

2003 ISSUE 1

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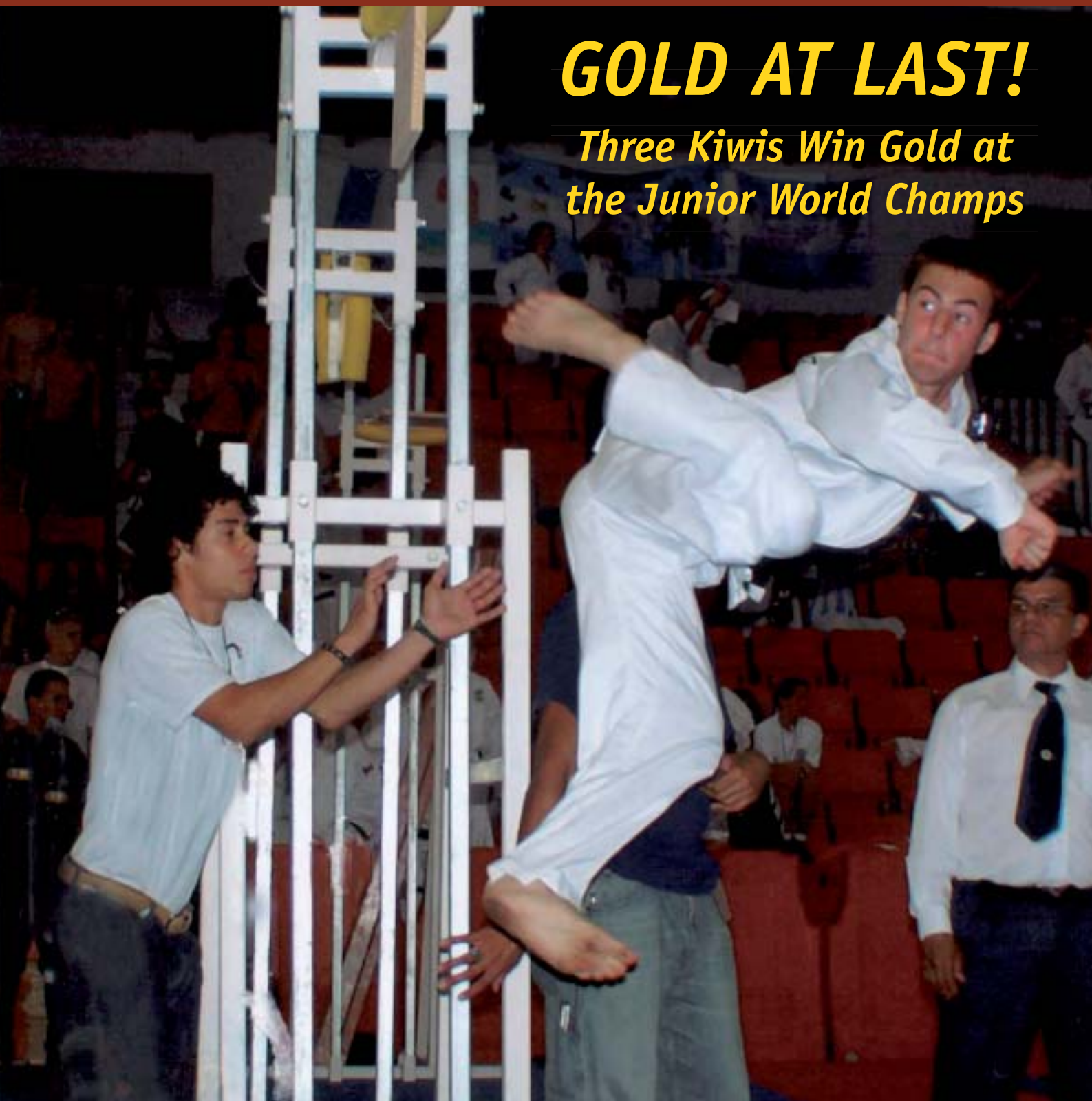
TKD Talk

The Official Magazine of ITF NZ Taekwon-Do

www.itfnz.org.nz/tkdtalk

GOLD AT LAST!

***Three Kiwis Win Gold at
the Junior World Champs***



IN THIS ISSUE:

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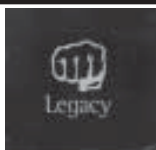
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About the Cover



The photo is of Kyle Caldwell performing the mid-air kick in his gold winning performance of special techniques at the Junior World Championships in Puerto Rico, taken by the official tournament photographer.

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Editorial

We want you to take action!

In this issue of TKD Talk, we ask you to take *action*. On p5, Mr Herbison tells us that there are changes in the wind that will make it difficult for us to get community funding. Please write to the people he suggests to stop this from happening.

On p11, we call for nominations for this year's ITFNZ Taekwon-Do Awards. Do you know someone who deserves one of these prestigious awards? If so,

nominate them! Find out how on p11.

This is the sixth issue of TKD Talk that Matthew Breen and I have edited. I hope you enjoy it. Please let us know.

Send letters or articles to:

TKD Talk
26 Merton Rd
St Johns
Auckland 1006
or tkdtkalk@itfnz.org.nz.

The August issue submission deadline is 30 June 2003.

Finally, since General Choi passed away last year, there has been a lot of political turmoil in the ITF. You may have read about it on the internet. Let's hope the international leaders consider General Choi and his legacy, work out their differences and do what's right for all Taekwon-Do. In the mean time, rest assured that our Executive Committee are working to ensure ITFNZ Taekwon-Do does the right thing for all of us.

Mark Banicevich, Co-editor

Letters to the Editor

Dear Editors

Late last year we took the New Zealand team to the Junior World Championships in Puerto Rico. Most people will know that the team did really well. We are writing this letter to say thank you to a few people that helped us greatly and made our jobs as coaches a lot easier.

First our Team Manager, Mrs Debbie Trotter. Debbie worked three times harder than any other person involved with the team and needs a special mention. Debbie's ability to make things happen and to make sure we were where we needed to be on time made the trip and its preparation run very smoothly. Her concern for the safety of all team members is rewarding because it gives parents piece of mind that their children would be safe at all times while travelling around the world. Debbie's efforts were enough to grant her more than the title of extremely hard working Manager, but also the title of Mum for all junior members travelling abroad.

We would also like to give a huge thanks to Messrs Paul Trotter, Glen Francis, Chris Buddle, Bruce Galpin and Les Diggelmann who all went out of their way at times, putting themselves in awkward situations in unfamiliar surroundings to get the junior team dinner so they could eat before 11 o'clock and get a better night's sleep. Thanks to Mr Trotter for also developing the special technique machine that allowed our team members to prepare so well for that event.

We would like to thank the following parents and supporters for all their hard work prior to and at the World Championships: Ms Jodie Collins, Ms Shelley Hodder, Mrs Vikki Diggelmann, Mrs Judi Galpin, Mrs Julie Thompson, Mr Greg Clancie, Mrs Tracey Buddle, and Mrs Fiona and Mr Terry Tehau. All of these people did so much for the team, be it helping out at training sessions, cooking meals, transporting the team to and from trainings (both locally and at Taupo), and generally being supportive of ourselves and the team members and we owe them a huge thank you.

We would also like to acknowledge the important role of the team members individual instructors. We communicated with many of you throughout the teams' preparation and we thank you for your support and trust.

Last but not least, we would like to take this opportunity to thank the Sponsors and all the people who made this trip such a success: The Scottwood Trust, The Oxford Sports Trust, ITF NZ

Taekwon-Do, Epson New Zealand, Tribal Taekwon-Do, Mr Paul McPhail, Mr Steve Pellow, Mrs Sue Breen, Mr Rua Kaiou, Mr Aaron McIlwee, Mrs Nikki Mantjika, Mr Gwyn Brown, Mr Luis Gato Gato (Puerto Rico) and Mrs Wanda Ferrer (Puerto Rico).

Yours sincerely,
Grant Eccles, III dan and
Steve McQuillan, III dan,
Assistant Coach and Coach of the Junior World Championships Team

A lot of hard work goes into making something like this happen, and it is appropriate that all of the people involved are thanked. On that basis, the letter above leaves two important people out: TKD Talk thank the coaches of the Junior World Championships Team, Messrs McQuillan and Eccles, for their dedication and sacrifice which was instrumental in the team's participation. Thank you both.



Dear Editors

Through the TKD Talk Magazine, I would like to express my appreciation and gratitude to those people who assisted me in the last months to achieve my V Dan, whether it was with training, advice, support or encouragement.

My training for this grading commenced in September and consisted of hours of individual work at home, often interrupting family commitments and plans, so a big thank to my family, especially Kerry who kept things ticking over as 'normal' as possible as training became a big part of my routine.

I would like to acknowledge the following people: *Jake Pearson, Graham Patterson* who would travel to Levin for the regular Sunday morning training session, along with other Students from the Wellington region. Their advice and training was beneficial and appreciated to myself and the other Students from our Region that were also grading. *Dave Ballard, Darren Ward*, for sharing ideas, and support. *Richard Burr, Thomas Young, Nikki Galpin, Suzanne Main* for being there to assist with the training.

A special *Thanks* goes out to my own students, *Aaron Lange, Robert Buddle, and Brian Tietjens* for putting me through my paces during Club nights and being there when I needed you to be. A very special *Thank You* must go out to *Paora Tukapua* who gave up many hours during his school holidays to train with me at home, and to prepare to become my partner if needed. Again, *Graham Patterson* for all of his input into

my training and for being my partner on the day. *Lawrence Mantjika* for the use of his dobok. *Stacey and Wade Salton* who tested me on my theory.

Tony Assema, my mentor/Instructor for his ongoing advice and support. To Harry Hemana who encouraged me to attempt the multiple flying side kick. And finally, a very big *Thank You* to all that supported me prior, during and after the grading.

Yours in Taekwon-Do,
Andrew Salton, V dan, Levin



The author – lying down on the job...



Dear Editors

Tauranga 2002 Australia Trip

One training night late in 2001, our instructor, Mr. Rimmer, light heatedly said, "Hey, wouldn't it be cool if we organised a club trip to Australia?"

I smiled and replied, "Yeah, it would", thinking nothing more of it.

Twelve months of washing cars, selling chocolates and raffle tickets later, 33 of us found ourselves standing blurry-eyed and half asleep at Hamilton Airport at 5:30am on Friday 11th October 2002.

After clearing airport security at Brisbane

Corrections to last issue

On page 10, the captions under the photographs of Roseanne TeHau identified the source as the Epson Under 18 in Palmerston North. That tournament was actually in New Plymouth, not Palmerston North.

On page 27, the article stated that Mr Lawrence Mantjika and Mrs Sue Breen presented the Martial Arts Apparel Club of the Year. It was Mrs Angela Dunn of Martial Arts Apparel (and instructor of Kidz Kwon-Do in Papakura) who presented this award with Mr Mantjika, not Mrs Breen.

TKD Talk apologise to Mr Neill and Mrs Kirsten Livingstone, Mrs Angela Dunn, Mrs Sue Breen and the Breen family (who were billed as proof readers but not given the opportunity to proof these pages) and our readers for the error.

and winding our watches back, we made our way to the Treasure Island Holiday Resort.

After traveling by monorail we got on the bus for the final leg of our journey. It was at this point that Mr. Brown decided to keep us entertained by teaching us some local phrases. (Here's a tip – every sentence should end with “mate”, “blue” or “cobber”).

We ditched our baggage at the resort and broke out the credit cards before heading to the nearest mall.

On Sunday we all made our way to the South Bank Plaza in Brisbane. This was the venue for the Bai Rui National Championships.

We were very impressed by the structure. It was very much like a covered Rome Colosseum, with four matted rings in the centre.

About 200 competitors assembled and after a warm welcome from Mr. Charles Birch, the tournament got under way.

The heat made competing very strenuous and constant fluid intake was required.

The Australians are quite strict on any excessive contact and a few were taken by surprise by our willingness to get stuck in and mix it up.

Richie Cotter gave us a bit of a scare after winning the specialty event. He went straight on to the power destruction and was doing very well until he split the ball

of his foot open while executing a turning kick.

After loosing about a gallon of blood and turning a few of the spectators white, it was decided that a band-aid was not going to do the job. He was taken to hospital for a few stitches and a pair of sturdy crutches.

Our 17 club members performed extremely well, taking more than our fair share of the hardware home. (Results were published in the last issue of *TKD Talk*).

The event ran well into the early evening, finishing with special team events and sparring finals. (The black belts had to endure 3 x 2 minute rounds).

It was well and truly dark when we finally headed for home after the prize giving, at around 8:00pm.

With the competition over, the rest of the trip was spent unwinding.

The group trip to Movie World was one of the highlights. At the end of the day I managed to talk Mr. Rimmer into accompanying me on the Lethal Weapon ride. I sincerely told him that it really wasn't that bad.

As we hopped on and slowly climbed to the highest point I turned to him and said, “You know how I said that this ride was really tame?”

“Yeah”.

“I lieeeeeeeeeeeeeee!”

We also visited the Australian Zoo.

Unfortunately (or fortunately, depending on your point of view) Steve (the crocodile hunter), Terry and Bindy-Sue were not there that day.

A few of us managed to get along to a training session at the local club in Nerang, run by 4th Dan Mr. Steve Luxmoore. We were warmly welcomed and enjoyed the training.

Mr. Rimmer invited Mr. Luxmoore to a BBQ at our resort the last night we were there. It was quite interesting to talk to him about the ITF organisation in Australia and compare it to our own organisation at home.

The journey home was a fairly quiet event. After a week, everyone was pretty much shopped and theme parked out. (Not to mention a little broke).

Everyone agreed that the trip was a huge success. I would like to take the opportunity on behalf of everyone who went, to thank Mr. Rimmer, Mr. Brown, Mini and Sandy for their efforts in organising and getting us there. It was greatly appreciated.

Shaun Skedgwell, I dan, Tauranga

It certainly sounds like you had a fantastic trip! It is great to read about the fun you had outside the tournament. If any of our members have a club event and would like to write about it for TKD Talk, be sure to get us your article as soon as possible after it happens. Note the deadlines for article submission on the calendar in our last issue.

News in Brief

Midlands Regional Camp

by Adam and Lorne Glenister,
TeAwamutu

The weekend started on Friday 21st of March; a TKD camp in the Midlands Region, Narrows Landing, Hamilton.

The organisers were well-organised and the venue electric. People were catching up on old stories and laughs, and the cooks were getting things sorted while accommodation was being issued.

Saturday started when the day broke: running, training and more training, a few black belt injuries... and this was all before 9am!

Saturday night was entertaining and lots of laughs all round.

Sunday started with a daybreak swim and loosen-up; then plenty of action and a black belt demo to finish the day off.

For those who attended it was pleasing to be part of a great atmosphere, and to see so many junior belts come away with a wealth of knowledge and new friends.

TKD Talk, 2002 Issue 3

Thanks to Jody and Bevan for their efforts in coordinating such a great weekend. We can only hope that there are opportunities to have similar camps in the future.

Round the Bays 2003

by Haydn Cain, III dan,
Eastern (ITF) Pakuranga

I'd like to thank all those who participated in this year's Round the Bays fun run as part of our ITFNZ group, as well as those who gave their time and effort to make it the great day that it was. We had a group of approximately 50 people on the run this year, with some running unofficially to keep the official entrants company.

All involved had a really great time, and it was wonderful to see the enthusiasm shown by our participants from both Auckland North and Counties Manukau. We even had people thanking us after the run for clearing the way for them as we ran in our pack formation through the

crowds on the day!

After completing the 8.4km run in 87 minutes, we took time to stretch our aching legs. This attracted the attention of the Eastern Courier, once again getting some ITFNZ members into a local newspaper.

Our post-run site in Glover Park was also a big success, where the ITFNZ Auckland Demonstration Team kept a crowd of people entertained with an impressive array of abilities (as usual – well done folks).

Special thanks to Miss Hannah Honey, for her help organising the day, and to Mr Vaughan Rae and Mr Neil Breen for helping set up our site and looking after our gear while the rest of us jogged along the waterfront.

Last but especially not least, thanks to all those members of ITFNZ who made it along to run on the day. We hope to see you back again next year, with more of your club mates to make it an even bigger and better event!

National Seminar 2003

by Sandi Galpin, II dan,
Palmerston North Taekwon-Do Academy

The 2003 ITFNZ National Seminar was held at Massey University in Palmerston North, on 24th – 26th January. It had been several years since the last National Camp; this one promised to be big. And it was. Over one hundred Taekwon-Do practitioners of all ages and ranks attended. We were fortunate to have Master Michael Daher attending as a guest instructor and head examiner for the senior dan grading.



The assembled students attending the 2003 National Seminar

The weekend started a little earlier on Friday for those grading: Mr Andrew Salton for his 5th dan and Messers Ian Campbell, Shaun Tolley, Dave Ballard, Darren Ward and Neill Livingstone for their 4th dan. After several hours behind the closed doors of the events centre, the applicants emerged looking hot and tired and eager for the formal part of the grading, where the doors were open for all to watch. With a large crowd of locals looking on, the seniors demonstrated patterns, self defence, sparring and destructions. The highlight for many was Mr Salton's spectacular flying horizontal triple side piercing kick destruction.

(If you missed it, have a look on the website for the video!

<http://www.itfnz.org.nz/features/archives/seminar2003/salton.htm>.)



Master Daher's signature high twisting kick

After the entire gruelling process was over, Master Daher pronounced them all

<http://www.itfnz.org.nz/features/archives/seminar2003/details.htm>

successful – big CONGRATULATIONS to you all!

The morning brought the official opening of the seminar followed by the unveiling of the memorial to General Choi Hong Hi – the founder of Taekwon-Do. It is a simple plaque honouring his life, his spirit and his dedication to Taekwon-Do. The spot is marked by a young kauri tree, which hopefully one day will grow to be great.



The General Choi Memorial at Massey University, Palmerston North

Later on, after a quick warm-up with Master Daher, including some unusual upside down press-ups and sit-ups, we were divided into groups for grade training under different senior instructors. This gave everybody a chance to practise in relatively small groups and to learn patterns and other grade specific techniques. It also gave most the chance to meet and train with instructors they do not encounter very often.



Partner-work in the sparring elective

Both Saturday afternoon and part of Sunday were dedicated to elective workshops where you could choose which ones you wanted to attend. All of them were so interesting it was hard to choose. Two workshops were held on sparring, one conducted by Master Daher and the other by Hong Looi and Honza Kubat. Ground techniques was taken by Mr McPhail, balintawak arnis (stick fighting) by Mr Pellow, breakfalling

by Mrs Pimblot and power breaking by Mr Patterson.



Mrs Beryl Pimblott shows people how to fall over properly

To conclude Saturday, some mystery evening entertainment was planned. This turned out to be Mr McPhail with a quiz especially designed to stump us all. After being split into three teams, questions on Taekwon-Do related topics were asked followed by light-hearted if rowdy arguments as to the correct answers. Team three scraped through with the win narrowly beating team two.

The ITFNZ Executive Committee held a meeting, allowing everyone else some free time to catch up with old Taekwon-Do friends from around the country, and meet some new ones.

After a late night for many, the Moginie hall residents were woken before six by loud techno music to get everyone in the mood for the day. After congregating at the hall, we took a pack run to the field where some light training with Mr Davidson (who was extremely disappointed about not going for a swim in the river) ensued. Training continued with yoga to greet the sun as it finally crept its way over the horizon.

More great workshops concluded the training for the weekend, then we were all set to head to our homes. It was a great weekend for all where so much was learned, especially from our visitor, Master Daher. I hope you all enjoyed it and took as much away from it as I did. 4



Master Daher demonstrating for the senior black belts

Senior Dan Grading

by Neill Livingstone, IV dan

At the National Seminar, held at Massey University in January this year, Master Michael Daher from Australia conducted a grading for six senior ITFNZ members. Andrew Salton graded for his V dan, and Dave Ballard, Ian Campbell, Neill Livingstone, Shaun Tolley, and Darren Ward all graded for IV dan. In this article, Mr Livingstone tells us of his experience.

The 24th of January had finally arrived. Whoever would have thought, back in 1987, that I would be going to Palmerston North for my IV dan grading? Certainly not me. But here I was with my support crew – Kirsten, Hayden and Ian – on our way from New Plymouth. Was I nervous? Not really; just a little bit apprehensive. Was my knee going to hold out? My cruciate ligament had gone again just before Christmas practicing my flying twisting kick. Needless to say, this kick was off the agenda this weekend.



The gradees being put through their paces; Shaun Tolley and Andrew Salton in front

We arrived at Massey at 3pm and registered for the camp. After dropping off my gear, it was back over to the events centre to meet up with the rest of the guys who were grading and Richard Burr (who did a fantastic job organising things). Mr McPhail arrived at 4pm and ran through the schedule. Then it was time for the written theory exam. It turned out to be okay. All the nights studying had certainly paid off, or maybe it was an easy exam. Anyway, I felt good about it. The grading was off to a good start.

Master Daher arrived and we were into it. Fundamental exercises, running, press-ups and sit-ups. Mr McPhail was certainly correct when he said it was

going to be an intensive training session. I was feeling rather jaded after the first half hour. The hardest thing though, was working on the concrete floor. My calf muscles were taking a pounding and I wasn't the only one. The rest of the session consisted of drills, patterns and pad work. We were all working hard. I must have got my second wind, because I was starting to feel okay. Apart from my legs. They were hurting.

It was 7:15 and the training session was over. It was hard but fun. I also picked up a few interesting exercises to take back to club.

It was time for the formal part of the grading and in flooded the spectators. It was good to see so many people there to give us support. 7:30 and we were off again. Mr McPhail informed us that Master Daher wanted to see all the black belt patterns. I remember thinking, "Oh no, Juche! How am I going to get through that with no feeling in my legs!" We ended up doing all of the patterns but Juche, much to my relief. Perhaps he noticed we were all around 40 years of age and was showing a bit of sympathy. My patterns felt terrible and I know I made a few mistakes, but Kirsten told me they looked okay. Another part of the grading over.

Model sparring was next up. This was going fine until I felt my knee go, executing a take down. Luckily Master Daher had seen enough at that time and stopped.

Time for self defence – my favourite. It was going well, although coming to the



Master Daher reveals the next torture on the schedule – Neill Livingstone and Darren Ward look on



Andrew Salton, Dave Ballard, and Ian Campbell hit the pads

end of my routine my knee was really hurting. I think the examiners could see it, because they stopped me. I asked if I could carry on as I didn't want to take any short cuts, to which they agreed.

It was time for my support crew to kick into action. Mr Ian Hayward did his stuff for my knee: a bit of energy around the knee and a pressure point on the sole of the foot. It nearly sent me through the roof, but the sharp pain had gone. It was down a dull ache.

Free sparring was next. One on one six times with different partners, and two on one three times. It was very tiring but the encouragement from the crowd kept me going. Thanks guys.

Last element of the grading was destruction. I got my breaks second time around. I guess I was just running out of steam. Just when we thought it was all over Master Daher asked everyone to perform one last break. A suspended inward knikehand. This was new. It was my turn and I remember thinking, "Speed is the key". I hit the board as fast as I could and it, broke much to my relief. We formed up and Master Daher announced our results. It was a good way to finish the grading. I passed. It didn't really sink in until we broke off and I saw the smile on Kirsten's face. Thanks to everyone who has helped me get to this stage of my Taekwon-Do career (you know who you are). Now I look forward to the future.

Taekwon

Congratulations from TKD Talk to our six gradees – all of them were successful.

<http://www.itfnz.org.nz/features/archives/seminar2003/photos.htm>

Stripes on Tour 2003

Nelson, Christchurch, Dunedin
by **Darren Ward, IV dan,**
Khandallah/Newlands

The trip started on Friday and proved to be a busy weekend. The Nelson seminar had 11 attendees from Nelson and Blenheim. We concentrated on free sparring drills and improving the power in a side kick for power breaking. The improvement in power of all attendees' side kicks was evident.

I met up with Lawrence Mantjika in Christchurch and we started the joint part of our seminars. We had about 20 keen attendees. Again I concentrated on free sparring drills and power techniques. Lawrence showed everyone the correct way to breathe, dazzled us all with his flexibility, and worked on speeding up techniques by relaxing the body.



Carolyn Faithful from Dunedin
takes lessons to heart

With the Dunedin seminar it wasn't Mr Herbison's day for batteries – first his car battery died when meeting us at the airport, then his cell phone went, followed by his video camera. Over 30 students attended the seminar. Thanks to Mr Herbison's funding efforts, we had sparring mats and, as specially requested, we worked mainly on free sparring techniques. Some students must have had sore calves after a long period getting used to bouncing on the mats!

It was a great chance to meet old friends and make lots of new ones – my one regret was that I couldn't spend more time in each city. The thing that leaves me wanting to visit the South Island again and again is the great level of enthusiasm and the standard of technique. It should be no surprise that Lawrence and I emphasised that South Island instructors are great – even though they are isolated from the North and they don't have their own stripes yet, the quality of instruction is still top class.



Mr Mantjika shows off his...
unique talents...
throughout the South Island



Counties-Manukau students warm up for
Mr Ian Campbell's *Stripes on Tour* session
at De La Salle College in Auckland

Wellington
by **Andrew Salton, V dan,**
Horowhenua

My first session was held at the Brooklyn Taekwon-Do Club, and about 30 students were present. During the session, I conducted a series of self-defence techniques. Participants were asked to wear street clothing instead of dobok to enable them to feel what it would be like doing self-defence in the street. The day's training with some basic self defence routines, such as releasing from wristlocks and front and rear choke holds. The techniques were new to most of the students, and they enjoyed the challenge of making and seeing them work. Later we did break falling and rolls with a few different challenges for the students to attempt, such as front flip break falls and backward rolling into handstands, etc. I was impressed with most of the break falling techniques I saw. The last part of the session was dedicated to knife defence and defence against kicks.

The second session of this *Stripes on Tour* was held at the NaeNae College Gymnasium in Lower Hutt. In this session, we worked on sparring, with the main focus on free sparring. The attendance was again around 30 students, ranging from white to black belts. Training began with a reasonably hard work out, working the students up to a light sweat. I taught them how to combat an aggressive opponent by sparring going backwards. Next, some 3 step sparring techniques and confirmed what the students should be trying to achieve (as far as foot positions are concerned); followed by more free sparring training, explaining and teaching the importance of side stepping and how to achieve this part of sparring.

I followed with one step sparring, demonstrating quicker ways of doing certain techniques and the principles behind a single attack and counter; then more free sparring, concentrating on focus: using pads to train the students to focus on the pad and develop speed to hit the target. Then all students to had a go at pre-arranged free sparring. The students were given about fifteen minutes to prepare a set scenario and then demonstrate what they had come up with. We concluded with more free sparring, which also included foot sparring. In this closing exercise, I asked students to practice what they had learned during the day.

**Gisborne, Palmerston North
by Chris Fitzgerald, IV dan,
Tauranga**

I took off at 7.00am, picked up my travelling companion Mr Glen Harding, and away we went. Glen is a 1st gup from the Tauranga club, of which we are both members.



Mr Fitzgerald meets some of the younger members

We arrived in Gisborne 3½ hours later and stopped in town for a spot of lunch; a quick call to Mr Kim Bull, the Gisborne instructor, to say we had arrived and would he please come and get us; a coffee at Mr Bull's place, which is where Glen and I stayed while we were there; and then off to the hall.

<http://www.itfnz.org.nz/news/stripesontour-03/index.htm>

We arrived at 12.50pm, 10 minutes before the start of class. Everyone was already there, all early because they wanted to meet me, or they were keen to learn... probably the latter!

After introductions our 3-hour class got underway – “SELF DEFENCE!” I went through the grading syllabus and threw in a few ideas of my own. Everyone enjoyed themselves, I think... or were the grins and smirks from when I demonstrated some of the releases on Mr Bull?

Glen and I were privileged to spend the evening with Mr Bull's parents at their home, along with a few of his students. It was great to be able to get to know them better without all the “Yes sirs... No sirs”. Thanks to Mr Bull for a great day.

7.20am Sunday, on the road again, this time to Palmerston North and Mr Mike Lowe's club. 4 hours later we parked the car and headed for lunch. Mr Lowe greeted us as we arrived at the Boys' High School but informed me he was unable to stay as he was shifting house.

A good turnout of students was pleasing to see and Glen was also pleased, as there



Are you going to stand in front of that elbow?

were 1st and 2nd gups to train with.

After another great class it was time to head home – it was just a shame we couldn't spend more time in Palmerston North.

To make a final summary of my little trip away, and it was more evident in Palmerston North due to higher grades: many students look at self defence and releases as a separate part of Taekwon-Do. Really, self defence *is* Taekwon-Do, part of the whole package, and should be practised as much as your patterns, step sparring and free sparring.

To all those I met over the weekend, I hope my classes help you in your training.

Nominate Someone for the ITFNZ Taekwon-Do Awards

Do you know anyone who deserves one of the prestigious ITFNZ Taekwon-Do Awards for everything they did during the past year. The way to ensure they receive their due credit is to nominate them!

- Write a page about why they deserve the Award.
- Write a list of their achievements or efforts made during the past year.
- Fill out the appropriate form, available from your instructor or the website URL below.
- Get another member to second your nomination.
- Send it all to your Marketing Representative by 15 May 2003.

There are six awards to be presented:

- (1) Paul M Taekwon-Do Dan Student of the Year
Registered ITFNZ black belt at 12 July 2003.
- (2) WebWorld Gup Student of the Year
Registered ITFNZ coloured belt at 12 July 2003.
- (3) Nibun ITF Junior Student of the Year
Registered ITFNZ member under 18 at 12 July 2003.
- (4) Epson New Zealand Instructor of the Year
Active ITFNZ instructor at 12 July 2003.
- (5) Martial Arts Apparel Club of the Year
Active ITFNZ club at 12 July 2003.
- (6) The President's Award for Outstanding Contribution to Furthering ITFNZ
Any person who does a lot for ITFNZ Taekwon-Do.

Addresses for Nominations

Auckland North

Mr Carl Matthews
PO Box 38 260, Howick
Auckland

Counties Manukau

Miss Hannah Honey
2/10 Anthony Place
Pakuranga

Midlands

Miss Jodie Collins
36 Whittaker Street, Kihikihi
Te Awamutu

Central Districts

Mr Dave Ballard
171 West St
Feilding

Wellington

Mr Alaisdair Hamblyn,
81 Wallace St, Mt Cook
Wellington

South Island

Mr Kris Herbison
c/- OUSA, PO Box 1436
Dunedin

For more information, ask your instructor or visit
<http://www.itfnz.org.nz/about/awards/awards.htm>

What do I get for my money?

ITFNZ Executive Committee

This year the new registration and re-registration fees were increased significantly. New registration fees are paid by members when they first join an ITFNZ Taekwon-Do club (once only). Re-registration fees are paid each year by all members (except Honorary Life Members).

New registration fees were increased from \$20 per person to \$30 per person and \$50 per family. This is the first time this fee has been increased since ITFNZ was first formed in 1981! Of course, this increase will not affect currently registered members.

Re-registration fees were increased for 2003 from \$10 per person (\$20 per family) to \$15 per person (\$30 per family). This is the first part of a two step price increase to \$20 per person (\$40 per family) that will be completed in 2004.

that breaks the art of Taekwon-Do into manageable chunks to guide our instructors' class content. All members receive a copy of the gup syllabus when they pay their new registration fee.

- *Teaching seminars*

We ensure our Instructors are of the highest standard by ensuring they don't stop learning when they start instructing. We organise Instructors' Courses, first aid courses and the annual Stripes 1 to 1 Seminar.

- *Gradings*

In many countries, any IV dan can grade students. Our structure ensures Examiners are thoroughly trained to maintain a high standard throughout the country. (Note that the majority of the black belt grading fee is paid to the ITF in US dollars. ITFNZ price black belt gradings to break even.)

depth and diversity of our excellent instructors from throughout the country. These seminars include Techniques Seminars, Stripes on Tour and combined training sessions.

- *Tournaments*

For those who like competition or want to try out their skills, we have many tournaments throughout the year, including Regionals, Nationals, the Epson Under 18 Series and the Epson Open. Our bright stars also compete at international events, such as the World Championships. We run Umpires Seminars for free to ensure our tournaments are judged fairly and competently.

- *Camps*

For those who prefer early mornings and cold swims, we run regular camps at a regional level, and the annual



What about training fees? Training fees have nothing to do with ITFNZ. They are set for each club by the instructor. ITFNZ survives off new registration fees, re-registration fees and grading fees.

So what do I get for my money?

Belonging to a large organisation like ours has many advantages for clubs, Instructors, and ultimately for members. There are no laws governing martial arts instruction in New Zealand, so every club belonging to ITFNZ does so voluntarily. There are a few Taekwon-Do clubs not affiliated to us.

So what keeps our clubs unified and working well together? Let's look at some of the advantages of belonging to ITFNZ to find the answer:

- *Teaching syllabus*

Our most experienced instructors have developed a strong teaching syllabus

- *Recognition*

ITFNZ is the National Governing Body for the International Taekwon-Do Federation in New Zealand. That means your grade is recognised in (and your standard comparable to) any ITF club throughout the world! If you go overseas, be sure to take your dobok! Of course, you can also train at any other ITFNZ club free of charge.

- *International guests*

We regularly bring fantastic Instructors from around the world to New Zealand to teach us. In the past, these visitors have included the late General Choi Hong Hi, Grand Master Chuck Sereff, Master Michael Daher and Mr Rocky and Mrs Trish Rounthwaite.

- *Training seminars*

We regularly organise seminars so all of our members can benefit from the

National Camp (although sometimes International Seminars replace the National Camp). Camps (and Taekwon-Do War Games) are a major highlight for many of our members.

- *Standards*

Our Standards and Discipline Subcommittee and its associated document provides essential guidelines and support for clubs and members. The Sub-Committee Director is also available to arbitrate in any disputes. This ensures every member of ITFNZ is protected by our rules.

- *Communication*

All members receive three issues of the fantastic publication *TKD Talk* every year. The webmaster also does a wonderful job publishing news regularly on our website (www.itfnz.org.nz). Instructors download *Instructors' Talk* three times per year to keep up to date with their own news.



- **Funding**

Each region gets up to \$1,500 per year to market its clubs. We offer interest free loans to help instructors establish new clubs. Our reputation helps our clubs gain funding from charitable organisations. Clubs can also apply to ITFNZ for funding for special projects – \$10 of every member's re-registration fee goes into the Universal Grants Scheme for this purpose.

- **Gold points**

We achieve many of these things through the hard work of some of our members. To thank these people, we give them up to \$100 towards their black belt grading fees.

- **Planning and direction**

The Executive Committee, a voluntary group, meet regularly and work tirelessly to ensure the whole organisation runs smoothly. Voluntary Sub-committees work hard to implement the Executive's plans. Each region's Instructors meet regularly to organise activities, share ideas and discuss problems. Our Marketing Sub-committee develop ways to improve our exposure within New Zealand and therefore improve your chances at gaining new, fresh members for your clubs.

But why are the fees going up?

We run most of our events to break even,

and some we intentionally run at a loss. In the short term this is great for our members, because our events are affordable. In the long term it means that a number of activities and projects (including great ideas suggested by members) have not got past the "wouldn't it be great if we could..." stage because there has been no way to fund them.

Every year, at budget time, a number of activities have to be culled so that expenditure does not exceed income. These increases are to alleviate these problems. So keep your eyes posted for more great events in the future. And if you have an idea, bring it forth – it may turn into the next great benefit for our members.



Funding

Government Threatens Community Funding

by **Kris Herbison, III dan,**
Marketing Sub-committee,
Funding Advisor

If the Government reorganise community funding as they plan, we will all find it very difficult to get any of this money. We need you to write a letter opposed to the new scheme.

The three main types of funders in New Zealand are Community Trusts, SPARC (formerly the Hillary Commission) and Gaming Machine Charitable Trusts.

- Community Trusts are self-funding through investment earnings, but applicants usually need to be incorporated societies to receive grants. Most of our clubs are not eligible for these funds because they are not legal entities (i.e. constituted and/or incorporated).
- SPARC has withdrawn the former Hillary Commission Community Sport Fund and are showing no sign

of replacing it. They intend to centralise their operations to fund only New Zealand's major sports through their National Governing Bodies – Taekwon-Do is not one of these sports.

- Gaming Machine Charitable Trusts raise money through gaming machines in local pubs and hotels and redistribute it to the local community. For most of our Taekwon-Do clubs the main source of funding is Gaming Machine Charitable Trusts.

The Green Party and the Department of Internal Affairs are planning changes to Gaming Machine Charitable Trusts distributions that will jeopardise the likelihood of returning funds to local communities. That means far less money for our clubs and teams. Currently about a third of gaming machines proceeds go to each of: the government (duties and taxes), operating expenses (such as machine

and site rental), and charitable grants to the community. Under the proposed scheme 40% of these funds could be nationalised and allocated through the New Zealand Lottery Grants Board, Local Government and SPARC. After taxes, this leaves barely enough for operating expenses. Clearly, sport funding – our funding – will suffer dramatically. Instead of being able to apply to several Trusts for a portion of a project's cost, we will only be able to apply to Local Government, and the pool of funds will be much smaller.

The crazy thing is, politicians seem to be pursuing changes based on their own misconceptions. Green MP Sue Bradford said, "There would be an unquestionable impact on sport, which we see as already well funded". This is incorrect. According to current proposals, sport will only receive about 21% of Gaming Machine Trust proceeds (Lion Foundation figure – varies between Trusts) creating a funding shortfall of

58% for sport. Under the new system, most clubs and societies will not receive any funding at all. This will have dire consequences for most amateur sports clubs and organisations. There will not be enough funds to distribute, and it is smaller clubs and minority sports that will miss out. The Lion Foundation, who make grants of \$40 million every year, predicted that under the new system about one third of all small sports clubs will fold in the next two years. Even worse, they have announced that they will almost certainly close down if these changes are made. Changing this funding will affect more than sporting groups. It will affect education, health, cultural and community groups as well. For example, rescue helicopters around the country receive funding from these Trusts.

The Government seems to focus its arguments for changing the system on the “fact” that adult males are getting most of the funding due to backhanders, i.e. pub and hotel owners only approve funding if you drink there. This is, and always has been, illegal. Ms Bradford said the Greens want “to see a fairer distribution of money to go around ... groups, instead of adult male sports clubs” as well as “an end to the backhanders that are still rife”. Another misconception. Many years ago these criticisms were valid. Now applications for funding go directly to the Trust that administers the funds, and are paid directly to the applicant organisation; pub and hotel owners have no part in the system. We cannot let these politicians take away our funding by raising baseless criticisms that are years out of date; their perceptions have not caught up with reality.

What really seems to be going on is politicians objecting to private control of significant funds, believing that Government control of the grants process would make it better. Ms Bradford also said “more and more pokies monies is going through private hands at a time lotteries grants is becoming less”. If past experience leads you to trust that government bureaucracy will both efficiently manage your community money and support small, lower-visibility charitable operations, then you should have no problem with the proposed scheme; if, however, you have doubts about it then *you* need to take action! It is important that you contact your local MP and express your concerns. Contact other local clubs, schools, welfare groups, organisations and any others who have benefited from Gaming Machine Charitable Trust funding to let them know what’s happening.

If you are or have been a manager or member of a regional or national team, an instructor or member of a club, the organiser of or a participant at an ITFNZ event, or you benefited from community funding in any way then please write a letter to the Government telling them how you benefited from the funding and how it will affect you if it is not there. Instructors, please encourage your students to write letters, and give them some examples of when they have benefited from community funding. Never let it be said that we didn’t know what was happening until it was too late.

To whom you should write

- Rt Hon Helen Clark, Prime Minister
- Rt Hon George Hawkins, Minister of Internal Affairs

- Sue Bradford, Green Party MP
- Your local MP

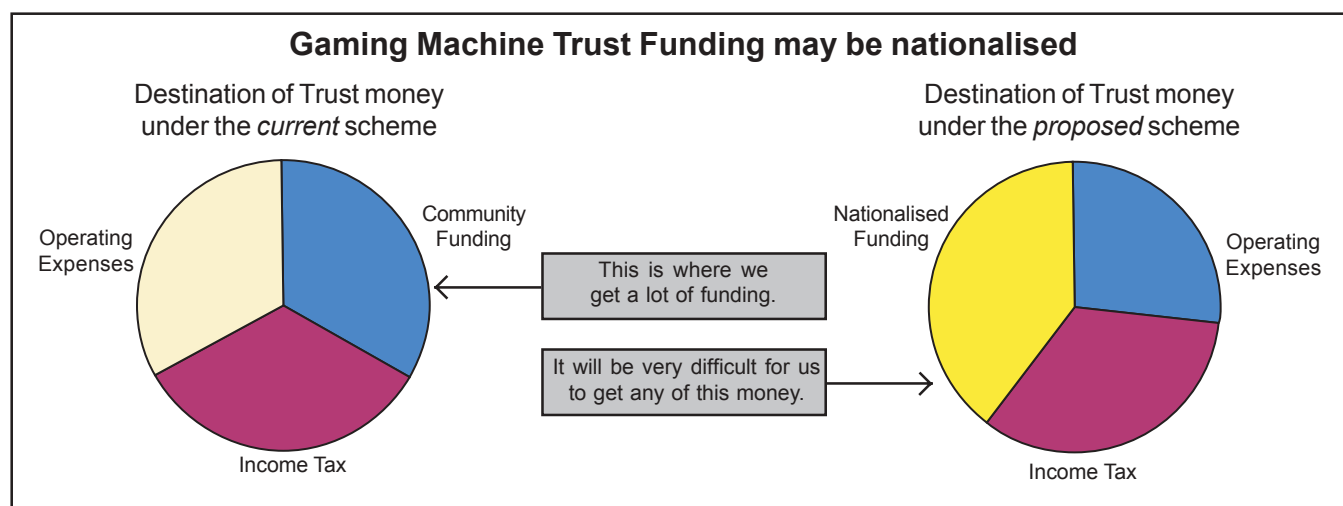
Address for all of these people is c/- Parliament Buildings, Molesworth St, Wellington

- Your local Mayor and Councillors (check the front of your White Pages for the address).

Some suggested points to use in your letter

- I am writing to inform you of my very strong concerns and against any suggestion of centralised distribution of funding.
- We are [describe who you are and what you do].
- Our organisation [name of club/team/region] has received [dollar amount] in the last year (or other timeframe) from [name of trusts]. This enabled us to [briefly describe the activity or equipment and its benefits].
- Fundraising is increasingly difficult and we rely on these Trusts for money to keep our activities going.
- Our members are totally opposed to the Government taking money away from our local community to use for whatever it thinks fit. This is local money; it’s not raised for the Government.
- The Government already takes millions of dollars in taxes from gaming machines. Please don’t remove our already limited funding for community activities and equipment.

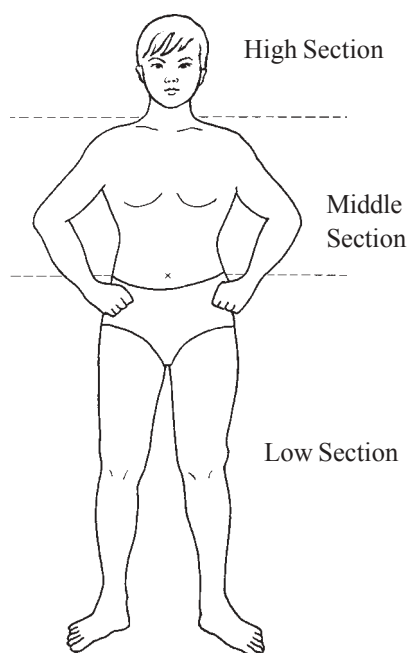
If you don’t know all of the details above, write as much as you do know. We need as many letters from our members as possible.



Terminology for Heights, Part 2

by Paul McPhail, VI dan
Director of Techniques

In the last issue of *TKD Talk* we looked at high, middle and low *section* and what they mean. We also defined high, middle and low *attacks*.



TO RE-CAP

High **section**, middle **section** and low **section** are terms used to describe a general area of the body. It makes it easy in tournaments to say a “high section” punch scores one point, for example.

The terms **high**, **middle** and **low** (without the word section) are different. These are used so we can standardise the positions of our techniques. For example, a high attack is when the attacking tool reaches eye level of the attacker at the moment of the attack. Even if you sitting down and punching someone in the groin, it is still a high attack if your fist is at your eye level. This terminology applies to both hand and foot techniques. So:

High Attack

When the attacking tool reaches the eye level of the attacker at the moment of impact, it 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.

There are some exceptions to this. For example, a middle front snap kick is not performed at shoulder height. This is because the kick is deemed to be ineffective above the solar plexus level, so a middle front snap kick is done at solar plexus height.

Knifehand inward strike is another exception, like in movement 2 of Won-Hyo tul. In this movement, you should have your fingertip at eye level rather than the *attacking tool*.



High block



Middle block



Low block

HIGH, MIDDLE AND LOW BLOCKS

The definitions of high, middle and low blocks is just slightly different. Notice that for high and middle the words “fist or fingertip” is used:

High Block

If the fist or fingertip reaches the same level of the defender’s eyes at the moment of the block, it is called a **high block**.

Middle Block

If the fist or fingertip reaches the same level of the defender’s shoulder, it is called a **middle block**.

Low Block

The purpose of this technique is to intercept an opponent’s attacking foot or hand directed against the low abdomen or points below. The blocking tool, with rare exceptions, must impact with the attacker’s foot or hand at the same level as the target area.

The foot can also be used to perform middle and low blocks. These kicks are: rising, crescent, waving, checking and hooking kicks.

Defence against Backfist and Hook

by Steve Pellow, V dan

Technique 3 : Backfist

This text assumes the opponent to be right leg forward attacking with a right backfist strike. Be sure to practise both sides.

STEP 1

As the backfist is delivered, step forward pivoting and moving outside of the opponents right foot. Block the arm, taking the impact on your forearms. (This is a transient position used more to gain control of the arm than to stop it. Go with the force, don't try to fight it). Make contact with one arm either side of the elbow joint. Your hands open, palms facing you, with the elbows at more than a 90 degree angle.



STEP 2

Continue pivoting, and move your left leg behind your opponent's right leg (your leg should touch the opponent's leg from the hip to the floor at this point). Simultaneously draw your left forearm tightly against your chest and pivot the upper body sharply, wrenching the arm, taking care the elbow is positioned so that force is directed against the joint (opponent's arm positioned thumb up).



Warning! Extreme care must be taken practising this technique. (Not for children).

STEP 3

Instantaneously slide your left hand, palm up, to the wrist joint to control the arm. Fold your right arm and deliver an elbow strike to the face. This whole manoeuvre should take no more than a second to complete from the time of the initial block.



STEP 4

It will be necessary to adjust your position backward slightly (be sure to keep your weight well forward here) before sliding forward with the knee strike.



NB. A common mistake occurs in step 2. When the arm is pushed instead of wrenched, it merely causes the opponent to bend forward. This could be an alternative.



Technique 4 : Hook

This text assumes the attack to be a right hook. Be sure to practise both sides.

STEP 1

All of the following steps 1a to 1d are to take place simultaneously.

a Step forward assuming a left L-stance blocking the attacking arm with the left forearm, the right palm striking the point of the chin in an upward manner (the blow travelling in a line from the chin to the ears).

b Use the legs and sine wave to pivot the upper body into the strike, driving the power from the ground into the target. Ensure that you are half facing your opponent at the moment of impact.

c NB. Your centre line MUST face the point of contact with the opponent's arm, with your left elbow open past 90 degrees to gain leverage. This prevents your defence from collapsing.



d The block and strike are to connect at exactly the same time. The final position here is like a double forearm block, although it travels in a more circular motion. (Be sure to rotate the hands to add torque.)

STEP 2

Instantaneously step and deliver a left downward elbow strike to the jaw.

Be sure not to shift the left hand backwards!

It is vital here to make sure the right hand is drawn to the forehead to guard as the elbow is delivered. Torque the waist sharply for maximum power. The time delay between the two strikes should be less than half a second.



STEP 3

A right elbow strike now follows and may either travel in a downward or horizontal direction.



Variations for Practice

1 After the initial strike with the palm, use your right foot to sweep the right foot of the opponent forward at a 45 degree angle. The opponent's head will come rapidly forward as you execute the elbow strike at step 2.



Great care must be taken with this variation!

2 From step 2, pivot clockwise with your left hand push the right arm down in front of your chest and to your right, as your right hand pushes and turns the opponent's chin, (or nose) counter clockwise bringing them back on. (For greatest control ensure the opponent is rapidly bent 45 degrees backward. A pressing kick to the opponent's calf muscle may be used to assist here). A take down or come-along technique may now be employed.



Alternate Targets for Attack (children)

STEPS 1, 2 AND 3

All attacks can delivered to the body instead of the head (solar plexus and biceps are within easy reach).



Techniques for the World Championships

by Andrew Niven, IV dan
2003 New Zealand Team Coach

Rather than trying to convince everyone that my style of sparring is the best style, I decided that I would give a theory and let the NZ Team members teach you some of the techniques that they like. This issue I would like to talk about stance and body facing and let Dr Cameron Snelling and Miss Antje Holländer show you a hand technique and a leg combination that they have been working on and like.

When we first joined the international scene we sparred very differently to the rest of the world. Due to this we had to develop a new style, an international style. To this end there have been many changes brought in. When I first started sparring we tended to stand flat footed and very close. If anything, it looking more like a boxing stance then the current Taekwon-Do stance.

Fortunately for NZ we have people, like Mr Salton, who had been involved in international competition and were able to bring us up to speed quickly. The problem now is that between World Champs we have to try and predict the

changes and to keep up with them. The only way to make a good prediction is to get out there and see what the best in the world are up to; this means expense and sacrifice. This is what it means to be both an athlete and a coach on the New Zealand Team.

Body facing and stance

When I became the New Zealand Coach I managed to get hold of many videos of past championships (and I have yet to return them... sorry, Mr Mantjika). From these I immediately noticed something different between New Zealand and the best of the European countries. The stance – when we stood in the ring we looked completely different to the Polish, the Czechs and the Slovenians.

To this end I have found that both stances are good, when used effectively. It is a little bit about knowing your opponent, knowing how you feel, how much energy you have and executing a strategy that suits. The more that we use the Euro Stance, the more I feel that it is an extremely strong starting point, allowing you to move with ease and use any technique, not just turning kick, side kick and back kick.

NZ Stance: side facing with the front foot pointing forward.



Strength: Reduces the number of targets that can be seen and hit effectively by the opponent.

Weakness: Reduces the number of initial attacks (starts) that you can use. Makes it hard to move forward quickly. Is less mobile and leaves little room for adaptation.



Euro Stance: half to full facing with both feet pointing virtually forward.



Strength: Allows for a full range of starts. Allows for the lunge start to be quick and to cover a lot of ground. Makes flying hand techniques easy to execute. Allows for maximum mobility and adaptation.

Weakness: Turns the body towards the attacker and makes it easier for them to score against targets.



One of Dr Snelling's favourite techniques that we have been working on is the turning kick / side kick combination. This is one that we have learned from Tomas Barada from Slovenia.

From a normal stance (1) the attacker performs a high turning kick (2). On the withdraw of the turning kick, the knee drops across the body (3), pulling the foot into position for a quick side kick to the floating ribs (4). The turning kick must be performed with speed, power, and precision: there must be a reason for them to get their hands up there. These techniques need to be performed quickly, not allowing your opponent time to recover their hands.

Antje Holländer has found that, being tall in New Zealand, she has not had to contend with too many people jumping at her with punches. However, since we started training as the New Zealand team she has found that the techniques have seen her hit more from above. In this she has been practising a technique that she learned from Mr Honza Kubat from the Czech Republic and Mr Hong Looi from New Zealand.



The Wrong Way:
Hang back and get hit



The Right Way:
Cover, Close, Counter

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Postal Address: 42 George Street, Waiuku 1852, Auckland.

Web: ww

Showroom: 151 Manukau Road, Pukekohe.

Taking it to the world – gold in Puerto Rico

by Grant Eccles, III dan
New Zealand Junior World Champs
Team Assistant Coach

This has not been an easy article to write. How do you adequately describe in words the feeling of seeing a group of talented young New Zealanders that you have coached, pushed to their limits, and come to know over a long period of time, achieve their dream? It's challenging. But here goes...

The 2002 New Zealand Junior Team departed from Auckland on the evening of Thursday November 28th 2002, bound for Puerto Rico via Los Angeles and Florida. Puerto Rico is a small island nation in the Carribean Sea. That means it is very very HOT. While we there, the temperatures rose above 40°C every day, which meant that temperatures in the tournament venue were closer to 50°C. Fortunately we had five weeks of heat simulation training before we departed, which stood them in good stead. Not one of the team complained of problems competing in the heat.

The journey to Puerto Rico was long and tiring. We flew 12 hours to LA and arrived on Thanksgiving Day. Our overnight stopover in LA enabled us to have a traditional Thanksgiving Day dinner at the hotel. (If there's one thing Americans know how to cook, its turkey!) In order to work up an appetite, the team was put through their first training session of the journey in the hotel grounds, followed by a swimming pool session to cool off.

The following morning we caught a very early flight to Puerto Rico. We rose at about 4.30am, flew six hours to Florida, then three hours Puerto Rico. We arrived that evening in San Juan, the capital of Puerto Rico (a full day travelling). We were met at the airport by Mr Luis Gato Gato (IV dan) from Puerto Rico. Mr Gato Gato was one of the tournament organisers and helped our team a great deal. By the end of the tournament Gato (as he liked to be known) had become a firm friend of the team and ITF NZ Taekwon-Do. We hope to see him and his family in New Zealand sometime.

The first thing to hit everyone when we stepped out of the air conditioned airport was the heat. It struck like a blast furnace. We spent two days acclimatising in San



Juan, training each day in a beachside park. We were still able to fit in some sightseeing around wonderful Old San Juan (a world heritage site, and justifiably so). During these two days, the team's mental focus shifted to the competition. We talked each day about what was ahead and the need to remember that we were in Puerto Rico "on business".



On 1 December we travelled two hours on a bus to our accommodation in the city of Ponce on the southern side of Puerto Rico. We had two days to wait before the competition began. The weigh-in day came and went, and with a bit of sweat (well, a lot for some, eh Rose), the whole team made their weights. Mr McQuillan and I were quietly confident of the team's chances – they were very focused, determined and had great self belief. The first day confirmed our thoughts. Regan Diggelmann (one of the youngest in the team) was the first kiwi in action, in I dan patterns. He put on a personal best performance. The result went his opponent's way, but Regan's professionalism and spirit on the floor set the scene for the rest of the team.

Enter Kyle Caldwell in special techniques. By now most people will know that Kyle won gold in this division. I was lucky enough to be on the floor with him during



his gold medal winning performances. The thing I will remember most about watching Kyle perform was the belief that grew in his eyes as he went from one technique to the next, flying and smashing the boards first attempt, at heights that others from around the world struggled to reach, let alone break. Perhaps the hardest part of the competition was that Kyle had to endure the agony of watching well over 30 competitors make their attempts after him before his gold medal was confirmed.

Later on the first day, Jessica and Roseanne Te Hau, and Harmony Moki competed in sparring. All three did themselves and New Zealand proud by giving as good as they got against far more experienced opponents. Harmony came away with a bronze medal. Roseanne simply destroyed her first opponent from the USA, who had no answer to Roseanne's speed and intensity. Roseanne's next match against Argentina was desperately close and deserved to be a final, such was the intensity and skill shown. Unfortunately the match was soured by sub-standard officiating (something which became all too common during the tournament), and this affected the outcome to the extent that Roseanne lost the match. The Argentinian coach said afterward that even though his competitor eventually won the gold medal, Roseanne was the best in the division.

Also on the first day Mark Trotter triumphed in III dan patterns. Mark's were the best III dan patterns most people had seen at a world event, and his gold medal was just reward for many years of training and competing at the top level. His semi-final match against an Argentinian went right to the wire, with a playoff deciding who would progress to the final. The selected playoff pattern was Juche, and the Argentinian could not match Mark's technique, precision and balance. Neither could the American that Mark beat in the final.

After the first day, the remaining individual medals were won by Daniel Kerr and Nikki Galpin. Nikki won a bronze medal in special techniques, and was denied a higher placing only by a freak slip on the landing mat while performing the overhead kick. Her leg just touched the ground and the judges had no choice



but to deny the break. This was desperately unlucky for Nikki who had easily achieved the required heights for high kick and turning kick, and was in a three way battle for gold. Nikki's medal was a testament to her sheer hard work at training in New Zealand, and a quiet but fierce determination to succeed.

Being on the floor with Daniel Kerr during his victory in the power event was the most intense time I have ever had at a Taekwon-Do tournament. Many may have read the detail of his victory on the ITF NZ website, but in a nutshell Daniel and a Czech Republic competitor had to play off after the preliminary breaking as both were tied on full points. The Czech was a typical eastern European competitor – unemotional, tough-looking and extremely focused on winning. In the end Daniel's superior intensity and technique won the day and the gold medal. Daniel's victory was also a lesson on the vital importance of conditioning attacking tools for board breaking – the Czech failed the deciding technique because he had damaged his knifehand in a previous attempt.

Throughout the tournament all of New Zealand's competitors put in world class performances. Space prevents me from detailing the team's remaining individual and team event performances, but in

summary I can say that Daniel Thompson, Tonee Francis, Phillip Diggelmann, Sam Skinner, Robert Buddle, Nicole Kettings, and Anna Wintle all gave performances to make New Zealand proud in their individual and team events. Their efforts convinced every spectator that the standard of the whole New Zealand team was very high and on par with the leading countries in the world.

While the team was very successful at the tournament, we also had to take the bad with the good. I was quite disgusted with the level of officiating in Puerto Rico. The level of contact differed from ring to ring and from referee to referee, and the sparring matches were extremely stop-start because the referees took so long to decide what call they wanted to make after breaking the competitors. Also some of the referees always took the competitors back to the centre of the ring to restart, which negated any advantage a competitor may have gained by working an opponent into a corner.

Everyone who watched, regardless of their nationality, had great difficulty with the decision against Harmony Moki in her patterns match against Canada. A near perfect Juche by Harmony against a very mediocre Choong-Jang from Canada, and then fairly even performances of Hwa-Rang, made it extremely difficult to see how the judges decided Canada won. Phillip Diggelmann was robbed of victory in individual sparring against an opponent who spent most of the match running out of the ring. The male team sparring loss to Puerto Rico was also very hard to take, and made harder by the fact that the entire stadium (and several resting officials) believed that New Zealand had won.



Through all the bad calls and disappointments one thing that shone through was the unity and support that the team gave each other and the composed manner in which they acted. The senior ITF officials present in Puerto Rico complimented the New Zealand team on the way they conducted themselves inside and outside of the ring throughout the event. This made both myself and Mr McQuillan very proud.

I would like to thank the many people who contributed to the team's success. To all the parents and helpers at the Taupo camps and while we were away – thank you so much for being a great support crew. Without your immense help the team could never have done as well as they did. To the team sponsors – Scottwood Trust, Oxford Sports Trust, Epsom New Zealand, and ITF NZ Taekwon-Do, we say thank you for your faith in and support of the team.

Finally, I would like to congratulate the team members themselves. You guys and gals were a class act and you have put NZ firmly amongst the top Taekwon-Do nations in the world. Mr McQuillan and I are proud and privileged to have been your coaches, and we look forward to seeing even greater things from all of you in future.

TKD Talk would like to heartily congratulate the New Zealand Junior Team for their fantastic success. We would also like to thank the supporters, the Webmaster and his team for updating us twice a day during the event.

<http://www.itfnz.org.nz/ref/tournaments/juniorworlds2002/index.htm>

Gold Medals

Kyle Caldwell - Individual Male Special Techniques
Mark Trotter - Individual Male 3rd Dan Patterns
Daniel Kerr - Individual Male Power

Silver Medals

Female Team - Special Techniques
Male Team - Special Techniques

Bronze Medals

Nikki Galpin - Individual Female Special Techniques
Harmony Moki - Individual Female Lightweight Sparring
Female Team - Pattern
Female Team – Sparring

Team events

Male: Tonee Francis, Phillip Diggelmann, Daniel Kerr, Kyle

Caldwell, Daniel Thompson, Mark Trotter

Female: Nikki Galpin, Roseanne TeHau, Harmony Moki, Jessica TeHau, Anna Wintle, Nicole Kettings

The Junior World Championships Team

Harmony Moki, Roseanne TeHau, Jessica TeHau, Nicole Kettings, Anna Wintle, Nikki Galpin, Mark Trotter, Daniel Kerr, Kyle Caldwell, Regan Diggelmann, Phillip Diggelmann, Sam Skinner, Tonee Francis, Robert Buddle, Daniel Thompson
Coach, Steve McQuillan; Assistant Coach, Grant Eccles; Manager, Debbie Trotter

Team Supporters

Paul Trotter, Bruce Galpin, Judi Galpin, Glen Francis, Christopher Buddle, Andrew Niven, Greg Skinner, David Mills, Taryn Avery, Les Diggelmann, Vikki Diggelmann and Jodie Collins

President's Corner

At the November meeting, after weighing up all the information that was available, the Executive decided to support ITF based in Vienna under the Presidency of Mr Russell MacLellan.

Congratulations to the Junior Team, Mrs Debbie Trotter and Coaches Messrs Grant Eccles and Steve McQuillan for bringing back three gold, two silver and four bronze medals from the Puerto Rico Junior World Championships in December.

Thanks to Mr Mike Lowe for organising the very successful National Seminar at Massey University in January. At the seminar, Master Michael Daher conducted a senior black belt grading. Congratulations to all candidates: Andrew Salton V dan, Neill Livingstone, Shaun Tolley, Dave Ballard, Ian Campbell and Darren Ward, all IV dan.

I had the honour of unveiling the Memorial Plaque beside a Kauri tree planted as memorial to General Choi Hong Hi, Founder of Taekwon-Do.

The Oceania Taekwon-Do Federation was formed, with Master Daher elected President and Mr McPhail Vice President. This organisation will give us a voice in the ITF.



Norman Ng

Retiring President of ITFNZ Taekwon-Do

As I have served two terms and I am not standing for re-election, I would like to review the Executive's achievements during the last 4 years:

- empowering the Sub-committees
- sending Meeting Minutes to Instructors and publication of "Executive Snippets" in *TKD Talk*
- preparing an annual budget
- commissioning the "Strategic Marketing Management Report"
- establishing the Marketing Sub-committee.
- reviewing our Mission Statement.
- writing our "Three Year Management Plan"

- developing the New Zealand Taekwon-Do Council
- merging with NZ Taekwon-Do Academy
- initiating the ITFNZ Taekwon-Do Awards
- authorising the first Instructors Conference
- inviting International Examiners to conduct two senior gradings
- completing job descriptions for all positions
- improving the quality of *TKD Talk*
- taking out Public Liability and Property Insurances
- replacing the ITFNZ flag and tie
- adopting the Health and Safety Policy
- providing information about external and internal funding
- providing a subsidy to the Senior and Junior World Championship teams
- re-establishing contacts with Australian and USA ITF organisations.

I wish ITFNZ and all members the very best for the future.

Norman Ng, IV dan

President



Meeting Snippets

- Instructor ties have had a set back in production. Mr Joe following it up.
- Thanks to Mr Kraiger and Mr Banicevich for the great work they have done on their Sub-Committees (Tournament and Marketing respectively).
- General fees increase to help fund extra events the organisation wants to provide for its members.
- Mr Joe discussed the production of a Tournaments Handbook.
- Mr McPhail put forward idea of merging Techniques and Gradings together into one Sub-Committee.
- Mr Joe reviewed the 2002 Nationals. As a result further changes will be made for the 2003 Nationals.

- Secretary happy to sign off any Sponsorship forms that need national secretary's signature.
- Discussion of ITF situation results with a decision to stay with ITF-Vienna and to see how the world situation unfolds.
- Mr Lowe put forward the idea of us planting a Kauri tree as a memorial for General Choi.

23rd AGM of ITFNZ

- Mr Norman Ng stood down after two terms as President.
- Mr Evan Davidson was elected as our new President.
- Mrs Tanya Katene was re-elected as our Treasurer.

- The Regional Directors have been confirmed: AN: Mr Andrew Niven, CM: Mrs Sue Breen, ML: Mr Gwyn Brown, CD: Mr Mike Lowe, WN: Mrs Beryl Pimblott, SI: Mr Graham Patterson
- The Foundation finished the year with net profit of \$27,616.
- The Gradings and Techniques Sub-Committees were merged into one Technical Sub-Committee.
- The Coaching and Selections Sub-Committee remains as it is.
- Further amendments to the constitution have been made giving job descriptions to positions that previously had none.

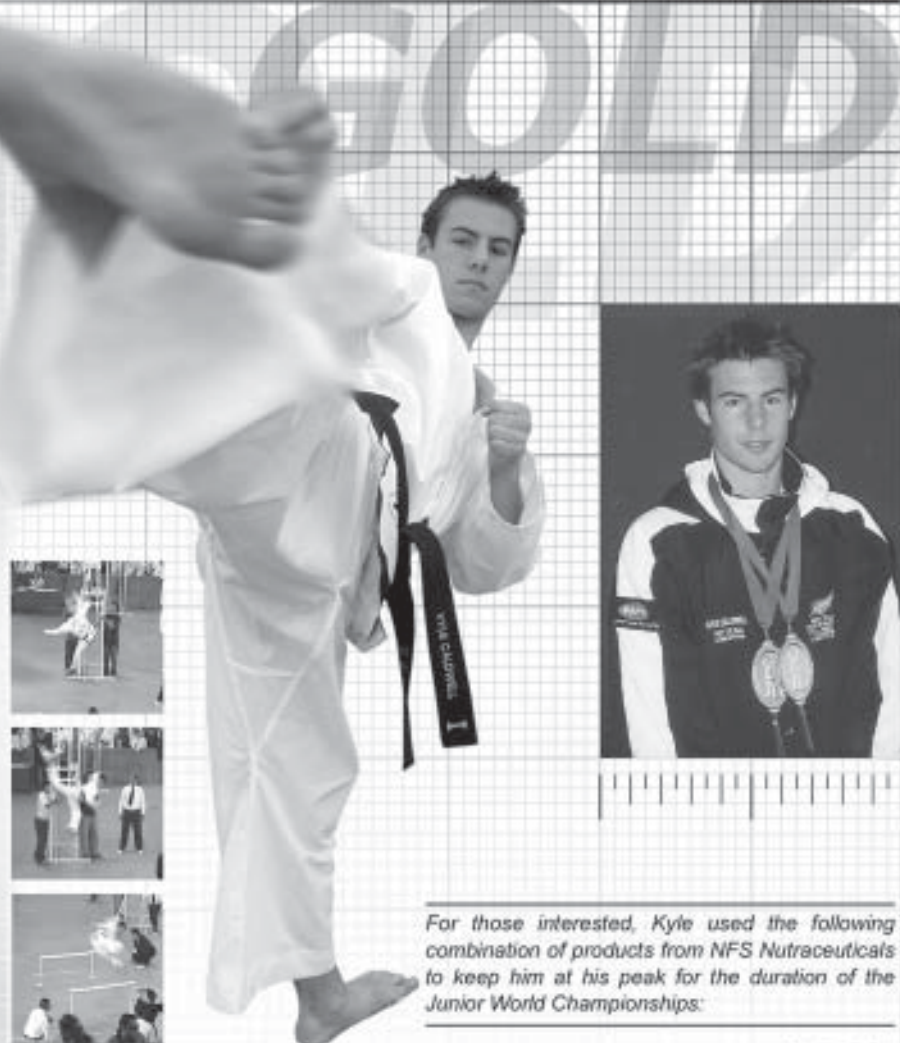


KYLE CALDWELL JUNIOR WORLD CHAMPION

Competing against the world's best, there is no room for mediocrity. Everyone else going there is just as hungry and determined to take the ultimate accolade home with them. Kyle Caldwell from Mt Maunganui had invested four years achieving excellence in Taekwon-Do. Gruelling training sessions and going up against older, bigger competitors had given him good insight into what he would be up against at the Junior World Championships held in Puerto Rico last December. Kyle was also aware of the importance of nutrition in his training. The three weeks away were going to be a series of successively demanding sessions. Recovering rapidly from each session was going to be critical to ensure he was fully recharged to be able to give his all in each event. Kyle sought advice and input from the team at NFS Nutraceuticals – Sports Nutrition Specialists – to make sure he had the latest in sports nutrition technology to help him with his need to rapidly recover. Optimum sport performance only comes from eating a healthy, balanced diet and utilising the latest developments in sports nutrition technology. To ignore either is to be naive and foolish. Kyle would be competing against the world's best and there would be no second chances.

Kyle smashed his way to a GOLD medal in Special Techniques, making four out of five breaks, which makes him the reigning World Champion for this event. Kyle was also a member of the New Zealand Team that took the silver medal in the Team Special Techniques event. Unfortunately Kyle drew the short straw in his free sparring event. He was drawn against the reigning World Champion in the first round. Although Kyle sparred well, he missed out on winning the round and was eliminated from that event at the very start. Had he been given a different draw he may have been able to work his way through to the finals and taken home a silver medal in that, too.

Well done Kyle! We at NFS wish you all the best in your upcoming 2003 events representing NZ in March in Australia and in Poland in June.



For those interested, Kyle used the following combination of products from NFS Nutraceuticals to keep him at his peak for the duration of the Junior World Championships:

SUPER ENDUR-EMX

This helps speed up recovery and replenishes (glycogen) energy stores in the body. It is typically used three hours before and immediately after an event. It is also designed to help maintain lean muscle and reduce muscle cramps.



THE ULTIMATE SPORTS MULTI

This is the top of the line sports multi-vitamin on the market and helps ensure the body stays healthy under stress and performs optimally.



ENDURANCE ENERGY MAXIMIZER

This product contains ingredients which help the body use body fat stores more efficiently, reduce lactic acid build up and optimise VO2 peak (breathing efficiency) resulting in improved stamina, endurance capacity and energy.



KRE-ALKALYN™

This break-through product is the subject of a successful patent. It basically helps boost your (ATP) short burst energy reserves. It offers a number of benefits including optimising your explosive power, strength and stamina.



Super-Nutrient Technologies
DISCOVER YOUR TRUE POTENTIAL

None of the ingredients in the products above are prohibited for use in sport, as they all exist naturally in the body. Ensuring you have optimal levels in your body translates to being able to perform at your absolute best.

More than one way to skin a cat

by Mike Lowe, IV Dan

My apologies to animal lovers, but I was reminded of this old saying when I was thinking about this article. I wanted to write about instructing in general, but in particular the problem of how to teach repetitive skills in meaningful and interesting ways. I was focusing on fundamental movements and the realisation that they didn't have to be drilled solely with line exercises, one movement at a time. And then it happened, the title just jumped out at me like a playful cat trying to swipe me behind the ankles.

Fact. Students of Taekwon-Do do have to train new movements repetitively in order to learn them to the stage where they become unconsciously skilled performers. The exciting thing about teaching students however, is that there are lots of different ways to train those movements. If you'd like to read on I can show you how you can spend most of a 90 minute training session devoted to just one skill. Firstly though, just a little terminology lesson.

We need to distinguish the difference between a performance task and an exercise. There are a number of physical ability factors that when combined together can affect the quality of a Taekwon-Do performance. These would include:

- technique
- speed
- strength
- endurance

The development of technique is simply the ability to move the body to achieve a specific goal. Ultimately however, we all strive to learn to successfully apply the technique in a real life or competition situation. When we can do that, then we have learned a skill. So when I use the word 'technique', I'm using it interchangeably with 'skill' also. The element of speed can be broken down into other trainable performance factors. These are the pure speed of movement and reaction speed. The strength that I'm referring to is technique – specific strength, that is the strength of the muscles involved in the performance of

a specific technique. Endurance is the ability to withstand fatigue while performing speed exercises (speed endurance) or strength exercises (strength endurance). Collectively these factors could be called performance components (*see table 1*).

Exercises on the other hand are simply the series of movements that you wish the students to learn. These would include such things as:

- fundamental movements
- step - sparring movements
- sparring combinations / tactics
- self – defence
- sparring footwork

The recipe for a typical lesson that I'm about to tell you about follows a formula that I've used in my own classes and seems to be successful. Let's say that I've planned to spend the main part of my lesson on the learning of fundamental movements. After the warmup I explain and demonstrate each grades fundamental movement. The students then perform the movements as in a line drill, first as a spot exercise then followed by stepping in accordance with General Choi's suggestions for leading a class.

Afterwards students are directed to practise applying their attacking or defensive movements with a partner. They begin the practice as in a step sparring or closed situation, where they have control over the exercise. More able students are then encouraged to experiment with ways of applying the movement openly, that is, making it as real-life or realistic as possible. All of this activity has been in the name of learning technique or skill.

The next part of the lesson focuses on the development of speed of movement and reaction speed. Both of these elements can be trained together with the one exercise or they can be performed separately. I prefer the former in the interests of saving some time. There are different ways of training for speed but my current flavour of the month is the use of the line drill. Students form back into lines. I get behind them with a focus paddle and whack it as loudly as I can – no, not on them but on my hand. The idea is that as soon as they hear the sound they not only have to perform the movement (reaction speed), but the movement must be performed as quickly as possible (speed of movement). Of course students must still pay attention

Table 1

Performance Task	Definition
Technique / Skill	The ability to perform a movement in a real-life or competitive context with accurate control over distance and angle.
Speed	
Speed of movement	The speed of performance of a movement.
Reaction speed	The speed of a movement in-between the stimulus and the beginning of the response.
Strength	The strength of the muscles involved in the performance of a specific technique.
Endurance	
Speed endurance	The ability to withstand fatigue while performing technique-specific speed exercises.
Strength endurance	The ability to withstand fatigue while performing technique-specific strength exercises.

to the correct performance of the technique.

The third part of the lesson works on technique-specific strength. This is difficult to organise for a class with a wide range of grades, but can be done with good planning. Basically the requirement here is that students are provided with some resistance to the movements that they are performing. In other words make the performance harder by getting them to move against body weight or gear such as dumb bells, elastic bands and medicine balls. As an example, picture two students facing each other in sitting stance. Student A extends an arm in preparation for a front punch, with the other arm withdrawn to the hip. Student B holds both of A's wrists and gently resists the punching movements. The idea is not to make it impossible for A to perform the punch but to make it a lot harder.

The last performance task that is trained is endurance. Training for endurance is easy as basically it's the ability to perform the particular movement for as long as is specified. Speed endurance is trained by getting students to perform specified movements at maximum speed for a predetermined time or until performance declines. Strength endurance can be developed by doing technique-specific strength exercises for a predetermined period of time or until exhaustion.

Okay, so far I've shown that typical lessons can be structured in such a way that various exercises can be trained by focusing on one or more of the performance tasks. There's nothing mind-blowing about that because the majority of instructors are already applying that knowledge. What instructors might not know though is that a specific performance task is but one in a continuum of tasks that follow a logical order.

There are different combinations of performance tasks and exercises that can be used in a class. They are:

- single task – single exercise
- single task – multiple exercises
- multiple task – single exercise
- multiple task – multiple exercises

Table 2 outlines what each method involves and an example.

Students' skills improve the most with lessons in which a single task is trained by a variety of different exercises. Least effective are lessons where single exercises are trained with one performance task in mind for most of the lesson.



The author puts his principles into practice

Taekwon-Do lessons are mainly of the multiple task type where different tasks are performed in a sequence, or performed at the same time by means of the same exercise. Examples of the latter are where technical and tactical tasks are trained together; technique and speed; or technique and speed endurance.

When tasks are to be performed in sequence, the order should be:

Table 2

single task – single exercise	
speed of movement	<ul style="list-style-type: none">• developing speed in a punch by punching a sheet of paper• developing speed in a kick by extinguishing a candle
<hr/>	
single task – multiple exercises	
new technique	<ul style="list-style-type: none">• applying new offensive footwork movement in pairs• kicking a focus pad while using the footwork• light sparring while using the footwork• kicking a bag while using the footwork
<hr/>	
multiple task – single exercise	
technique	<ul style="list-style-type: none">• punch – kick exercise with a partner• practise exercise by reacting as fast as possible to a focus pad movement• compete with a partner to see who can perform the exercise the quickest• count how many times the exercise can be repeated in a set time, or until exhaustion
reaction time	
speed of movement	
speed endurance	
<hr/>	
multiple task – multiple exercises	
technique	<ul style="list-style-type: none">• learning a new technique in pairs• develop speed in the technique by practising on a bag• develop reaction time by using it in step-sparring• apply the technique in free-sparring
speed of movement	
reaction speed	
technique, speed, endurance	

- new technique
- speed
- strength
- endurance.

The learning of new techniques should always be done straight after the warm-up, as the demands on concentration are high but the students are still fresh. As you move further into the main part of the lesson, you can then expect students to perform speed, strength and endurance tasks because their bodies have slowly adapted to a higher intensity of exercise.

So there we have it, a systematic method for lessons to be structured in a multitude of different ways, so that students are never bored and always learning. More than one way to skin a cat. Enjoy.

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Mike Lowe, IV dan

by Sherylene Kohiti, I dan

You'd think that I'd know Mr Mike Lowe fairly well by now. He has been my instructor since I started Taekwon-Do at his Tiger Taekwon-Do club 5½ years ago. Well, when I was asked if I would write a profile on him for *TKD Talk*, I realised that hey!, I didn't know him as well as I thought I did, or even should. Feelings of guilt and shame at not knowing who his first instructor was or even when he graded to I dan emerged, so I took this opportunity not only for others, but for myself, to get to know Mr Lowe, his ideas, history, ambitions and a little bit more if I could.

History

Mr Lowe started Taekwon-Do in 1974 at the age of 21, at Massey Club when he was a student at Massey University. His first instructor was Chin Wong, a university student with the rank of brown belt. Mr Lowe's reason for starting Taekwon-Do was not the usual, "I want to be like Bruce Lee, hiiiiiyaaa!" At that stage in his life, he felt he lacked self confidence and had no physical presence. He saw martial arts as something that could provide some direction and help him to be a better, stronger person – as well as not "lying on the beach and having sand kicked in my face".

He graded to I dan in October 1977, and in March 1978 Chin Wong graduated and moved to Fiji. Mr Lowe, not wanting the club to close, became the instructor by default. Mr Lowe was instructor at Massey Club for six years until 1984. Then, upon advice from ITFNZ, Mr Lowe handed over the reigns of the Massey Club and opened his own club, Tiger Taekwon-Do, where he has been the instructor ever since.

Achievements and highlights

Over the years there have been many achievements and highlights in Mr Lowe's career. He has been the Regional Director of Central Districts since 1984 and on the Technical Subcommittee for about five years, but a few highlights stand out from rest. One of these is surviving a free sparring bout against Su Ha Evrin in a Australasian tournament. This was Mr Lowe's *first* time sparring in a tournament and he considers himself extremely lucky to come away with only one black eye.

As an instructor he identifies his achievements as being the first time he had students grade to I dan and having all four of them pass, and then the first time female members of his club graded to I dan and passed (one of them was me!).

Most embarrassing moment

When Mr Lowe was a white belt he missed his first grading while his fellow white belts had graded to yellow belt. Even though he missed his first grading, he felt like he was a yellow belt. When Mr Lowe finally did attend his first grading, he made the unfortunate mistake of actually *wearing* a yellow belt, instead of the white belt rank that he held. Even more unfortunate was that his "yellow belt" was actually similar to an orange towelling robe. The examiner was quick to catch on.



Favourite techniques

Mr Lowe's favourite hand and foot techniques are front punch and front snap kick. I am happy to say I guessed these correctly (maybe I do know more than I thought). When asked why he favours such basic techniques, he explains that although they seem very simple, there is no such thing as a perfect technique so it's a challenge to perform them as close to perfect as you can attain.

ITFNZ

Over the last five years, Mr Lowe has seen our organisation improve in its professional running. For example, the introduction of Committees, Subcommittees and Regions, and the people who volunteer to help just for their love of Taekwon-Do and to see it flourish. This, he says, distinguishes us from other organisations. The way we cooperate with each other rather than compete.

Personal goals

Mr Lowe is focused on improving his skills as an instructor, helping other instructors to become better instructors, and helping his students achieve their fullest potential and achieve the skills to be the best person they are capable of being.

I had to ask the question – when are you going to grade to V dan? He explains that there is a lot of demanding training and preparation involved, and couple this with his life style, finding the time, external pressures and the expense, it is a future goal for which he is not yet actively campaigning. Also, the body does not feel the same or move quite as easily as it once did. He feels that he can do other things that are just as important as a IV dan, that there is no need to achieve his V dan to have a better life.

Most admired Taekwon-Do practitioner

It comes as no surprise that Mr Lowe admires Lawrence Mantjika, IV dan, for his strength and the quality of his techniques. Mr Lowe acknowledges that Mr Mantjika's skill has surpassed his own and that the quality of Mr Mantjika's techniques and his strength have improved his mind. Mr Mantjika started off as Mr Lowe's student at Massey Club, and Mr Lowe likes to think that he was responsible for getting the Taekwon-Do seed germinated in Mr Mantjika's mind and says, "At least I didn't turn him off Taekwon-Do, so I must have done something right!"

The future

For himself, Mr Lowe wants to continue being a better instructor and human being. For his club, to see his students excelling his own physical standard, giving them skills to enable each of them to be the best person they can be, and for ITFNZ, he feels he has a role to play to help us become the best ITF organisation in the world.

Bits and bobs

Mr Lowe has been a teacher at Palmerston North Boys High School for 22 years. He is learning to play the bass guitar, runs four times a week (as far as 60km each week), has two children aged 20 and 22, and has a grandson aged 20 months. He is thrilled that he still has the energy to chase after him.

His personal philosophy in life? "Helping others to gain independence and achieve their fullest potential". Simple.

I shall build a more peaceful world

by Dave Ballard, IV dan

As Taekwon-Do students, we all attend training, camps, seminars, tournaments, demonstrations, and a lot of other activities that help our own training. I have always told my students that there is so much more to Taekwon-Do than "kicking and punching", and in our student oath we say "I shall build a more peaceful world" – a big statement with lots of answers.

For the past two years, Central Districts has undertaken to answer this by taking part in the Cancer Society's Relay for Life. This is an event that has over a hundred teams involved in a relay event to raise money from donations to help in the fight with cancer, and help those who have had a friend or family member with cancer through difficult times.

This year Central Districts had members from four clubs take part. We split into two teams for serious runners and those not so serious. To be an official team member you had to register and raise a minimum of \$100 – easy for some, but a challenge all on its own for others.

The event ran from midday Saturday to midday Sunday. It was well organised and had a party atmosphere throughout: a big

stage with bands, live shows, entertainers, giveaways, free massages and teams with themes doing laps and having fun.

The centre of the running track looked something like the busiest camping ground at the height of summer. Each team had its own measured area for their tent and comfort. We cooked and looked after ourselves which added to the whole team building experience.

There were two very special and touching parts of the Relay. First, to celebrate those who are fighting or have fought their own battle with cancer, the whole relay started with the survivors' Lap of Honour. These people have tremendous courage and determination to endure what they have.

Secondly, the Candlelight Ceremony was held at 9.00pm on Saturday night. You could purchase a candle, which was placed inside a paper bag. You wrote a message to someone that lost their battle with cancer, and the bags were lined up around the running track's inside edge. At a given time, the candles were lit and the whole track was lined with hundreds of candles. It was very touching and special to be a part of it all.

A team member must be running on the

400 metre track at all times. Electronic lap counters were used so everyone could keep track of laps and speeds as the 24 hours unfolded. Huge effort from the running team who covered 754 laps, just over 300kms! This is the second year we have had the second highest number of laps recorded.

Also a huge effort on the donations. Central Districts Taekwon-Do raised just under \$5000, helped by Mr Ballard's bounty of \$3000 for his life-long moustache. A fantastic effort from all the teams saw the event raise around \$243,000, and money is still coming in.

My thanks to those who took part. Our bodies ached and it took some days to recover, but compared to those who endure the battle of cancer we can but admire their strength and resolve.

Little by little our Taekwon do help, and does make some difference to others.

We are committed to next year's event and we are planning bigger and better. Please check and see if a Relay will be held in your region, get a team and get involved. Let's see which region can raise the most money for cancer. I challenge you to beat Central Districts!



National Juniors' Camp

At the end of this year ITF NZ will be holding a National Juniors' Camp. The camp will be held around the end of November or early December (final date to be confirmed soon).

The venue will be the lovely Bay of Plenty in the Kaimai Ranges. The venue consists of accommodation for 20 adult helpers, and approximately 100 children in a mixture of dorm and Marae style sleeping.

This camp is especially for the younger members of our organisation. Preference will be given to under 14yr olds up to the rank of 1st gup, however older and higher ranked children may apply and be accepted, providing there is room.

The approximate cost will be \$30 - \$35 per child for the weekend.

This is the first ever National Juniors' Camp and we can promise you that you



will have the best time you've ever had at a camp.

Watch this space and the ITF NZ website for more details to come.

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

If you dislike any of the following... STAY AWAY!

- Early morning exercise
- Singing
- Peg responsibility (What's this? Come and find out!)
- Swimming in a cold river
- The game of Guess Which Twin
- The game of SLIME
- Team competitions
- Mystery guests
- Other martial arts training
- Learning to cook
- Learning to clean
- Dorm inspections
- Heaps of rules, the breaking of which could lead to lots of push-ups!
- The bravest instructors in NZ (they have to be to come!)
- World champs team members inspiring training sessions
- And of course, Taekwon-Do training!
- Plus lots more...



*Taekwon-Frodo
has the POWER!*

Kicks for Kids

By Shirley Pygott, II Dan

It's Kicks for Kids issue #6, and in this issue, with a little help from Taekwon-Frodo, we'll be looking at how to get more POWER. Remember also you can send something in to be published on these pages: KICKS FOR KIDS P.O.Box457 Silverdale Ak 1462, or email us at tkdtk@itfnz.org.nz.

Another Mystery Kid

The mystery kid last time was of course Mark Trotter. Congratulations to Mark on his Gold Medal in Puerto Rico.



This issue's mystery kid started Taekwon-Do when she was 8 yrs old, and gained her Black belt when she was 13. She won Best Overall Junior Black Belt at the Nationals in 2001, and like Mark she represented New Zealand at the Junior World Champs in Puerto Rico, returning with a bronze individual medal as well as 3 team medals. She comes from Central Districts.

Who is our Mystery Kid????



Mrs Rose Cherrington, Instructor of Taekwon-Do Cubs, in Central Districts, sent in this photo of Caleb and Brendon.

"This photograph was taken at the New Plymouth Epson Under 18 Tournmant on November 2nd 2002. Caleb is three years old and Brendon is four. We reckon they are a couple of champs in the making. They may be small in stature but make up for it in heart. Both of these boys are members of Taekwon-Do Cubs in Levin, and they have a bright future with Taekwon-Do. It seems to run in the family for Caleb. He has been training from the age of two, has competed in three tournaments, and has a first, a second, and two third places to his name."

The Theory of POWER

There are some who would search for a little gold ring to get more power, but the sort of power we want to have in Taekwon-Do can be achieved by studying the Theory of Power, which is one of the Nine Training Secrets. General Choi taught that any student can generate awesome power if they understand how to do it properly. Being fit and strong helps, but there are six other things that can help you improve your power by up to 90%.

Continued next page...



*Study the
theory of
power
thoroughly.*

So what's the big deal with HAND BREAKS?

Hand destructions are not permitted for juniors (under 14yrs) and in some cases older children.



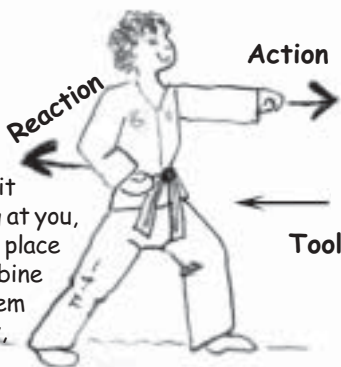
It's not because you are weak, but it is because you haven't finished growing, and some of the bones in your hand remain soft (as cartilage) until you are nearly full grown. The soft, growing bits are on the ends of the bones as well, so if they get damaged, they may grow and harden crooked. This might leave you with nasty Gollum shaped hands. Once the bones in your hands have finished growing and hardening, it is safer to do hand breaks. You may still damage them, but at least they can heal straight (most of the time anyway). Your feet grow the same way, but they get harder earlier because you walk around on them so much.



The dark areas are hard, the light areas are soft. How many bones can you count?

Reaction Force

There are two sorts of reaction force. The first is to use your opponent's force to make your hit stronger. If someone is charging at you, and you strike a blow in the right place at the right moment, you combine their force with yours to hit them even harder. Pretty cool really, since they do most of the work! The second sort of reaction force is using your own by USING YOUR OFF HAND. The faster you pull back, the harder you hit. Very simple, but very important.



Mass

It's all in the hips. Your hips are the heaviest part of you (lots of big bones, not just your bottom!). Heavy things make bigger holes, so if you turn your hip in the same direction as the tool, it will help you to hit harder. If you remember your knee spring, this makes the hips to go up, and then down towards the target too.



Equilibrium

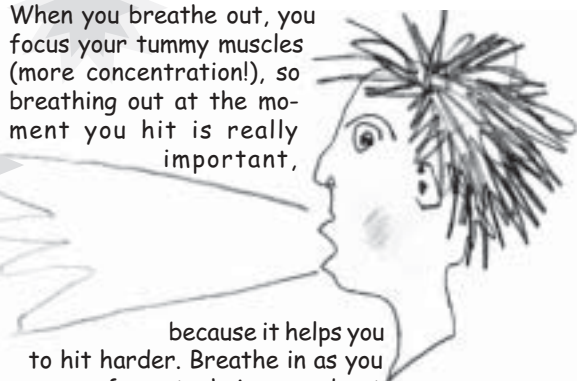
A fancy word for balance. You need to keep your balance while you are moving towards the target (dynamic), and you need to have good balance when you land or stop (static).



Breath Control

When you breathe out, you focus your tummy muscles (more concentration!), so breathing out at the moment you hit is really important,

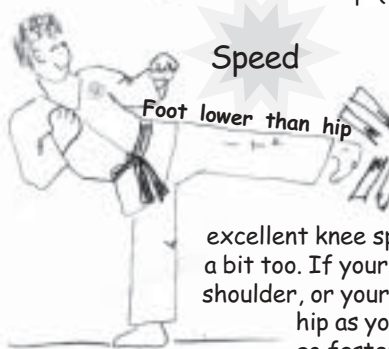
because it helps you to hit harder. Breathe in as you prepare for a technique, and out as you hit, block or strike. Nice and simple!



THEORY OF POWER

Speed

The faster you go towards the target, the harder you hit it. And if you drop down as you hit (with your excellent knee spring), gravity helps out a bit too. If your hand is lower than your shoulder, or your foot is lower than your hip as you hit, you will be able to go faster and hit harder.



Concentration

This is not really talking about using your brain (although if you do Taekwon-Do without your brain switched on, it may not work too well). This is talking about concentrating as much of your power into the smallest area (tool), and aiming it at the correct place (vital spot), as fast as you can. It also means tensing all your muscles (especially the big muscles around your middle and your hips) towards the target in the moment that you hit.



Drop down as you strike

Speed up towards target

Use offhand

Hip turned towards target

Tense big muscles

Good balance

Use opponent's power against him

Breathe out

Foot lower than hip

Smallest tool to vital spot

Oh no!
Hobbit power!
This is not good.
Where's that ring when I need it?

We wantss more power, don'tss we, preciousss...



* NEWS FLASH: National Juniors' Camp Coming in November 2003 *

Mr Gwyn Brown is organising a camp especially for Juniors. It will be in November and will be held in the beautiful Bay of Plenty (deep in the Midlands Region). For more information, check out the advert on page 25.

Roll 'em in Poland – World Championships 2003

by Andrew Niven, IV dan
New Zealand Senior Coach

It is hard to believe that a year ago Sue Breen convinced me that it was time I coached the New Zealand team. Three extremely successful years with the Auckland North Squad, heading into my fourth, would I have been crazy to change? "I'll go for coach if you can convince Greg Skinner to go as Manager." Next thing I know Greg says to me, "I know we talked about the next Juniors, but what about Seniors?" I couldn't believe she had done it.

Next on board was Lawrence Mantjika, who jumped at the chance, followed by Jake Pearson. With the coaching and management in place I had to bring my plans forward about 12 months. I believe we have developed a perfect plan for the perfect team – but this is as much a trial for us as it is for the athletes.



Carl van Roon takes to the air

As my first step, I talked with Peter Mellows from the New Zealand Institute of Sport. We discussed Taekwon-Do drills, training, energy systems and much more. I sat Fitness Foundations, Fitness Assessment and counseling papers to get back up to speed.

We read all the reports written by past coaches and got some insights into the team, its members and what happens overseas. We went to the Nationals and Epsom Open to watch potentials, approached them and asked them to trial. Greg made a great speech at the end of the Nationals where he coined the phrase, "Roll 'em in Poland".

We advertised training sessions, and as classes were about to start, a gift arrived: Honza Kubat, fresh from the European Championships, a silver medallist at the 2001 World Championships in Italy, arrived in New Zealand. Honza wanted to learn English, and thanks to Steve Morris he was guided Down Under.



Cameron Snelling lines up
for the reverse turning kick

We gathered the group of interested practitioners in Taupo. Those who had been before immediately noticed the difference. The camp was not about fitness; it was about learning and technique. It was a good introduction to what was to come.

Greg and I traveled to Puerto Rico with the Juniors to experience a World Championships tournament. We enjoyed their success; we saw how good the European nations are. Let me tell you that a World Championships in Europe is going to be a massive event and no easy challenge to overcome.

All of this happened only yesterday for me. Time has moved that fast. Recently the selectors (one from Auckland North, one from Counties-Manukau, one from Central Districts and one from Wellington) chose the team. It is a truly New Zealand team, with members coming from Auckland to Christchurch.



Trials for the overhead kick
in the special techniques event

Now training begins for the main event. We will dart across to Sydney in March to take apart some of the Aussie talent. I am expecting them to be strong, but I think that the New Zealand team has their number. Once this is done we can focus completely on Poland.

Our Team

The women's team

Thu Thach is fast and nimble with an ability to score against the odds.

Carolina Dillen is flexible, strong and hungry for competition. Carolina missed out on Italy due to illness and has come back better than ever.

Alix Bartholomew is young and keen. When put under pressure Alix has shown that she is one of the best young athletes we have, just as tough as the rest (which some have learned the hard way).

Megan Matsuoka, at 16, is the youngest person ever selected for the New Zealand Taekwon-Do Team. As a yellow belt, she was medalling at a National level; as a black belt, she's out to take on the best patterns contenders in the world.

Antje Holländer is tall and light. She is a natural for special technique and sparring, moving easily and scoring efficiently.

Alison Roma is a hard worker. She is one of the few who has constantly improved and is on target for the World Championships. She is powerful and adapts well.

Suzanne Main is light and quick, and she will be extremely effective on the team.

Power is Lena Walton – what can I say? Lena is the longest standing female team member. She has amazing power and an incredible desire to make this the one.

The men's team

Kenny Chiang, like Thu, is a new face in the microweight division. He is quick and powerful.

Lewis Looi is one of the best sparrers with whom I have ever had the fortune to work. He is calm and collected, thinks clearly and understands strategy.

Hong Looi is fast and strong, and at his young age he is extremely experienced.

Carl van Roon is quick on his feet. He has amazing special techniques and is quick to work out how his opponent operates.

Jarrad Ramsay is powerful and fast for a hyperweight. He has a fearless quality in him that I think will go well at the Champs.

René Kunz is Wellington's secret power machine, and an excellent sparrer.

Cameron Snelling is the team's all rounder. Showing his ability in patterns, sparring, power and special techniques, he is perfect for the team event.

Jon Sawden is the perfect power and specialty asset for the team event.

Graham Patterson, the "Demolition Man", is the longest standing male team member.

As Paul McPhail says, this is an awesome team! It is, however, a bold team because of the number of new people in it. Even so, this team can be proud of themselves. They will carry the New Zealand flag and the hopes of ITFNZ Taekwon-Do with pride. But there is plenty of training before then.

Are you ready for this?!

by Kris Herbison, III dan,
Tournament Event Manager

EPSON presents the ITF NZ Taekwon-Do National Championships, Dunedin 2003

Supporting a Smokefree Sporting Environment

This year Epson is presenting the ITF NZ Taekwon-Do National Championships in Dunedin for the very first time in ITF NZ history! Dunedin invites you on a journey, to the most rugged and beautiful part of New Zealand, to a city rich with heritage and character. It takes extra strength to travel and compete at the highest level, something the South Island has been doing for years... Only the best teams will prove they have the strength to make the journey south and win away from home. This will be a tournament like no other; Dunedin awaits you...

"We want to do things never done before, push the boundaries. When we started this project we all sat down and the first thing we decided was that this event needs to be just as exciting for the spectators as it is for the competitors. If people are going to make the effort to come to an event like this it has to perform and meet their expectations, we believe we have the formula to do that and more..."

The Venue

This year organisers have gone up-market with the Dunedin Town Hall as the venue of choice for holding the nationals. The Dunedin Town Hall is an amazing facility for an event of this kind, enabling spectators to sit right above the ring action, and having a larger projection screen for results and action to be displayed.

The Teams

This year's team liaison officer is Mr Craig Evans 1st Dan, yes older brother of the infamous Grant Evans 3rd Dan. Craig's role as team liaison officer means he will be helping teams from throughout the country in their preparations for the event and manage their requirements while



attending the National Championships in Dunedin. Accommodation is being sourced within walking distance of the venue. Craig will be sending an introductory note to regional directors soon and expect to hear more from him as the event gets closer.

Sponsorship Opportunities

We would like to thank EPSON New Zealand for again coming on board as our Major Tournament Sponsor for the National Championships. This year nationals will offer plenty of opportunities for other event sponsors with television coverage anticipated, projection screens and cameras. There are sponsorship opportunities to suit all types and sizes of businesses making it a reasonable asking for any budget. Sponsors so far include EPSON New Zealand, The Edge Radio Network, Myth Consulting and Smokefree New Zealand, with plenty of other companies showing interest in being involved, so get in quick.

Smokefree

In accordance with the outlook of Taekwon-Do and the views expressed in the Encyclopaedia of Taekwon-Do we are now actively supporting a smokefree sporting environment. This year's National Championships will be the first

major implementation of this environment. Our rules of conduct already state that you are not allowed to smoke inside the do-jang, and the venues are smokefree anyway, so it will not be a big change for you. The changes will be that you should not smoke in your dobok or officials uniform, and not to smoke near the entrances and exits of the venue. This will mean that non-smoking competitors and spectators will not have to walk through a cloud of smoke to get in and out of the venue. If you are a smoker you are still able to smoke, this is not about your choice of weather or not you smoke, it is about allowing those who do not smoke the choice of weather they are exposed to second hand smoke.

Officials

We would like to offer a warm invitation to tournament officials coming to Dunedin to officiate at the 2003 national championships. You can be assured that the needs of Officials will be well looked after by a dedicated service manager. We are currently sourcing sponsorship for full-time A-grade officials. So if you are qualified as an A-grade, or are looking at getting qualified as an A-grade soon, get in touch with us.

I look forward to seeing you all in July!

<http://www.siregion.itfnz.org.nz/nationals2003.htm>

supporting a

sporting environment

EPSON
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Directory Changes

Devonport (Auckland)

Miss Jeanette Joe, IV dan
HMNZS Officer Training School
Narrowneck Gymnasium, Vauxhall Rd
Tuesday, 7-12yr beginners: 5:00 - 6:00pm
Adults and seniors: 6:00 - 7:30pm
Sunday, 6:00 - 7:30pm

Hurupaki (Whangarei)

Mr George Konia, I dan
Hurupaki Primary School, 20 Dip Rd,
Kamo, Whangarei
Monday 6:00 - 8:00pm (5th gup +)
Wednesday 6:00 - 8:00pm (10th-6th gup)
Saturday 9:30 - 11:30am (all grades)
Sunday 9:30 - 11:30am (2nd gup +)

Kororareka (Russell)

Ms Carol Harvey, 1st gup
Russell Town Hall
The Strand, Russell
Monday and Tuesday, 5.30 - 7.30pm

TeAwamutu

Mr Evan Davidson, VI dan
The Martial Arts Centre, 350 Bond Rd,
Te Awamutu
Sunday 5:00 - 6:30pm,
Wednesday 6:30 - 8:00pm

Riccarton (Christchurch)

Mr David Oliver, I dan
Villa Maria College, Peer St,
Upper Riccarton
Monday and Wednesday, 6:30 - 8:00pm

President

Mr Evan Davidson, VI dan
393 College St, Te Awamutu
Ph H (07) 871 3627
edavidson@itfnz.org.nz

Auckland North Regional Director

Mr Andrew Niven, IV dan
PO Box 7612, Wellesley St, Auckland
Ph H (09) 815 3412, (021) 444 077
aniven@itfnz.org.nz

South Island Regional Director

Mr Graham Patterson, IV dan
123 Awarua St, Ngaio, Wellington
Ph H (04) 479 0116, (025) 378 210
gpatterson@itfnz.org.nz

Coming Events



Date

Event

Location

May

3rd-4th Dan grading
3rd-4th Sparring Seminar
10th-11th National Women's Weekend
17th-18th Dan grading

Auckland: Mr McPhail and Mr Rimmer
South Island: Mr Lewis Looi
New Plymouth
Wellington: Mr Davidson and Mr Bhana

June

12th-15th World Championships

Warsaw, Poland

July

12th-13th New Zealand National Championships

Dunedin

August

5th-23rd Gup gradings
24th Epsom Under 18 Tournament

Nationwide: Mr McPhail
To be advised (watch the website)



Next Issue

Power Breaking

Graham 'Demolition Man' Patterson reveals the secrets.

Tournaments, Tournaments, Tournaments

Reports and Results from the General Choi Cup in Sydney, the New Zealand Nationals in Dunedin, and the World Championships in Poland.

ITF NZ Taekwon-Do Awards 2003

The best in the country will be recognised.

Plus our regulars...

Including a profile of Mr Graham Patterson, Mr Steve Pellow with self defence against two more attacks, technical tips, sparring techniques, and more Kicks for Kids!



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EPSON
PRESENTS

SIX TEAMS WILL TRAVEL DEEP INTO THE SOUTH BUT ONLY...

ONE
REGION



WILL
OVERCOME

NATIONAL CHAMPIONSHIPS 2003
DUNEDIN JULY 12-13

THE TIME IS NEAR
ARE YOU READY FOR THIS!

This year Epson is presenting the ITF NZ Taekwon-Do National Championships in Dunedin for the very first time in ITF NZ history! Dunedin invites you on a journey, to the most rugged and beautiful part of New Zealand, to a city rich with heritage and character. It takes extra strength to travel and compete at the highest level, something the South Island has been doing for years... Only the best teams will prove they have the strength to make the journey south and win away from home. This will be a tournament like no other; Dunedin awaits you...

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