-6th Gup Heavyweight	WN Rabih Saba	SI Chris Eley	AN Lance Morris	CM Zurial Harrison
Mens 4th-6th Gup Middleweight	SI Dean Jenkins	WN Rhys Wilson	SI Jonathon Wong	CM Jody Griffin
Womens 4th-6th Gup Heavyweight	AN Nicola Tse	CM Karaat Edwards	AN Bernice Ng	SI Charlotte Meyers
Womens 4th-7th Gup Middleweight	WN Louise Chan	ML Desiree McNie	WN Katherine Gilmore	
Vets Mens 4th-6th Gup Openweight	CM Fritz Niu	WN Jim McKenzie		
Jnr Boys 4th-6th Gup Middleweight	CM Rhys Thomas	ML Luke Daborn	CD Lewis Rice	CD Callum Bryson
Jnr Boys 4th-6th Gup Heavyweight	SI Aaron Maoate	SI Damien Markland		
Jnr Boys 4th-6th Gup Lightweight	WN Elie Assaf	CM Josh Parker	AN Scott Wilmshurst	CD Simon Kennedy
Jnr Boys 4th-6th Gup Middleweight	CM Do Hun Lee	CM Chris Broughton	WN Zahi Assaf	
Jnr Boys 4th-6th Gup Lightweight	ML Shane Black	CD Luke Mehlhopt	ML Carlos Macdiarmid	ML Dale Daborn
Jnr Boys 4th-6th Gup Microweight	CM Carlin Daube	CM David Clencie		
Jnr Girls 4th-6th Gup Heavyweight	AN Erin Overton	WN Raewyn Coburn		
Jnr Girls 4th-6th Gup Middleweight	ML Laura Mossley	CD Loren Kennedy		
Jnr Girls 4th-6th Gup Lightweight	CM Sheylah Moki	ML Laura-Jane Gaylor		
Jnr Girls 4th-6th Gup Microweight	CM Paige Moki	ML Emma Ward	CD Annaleise Burr	ML Hayley Rosser
Mens 7th-8th Gup Heavyweight	SI Vallen Peterson	AN Jerome Ng	ML Daniel OBrien	
Mens 7th-8th Gup Middleweight	WN Ken White	SI Nigel Patterson		
Mens 7th-8th Gup Lightweight	AN Breon Gravatt	CD Jun Yamatoku		
Jnr Boys 7th-8th Gup Heavyweight	AN Philip Vlaskovsky	AN Mike Knight		
Jnr Boys 7th-8th Gup Middleweight	AN Sonny Hae Chu	AN Seb Gorrell	WN Shane Scrivens	
Jnr Boys 7th-8th Gup Lightweight	WN Anthony Coster	WN Leo White		
Jnr Boys 7th-8th Gup Microweight	WN Jarrod Coster	ML Cameron Casson	AN Kevin Matsuoka	CM Ethan Parker
Jnr Girls 7th-8th Gup Heavyweight	CM Ashlee Millar	WN Keitha McClure	AN Francie Fill	
Jnr Girls 7th-8th Gup Middleweight	ML Robin Bates	AN Renee Richardson	CD Lidia Streeter	ML Chelsea Campbell
Mens Black Belt Power	CM Daniel Jackson	SI Daniel Kerr	AN Hong Looi	
Womens Black Belt Power	CM Sonia Bertelsen	SI Alison Roma	CD Rosemarie Cherrington	
Mens Black Belt Special	AN Carl Van Roon	CM Johnny Ormsby	AN Hong Looi	
Womens Black Belt Special	CD Nikki Galpin	WN Amy Carroll	CM Roseanne Te Hau	
Jnr Mens Black Belt Special	ML Kyle Caldwell	SI Daniel Kerr	AN Robbie Whitlock	
Jnr Womens Black Belt Special	CM Amanda Brown	SI Nicole Kettings	CM Harmony Moki	
Best Black Belt Women's Team	Auckland North	Counties Manukau	Wellington	
Best Black Belt Men's Team	Auckland North	Midlands	Wellington	
Epson Sportsmanship Award	ML Kevin Frost			
<b>Best Region (total points)</b>	AN, 132 points	CM, 99 points	CD, 80 points	

**Best Overall Belts**  
Yellow: ML, Desiree McNie  
Green: SI, Jonathon Wong  
Blue: CD, Jessica Walker  
Red: CM, Christopher Clencie  
Junior Black: CM, Amanda Brown  
Adult Black: AN, Hong Looi

Key: AN Auckland North, CM Counties Manukau, ML Midlands (formerly WBT), CD Central Districts, WN Wellington, SI South Island



# ITFNZ Taekwon-Do Awards 2002

by **Alfred Saboonchi, 7<sup>th</sup> gup**

Cold, bruised and sore I entered the annual Awards Dinner venue, expecting an evening of boring speeches and a mediocre meal. Scanning the room for a familiar friendly face, I began to regret my loss of the Pizza Hut option. The need

Auckland North contingent claimed one of their own with pride.

Keeping true to the Strong Southern Man image, Mr Daniel Kerr from Dunedin kept it short with, "Thanks to my instructor and that's it, eh!" when he won the Nibun ITF Junior Student of the Year. Mr

children anymore, we are grown up as an organisation and can stand on our feet. "So you don't worry, okay?"

Mr Ng thanked both the Junior and Senior World Championships Teams for the knowledge that they brought back with them from overseas. The passing



Mr Matthew Breen



Mr Carl Matthews



Mr Grant Eccles



Mr Daniel Kerr

to write about the night from a yellow belt "new boy" perspective added to my turmoil.

I was welcomed into one of the few free seats at the stage end of the dining hall by Ms Desree McNee, (who beat all comers earlier to deservedly win 8<sup>th</sup> gup patterns). Sitting beside me was one of the biggest 10 year olds I know (in size and spirit) Arturo; thanks for making me feel welcome, mate. I met the Tauranga Instructor "Friends call me Gwain" and before I knew it the table had adopted me and I felt at home.

There were some medicinal trips to the little bar at the other end of the hall, and after the remaining gas heaters were turned on the chatter increased audibly.

Matthew Breen was another man of few words, collecting the Paul M Taekwon-Do Dan Student of the Year.

Mr Lawrence Mantjika and Angela Dunn presented the Martial Arts Apparel Club of the Year to Tauranga. Mr James Rimmer collected the award graciously "on behalf of my students", whom he acknowledged for making it happen. Before he managed to settle back into his seat, he was called up to receive the prestigious Epson New Zealand Instructor of the Year Award, presented by Mr Greg Skinner and Mr Daniel Motu. Mr Rimmer was visibly moved by the award and his voice was charged as he thanked his own instructor, (I missed his name! sorry Sir [Mr Evan Davidson, this

on of those skills was visible to him in the level of sparring and patterns earlier that day.

Some detail of changes in funding and the Hillary Commission went over my head. I did understand the urgency and need for us all to create a positive awareness within the media and community about our "product" as Mr Ng put it. He begged all of us to do more for the marketing and publicity of the "brand name of ITFNZ Taekwon-Do".

The Junior World Championships Team for Puerto Rico came up on stage and was given a stunning ovation.

Mrs Debbie Trotter won the President's Award for her dedication in managing the



Mr James Rimmer



Mr Norman Ng



Mr Greg Skinner

Mr Grant Eccles did a great job as master of ceremonies. His fluid wit and obvious enthusiasm for Taekwon-Do came across loud and clear. His singling out of Mr George Harache (from Wellington) for an accident of fate in celebrating his 19th birthday on the dinner night, earned Mr Harache two pushups for each year. The 38 pushups were done with gusto and style, his back flip stand up trick at the end brought a roar from the crowd.

The clapping and roaring continued when Mr Carl Matthews was awarded the Webworld Gup Student of the Year. The

issue's profiled instructor – EdJ) along with his right hand man and admirable assistant of 19 years, Mr Chris Fitzgerald.

Next was Mr Norman Ng's ("sing" without the "s") speech. He acknowledged Mr Harry Hemana and addressed the rest of us with, "its not often that I get a chance to address you all, so now you listen huh... okay!" That got our attention and applause.

He talked about us losing our Father, General Choi Hong Hi, and sad as we are, we must remember that we are not

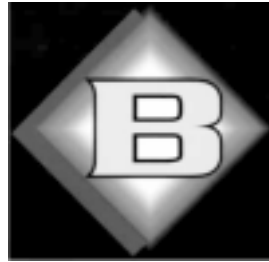
international Taekwon-Do teams. Messrs Lawrence Mantjika, Matthew Breen, Andrew Niven and Vince Pygott received their ITF 4<sup>th</sup> dan certificates (an impressive document).

Oh yeah, the food was wonderful: the two buffet tables were laden with a feast fit for warriors, plenty of roast beef and healthy salads, etc.

The chance to meet so many exceptional people in one evening was a pleasant systems overload. I look forward to next year's dinner and hope to see you there.

<http://www.itfnz.org.nz/about/awards/2002awards.htm>

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# Instructor Profile: Evan Davidson

*At 6th dan black belt, Mr Evan Davidson is the most senior member of ITFNZ Taekwon-Do. Mr Davidson has been an active member of our organisation since it began. He was the founding instructor of the Miramar branch in Wellington – one of our oldest clubs – and together with Mr Ng and other pioneers of Taekwon-Do in New Zealand, he organised combined trainings and other events which became the foundation of ITFNZ Taekwon-Do. Mr Davidson is presently Instructor of our Te Awamutu club, which he opened in 1986. He is a Senior Examiner, and the Director of Standards and Discipline for ITFNZ Taekwon-Do.*

**by Joanne Davidson, II dan**

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

I started in Singapore in 1972 at the age of 20.

**What club did you start at and who was your instructor?**

The H.M.S Terror club at the army base in Singapore and also at the Chong Pang club in the village. Both were run by Mr R. Jayaraman (3rd dan) who was my instructor.

**Why did you choose Taekwon-Do as opposed to other martial arts?**

I'd never heard of Taekwon-Do, but I had done judo as a teenager in New Zealand. One of my army colleagues was a red belt and invited me to come watch a training session. I was so impressed that I joined straight away.

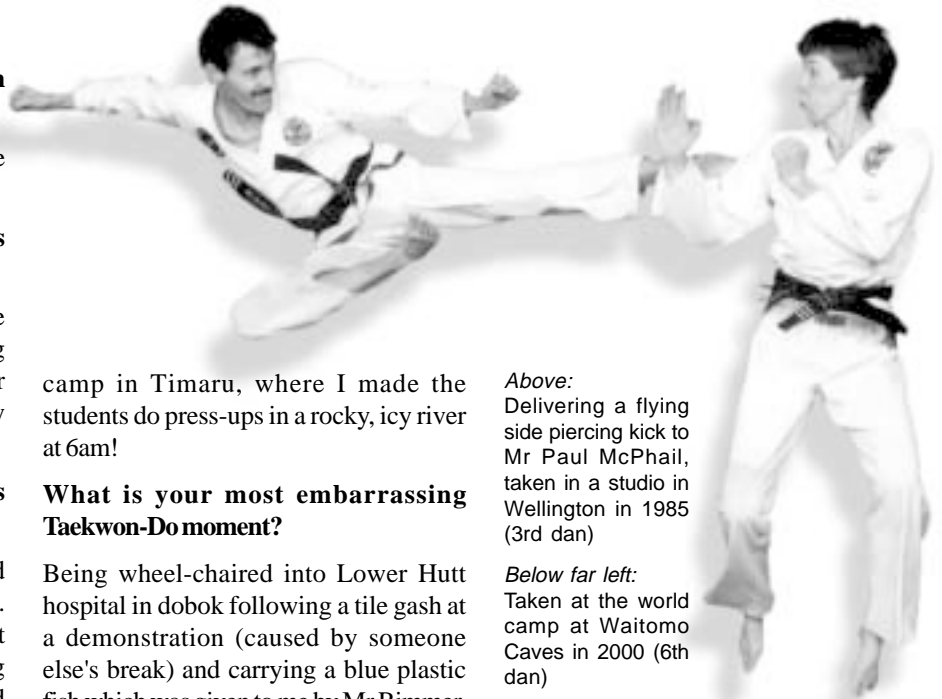
**When did you receive your first dan?**

I graded to 1st dan on 9th September 1973, 18 months after starting (I'd had two double gradings).

**What is the highlight of your Taekwon-Do career?**

There have been too many highlights to name them all! One was meeting Mr YK Yun, then 6th dan in 1975, who was head of the Australian Taekwon-Do Academy and the first Korean I'd met. Another was meeting General Choi in 1976, when he flew into Auckland for one night and we drove up from Wellington to see him.

Others include the Sharp International Tournament in 1985 and the World Camp at Massey University in 1992, where I met (then) Master Sereff and the US team, as well as Dutch and Australian black belts. I also enjoyed the recent South Island



camp in Timaru, where I made the students do press-ups in a rocky, icy river at 6am!

**What is your most embarrassing Taekwon-Do moment?**

Being wheel-chaired into Lower Hutt hospital in dobok following a tile gash at a demonstration (caused by someone else's break) and carrying a blue plastic fish which was given to me by Mr Rimmer.

**What are your personal goals for the future?**

To see my students expanding the organisation by opening their own clubs and being as successful as I have been, if not more successful. My ultimate goal is to reach the rank of Master.

**What are your goals for the future of ITFNZ?**

I would like to see ITFNZ more prominent in the media, but I'm pleased to see that we are recognised by other (ITF) countries as having students with high standards, despite our limited resources, and a good democratic organisation. I would like to see more clubs and the organisation to remain strong and attractive to senior students and new members.

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

Master Yun was a big influence in my earlier years. I admire Master Wheatley, because he is so down-to-earth and approachable. Most of all I admire General Choi, because he was so inspirational and extremely dedicated to his art.

*Above:*  
Delivering a flying side piercing kick to Mr Paul McPhail, taken in a studio in Wellington in 1985 (3rd dan)

*Below far left:*  
Taken at the world camp at Waitomo Caves in 2000 (6th dan)

**What is your favourite technique?**

Flying reverse turning kick, because it looks good when smashing watermelons! (I think we've all seen the photos...).

**What is the most valuable thing you have learned over the years that you think every Taekwon-Do student should know?**

To be humble and respect everyone, regardless of race, rank or position in society and to be open and adaptable to new experiences.







Good Luck Juniors  
in Puerto Rico  
World Champs

# Kicks for Kids

by Shirley Pygott, II dan

Welcome to the fifth edition of Kicks for Kids.

This issue we feature a special version of the training secrets of Taekwon-Do with a little bit of a Christmas flavour. Remember also you can send something in to be published on these pages: KICKS FOR KIDS, PO Box 457, Silverdale, Auckland 1462; or email us at [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz).

## The Nine Training Secrets of Taekwon-Do

General Choi had a secret. Actually it was a set of secrets that he wrote to help us all do better Taekwon-Do. They are called the training secrets, and he wanted us to remember them and practise them in our movements. Only trouble is, that remembering them all can be tricky, so I have simplified them (and changed them around a bit) to the tune of the Twelve Days of Christmas to make it easier. (Yes I know there are only 9 secrets, but a few less verses at the end won't make much difference! And it's quicker to sing too.) If you want to see the proper version, you can find it in the Black Belt Techniques Handbook, the Condensed Encyclopaedia, the Legacy CD-ROM or on the ITF NZ website: [www.itfnz.org.nz/features/tech/secrets.htm](http://www.itfnz.org.nz/features/tech/secrets.htm) P.S you only sing the words in **bold**, the rest are the explanation, and if you sing it in class, do it *softly*!

### The 1st training secret we got from General Choi: **Know the purpose of every move**

You need know how a technique is supposed to be done (method), and what it is for (purpose). That way you will do it properly and it will work.



Understand the purpose and method of each movement clearly.



Choose the appropriate attacking tool for each vital spot.

### The 2nd training secret we got from General Choi: **Tools and vital spots**

You need to use the right part of your body (tool) to attack or block the right part of the other person (vital spot), so that the technique will work properly. If you use the wrong tool, or go for the wrong vital spot, you could hurt yourself instead. OUCH!

Downward kick can be used to attack the collar bone



### The 3rd training secret we got from General Choi:

#### **Use sine wave**

You need to go up during a movement and down at the end of it, so that your body moves in a kind of wave shape. Your knees should be springy too!



Create a sine wave during the movement by utilizing knee spring properly.



### The 4th training secret we got from General Choi: **Angle is important**

Become familiar with the correct angle and distance for attack and defence.

Every technique in Taekwon-Do is designed for a particular purpose, including when attacks come from the side or the back. You need to know where you need to be so that the technique will work. After all it is no good blocking forward if someone is attacking you from behind!



## The 5th training secret we got from General Choi: Theory of Power

There are six parts to the theory of power: mass, speed, equilibrium, breath control, concentration and reaction force. If you use them properly even a very small person can be extremely powerful.



*Study the theory of power thoroughly.*

## The 6th training secret we got from General Choi: Use your backward motion

*All movements must begin with a backward motion with very few exceptions.*

*Once the movement is in motion it should not be stopped before reaching the target.*



Strange though it may seem, you have to go backwards before you go forwards. Most techniques have a little backwards movement, before you go forward to complete the movement. There are a few techniques where this doesn't happen, but you learn them as you go. It is also important to keep moving until the movement is complete. If you stop in the middle, it won't work as well.

## The 7th training secret we got from General Choi: Breathe when you're supposed to



Breathing at the right time is important. (Actually all breathing is REALLY important, unless you want to collapse in a heap on the floor!) Some movements share a breath (connecting motion), where you get two for the price of one.

*Exhale briefly at the moment of each blow except during a connecting motion.*

## The 8th training secret we got from General Choi: Bend limbs between the movements



*Keep both arms and legs bent slightly while the movement is in motion.*



When you move between techniques, all your arms and legs should be bent, nice and relaxed.

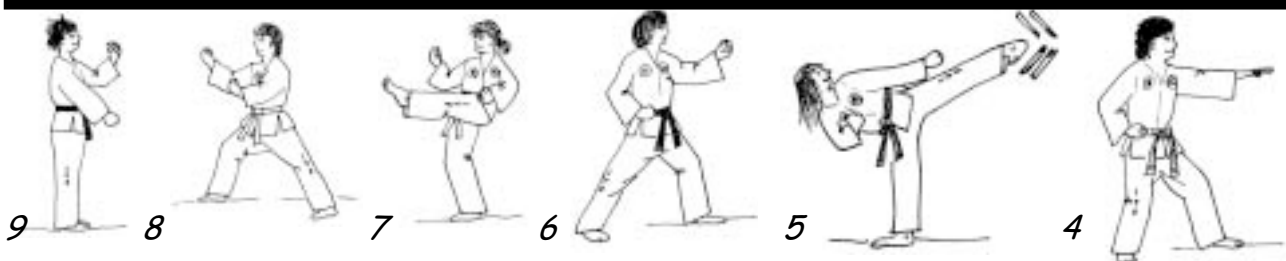
## The 9th training secret we got from General Choi:

Your hands, feet, eyes and breath out should all work together to focus your power in the one place. If they all end at different times, then you just end up splitting your power. NOT GOOD !

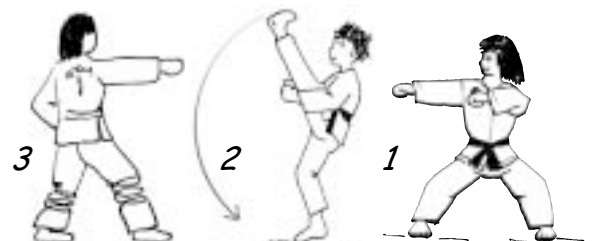
**All things should end together**



*Bring the movement of eyes, hands, feet and breath into a single co-ordinated action.*



*The nine training secrets we got from General Choi:  
All things should end together,  
Bend limbs between the movements,  
Breathe when you're supposed to,  
Use your backward motion,  
Theory of Power,  
Angle is important,  
Use sine wave,  
Tools and vital spots  
And know the purpose of every move.*



*Next issue, we will talk more about the Theory of Power, which allows small people to attain great power!*

# Camp: Survivor II

by Dylan Cassidy, 1<sup>st</sup> gup, Kapiti Coast

All the hours of planning, organising and piecing together of the ultimate survivor camp came together on Friday the 18<sup>th</sup> of October.

The camp got off to a great start with a welcoming committee comprising of the amazing Japanese Tai-Ko drummers who blasted out beats that you could not only hear, but also feel; six of our own Kapiti Coast boys lifted the roof with the Haka.

The fun continued with the 14 team leaders (all red belts) reading out the names of their six team members. Then each team was given a coloured bandana, the *hot pink* and *pale pink* bandanas caused a bit of a stir to say the least! Then team leaders were given just sixty seconds to go outside and spray paint their team names onto blank flags. Points were awarded for placing in events throughout the camp, which would decide the ultimate team at the end.



Then came the first Fear Factor: *Rat Attack*. Just imagine a rather large white rat clawing around your neck and eating crumbs off your chin, while you have to lay dead still on your back.

Enter the Tae-Bo Gals, with their dance routine to, you guessed it, Destiny Child's "Survivor". Two left feet or just the one? We were all invited to follow along the second time around, and there would be more to come.

A quick supper then curfew at 11pm ended the night with the illusion of a relaxed atmosphere. Bring on day one...

Everyone had the pleasure of waking up to an unidentified person bashing the cabin doors down at 6.30am. Most still half asleep, we all managed to make it to the hall by 7am, only to find out we had a run up the road. Some got off with a shorter run, but all black stripes and fitness freaks ran about 5km up the road, only to do a u-turn and run all the way back.

A well deserved shower, breakfast, a couple more Fear Factors and two awesome Taekwon-Do classes later, it

was time for the part we had all been waiting for: the Survivor II assault course! Overalls on, the stage was set. Teams left at two-minute intervals with the same goal in mind: to finish the course in the safest and quickest time possible. Sun shining, each team faced a barrage of obstacles, such as walking, running, wading, crawling through mud, climbing ladders, tunnelling, swinging, rope walking and press ups in cold river water to name a few. Teams crossed the finish line feeling tired, hungry and in dire need of a shower.



Parents and guardians prepared a great dinner for all those who survived the course.

It was time for the Playstation Playoff. The game was Tekken 3, projected onto the big screen. Children dominated the playoffs and finals.

The Trivia Night was excellent! Although controversial, extra credit was given for the team that could name all 24 patterns. Yes, the team that took the point had a certain 5<sup>th</sup> dan present!

On the menu shown for Fear Factor 4: pigs ears, sheep eyes and brains. Fortunately for the now blind folded contestants, the above was swapped for boiled red pepper and mint sauce covered lichen.



A quick supper was followed by tired survivors rushing to bed in anticipation of an early morning run!

Day two: that thunderous knocking at 6.30am on cabin doors once again interrupted blissful dreams. Team leaders looking anxiously at the itinerary found tracksuits and running shoes on the agenda but everyone was surprised to be greeted by an equally hard Tai Chi class. Time again to shower up and have some breakfast, before a sparring class that finished in a tournament between the teams. Another Fear Factor and then lunch took us 'til the last Taekwon-Do class.

It rained briefly before the second round of the Survivor Course, which added a new element – mud! All team members were familiar with the course this time around and it showed with every team improving their time, some by more than 20 minutes. A surprising turn of events saw two new wild card teams step up to the plate for a swing; a black belt team and the guardians team. Competing against each other, the competition was close but the guardians clocked in a few minutes before the black belt team!

The last Fear Factor, followed by a much-needed shower, preceded another great meal cooked by the guardians and a few other special helpers. The instructors got the royal treatment: seated first and each assigned two waiters/waitresses, which ensured they had a fine meal.

As the camp drew to a close, completion certificates were presented and the winning team was named (for which we waited with baited breath), they were of



course the Kicking Lemons. By the time all presentations were completed, the team bonds were stronger than ever. This was backed up by a heart-warming sentence from little Daniel Kunz: "I don't want to leave my team Dad." Six-year-old Daniel cried himself to sleep on the way home, fearing he would never see his team again.

This camp would not have been possible without the man himself Mr Greg Trilford. All the hours and sacrifice this man put into his camp made it possible for us to leave as a Survivor, and leave as a better person.

Thank you to the sponsor Kapiti Pak 'n' Save, Trudy McIntyre for the bandanas, Paul Drysdale for the survivor course, Sue and Dave Oliver for their contribution, Julie Summers for Fear Factor, Dave McLeod for Trivia Night, parents and guardians and anyone else I haven't mentioned. This camp would not have been possible without you.

PS. Plans for Survivor Reunion are under way, so keep your bandanas, flags, and most importantly your team spirit. 🐾



# The 2002 New Zealand Junior Team

by **Grant Eccles, III dan**  
and **Steve McQuillan, III dan**  
**Coaches, 2002 NZ ITF Junior World Championships Team**

On 28<sup>th</sup> November, 16 young ITFNZ Taekwon-Do students aged from 13 to 17 flew out from Auckland airport on a daunting mission: to travel to Puerto Rico to pit themselves against the best in the world at the 6<sup>th</sup> ITF Junior World Championships.

For all of the team, the road to the 6<sup>th</sup> Junior World Championships has been a long and hard one. It began in June 2001 with the first ever ITFNZ Taekwon-Do Junior Development Squad camp. From the 40 or so attendees at that first camp, only the 16 listed below were selected to represent their country. The team was selected at two trial camps in February and March 2002.

Since the selection of the team, they have been constantly challenged physically and mentally. They were subjected to physical and mental pressures with which people far older than they would have struggled to cope. For instance, half of the team were selected as black stripes, but only black belts can compete at the Junior World Championships. Thus, in order to stay on the team, they had to successfully pass their black belt grading. As if the normal pressure of a black belt grading wasn't enough!

The coaches demanded a great deal of commitment and effort from the team members. The level of competition and the type of atmosphere with which the team will be confronted at the Junior World Championships is far more intimidating than anything our domestic tournaments can offer. The team were pushed to extremes to prepare them. It



Junior Team members practise emergency evacuation techniques

has definitely not been easy, and it is a credit to the team members that they have lasted the distance.



Harmony Moki, female 2nd dan patterns, demonstrates Juche tul

Since being selected, team members have trained twice a week in regional groups, and had monthly national training camps in Taupo. Taupo camps involve rising at 6.30am on Saturday and Sunday; eight hours training on Saturday, and four hours on Sunday. On days when organised training is not scheduled, team members were expected to follow specific individual training programmes. This training is in addition to their regular club training!

The team has had great support from many sources, and we wish to take this opportunity to thank everyone who has assisted in so many ways. We sincerely thank the team's four major financial sponsors: ITFNZ Taekwon-Do, EPSON

New Zealand, Scottwood Industries, and the Oxford Sports Trust. We would also like to thank Tribal Taekwon-Do, who donated \$500 to the team out of the blue. Thank you Tribal!

The team realise that they represent more than just themselves in Puerto Rico. They represent all members of ITFNZ Taekwon-Do and they intend to make sure that their efforts do New Zealand, ITFNZ Taekwon-Do, and themselves proud.

The team will send daily email updates while they are away. Tune in to the ITFNZ website ([www.itfnz.org.nz](http://www.itfnz.org.nz)) to keep up to date with the team's progress. If you would like to email the team while they are away, their address is [nzjuniorteam@hotmail.com](mailto:nzjuniorteam@hotmail.com). They would love to hear from you!



Kyle Caldwell practises flying turning kick

The team members (and their respective events) are:

## Male

- Mark Trotter, III dan (3<sup>rd</sup> dan patterns, microweight sparring, team event)
- Daniel Kerr, II dan (2<sup>nd</sup> dan patterns, hyperweight sparring, power, team event)
- Kyle Caldwell, I dan (heavyweight sparring, specialty, team event)
- Regan Diggelmann, I dan (1<sup>st</sup> dan patterns)
- Phillip Diggelmann, I dan (hyperweight sparring, team event)
- Sam Skinner, I dan (middleweight sparring)
- Tonee Francis, I dan (hyperweight sparring, team event)
- Robert Buddle, I dan (middleweight sparring)
- Daniel Thompson, I dan (heavyweight sparring, team event)

## Female

- Harmony Moki, II dan (2<sup>nd</sup> dan patterns, lightweight sparring, team event)
- Roseanne Te Hau, I dan (1<sup>st</sup> dan patterns, heavyweight sparring, team event)
- Jessica Te Hau, I dan (heavyweight sparring, team event)
- Nicole Kettings, I dan (1<sup>st</sup> dan patterns, team event)
- Anna Wintle, I dan (1<sup>st</sup> dan patterns, team event)
- Nikki Galpin, I dan (specialty, power, team event)

## Coach

Mr Steve McQuillan, III dan

## Assistant Coach

Mr Grant Eccles, III dan

## Manager

Mrs Debbie Trotter, ITFNZ President's Award 2002

# TKD Talk Photo Competition

## Highly Commended Entries



### Competition runner-up

Kong Wai Chien, V dan from Malaysia,  
and Hong Keat Looi, III dan from Nibun Mt Albert branch

*Photograph taken at Clear Water Sanctuary, Batu Gajah, Malaysia, by Mr Khzian*



Kenny Chiang, I dan, from IPC branch  
*Photograph by Mayuko Suzuki*



Richard Cotter, II dan, from Tauranga branch  
*Photograph by James Rimmer*

## Next Issue

We'll be bringing you reports on several major events, such as:

### Junior World Championships, Puerto Rico 2002

*You've read about our team in this issue – find out how they go at the tournament!*

### National Seminar 2003

*If you aren't planning on going yet, you'll wish you had when you read this...*

### Stripes on Tour 2003

*This year's tour was a great success – next year there will be even more Stripes to spread the word.*

And of course, our regular columns, including:

### Technical Tips

*Mr McPhail talks about the heights of blocks.*

### Self Defence

*Mr Pellow shows us how to defend against a haymaker or two.*

### Free Sparring Techniques

*Mr Niven, National Coach for the team to the 2003 World Championships, gives us a couple of his favourites.*

### Plus...

*Learn about the instructor of one of our oldest clubs – Tiger instructor, Mr Mike Lowe!*



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# ITF NZ NATIONAL SEMINAR 2003

MASSEY UNIVERSITY, PALMERSTON NORTH

24 – 26 JANUARY 2003

**SPECIAL GUEST INSTRUCTOR**  
**MASTER MICHAEL DAHER**

*Experience a weekend of intensive Taekwon-Do training with the best instructors we have to offer. Experience the amazing facilities and services at Massey University, including the huge gymnasium, own room accommodation and professionally catered food.*

*Experience a Master Class, sparring, kicking and self defence workshops conducted by Australia's foremost ITF exponent, Master Michael Daher, 7th dan.*

**WITNESS THE SENIOR DAN GRADING**

Andrew Salton testing for 5th dan

Ian Campbell, Dave Ballard, Neill Livingstone, Shaun Tolley and Darren Ward testing for STRIPES!

The seminar caters for all ranks, white belt to Master! Non-ITF NZ members also welcome.

Further information and application forms are available on the website at [www.itfnz.org.nz/news/camp2003](http://www.itfnz.org.nz/news/camp2003)