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# TKD Talk

The Official Magazine of ITF NZ Taekwon-Do

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## 2004 Development Camp



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**THREE THINGS ABOUT PATTERNS - KAPITI COAST TO COAST - ITF AND WTF DIFFERENCES**

Plus Stripes on Tour, National Juniors' Camp, Epson Under 18 Winners, Award Nominations, NZ Junior Team Announced, and much more!



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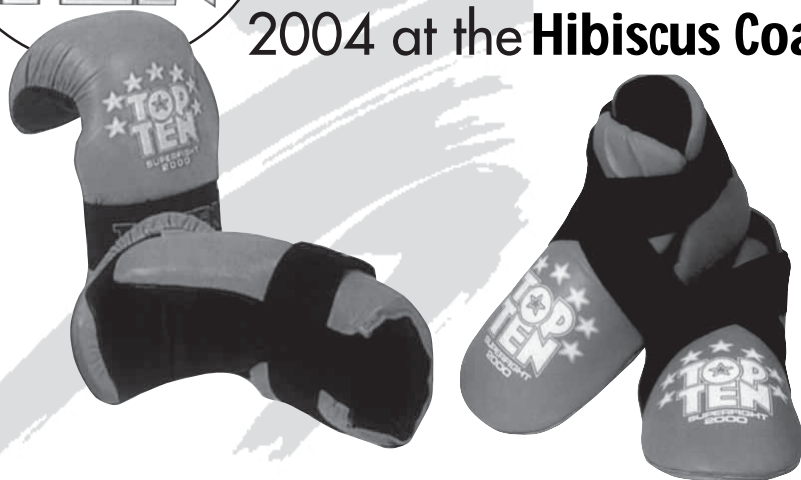
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Tribal Taekwon-Do

Mr Russell Stuart from Otago University performs a two-direction kick during Mr Rimmer's flying kicks class at the Development Camp.

The lower photograph shows the attendees of the camp.

Photos by Mr Paul McPhail.

## Editorial

Welcome to the first issue of *TKD Talk* for 2004.

It's another big year for ITF NZ Taekwon-Do. So much has happened already. Stripes on Tour, the first Epson Under 18 tournament, and a few regional tournaments.

And there are bigger things to come. Our National Tournament in Auckland in June, the Junior World Championships in Italy in July, and an International In-

structors' Course in Auckland in August where Messrs Davidson and McPhail are grading for *Master!*

It is already time to get your nominations in for the 2004 ITF NZ Taekwon-Do Awards – there is more information on page 29.

One thing to note about *TKD Talk*: a number of companies now advertise in our magazine. This is not an endorsement of the company or their products – we

are just trying to pay some of our bills. Check with your instructor before you invest in any Taekwon-Do equipment – not everything meets our strict requirements for training and tournaments.

Enjoy the issue. Please send your feedback, letters, articles and photos to us at [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz), or 26 Merton Rd, St Johns 1006 Auckland. (We prefer email if you can.)

Mark Banicevich, Co-editor

# Letters to the Editor

Dear *TKD Talk*,

I visited Nepal earlier this year to meet my wife's extended family. My wife is a New Zealander of Nepalese descent and this was my first opportunity to go to Nepal to meet my new relatives, visit amazing temples, see some wonderful views, and train in Taekwon-Do. I had just graded to 1<sup>st</sup> dan and was looking forward to training.

It took me three weeks to find them, but ITF is alive and well in Nepal. In just six short years Nepal ITF has amassed 10,000 members and has successfully become part of the school system. That's not to say their path was easy – at one point they were arrested for a couple of hours for practising the Chang-Hon style of Taekwon-Do.

Last year their founding member, Mr Raju Thapa IV dan, left for America, leaving the organisation in the sound hands of internationally experienced third dans. The president, Mr Krisna Bahadur Balal III dan, works full time promoting the art. His team does an excellent job maintaining and developing ITF in Nepal.



Mr Hitchins with members of Nepal ITF

Nepal ITF practitioners train with spirit, power and a lot more kihaps. And boy, these guys love doing the splits. Everyone can do the splits. I trained with them five days a week for a month. They taught me to use my hips and abdominals to increase power, while emphasising balance so that you don't stumble after a kick. I was able to help them with patterns. If you visit Nepal you will be very warmly welcomed, both inside and outside the dojang.

I gave four newspaper interviews and was even on the Channel Nepal satellite TV sports show viewed by 52 countries. We went by bus on a picnic to Nagarkot, a hilltop overlooking the Himalayan Ranges. We took lunch with us – a whole alive Nepalese Sheep. We cooked, ate, drank and danced that Saturday afternoon away.

Nepal is a safe place for foreigners to visit. You will find a people who are always

ready to laugh and to dance. This is in spite of an unstable political situation and seven years of civil war. There are daily newspaper reports of soldiers, policemen and innocent people being killed, with human rights violations committed by both sides. Nepal ITF stands as a pillar of light against this background of darkness, showing people that there is another way.

I encourage all of you to take opportunities to train internationally. Seek out other Taekwon-Do practitioners at the grass roots level and build bridges with them – to strengthen ITF globally, and together, build a more peaceful world.

For more photos of Taekwon-Do in Nepal – visit <http://tkd.hostars.com>.

Walter Hitchins, I dan

Dear *TKD Talk*

I would like to thank everyone who helped to organise last year's Junior Camp at Katikati.

I had only just started Taekwon-Do before I went, and I really enjoyed training at the camp and meeting lots of other kids.

The treasure hunt was my favourite part of the camp – along with the training – but it was hard waking up at 6am and having to stand in line for dormitory checks.

The camp was fun, and I can't wait for the next one.

Joshua Thomson, 7 years, 10<sup>th</sup> gup  
ITFNZ Taekwon-Do Rotorua

Dear *TKD Talk*

Almost 4 years ago, I was faced with the daunting task of raising four children (one girl and three boys) on my own. I didn't want my kids go grow up without a strong male involvement in their young vulnerable lives.

When my eldest boy Jake was six, I took him along to an ITF Taekwon-Do club in Gisborne. We were impressed. After the first class we were hooked, and soon became part of the Taekwon-Do family (club spirit).

I am now a blue stripe and my son, now nine, is a green belt. We worked hard for our belts, and we are proud of our achievement.

Year 2004, my second son Daniel begins his journey, and not far after, Nicholas too. My point is, my children and I are a

lot more confident and optimistic about our future, and the Taekwon-Do lifestyle stands out a mile. The children are respectful, determined and have a sense of achievement and belonging.

A *huge* thank you to our instructor, Mr Kim Bull, for understanding our situation, changing our lives for the better, and demanding our best effort in all we do. Also for making us understand that our dedication to our instructor, our club and the ITF organisation is so important and should be recognised, respected and supported. Thanks Mr Bull!

Thanks ITFNZ!

Thanks General Choi Hong Hi!

C Kendrick, 5<sup>th</sup> gup  
Gisborne RTR

Dear Editors

We'd just like to say how awesome camp was! We got to do a lot of new things and met a lot of new people, and we definitely got up at a new time in the morning, 6:00am! At camp we did some of the best training sessions of our lives! The instructors were really great too. Claire broke her first ever wooden board and we did a lot of really fun bag work. The adults were awesome too! They cooked all our meals and made sure everything was sweet. Mr de Koster was our medical person, so if you got hurt you just went straight to him – so he helped us a lot! The instructors showed us how to fly, well almost, with our jumping kicks! But the best thing was meeting new people. Now, a lot of those people have become really good friends of mine, like Hayley Rosser, Paige Moki; and even some of the boys were cool too!

We also learnt the meaning of teamwork and our team was so good at it that we won first place out of all of the other teams at camp. We had an awesome time at camp and we can't wait to go again next year.

We really appreciated the hard work all the adults put into the camp, especially our own instructors, Mr and Mrs Dunn, who didn't even have any of their own kids there. And we were really grateful that the instructors were so *good*! We had the best time ever! And finally, our heartfelt thanks to Tauranga Taekwon-Do for the awesome and friendly event that it was. Roll on 2004 camp...

From Claire and Hanna Kendall  
On behalf of Waiuku Taekwon-Do

# Stripes on Tour

by Mark Banicevich, IV dan  
Stripe on Tour

We had heard of disappointing turnouts at some of the earlier Stripes on Tour seminars (despite absolute legend instructors!), so it was with some trepidation that Matthew Breen and I embarked on our leg of the tour.

I drove down to Palmerston North on 11 March, and the Mantjika family kindly hosted me the night. I collected Mr Breen from the airport Friday afternoon, and after a quick dinner with Lawrence Mantjika, it was off to the dojang.

Our fears were quickly alleviated - about 30 on the floor. Phew!

Mr Breen began the class with his trademark flying techniques class. He had students flying all around the dojang - and outside it. He made use of various analogies and mental images, such as invisible chairs, the Masai tribes of Africa, and pixie dust. One of his favourite training aids was found outside - a wall - and students tried a number of techniques with its help.



An attendee uses a wall to improve her flying side piercing kick, with Mr Breen demonstrating (insert)

Back inside the dojang, I had some fun with breakfalls, and we spent time on one releasing technique. Of course, the technique was used against a number of different grabs and attacks.

A number of students told Mr Breen that they liked his class in particular, so one to Matt. (He broke Loz, though. How many minus points for that?)

On Saturday morning we headed down to Kapiti Coast, leaving Mr Mantjika with ice upon his foot and his sister kindly running around keeping him comfortable. We arrived in time to join Mr and Mrs

Trilford for a delightful café lunch before training. After popping into the home of one of Mr Trilford's students to borrow a belt for a certain Wellington Regional Director, we headed to the Kapiti Coast club. What a great venue - great floors, a little private training room upstairs, and character galore!



The traditional Kapiti Coast welcome

We were welcomed in what may be the traditional club manner - a fabulous Taiko Drum performance. Then class was underway - with over 60 on the floor. Of course, the enthusiasm of Kapiti Coast is legendary, and we were overjoyed to have visitors from Porirua, Miramar, North Wellington, Berhampore and others, as well.

This time I opened the class. I knew there were students planning to attend Sunday's seminar, too, so one of them had to be different. Basics. Spot technique, understanding pattern movements, and the three things must ye know about patterns. Mr Breen followed with his flying kicks class. Once again, win to Matt.

Unfortunately we had to rush away from Kapiti Coast because I had a 7:30pm flight to Nelson for a dinner. Fortunately, Nick Lourantos lives near the airport, and he was able to lead us home - with a little help from friends when his car overheated...

Sunday morning Mr Lourantos collected me from the airport, and we arrived at Khandallah to find Mr Breen in full swing - with over 30 on the floor. His class covered using hip power in Taekwon-Do techniques. When we were pointed toward sine wave, there was a tendency to forget the power of our hips, and

Mr Breen used a number of his wonderful teaching aids to help students discover additional power.

I took the second part of the class, repeating the breakfalling and releasing techniques class I taught in Palmerston North. I enjoyed the class, especially Steve from Miramar, who reminded me that sometimes you have to go to plan B. (Self defence against a tank, anyone?)

Aah, no clear winner. Final results, Matt two, Mark nil. Better luck to me next year?

It was wonderful to return to these clubs, great to see everyone again, and great to meet so many new people. Mr Breen and I would like to thank our hosts, the Mantjikas, Mr Ward and Miss Boshier, and the Lourantoses. We would like to thank the instructors, for encouraging their students to support the seminars. Most of all we would like to thank the students, for coming to our seminars. Without you, there would be no point. I hope you enjoyed it as much as we did.

Below: Panther Patterson packs a power punch to Dr J

Bottom: Wellington students compete to throw their partner off balance



[http://www.itfnz.org.nz/events/archives/2004\\_stripes.html](http://www.itfnz.org.nz/events/archives/2004_stripes.html)



# Development Camp 2004: Like No Other



by Carolyn Faithfull, 2nd gup

After plane delays and the best part of the day travelling, I arrived at Camp Adair in Hunua, Auckland and venue for the 2004 Development Camp. Arriving early I had plenty of time to observe Camp Adair's facilities: a high ropes course, a chilly looking river and bush covered hills. I wondered how these would be utilised over the weekend. Shortly Mrs Olsen, the camp coordinator arrived, followed by Mr McPhail and the other students. Excitedly we gathered round as the programme was pinned up in every bunkroom. The high ropes course wasn't mentioned (phew!).

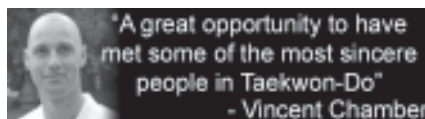


The camp officially opened at 7pm, with Mr McPhail explaining the camp rules:

- 1) No complaining about anything.
- 2) Address your seniors as 'Sir' or 'Ma'am' in every sentence.
- 3) Always believe you are good and



Russell Stuart demonstrating flying twin foot front snap kick to two targets



reinforce this with positive statements.

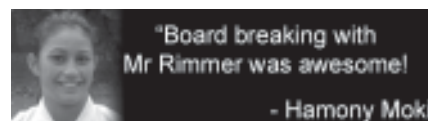
The training session began by warming up our body-temperatures, followed by joint loosening movements, some dynamic stretching and then gentle exercises similar to the main part of the training. The most important lessons were utilising the largest muscles in the body effectively— the gluteus muscle group, and proper technique when jumping.



Saturday morning started with a 5.30am wake-up for a training session entitled, 'The Mountains We Climb – Motivation and Goal Setting'. Told to arrive in dobok and running shoes, I was eyeing those bush covered hills and wondering how steep they really were. However, the session focused more on the motivation



and goal setting side of things and the mountains turned out to be psychological ones, not the real ones behind the camp!

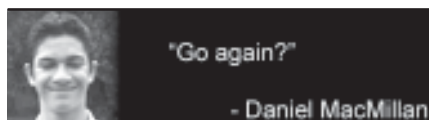


Mr Rimmer's advanced kicking was next for the morning. When Mr Rimmer informed us we would be breaking three boards in the air before training was over, I think a few people may have seriously doubted this (remember: believe you are good!). However, by the end of the class, after working up gradually, I think everyone thought the breaks were definitely achievable.



Mr Patterson taught patterns before lunch, in 'General Choi style'. This involved a volunteer demonstrating the pattern while Mr Patterson picked it to





pieces in an informative manner. This was followed by an opportunity for the class to practise each pattern, and hopefully make the comments stick.



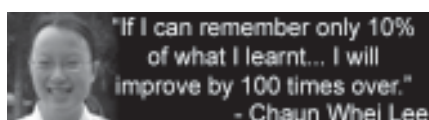
Lunch was scrumptious, and the high standard of cooking was maintained throughout the weekend. I would like to thank the cooks very much for their delectable efforts!



Power breaking commenced after lunch and had the walls shaking, with Mr Patterson demonstrating all the tournament power techniques. The most impressive demo was a straight punch, which sent Mr Harvey flying backward about three meters. Our own breaking had Mr Uhn Coradine impressing everyone with his three board side piercing kick.



I must admit I was a little apprehensive about the sparring training. However, within the first fifteen minutes Mr Niven had exercised everyone into submission, with a work-out designed to exert the same amount of energy as a sparring match.



This was followed by several innovative sparring drills making use of the 'half-step' and an interesting discussion on tactics. We discovered the most important elements of sparring are: timing, focus, speed and power, in that order.



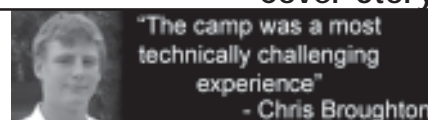
The evening session was taken by Mr Banicevich, who made it into a very entertaining competition. It was a very informative class, and if you think that 'right walking stance low forearm guarding block' is a lengthy name for a technique, then try it's real name, 'forward stepping right walking stance outer forearm low outward obverse side block'!



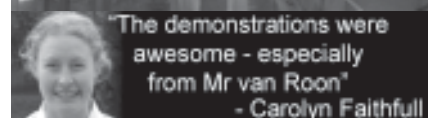
No sooner had my head hit the pillow that night, it was breakfast again, and the day started off with Mr Pellow teaching self-defence. I had never met Mr Pellow before and I must admit he was a little scary. Unsurprisingly perhaps, he kept telling us to use the techniques you learn in class just as you are taught them to defend yourself. For example, if someone grabs your wrist, you could relax and easily release their hand or punch in the usual fashion by pulling the grabbed hand back to the hip, thereby pulling them off balance and into your attack.



Self-defense guru Mr Steve Pellow

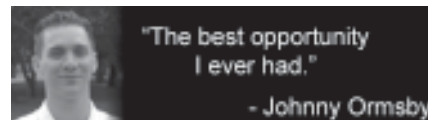


The camp finished with spectacular demonstrations of specialty techniques by Mr van Roon and some useful assisted and resisted training drills to strengthen those jumping muscles. Every time Mr McPhail announced the end of each class I was disappointed, "But wait I want to learn more sir....!" The camp ended with a certificate presentation and



Mr Raukura ensuring we had set challenging goals within a realistic timeframe.

Thank you to all the instructors that participated over the weekend. It was an invaluable experience and one that was much enjoyed!







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# Defence against Two-Hand Grabs

by Chris Fitzgerald, IV dan

This issue, Mr Fitzgerald demonstrates techniques for yellow belt self defence.

## Grab to one wrist



Face your opponent and have them grab your right wrist with both hands.



Reach between the opponent's arms and grab your own fist from the top.



Step forward into a left walking stance as you pull your fist upward, driving your elbow into your opponent's sternum or chin.

## Grab to two wrists



Face your opponent and have them grab both of your wrists from the outside.

**A**



Move both wrists in an outward circular motion until the finger bellies of both hands are on your opponent's outer forearms.



Push downward quickly whilst stepping away into right or left L-stance.



Counter attack with a forefist obverse punch.



**B**



Move both wrists in an outward circular motion until both knife-hands are on your opponent's wrists or inner forearms.



Continue downward quickly in a circular motion whilst stepping away into a right or left L-stance.



Counter attack with a forefist obverse punch.

# Composition of Taekwon-Do

by Paul McPhail, VI dan  
Director of Techniques

Taekwon-Do is composed of five main physical components:

1. **Fundamental movements**
2. **Patterns**
3. **Sparring**
4. **Conditioning**
5. **Self defence**

These five phases are closely related and one flows into the other and continues on, blending together so that eventually one acquires all the essential skills in Taekwon-Do.

## Fundamental movements

Fundamental movements refer to the learning, practice and perfection of all the basic movements in Taekwon-Do. In the club situation these can be practised together as line work, individually, or with partners. This area of training cannot be over emphasised and an instructor will usually devote time to it every session. As in any sport, unless you have mastered the basic stances, balance and mechanics of the movements, your progress in the more advanced aspects will be limited.

Fundamental exercises can sometimes be boring for students, as there must be plenty of repetition to get improvement. It is a challenge for the instructor to come up with ways to make it varied and interesting.

## Patterns

With knowledge of the basic fundamental movements, the first pattern is learned at 9th gup level: Chon-Ji Tul. In patterns, we use these movements in hypothetical situations against several opponents.

Patterns help to further develop power, rhythm and balance. Many people enjoy patterns as they are challenging to master and enjoyable to perform. There are 24 patterns to learn in all.

## Sparring

From here the student begins to apply the skills obtained from fundamental movements and patterns to actual moving opponents.

Sparring starts with the pre-arranged formats (3-, 2- and 1-step sparring), so students can practice slowly and deliberately, mastering stances, distance and focus as it applies to the opponent. Free sparring teaches the students to apply the techniques in a non-

prearranged exercise through theoretical, powerful movements that are aesthetically pleasing while avoiding "chicken fighting".

## Conditioning

Collaterally with sparring, students must develop their bodies and toughen their attacking and blocking tools so they are able to deliver maximum damage in actual combat.

This conditioning includes general fitness work, bag and pad drills and forging exercises. Students also begin to learn breaking techniques to test their technique and the condition of their attacking tools.

## Self defence

Self defence refers to the practical application of techniques learned from the previous phases. Here we learn how to apply what we know in realistic situations. You may, for example, have good side kick and can use it in sparring, but don't know how to apply the kick in a self defence situation. This is where we practice these skills.

The effectiveness of your techniques in self defence, will in part depend on how good your fundamental movements are, ie your power, speed, balance and reflexes. Self defence then, is closely related to fundamental moments, and the cycle begins again.



As in military training, Taekwon-Do progression follows a certain parallel:

## Fundamental movements

Individual soldier's basic training

## Patterns

Platoon tactics

## Sparring

Field exercises in simulated combat conditions

## Conditioning

Maintenance of equipment

## Self-defence

Actual combat



# Techniques from the Ladies Teams

by Lipi Shukla, I dan and Alix Bartholemew, I dan, Nibun ITF Taekwon-Do

Lipi Shukla is a member of the team competing in the Junior World Championships in Italy this year. Alix Bartholemew was a member of the New Zealand team who competed at the World Championships in Poland last year.

## Defence against front leg side piercing kick



Side kick makes contact with arm, not body.



As the side kick makes contact, lift the arm and push the kick sideways.



Throw a punch with the off hand, while stepping through with the rear leg.



Why I like this technique.

I find this technique works well against opponents taller than me, or people who have longer legs and throw side kicks to stop me charging. This technique allows me to take a hit in a non-scoring area and throw my opponent off balance, so I can get in and score.

## Defence against turning kick



Ready position from same side facing.

As the opponent performs a turning kick, step forward with the rear leg, punching the rear hand, ensuring your body changes facing and stance.



This ensures that the turning kick strikes the back, which is a non-scoring area, and the punch strikes a scoring area.



This technique enables a smaller person to get inside of the leg reach of a taller person. Timing is very important with this technique, and enables people who are heavier on their feet to move faster. Punching hard and precisely is important, as this will distract the opponent, making it easier to follow up with further punches to the head to score additional points.

<http://www.itfnz.org.nz/tkdalk/key.html>

# Three Things Must Ye Know about Patterns

by Mark Banicevich, IV dan  
Papakura

More correctly, this article should be called, “Three things must ye know about every movement in all of ye patterns”, but that is too long for a title.

When we learn Taekwon-Do patterns, we commonly begin by learning the sequence of movements, and then practicing them to perfection. The problem with this method is that we frequently fail to understand each and every movement. General Choi never taught patterns this way. Furthermore, one element of General Choi’s Training Secret of Taekwon-Do is:

“To understand the purpose and method of each movement clearly.”

That is what this article discusses. The three things must ye know about every movement in ye patterns are:

1. What is it called?
2. What is it for?
3. How does it work?

To know what a movement is called, you must know its stance, tool, height, technique name and stepping – preferably in Taekwon-Do terminology in both English and Korean.

You must know whether the technique is an attack or a defence, and you must know the appropriate targets for the tool. You must know the body facing and line of each technique. You must also know where the technique finishes, and how it gets there, including the intermediate position.

When you know what a technique is called and what it is for, knowing how it works is simply a matter of practice. You can achieve this through a progression of spot exercises, line work, pad work, pre-arranged exercises and free sparring.

## 1. What is it called?

The name of a technique comprises of five parts:

- a. its stance and whether it is left or right
- b. its tool and whether it is left or right
- c. its height
- d. its technique
- e. its stepping.

A completely unambiguous technique name includes all of these elements. This enables instructors to call out a technique and expect students to know exactly what it is. It also enables you to learn patterns from a book.

Let’s take movement two of Chon-Ji Tul, “forward stepping right walking stance (right) (forefist) middle (obverse front) punch”. This is a complete and unambiguous description of the movement. It is performed stepping forward, into a right walking stance, performed with the right forefist. It is middle, and it is an obverse front punch.



Both of these techniques are *jilla nagagi* (forward stepping punch).

Left: Forward stepping right walking stance (right) (forefist) middle (obverse front) punch.

*Orun gunnun so (orun) (ap joomuk) kaunde (baro ap) jilla nagagi.*

Right: Forward stepping right walking stance (left) open fist middle reverse side front punch.

*Orun gunnun so (wen) pyon joomuk kaunde bandae yobap jilla nagagi.*

In the interest of efficiency, common terms are assumed, so we usually call the above technique “right walking stance middle punch” (“*orun gunnun so kaunde jirugi*”). Then we say, “*nagagi*”, “forward stepping”. However, this is different from “forward stepping right walking stance (left) open fist middle reverse side front punch”, which also fits that shorter description. (The word “left” in this example is unnecessary because a reverse punch in a right walking stance must be performed with the left fist, by definition.)

## 2. What is it for?

What distinguishes Taekwon-Do patterns from dancing is that every movement we perform has an express purpose in attack or defence (“with few exception”, as General Choi would say).

If you don’t know this purpose, you might as well be dancing. Taekwon-Do is a martial art of self defence. Unless you know what every movement is for, you are not learning self defence.

This means, as General Choi said, you must “understand the purpose and method of each movement clearly.” To achieve this, you must know four things about every movement:

- a. whether it is an attack or a defence
- b. the target of the technique which you hit with the tool
- c. its facing and its line
- d. how the movement passes through the intermediate position to the finished position.

The first of these elements is fundamental to understanding what a movement is for. It is the starting point for the other three elements.

If you know it is an attack, what are the appropriate targets for attack? The forefist can be used to attack many targets, including the philtrum, sternum, solar plexus, jaw, point of chin, floating ribs and lower abdomen. There is a diagram relating attacking tools to vital spots in the condensed encyclopaedia, just after vital spots.

If you know it is a defence, what are the appropriate targets for defence? The forearm low block is used to block an attacker’s hand or foot directed at the defender’s lower abdomen. The target will usually be the tibia or the back forearm. Targets for blocks are included with block descriptions, and there is also a diagram relating blocking tools to targets the page after the previously mentioned diagram.

When you know all of these things, the method of the movement is often obvious – but your instructor can smooth out any minor errors for you. If you are punching the solar plexus with the forefist, it is clear





Incorrect method for walking stance middle punch. The fist travels upward, and power is not transferred into the target.

that the forefist should travel in a straight line to the target. If you are blocking the tibia with a forearm low block, it is no surprise that you must cross on top at shoulder height, and block downward and outward to the target.

Most movements are either half facing, full facing or side facing. The tool is centre line, chest line or shoulder line. It is important to know these things.

You must understand where each movement begins, the intermediate position through which it passes, the finished position, and the trajectory your body and each limb travels to get from start to finish.

It helps to practise a new movement slowly, to get the feel of it, before you try it out. Sometimes it helps to practise one limb at a time, then put them together. For example, the twin forearm block is easier to master if you try one hand, then the other, then both together.

## 3. How does it work?

With an understanding of what a technique is for and how it should work, it is time to do it. As Mr Lowe teaches during the Instructors' Course, you need to practise new skills in closed way, progressing to an open way. That is, you practise them in controlled situations, progressing to uncontrolled situations:

- spot technique
- line work
- target work
- pre-arranged exercises
- free exercises.

General Choi always told us we should first learn every technique as a spot technique. From the appropriate ready position, perform the technique to the

right, return to ready position, perform the technique to the left, return to ready position, and continue (vice versa for defence). This is the best time for an instructor to correct technique, because it is easier to keep out of the path of other students, and other students need not wait while the instructor corrects one.

Once you are performing the movement correctly, you practise the technique in line work. In this way, you repeat the movement to train your muscles to remember the correct method.

It is not until this point that General Choi advocated learning the pattern – after you have performed every new technique in the pattern to this level. However, to master the technique, and develop the best patterns, each movement must be developed as an open skill. This is reinforced by the Composition of Taekwon-Do (which Mr McPhail discusses in Technical Tips on page 8).

When you are comfortable using the technique alone, it is time to perform it against a target. The technique can be performed in focus exercises using a partner or focus pad, and in power exercises using an air shield or bag. These exercises utilise a stationary target.

The next step is to practise the technique with a partner in pre-arranged exercises. These include all forms of step sparring (and result in great techniques for gradings), and exercises such as Mr Lowe's "You!" game.



An application of left walking stance forearm low block

Finally, you should try to utilise the technique in free sparring. Initially, try semi-free sparring to consciously use the technique in certain situations. Ultimately, the goal is to unconsciously use the technique in free sparring. I believe this is what General Choi wanted when he continually berated our tournament sparring as "cock fighting" – he wanted us to use a much greater variety of Taekwon-Do techniques.

## Three things must ye know

General Choi used to challenge our understanding of techniques by asking three things. "What is tool? What is target? Show me." If you know what a technique is called, you know the tool. If you know what it is for, you know the target. If you understood how to do it, you could show him.

The key points from this article are summarised in the sidebar below. Know these three things about every movement in your patterns, and you are a long way towards performing the best patterns you can perform. Moreover, you will have better step sparring, better free sparring, and a greater range of techniques if you ever need to use Taekwon-Do to defend yourself or others.

The background picture illustrates spot technique for forefist punch.

### 1. What is it called?

- What is the stance and is it left or right?
- What is the tool and is it left or right?
- What is the height?
- What is the technique?
- What is the stepping?

### 2. What is it for?

- Is it an attack or a defence?
- What is the target for the tool?
- What is its facing and its line?
- Where does it finish, and how does it get there?

### 3. How does it work?

- Perform it in spot technique to learn the method.
- Perform it in line work to practice the technique.
- Perform it against targets to develop focus and power.
- Try it with a partner in pre-arranged exercises to understand the technique.
- Try it with a partner in free exercises to use the technique.

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# President's Corner

by Evan Davidson  
ITF NZ President

Firstly, I wish to acknowledge and give remembrance to our Taekwon-Do founder, General Choi Hong Hi, may he rest in peace.

2003 was a fantastic, rewarding and challenging year for our organisation. We gained over 800 new members. It is interesting to note that just over half of our current membership is female. I know of no other Martial Art in New Zealand that can boast that statistic. Well done and thank-you to all our club instructors.

Master Michael Daher, from Sydney, Australia, attended the National Seminar at Massey University and also graded six of our senior members. From this seminar the Oceania ITF was established. Auckland will be host to the 2004 Oceania tournament.

The success of our Senior Team at the World Champs in Poland bought with it a higher national profile for Taekwon-Do and increased media awareness. ITF Taekwon-Do in New Zealand finally received well-deserved recognition.

Along with this, Sport and Recreation New Zealand (SPARC - formerly the Hillary Commission) have granted ITF NZ recognition status as a National Sports Organisation. For many years now



Evan Davidson  
President of ITF NZ Taekwon-Do

ITF NZ has been working towards this goal and our thanks go to Mr Greg Skinner for his personal input and help in bringing this about.

The National Champs in Dunedin turned out to be a grand event, with outside media interest at an all time high. Prime time news covered some results and TV3 featured an aspect of the champs on their 'Sportzah' program. Thank you to Kris Herbison, Hayden Breese and his crew for organising a great spectacle.

The Executive Committee and Directors of Sub-Committees show good leadership, and teamwork. They have a desire to see ITF NZ one of the leading martial arts organisations in New Zealand. Having said that, it is the quality of our Club Instructors and their assistants who ensure our membership numbers keep growing and it is they who maintain the high

standard expected of ITF Taekwon-Do practitioners in New Zealand. Keep up the excellent work.

It was an honour for ITF NZ, in 2003, to host a visit by the new President of the International Taekwon-Do Federation, Master Tran Trieu Quan, 8th Dan. He held meetings with the Executive, senior instructors and our Junior Team. His vision for the ITF is to see it as a more democratic and pro-active organisation. We look forward to this challenge.

The Executive and I will be keeping a close watch on International developments, as this may have some effects on our direction in the future. Any political change that affects North or South Korea will have some bearing on how Taekwon-Do is perceived in the future. We have committed ourselves to ITF HQ, in Vienna. This, I am confident, has been the correct choice. For 2004 and beyond I ask that you all stay focussed on the true teachings and meaning of the Art as has been given to us by General Choi.

On a lighter note, seven members of the Kapiti Coast Club under Mr Greg Trilford recently went on a dojang to dojang tour through the North Island. What a great way for our Taekwon-Do members to interact. Good to catch up with you, Mr Trilford. Check out their tour and see photos on the ITF NZ website.



## International Instructors' Course

**6-8 August 2004 - Jean Batten Room, Centra Hotel - Auckland Airport**

### Conducted by:

Master Hector Marano (8th dan, ITF Technical & Instruction Chairman)  
Master Wim Bos (8th dan, Tournament & Umpire Chairman)  
Master Pablo Trajtenberg (8th dan, ITF Senior Vice President)

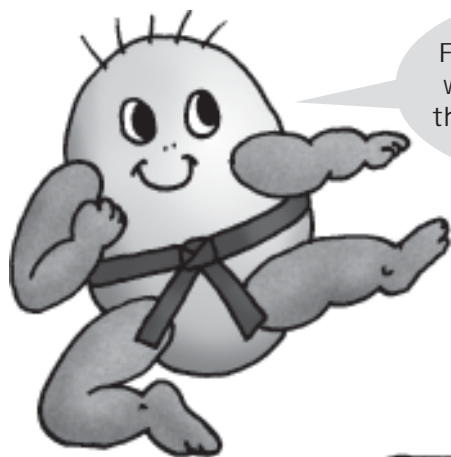
The course is open to red belts and above, and also includes an ITF Umpires Course. You will receive an official ITF Training certificate. 4th dans and above that attend this course are then eligible to apply for an International Instructors Certificate. Be there to see the senior dan grading, with Mr Davidson and Mr McPhail grading for their 7th dan.

**Cost:** \$300 for the 3 days. ITF NZ Instructors: \$250 (subsidised by ITF NZ)

\*Attend the Auckland course and attend the Sydney course for free (13-15 August)

Application forms available from your instructor or on-line:

**[www.itfnz.org.nz/events/seminars/iic](http://www.itfnz.org.nz/events/seminars/iic)**



Find out eggsactly what happened at the National Junior Camp

# Kicks for Kids

By Shirley Pygott, 11 dan



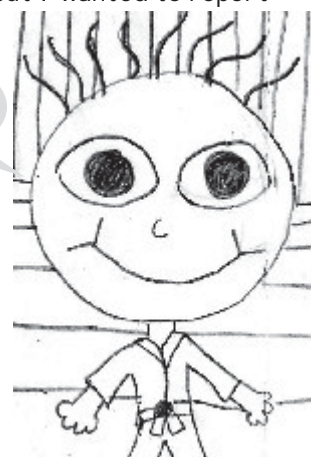
The camp really cracked me up!

Welcome to Kicks for Kids #9. The report from the junior Camp is illustrated with great artwork from some of the entries in the Camp poster competition. Check out the information on page 2 about the fabulous new ITFNZ Kids website, coming to a computer screen near you. As always anything you would like to have published on these pages can be sent to [tkdtk@itfnz.org.nz](mailto:tkdtk@itfnz.org.nz)

The first ever National Junior Camp was held in November last year. It was open to kids below black belt and 14 years or under. It was an awesome event, and there is an official report on page 23, but I wanted to report on some of the more unusual but memorable moments of the camp.

**Memorable Moment #1:** Everyone had to wear a coloured peg for the entire weekend. Each team had a different colour. The Team 5 boys were especially fond of their BRIGHT PINK pegs. If you couldn't find your peg, you had to pay a penalty. Which brings me to.....

But pink doesn't match my eyes Sir!



Twinkle, twinkle little star, I wish my peg would not go far.

**Memorable Moment #2:** Usually the penalty for losing your peg was to stand up in front of everyone and SING. (Lost pegs seemed to have the ability to find Mr Brown really quickly. Perhaps they were homing pegs?) Why is it that most of the people who lost their pegs couldn't sing very well?

**Memorable Moment #3:** Each team was given a little egg person to look after for the whole weekend. One didn't even make it past the first night, and had mysteriously evolved into an apple person by Sunday lunchtime. Two others were but a shell of their former selves at the end of the camp. Something to do with being dropped from a great height perhaps? Not all the eggs had it hard: Two of them spent the weekend in the lap of luxury, wrapped up cosy and warm in their teams belongings; I am sure they were even read bedtime stories to keep their yolks in place.

**Memorable Moment #4:** The most important question answered at the camp was..... *How do you get a giraffe into a refrigerator?* (If you want to know the answer, ask someone who went to the camp!)

Would the giraffe go in head or feet first?

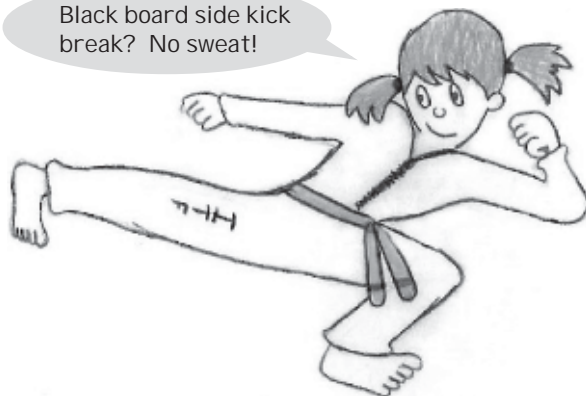


**Memorable Moments #5, #6 and #7:** Some of the more unusual goings on were having to turn one of your team members into a mummy, with only the help of a roll of toilet paper, Mr Rimmer's maze of string in the bush and the skits all the teams performed on the Sunday afternoon. What talent! (The judges were stunned. What they saw was beyond words!)

## So was there any TKD at this camp?:

Absolutely. Heaps of it in fact. There was power breaking with boards going everywhere, awesome team sparring where White Belt David could meet Red Belt Goliath and win, 70 children all sparring each other at the same time in the same hall, and the same 70 children doing flying kicks all over the place. Patterns were done, and there were special sessions taken by past World Junior Team members as well. Kyle Caldwell and Regan Diggelman had them all spellbound as they demonstrated their specialty kick techniques. The weather was lousy and it didn't matter a bit, the venue was excellent and the kids had a blast. Thanks to everyone for a really great weekend. There is another camp this year, November 19th-21st, so if you didn't make it to the first one, make sure you go to the second! Be there, or be square!

Black board side kick break? No sweat!





# Belt Basics

The colour of each belt has a special meaning:

**WHITE**  
Signifies innocence. The wearer knows nothing of Taekwon-Do

**YELLOW**  
Signifies the earth, where a seed sprouts and takes root

**GREEN**  
Signifies the plants growth as Taekwon-Do skills develop.

**BLUE**  
Signifies the heaven, towards which the plant matures, as the student's training progresses

**RED**  
Means danger. The wearer needs to be careful and the opponent needs to watch out!

**BLACK**  
Opposite of white Signifies maturity and proficiency. Not able to be scared

DID YOU KNOW THAT...

The colours were chosen because they were important in history to the Korean Royal Dynasties? If you wore black, red or blue during the Koguryo or Silla dynasties, then you were a Very Important Person.

We tie the belt around **ONCE** only to show that we should pursue **ONE** goal, serve **ONE** master and be able to win a fight with only **ONE** blow.

Photograph is Sam Skinner, 1 dan, member of the 2004 Junior World Champs Squad



## DOWN

- 1) Release from a grab
- 2) Forward
- 4) Foot
- 5) Punch
- 6) Heaven-Earth
- 7) Block
- 10) Opposite of *Orun*
- 11) Inner forearm
- 12) Self-defense
- 14) Middle arm joint
- 15) Jump

## ACROSS

- 3) Front
- 6) Kick
- 8) 38-movement pattern
- 9) A.k.a Ahn Chang Ho
- 10) One-leg (stance)
- 13) TKD's widest stance
- 15) Thrust
- 16) Footsword
- 17) Ball of the foot

Use the glossary at the back of your techniques handbook to help you!  
Crossword by Brendan Doogan, 1 dan from Dragon's Spirit Papatoetoe.



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

Check our new website just for kids.

You can go inside the dojang and learn about the student oath and tenets of taekwon-do.

You can test your skills in the quiz game

Get tips from Pat about taekwon-do kicks in the Kicks for Kids section, and more...

There will be even more added in the next couple of months!



# Kapiti Coast-to-Coast Tour 22-29 February 2004

by Steve Coburn, 3<sup>rd</sup> gup, Kapiti Coast

## Day One

Well, the day had arrived. We were finally leaving on the much-anticipated coast-to-coast adventure: 5.45am and we were all together; the long journey to Auckland had begun. Did I say 'long journey'? – Helena's *108 ways to get to know you* better questionnaire had us so wrapped up in each other we hardly noticed the drive at all!

After settling into the motor-camp we headed out to train with Miss Jeanette Joe at Devonport Taekwon-Do. Miss Joe's approach to training was mostly speed and sparring related, it certainly worked up a sweat on us in no time flat! A lot of the exercises involved quite fancy footwork which took some getting used to. Devonport students looked really sharp which inspired me to train more on quick stance changes and kicking. After all that hard work it was nice to finish with a comprehensive stretching session and something different – handstands!



Trilford's Angels

Dinner afterwards was at Takapuna with Jeanette and some of her students; a very pleasant evening spent in good company.

## Day Two

Up early, Helena and I set off on a light jog before dawn, ending up with patterns at a volcanic crater as the sun rose – what an awesome way to start a day we would be spending in the city.

We did the Auckland city tour with visits to the Markets, Sky Tower, Queen Street and the Viaduct Basin, then straight off to Papakura to visit Mr Paul McPhail. I was immediately impressed with Mr McPhail's welcoming manner and the meticulous presentation of the Papakura Do-Jang – a special touch was the notice-board which had information from the Kapiti Coast website introducing our visit to the club.

Our training at Papakura was very well rounded with attention given to most aspects of Taekwon-Do, especially line work and patterns. Another benefit to training at Mr McPhail's club was the opportunity to see several outstanding students performing in ways that we strive towards – well done Papakura!

## Day Three



Superman Steve

After my morning run we headed up country towards Russell, our northernmost destination. The tedium of a long drive was alleviated by Brooke's game of *Truth, Dare or Command*, which resulted in some hilarious revelations and the need to perform dares of various kinds. Luckily no one knew us in the far north so the embarrassment was lessened somewhat!

Mrs Carol Harvey visited us at our motor camp before training was due to start – a welcoming touch that was to set the tone for our entire visit to Kororareka Taekwon-Do. Mrs Harvey was happy for Mr Trilford to instruct the class so, as usual, it was 'full steam ahead!'

The enthusiasm and spirit of the club were amazing, with a genuine desire to learn and enjoy Taekwon-Do. Full marks to Mrs Harvey and her students for an enjoyable and welcoming visit.



Helena Webster

Our evening was spent at our cabin enjoying another of Brooke's games – where do teenagers learn this stuff? – A game called "*I have never...*" which involved lots of hilarity and the discovery that what goes on tour *definitely* stays on tour!

## Day Four

Our morning in Russell saw Helena and me off for a run over the hill to a lovely beach where we practised patterns and did Taekwon-Do until the sun came up; what a beautiful part of the country! Then we were off on another long trip, this time down to Te Awamutu with a stop at Victoria Park Markets to buy lunch and Dirty Dog sunglasses. I think most of us felt a bit seedy from the night before as the journey was mostly spent dozing. While waiting for training time to come around I probably spent an hour on the motel trampoline – I just love having all that airtime to play with!

Mr Evan Davidson's club at Te Awamutu is held at a purpose-built dojang, shared with a Karate club. It may seem funny to non-martial artists but we all remarked on the floor, which was sanded floorboards, an awesome surface for Taekwon-Do. Mr Davidson's class was quite physical with particular attention to techniques; especially some from higher up the colour belt syllabus. I especially liked having Mr Davidson's assistant instructor walking around during class as he could give advice personally to improve our Taekwon-Do without interfering with the whole session. Dinner was enjoyed afterwards with Mr Davidson and some of his students at a café in Te Awamutu.

## Day Five

We enjoyed a sleep-in today as the pace was beginning to take its toll! We packed up and got on our way down State Highway 3 heading for New Plymouth. The pass-the-parcel game we played had R18 questions on the wrappers, which we had to answer truthfully, but after the last few days we already knew practically everything about each other!

Arriving early in New Plymouth we settled into our cabins and headed out to the shops, passing time until we went out to Taranaki Taekwon-Do.

Mr Neill Livingstone gave us a brilliant warm up in the form of a yoga session. It was just what our sore muscles needed and was actually very hard work. I would have liked to remember these techniques but there was just too much information – maybe when Mr Livingstone brings out a DVD I'll buy it!

Mr Livingstone's passion and excitement



for Taekwon-Do shone throughout his class – especially during his instruction on the many and varied ways of delivering vertical kicks – a most enjoyable session. We followed this training with a visit to the mineral pools, then dinner in town and ending in a get-together on the beach where Dylan completed one of his dares – all good fun.

### Day Six

Once again we ran before dawn, performing patterns on the beach as the sun came up – leaving pattern diagrams in the smooth sand for morning walkers to puzzle over. After packing up we left the camp and went surfing. We had organised board and wet-suit hire so headed out and had fun – even managing to stand up a few times!

Lunchtime saw us at Stratford in a café with none other than Billy Connolly on his *“Too Old to Die Young”* tour. Plucking up their courage Dylan and Helena arranged for a photo session with him which turned into a patterns demonstration! Billy was a nice guy who seemed genuinely interested in what we were doing – I just hope we don’t become the butt of his Scottish humour in his next show!

A mad rush saw us arriving just in time for training with Mr Lawrence Mantjika at Milson Taekwon-Do where we were warmly greeted and made thoroughly welcome. What inspirational training! I feel this training was one where the whole was more than the sum of individuals, we all just ‘clicked’ and Taekwon-Do was the winner of the day! Thanks were given from all of the coast-to-coast team to Mr Trilford for all his efforts in organising our tour- an unexpectedly emotional moment.

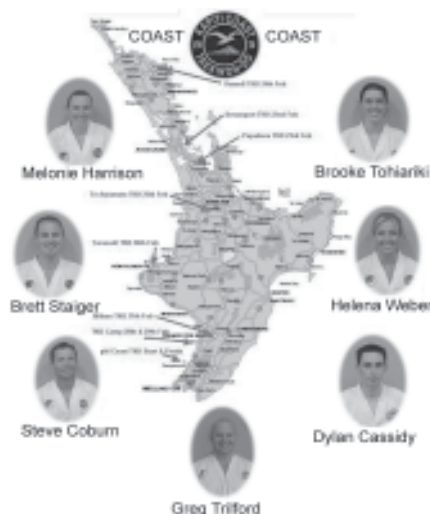
Thank you Mr Mantjika and Milson Taekwon-Do club members, we will be sure to visit again.

### Day Seven

Helena and I travelled home due to work and family commitments so were unable to train for the first day of Mr Dave Ballard’s *‘Three Clubs Train as One’* camp, although we managed to arrive later in the afternoon; everyone at the camp was fizzing – it had obviously been an enjoyable day despite the pouring rain! The question and answer session through the evening proved entertaining,



Demonstrating pattern Won Hyo for Mr Connolly



as was the midnight feast enjoyed by the Kapiti junior students. Sleep was finally gained in the early hours despite the best efforts of a certain cabin!

### Day Eight

We were awoken early by the sweet, gentle(!) sounds of pots being struck and were all off out for our morning session, most for a beach training with Mr Trilford, but a few headed off for a run in the dunes.

Back in dobok we split into three groups of which my group was instructed by Mr Daniel Motu, who taught us break-falling techniques – great! Break falling is part of my next grading (to 2nd gup) so the timing was perfect – I came away with plenty of information which I now can put into some practice.

The camp finished off with a speed and fitness time-trial out on the field which was hard work and good fun.

So, that’s it, the end of the coast-to-coast road trip – amazing. I would like to thank all of the instructors who welcomed us into their dojang, and all the students who trained with us. Thank you to the Kapiti students who provided such pleasurable company. Finally, thank you Mr Trilford for the opportunity and the vast amount of organisation that you did for us.

If you are reading this now, and think we had fun, you would be right – get out there and experience it for yourself – maybe we’ll see you soon!

The gang with comedy legend Billy Connolly



# Comparison of ITF Taekwon-Do and WTF Taekwondo

by Paul McPhail, VI dan  
Director of Techniques



## The history

Taekwon-Do founded and named in 1955 by General Choi Hong Hi. ITF formed in 1966 with 9 member countries, Gen. Choi President.

Gen. Choi moved HQ to Canada in 1973 then later Austria where it has been ever since.



South Korea set up the WTF in 1973.

Spelled as one word, "taekwondo", rather than the ITF spelling "Taekwon-Do".

## The techniques

General Choi created 24 patterns (called Tul) that were published in the book "Taekwon-Do The Art of Self-Defence," in 1965. The Tuls they practice were created by General Choi, each one having been named for some person or concept significant to Korean history.

The method of performing individual techniques, as well as the techniques themselves are quite different from WTF. Techniques start and finish in different positions and are executed using a sine-wave motion.



WTF has gone through several different sets of forms which they now call, "Poom-Se". The original Poom-Se practiced by the WTF were Ki-Cho one through three, and Pal-Gwe one through eight. Most WTF schools no longer practice these, choosing instead to practice Tae-Kook (Tae-Guek) one through eight for students who have not yet earned their black belts. At the black belt level, there exists an entirely different set of Poom-Se.

WTF do not use a sine-wave motion.

## The terminology

Gen. Choi named all 3500 ITF techniques with both English and Korean terminology.

*"Turning kick"*

*"Round Kick"*

The terminology in WTF is completely different from the ITF, both in English and Korean.

## The competition rules

ITF competition includes four equally important individual events: patterns, free sparring, special techniques and power. There is also a team event.

In ITF free sparring, students wear foam rubber hand and foot pads aimed, primarily, at minimizing damage to their opponents. Students are allowed to kick and punch to both the head and body of their opponent. Illegal targets are the back, back of the head, and anywhere below the belt. Contact is restricted to "touch contact".



WTF have only sparring events.

In WTF free sparring, students wear thick chest padding similar in appearance to, although much lighter than, a bullet proof vest. They also wear foam rubber head gear. WTF competitors do not typically wear anything on their hands and punching to the face is illegal. Rules are "full contact".

## The uniform

The ITF uniform is white and zips up in the centre. Black belt holders have a black stripe on the bottom of the jacket, 4th dans and above have stripes down the sleeves and pants.



The WTF wear a V-neck uniform with various colours on the v-neck. There appears to be variations of the uniform with some having checked fabric also. WTF members also often wear shoes.

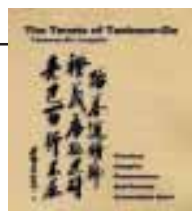
## The ranking system

ITF system of rank is made up of 10 grades and 9 degrees of black belt. The title of Master is reserved for 7th degree and above only.

WTF generally refer to 5th dans as Masters and have up to 10th dan.

## The philosophy

ITF Taekwon-Do follows the tenets of Taekwon-Do and philosophy of General Choi Hong Hi, founder of Taekwon-Do. There is a heavy emphasis on theory and philosophy, patterns and technical perfection, as well as the sporting aspects.



WTF is primarily concerned with the sporting aspects of their art. Most WTF classes consist of sparring drills, pad work and free sparring.





# New Requirements for Black Belts

by Paul McPhail, VI dan - Director of Techniques

The following changes have been made following the Technical Committee seminar held in November 2003. Most requirements are effective immediately, but some flexibility will be observed throughout 2004.

## Age limits

In accordance with the ITF Bylaw, the age limit for grading to 1st, 2nd and 3rd degree have been removed (previously 9, 14½ and 16½). Minimum age for promotion to 4th degree has been reduced from 19½ to 18 years

## Credit Point Changes

Credit points are now separated into "Attendance Credits" and "Contribution Credits". Attendance Credits are gained by attending such things as ITFNZ tournaments, camps, seminars and other events outside of normal club trainings. Contribution Credits are gained by contributing to the organisation, by assisting with such things as umpiring, instructing or organising events.

Those testing for 1st dan must accumulate 10 Attendance or Contribution Credit points since joining ITFNZ. Those testing for 2nd dan must accumulate 5 Contribution Credits since their last grading. Those testing for 3rd dan must gain 10 Contribution Credit points, 4th dan - 15 and so on.

**Examples of Credit Points and more information is available on the website:**

**[www.itfnz.org.nz/ref/documents/doc\\_bbhandbook2004.htm](http://www.itfnz.org.nz/ref/documents/doc_bbhandbook2004.htm)**

## Certification

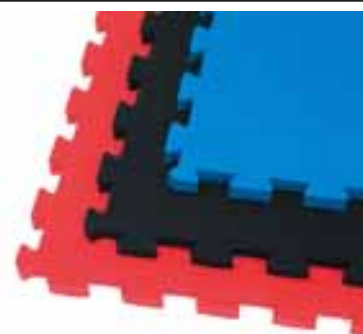
Additions to the requirements to grade are as follows (effective 2005):

- To grade to 2nd dan you must have at least a B Grade Umpires certificate and have umpired at 2 tournaments since being promoted to 1st dan.
- To grade to 3rd dan you must have at least a A Grade Umpires certificate and have umpired at 3 tournaments since being promoted to 2nd dan.
- To grade to 4th dan you must have at least a A Grade Umpires certificate and have umpired at 4 tournaments since being promoted to 3rd dan.

*NB. Umpiring can be as a referee, judge or jury, for at least half the duration of the tournament.*



Devmark Trading Limited



## Jigsaw Mats

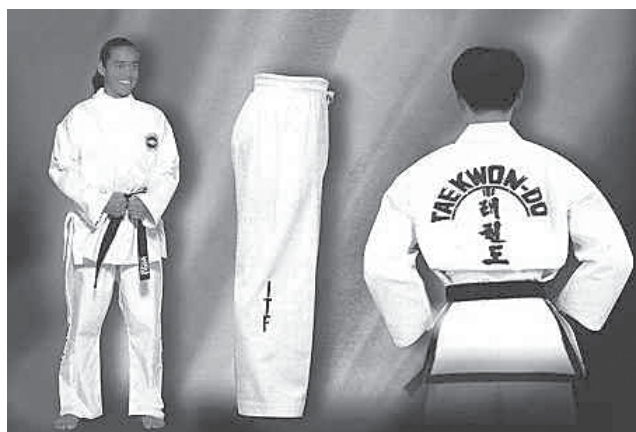
Interlocking safety mats for training and competition. As used in ITFNZ National and Regional tournaments.

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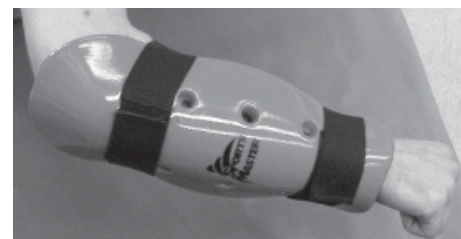
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# National Juniors Camp 2003

by Gwyn Brown, II dan  
Camp Organiser

Organise a National Camp for 70 children under 14 years of age and 20 adults. Sounds easy, right?

Actually, it was! Thanks to the Three Amigos: Trudie, Shaun, and myself. All we had to do was hold lots of meetings and decide who would be paying for all the pizzas. About 10 meetings later, everything started to come together.

The big day finally arrived.

The weather gods were unkind, to say the least. It rained pretty much the whole weekend, despite our sacrificial offerings. Did this dampen anyone's spirits? No, not one little bit.

Shaun and I got off to a great start. We managed to get all the gear, food, equipment, and ourselves to the venue with five minutes to spare, while Trudie had to finish work. Personally I think she got the better end of the deal.

Then the children started to arrive and just like the rain, they first trickled in, then flooded in, and then trickled in again. By 8:30, most had arrived and we began with introductions, the weekend format and of course rules for all the participants.



Carlos from Tauranga demonstrates flying reverse turning kick

The children were buzzing, and soon had organised themselves with few problems. Our ages ranged from Georgia who was 5, to Jason who was 15. I was sceptical at first that a 5 year old would cope at the camp, however her Dad was there with her and as it turned out, she was a very mature 5 year old and a joy to be around.

Friday night was spent playing a few ice-breaker games and organising the children into their teams. An early night was planned but as expected, we had to get the boys up after lights out to point out



Regan Diggelman in the way?  
Kyle Caldwell takes a shortcut.

the benefits of doing countless push-ups.

Saturday dawned bright and clear... at least, I am sure *somewhere* above the rain and wind, it was bright and clear. Shaun and I woke the children up at 6am and had them all exercising by 6:05, which has to be a minor miracle in itself. Any parent who wishes to know the secret of this method can contact me. All I will say is it involves several trash can lids, a large water pistol, an even larger off duty policeman, and several thinly veiled push-up threats.

After the usual morning routines we settled into a day of hard training involving lots of sparring, breaking, sparring, breaking, sparring and breaking. Our goal for each child at the camp was to be able to achieve something they had never tried or thought possible before.

Our special guests ran some of the most inspiring and enthusiastic training sessions imaginable. By the end of the first day, every child had achieved our goal. I didn't care what happened the rest of the weekend; anything else would be icing



Cameron and Dean  
from Tauranga sparring

on the cake.

I must thank the instructors we had and salute them all for sharing their knowledge and for instigating the enthusiasm of our younger members that became so contagious for us all.

Saturday night ended with what we termed the "Saturday Night Live Show Spectacular". You are all probably familiar with this format, where the children have all day to come up with an idea for a show and present it to the judges. There were some great skits, some very funny ones, and everybody had a great time.

There had been no problems getting the children to bed on Saturday night. Waking them up on Sunday at 6am, however, was a little more difficult (although we again managed to have them all assembled in the hall by 6:07am). They were then told to go back to bed, as there would be no exercising that morning. You should have seen their faces!



Participants at the camp  
experience the Game of Slime

Sunday consisted of more training and the activities the children loved: sparring, jumping, games, and lots of breaking. We had purchased over 150 boards for the camp; next time we will buy more, and spend more time watching the sheer joy on each child's face as they smashed them to pieces.

A big thanks to Trudie Malone and Shaun Skedgwell and also to the many parents and helpers for your assistance to make the camp possible.

We will be running this camp all over again for 2004. The dates have yet to be finalised but it looks likely to be again at the end of November, possibly the 19<sup>th</sup> – 21<sup>st</sup>. Watch this space.

# Steve Pellow, V dan

by Mark Banicevich, IV dan  
Papakura

Mr Pellow probably has the most interesting training history of any ITFNZ instructor. It shows in his qualifications: V dan ITF Taekwon-Do, I dan Aikido, and instructor of Balintawak and kickboxing.

My first memory of Mr Pellow is from a seminar with General Choi Hong Hi in 1991. He was a 3<sup>rd</sup> dan black belt with funny techniques; one of those Lim's instructors. Indeed, his most embarrassing Taekwon-Do moment was having General Choi pull one of his patterns to bits at that seminar, with his old friend Paul McPhail looking on in obvious amusement.

I also remember training for my first degree. Twice a week with Mr McPhail, and twice a week with Mr Pellow to toughen me up. Sparring sessions in a small hall at the back of Papakura, full to capacity with eight red and black belts. Pummelling each other. We hear a thump, and see Graeme Fleming raise himself from the floor. Mr Pellow (his opponent) stops the class and says, "Never duck a back kick. They're usually middle. Carry on." (The back piercing kick is Mr Pellow's favourite foot technique. Moving forwards, of course. As Mr Pellow says, "Is there any other way?") His favourite hand technique is the knifehand guarding block, as anyone who has been to one of his self defence seminars might guess.)

To Mr Pellow, martial arts are all about self defence. Around 1993, he told me his goal is to ensure that his students can defend themselves if they are attacked, and he gave a recent successful example of one of his female students. It is this intent that drove him to ensure ITFNZ introduced a realistic self defence syllabus to grade to 1<sup>st</sup> dan, which we did in 1993.

His techniques are realistic – he is one of the most dangerous men I know. Fortunately, he is also one of the nicest.

## In the beginning

Mr Pellow's interest in the martial arts began as a kid watching David Carridine in the 1960s TV series "Kung Fu". In 1980, Mr Pellow visited an old friend in Sydney, Kevin West. He accompanied his friend to a Taekwon-Do class near the

Central Railway Station. A session watching that, and Mr Pellow wanted to join.

Soon after, a friend told Mr Pellow about a new club in Papakura. His first session was 30 September 1980 – in a small narrow room at the back of the Papakura YMCA. The instructor, Olly Olsen, learned Taekwon-Do under Master BS Haun, while stationed in Singapore with the army. The club was affiliated to the South Pacific Taekwon-Do Federation, under Master YK Yun. Training included lots of press ups, kicks, punches, fitness training and partner stretching.

Six weeks later, Mr Pellow wore his dobok for the first time at his first grading. It was held at the Otahuhu dojang of Tere Maorikava. He was greeted by a smiling new 1<sup>st</sup> dan named



Mr Pellow as a green student, with Kevin West in 1981 Rocky Rounthwaite. Mr Pellow also saw the first blue belts he had seen: Mark Rounthwaite, Rua Kaiou, and Gavin Ryan (Alan Gillon's first instructor). Mr Pellow stood in the front line, right in front of Master Yun. He performed saju jirugi and Chon-Ji without error, and passed his yellow belt.

## Taekwon-Do skill begins to develop

At green belt, Mr Pellow was teaching. He desperately wanted to learn more, so he went along with a friend to a self defence course at night school. It turned out to be a karate class, taught by a 1<sup>st</sup> dan named Royce Lane. Classes consisted of kicks, punches and a hundred miles of line work – as if to weed out the weak. "I get paid by the government the same amount of money. It doesn't matter to me if there are two of you or two hundred."

Mr Lane also offered private tuition on Saturdays for \$5, and Mr Pellow became a regular at these tiring sessions. It was

ironic to have the tenets of Taekwon-Do hammered home by a karate instructor! (Incidentally, Mr Lane was shot in the head while working as a bodyguard in Hong Kong a few years ago. Mr Pellow says, "Royce being Royce, it failed to kill him" – he is still alive and well.)

By late 1982, Mr Pellow was a red belt, but not of today's standard. The club split from Master Yun when he was red stripe. The club was discontent, but there wasn't really anything else around.

Mr Pellow's martial arts career changed dramatically when he happened to meet Thomas Tamakore, a black sash in Kung Fu under Henry Gibson, 2<sup>nd</sup> dan in Taekwon-Do with Master Rhee, and a boxer. Mr Tamakore was 170cm, quietly spoken, with skill and knowledge Mr Pellow hadn't seen, and the speed, flexibility and cat-like agility of a 70kg athlete – except he was 120kg! He loved demonstrations, and Mr Pellow performed many with him. Ask Mr Pellow about Mr Tamakore's favourite break – it's amazing!

Mr Tamakore's favourite saying was, "I teach for reality." His philosophy: the colour of a belt means nothing – merely a way to hold up one's trousers. Mr Pellow says, "The skill, methods and attitude Thomas taught me are with me in every class I teach to this day." Soon after Mr Pellow transferred to his Mangere club, Mr Tamakore opened clubs at Greenmeadows, and later Papakura.

Mr Tamakore split from Master Rhee and conducted his own, formal and ceremonious, gradings. In March 1983, Mr Pellow reggraded to blue belt, and he was happier a good blue belt than a poor red belt. The grading included a surprise break – Mr Pellow's first. A three board reverse turning kick! The second attempt was successful. Mr Tamakore liked to put his students on the spot to see how they would react – something Mr Pellow vowed to do to others as soon as he had the chance.

## Broadening his horizons

In January 1984, Mr Pellow attended a weeklong Wing Chun Kung Fu training camp in Australia, run by William Cheung. (Mr Pellow was so impressed, he attended



again in 1985, 1986 and 1987. In 1986, Mr Pellow attended a second week of Escrima, Muay Thai and Jeet Kune Do with Dan Inosanto – Bruce Lee's most senior student!

Mr Pellow and one other student graded to 1<sup>st</sup> dan on 12 June 1984 under a panel of Mr Tamakore, John Jarvis (a New Zealand pioneer of judo and karate), and Kevin Tisch (a 3<sup>rd</sup> dan student of Willie Lim). It was a long hard night of everything Taekwon-Do.

In October 1984, Mr Tamakore was involved in a car accident. He retired from Taekwon-Do and returned to Australia, leaving Mr Pellow to teach the clubs at Greenmeadows and Papakura. In 1985,

Mr Pellow with Bill "Superfoot" Wallace



Above right: Mr Pellow with William Cheung (centre) and Willie Lim

Below right: Alan Tromp, Mr Pellow, Bobby Taboada and Alan Gillon

"The Jet" Urquidez (kickboxing), Fumio Demuria (7<sup>th</sup> dan, karate), Remy Presas (modern Arnis), Professor Wally Jay (10<sup>th</sup> dan, small circle jujutsu), George Dillman (8<sup>th</sup> dan, karate), and Kwang Jo Choi (8<sup>th</sup> dan, Mr Lim's instructor). Neither were these one off experiences; Mr Pellow trained with Wally Jay and George Dillman in eight or more seminars each over a four year period. Mr Lim called this "investing in yourself".

This may seem haphazard – training in so many styles – but many of these legends trained together (although many were masters in their own right), and their seminars complemented each other. For example, William Cheung was a boyhood friend of Bruce Lee, and Wally Jay trained



extensively with Bruce Lee's student Dan Inosanto, and together with Remy Presas and George Dillman.

In 1987, Mr Lim introduced Mr Pellow to Balintawak instructor Bobby Taboada, who grunted, "You come next week." The class followed Mr Lim's Taekwon-Do class, and lasted anything from 45 minutes to two hours. In his limited English, he would say, "defence faster", and tap students with his stick. If a student was still too slow, he would "tap harder". He was pleased when he weeded the class down to three or four students, at which point he warmed up a bit. After class, Mr Taboada would walk

away without saying a word.

Mr Taboada reminded Mr Pellow of Mr Tamakore: big, fast and very powerful, with a flamboyant manner and attitude. Four years later, Mr Lim and Mr Taboada moved to the USA.

In January 1989, Master Chai Sirisute (President of the US Thai Boxing Association) gave his first Muay Thai seminar in New Zealand. Dan Inosanto had spoken highly of Master Chai, so Mr Pellow couldn't stay away. Mr Pellow has trained with Master Chai on numerous occasions since, and they have a friendly relationship. A few years ago, Master Chai visited Mr Pellow at his work. Mr Pellow's greeting was a friendly hug and the comment, "Oh, you've gotten fat!", which brought giggles from Master Chai.

### A martial artist

Humility is something Mr Pellow respects highly in the best instructors. Master Chai once helped the New Zealand contingent carry their bags to a camp in soaking rain. Wally Jay would greet students to his seminar with, "Hi, my name's Wally. Thank you for coming to my seminar." These two, Willie Lim, Bobby Taboada and Paul McPhail are Mr Pellow's most admired martial artists.

Mr Pellow's advice to a new student? Don't quit; keep going, or you will regret it for the rest of your life. It is not all steady progression – it has its ups and downs. A good practitioner is not necessarily a star. It is the person with patience and determination who will remain after ten years.

It is these things, together with his quit wit and subtle humour, that make Mr Pellow a great instructor and a gentleman.



Although he prefers to stay on the ground, Mr Pellow proved he could do "all that jumping around stuff" at his 5<sup>th</sup> dan grading

<http://www.itfnz.org.nz/tkd/talk/key.html>

## News in Brief

### Thank you....

Central Districts Taekwon-Do took to the running track for the 2004 Relay for Life for the third consecutive year. Mr Lowe was again our captain leading a twenty four hour team relay event around a four hundred metre track.

Our team consisted of members from several clubs that took up the challenge of raising one hundred dollars per person. This could have been the hardest part of being in the Relay.

All money raised stays with the local Cancer Society so we are directly helping our own community, families and individuals in their battle with cancer.

### Kiwis in Sydney

Eight members of the PNTA, along with students from Wellington, South Island, and Auckland travelled to Sydney recently to compete in the General Choi Memorial Cup. The tournament was held at the Olympic Park. Around 160 competitors took part in the competition with some fantastic individual results from this

side of the Tasman. The day ran smoothly and to time!

With only twelve months until the next General Choi Memorial Cup, planning is already on paper to take more students next year.



#### ITFNZ Medals from the General Choi Cup

D Ballard	2 <sup>nd</sup> sparring
S Galpin	3 <sup>rd</sup> sparring
	3 <sup>rd</sup> patterns
	3 <sup>rd</sup> special technique
N Galpin	2 <sup>nd</sup> sparring
	1 <sup>st</sup> special technique
T Young	1 <sup>st</sup> sparring
A Yates	2 <sup>nd</sup> sparring
M Thomas	2 <sup>nd</sup> sparring
R Kunz	2 <sup>nd</sup> power Test
	3 <sup>rd</sup> patterns
H Warren	2 <sup>nd</sup> sparring

### Round the Bays

Around thirty ITFNZ members ran the annual Round the Bays fun run in Auckland this year in a record time. (A record for an ITFNZ pack run, that is!)

Members have run the Round the Bays in dobok every year for over a decade.

### Willy van de Mortel Seminar

Internationally renowned sparring coach Willy van de Mortel visits New Zealand this month. Mr van de Mortel is here to teach a small group of elite students the secrets that have produced former world champions, such as Tomas Barada and Julia Cross.

### Epson Under 18 Tournament

The 2004 Epson Under 18 Tournament series got off to a surprisingly grand start in Whangarei. A couple of hours north of Auckland, we thought the numbers might be down somewhat. Instead, it was the biggest Under 18s yet - with 120 competitors, from as far south as Dunedin.

The day went very smoothly, under the direction of Northland's own dynamo Mr George Konia. Local graduates from the umpires course in Whangarei the week before, plus a number of stalwarts from Auckland and further south, led to a comfortable finish of competition before 5pm.

## Quality Performers – a world first!



With over twenty years leadership in development of women's chest protection for sports, New Plymouth company Quality Performers have now surprised the world markets with the new Cool Guard "SUPER".

Alongside the famous Econo Guard and Maxi Guard, the Cool Guard was introduced in 1999 and now sells in large numbers in 26 countries. The new SUPER version has the protection inserts made of Polyurethane Foam (like the steering wheel on your car—soft inside with a hard skin outside).

Contact your local Martial Arts equipment supplier now. A list of them is available on <http://www.qp-sport.co.nz>.



# Epson Under 18 Tournament Series Winners



## Chanthie Thach

I didn't know what to expect at the under 18s last year. The last time I competed was at the 2002 Under 18s in Auckland North. Since then, I've

trained hard and soon enough the 2003 Under 18s was up and running. To be honest I have never placed in patterns in an Under 18's before. So my goal was to come somewhere, well, anywhere in patterns. Twenty minutes later I was in the finals! I missed out on 1<sup>st</sup> but I got 2<sup>nd</sup>! I have never got that far before.

I gained my black belt in May, so my first challenge was to compete as a 1<sup>st</sup> dan. It was tough, as I was up against people who had recently represented New Zealand. But I got myself in the ring, head up high and did better than I expected.

By the final tournament for the series, I was at the top of the table leading by only a few points. To hold my position was hard as I had three of the best behind me. After a very long day of patterns, sparring and special techniques I was awarded Female Black Belt Grand Champion. The most memorable moment in the 2003 under 18s series was the Palmerston North tournament, where I damaged my foot just before sparring. Now speciality comes after sparring.

It was tough, but fun.



## Samuel Skinner

After returning from the Junior World Championships of 2002, I was keen to set a goal for 2003. The trophy that I desired above all was the

Epson U18 Male Black Belt Grand Champion. I was keen to compete in all five tournaments as I had only competed in two tournaments in 2002 due to a couple of injuries.

I felt that I had to improve in certain areas. I had been reasonably competitive in sparring and specialty technique, but needed to improve in patterns. I was also sitting my 2nd dan in May, so I knew that I needed to spend time here.

I am fortunate that my club, Nibun ITF, has many students who have competed

internationally and so I discussed this with them and took advice whenever I could. I also had Hong Looi and Honza Kubat staying at our house for several months and they were of great help and inspiration to me. I saw how they practised all aspects of Taekwon-Do to be competitive all round.

When we arrived for the final tournament I was ahead on points, but with other competitors capable of overtaking me. Things went well and I received the Grand Champion trophy. It was one of the proudest moments of my life.

This year will be my last series. My advice to all junior students is to take part in as many as you can. My goal for 2004 is to compete with distinction at the 2004 Junior World Championships in Italy.

In conclusion, I would like to thank my instructor Mr Andrew Niven for the eight years that he has been there for me.



## Melissa Timperley

I am a 5<sup>th</sup> gup member of the Papakura Taekwon-Do club run by Mr Paul McPhail which I attend Mondays and Wednesdays. I attend

Dragon Spirit Papatoetoe Taekwon-Do with Mr Kane Raukura, Sundays and holidays. I also enjoy visiting other clubs when possible.

I enjoy the tournaments and the challenges but get very nervous before competing.

I always have to come up against lots of really cool people who now are my friends who are from all over the North Island.

At the third tournament my parents heard that under green belts could compete in special techniques but I didn't know how to do it. Dad said to go to the back of the line and watch what to do. I was terrified.



But did very well

My goals for the future are to meet new people, train hard, eventually become a black belt, and have *fun, fun* along the way

## Ethan Parker



I am aged 10, 3<sup>rd</sup> gup from the Papakura club. I first started Taekwon-Do in August 2001. My final tally of trophies consisted

of eight 1<sup>st</sup> places, two 2<sup>nd</sup> place and one 3<sup>rd</sup> place.

My strength was in patterns. I was placed 1<sup>st</sup> in all the five tournaments. Preparing for each tournament involved regular club night trainings at Mr McPhail's Papakura club, as well as training at home with my sister Alisa. I also had extra coaching and training as part of the 'Counties Manukau Nationals Team'. I didn't do special techniques until the fourth tournament because I thought I was too short. (A big mistake!)

I was fully supported by my parents David and Vienna. My dad was my second in the ring for sparring, and my mum and sister would cheer me on from the side.

My best tournament was in the Wellington U18-4, where I came first in patterns, sparring and special techniques. I was supported by about twenty of my extended family members, who lived locally. My grandparents also travelled with us.

My goals for 2004 are to win 'Best Overall Belt' at the Counties Regional tournament for the 3<sup>rd</sup> year in a row, compete in the Nationals and to defend my 'Epson Under 18s Colour Belt' title. I also would like to reach 'black tip' by the end of the year.



<http://www.itfnz.org.nz/events/tournaments/epsonunder18/2003.htm>

# Moral Ethics and the Code of Conduct in ITFNZ

by Ian Campbell, IV dan, Director, Standards and Discipline Subcommittee

## Part 1 of 3

### The student / instructor relationship – *sajeji-do*

The morality and conduct of students has always been a high priority and an integral element in the martial art of Taekwon-Do. General Choi documented ethical ways of conduct and behaviour for students and instructors, notably the tenets and the student oath.

The tenets of Taekwon-Do are courtesy, integrity, perseverance, self-control, indomitable spirit.

The student oath reads as follows:

These two elements are embedded into new students' training. The tenets and the student oath form the initial understanding of ethical behaviour in Taekwon-Do. The instructor instils this and is responsible for mentoring these elements whilst teaching the student the physical and mental aspects of the art.

Students can refer to the *do jang* rules to grasp what is expected from them. Each *do jang* has the same basic rules although instructors may have extra rules specific to their own *do jang*. As a visiting student you should make yourself familiar with the expectations of the instructor.

When we progress as students we naturally take on more responsibilities and there is accordingly a tendency for juniors to look upon their seniors as role models. Students tend to emulate the training styles of their instructors, and the way that they conduct themselves inside and outside the *do jang*. The trust and loyalty students build with their respective instructors overtime will have a major influence on an individual. An instructor will not only teach the student the physical aspects of the art, they will also pass on their life skills, conduct and integrity and the *do*, or way, aspect of Taekwon-Do. It is important, therefore, to ensure seniors and instructors have an awareness of what is expected of them as holders of such influential positions.

Our founder, General Choi, understood the unique dynamics created between

instructors and their students. In recognising this he set guidelines for student / instructor relationships – *sajeji do*.

Never tire of teaching. A good instructor can teach anywhere any time, and always be ready to answer questions.

An instructor should be eager for their student to surpass them; it is the ultimate compliment for an instructor. A student should never be held back. If the instructor realizes the student has developed beyond their teaching capabilities, the student should be sent

*I shall observe the tenets of Taekwon-Do.*

*I shall respect the instructor and seniors.*

*I shall never misuse Taekwon-Do.*

*I shall be a champion of freedom and justice.*

*I shall build a more peaceful world.*

to a higher ranking instructor.

An instructor must always set a good example for the student and never attempt to defraud them. The development of students takes precedence over commercialism. Once an instructor becomes concerned with materialism they will lose the respect of their students.

Instructors should teach scientifically and theoretically to save time and energy.

Instructors should help students develop good contacts outside the *do jang*. It is an instructor's responsibility to develop students outside as well as inside the *do jang*.

Students should be encouraged to visit other *do jang* and study other techniques. Students who are forbidden to are more likely to become rebellious. There are two advantages for allowing this: not only is there the possibility a student may observe a technique that is ideally suited to them, but they may also have the chance to learn by comparing their technique to inferior techniques.

All students should be treated equally; there should be no favourites.

If the instructor is not able to answer a student's question, they should not

fabricate an answer but admit they do not know and attempt to find out.

An instructor should not seek any favours from their students.

An instructor should not exploit their student. The only purpose of an instructor is to produce both technically and mentally excellent students.

Always be honest with students, and never break their trust.

(General Choi, Condensed Encyclopaedia of Taekwon-Do, 5th ed, p43)

All instructors are aware of their huge responsibility to their students. Our influence on them will shape the way they interpret Taekwon-Do. Our young people and their families entrust us to deliver a well-rounded professional approach to teaching.

Ian Campbell returns next issue with Part 2 of this article, where he outlines the instructors' code of ethics, extensively derived from General Choi's "*sajeji do*".

### Grading Etiquette

Senior belts should set the example. Your junior grades are aware of what you are saying and doing while you are sitting on the floor so a mature Taekwon-Do attitude should be practised by you at all times throughout the grading.

DO move quickly when spoken to by your seniors.

DO NOT turn your back when moving back from the examiners.

DO sit properly while waiting to be called. Stretching is allowed.

DO NOT lean against the back wall.

DO NOT ridicule others grading. Everyone is nervous, and others listening to you will not appreciate any negative comments. You should sit quietly and be supportive of your fellow students no matter which club they are from.

DO NOT take your theory book onto the floor. If it is seen, be prepared to have it taken off you.

DO make sure your dobok is spotless, hemmed, and ironed.

Reprinted from TKD Talk, 1999 by Susie Ponting, Mangere.

George Konia receives the 2003 Epson New Zealand Instructor of the Year Award

<http://www.itfnz.org.nz/tkdtalk/key.html>



# Nominate Someone for the ITF NZ Taekwon-Do Awards

Do you know anyone who deserves one of the prestigious ITF NZ 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 2 May 2004.

There are six awards to be presented:

- (1) Paul M Taekwon-Do Dan Student of the Year  
Registered ITF NZ black belt at 5 June 2004.
- (2) WebWorld Gup Student of the Year  
Registered ITF NZ coloured belt at 5 June 2004.
- (3) Nibun ITF Junior Student of the Year  
Registered ITF NZ member under 18 at 5 June 2004.
- (4) Epson New Zealand Instructor of the Year  
Active ITF NZ instructor at 5 June 2004.
- (5) Martial Arts Apparel Club of the Year  
Active ITF NZ club at 5 June 2004.
- (6) The President's Award for Outstanding Contribution to Furthering ITF NZ  
Any person who does a lot for ITF NZ Taekwon-Do.

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

## 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

Mr Devon Pittman  
28 Beech Crescent, Hillcrest  
Hamilton

### Central Districts

Mr Dave Ballard  
171 West Street  
Feilding

### Wellington

Mr Jake Pearson  
76A Wright Street, Mt Cook  
Wellington

### South Island

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

## New Zealand Junior Team Announced

The members of the New Zealand Junior Team who will compete at the Junior World Championships in Italy this July were selected in February.



Team members, management staff, and supporters at a training camp in Taupo

### FEMALE:

#### SPARRING

##### Female Micro ( 0 - 42kg )

Rebecca Walthall

##### Female Light ( 42 - 48kg )

Lipi Shukla

##### Female Middle ( 48 - 53kg )

Chantie Thach  
Cori-Jean Topia  
Estelle Speirs

##### Female Heavy ( 53 - 60kg )

Alicia Yates  
Renee Richardson  
Elly Sekikawa

##### Female Hyper ( 60kg + )

Nikki Galpin  
Roseanne Te Hau

#### TEAM FEMALE

Chantie Thach  
Alicia Yates  
Elly Sekikawa  
Nikki Galpin  
Roseanne Te Hau  
Renee Richardson - Provisional  
Lipi Shukla - Provisional

#### PATTERNS

##### 1st Dan

Megan Matsuoka  
Chantie Thach  
Lipi Shukla

##### 2nd Dan

Nikki Galpin

#### SPECIAL TECHNIQUE

Elly Sekikawa  
Nikki Galpin  
Roseanne Te Hau

#### POWER

Nikki Galpin  
Roseanne Te Hau

### MALE:

#### SPARRING

##### Male Micro ( 0 - 52kg )

David Burr  
Carlos MacDiarmid  
Gary Sawyer

##### Male Light ( 52 - 58kg )

Jamie Smith  
Kane Baigent

##### Male Middle ( 58 - 63kg )

Chris Broughton

##### Male Heavy ( 63 - 70kg )

Samuel Skinner  
Chris Clencie  
Regan Diggelmann

##### Male Hyper ( 70kg + )

Nick Eley  
Campbell Gold  
Robert Buddle

#### TEAM MALE

Chris Broughton  
Robert Buddle  
Regan Diggelmann  
Samuel Skinner  
Nick Eley  
Campbell Gold

#### PATTERNS

##### 1st Dan

Regan Diggelmann  
Chris Clencie  
Chris Broughton

##### 2nd Dan

Samuel Skinner  
Robert Buddle

#### SPECIAL TECHNIQUE

Chris Clencie  
Shannon Ryan

#### POWER

Chris Broughton  
Nick Eley  
Robert Buddle

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# Directory Update

## Auckland North

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

## Onehunga, Gurusports

Mr Paul Hicks I dan  
Onehunga Senior Citizens Club, 5 Pearce Street  
Tuesday and Thursday,  
Kids beginners 4:00 - 5:00pm  
Kids 4 - 12yrs, 4:30 - 5:30pm.  
Adults 6:30 - 8:00pm

## Counties Manukau

Clevedon, **Kidz Kwon-Do Clevedon** has  
merged with **Kidz Kwon-Do Papakura**,  
training at Kidz Kwon-Do Papakura

## Regional Directors

**Auckland North:** Mr Mark Banicevich, ph 021 314 503, [mbanicevich@itfnz.org.nz](mailto:mbanicevich@itfnz.org.nz)

**Counties Manukau:** Mrs Sue Breen, ph (09) 521 3244, [sbreen@itfnz.org.nz](mailto:sbreen@itfnz.org.nz)

**Midlands:** Mr Gwyn Brown, ph (07) 578 6680, [gbrown@itfnz.org.nz](mailto:gbrown@itfnz.org.nz)

**Central Districts:** Mr David Ballard, ph (06) 323 2682, [dballard@itfnz.org.nz](mailto:dballard@itfnz.org.nz)

**Wellington:** Mr Nick Lourantos, ph (04) 388 9871, [nlourantos@itfnz.org.nz](mailto:nlourantos@itfnz.org.nz)

**South Island:** Mr Graham Patterson, ph (04) 479 0116, [gpatterson@itfnz.org.nz](mailto:gpatterson@itfnz.org.nz)

## Pukekohe

Mr Luke Thompson II dan  
Pukekohe Hill School, Green Lane, Pukekohe  
Monday and Wednesday,  
Juniors 7:00 - 8:30pm Seniors 7:00 - 9:00pm

## Waiau Pa, Paul M Taekwon-Do Waiau Pa

Mr Dan Jackson III dan  
Waiau Pa School, 571 Waiau Pa Road, Waiau Pa  
Tuesday and Thursday, 6:30pm - 8:00pm

## Midlands

### Rotorua

Ms Chris Davidson, I dan  
Rotorua Intermediate School,  
Malfroy Rd, Rotorua  
Tuesday and Friday, 6:00 - 7:30pm

### Waikeria

Mr Ross Campbell III dan  
Waipa Workingmen's Club, top floors,  
Albert Park Dr, Te Awamutu  
Monday and Wednesday 5:30pm - 7:00pm

## Central Districts

Levin, **Taekwon-Do Cubs**  
Mrs Rose Cherrington II dan  
Waiopahu College Gym,  
Bartholomew Road, Levin  
Monday, 4:30 - 6:00pm, Friday,  
Adults and Seniors only 6:30 - 8:00pm

## Wellington

### Porirua

Mr Peter Chapman I dan  
Cannons Creek School,  
Warspite Ave, Cannons Creek  
Tuesday and Friday, 6:30 - 8:30pm

## South Island

### Balmacewen, Threshold

Mr Hayden Breese, III dan  
Balmacewan Intermediate School,  
44 Chapman St, Balmacewen  
Monday and Wednesday, 6:00 - 7:30pm

## Otago University

Mr Kris Herbison III dan  
Clubs and Societies Building,  
Albany St, Dunedin  
Activities Hall, Tuesday 4:00 - 5:30pm,  
Friday 4:00 - 6:00pm  
Seniors, Dance Room, Friday 6:00 - 7:00pm

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# Coming Events

15-17 April	Willy van de Mortel Seminars	27 June	Epson Under 18 / 3 - Wellington
17 April	Level 1 Instructors Course - Christchurch	27 June	Peewee Tournament - Devonport
18 April	Level 1 Instructors Course - Dunedin	7-10 July	Junior World Champs - Italy
18 April	AGM - Auckland	3 July	Level 2 Instructors Course - Auckland
1 May	Level 1 Instructors Course - Wellington / CD	4 July	Level 2 Instructors Course - Midlands
2 May	Level 1 Instructors Course - Greymouth or Nelson	10 July	Level 2 Instructors Course - CD/Wellington
16 May	Epson Under 18 / 2 - CD	10 July	Umpires Course - Midlands
22-23 May	Black Belt Grading - Tauranga	11 July	Level 2 Instructors Course - South Island
29-30 May	Black Belt Grading - Auckland	11 July	Umpires Course - Auckland
29-30 May	Black Belt Grading - CD	17 July	Umpires Course - CD/Wellington
5-7 June	Nationals - Auckland North	18 July	Umpires Course - South Island
19 June	Level 1 Instructors Courses - CM / AN	24-25 July	First Dan Fever - New Plymouth
20 June	Level 1 Instructors Courses - Midlands	6-8 August	ITF International Instructors Course
21 June	Submission deadline for August TKD Talk		

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# Next Issue

## 7th ITF Junior World Championships

Read the inside scoop on our team's efforts in Rimini, Italy, 7 - 10 July 2004.

## ITFNZ Taekwon-Do Awards

Who will stand out among us all to win these prestigious awards for 2004?

## ITFNZ Taekwon-Do National Tournament

Can Counties Manukau take two years in a row? Who will stop them? What will Auckland North make of the home advantage?

Plus our great regulars: more Kicks for Kids, a profile of another senior instructor, Mr Fitzgerald with more releasing techniques, and much more!

And check out our great web content at [www.itfnz.org.nz/tkdtalk/key.html](http://www.itfnz.org.nz/tkdtalk/key.html)





# ITFNZ Sales

## The Memoirs of General Choi Hong Hi, the Founder of Taekwon-Do.

Volume 1: Motherland: the Land in Turmoil

Volume 2: The Vision of Exile: Any Place under Heaven is Do-Jang

Volume 3: Moral Guide Book

**\$90 for the 3-volume set.**



## Taekwon-Do by General Choi Hong Hi (Condensed Encyclopaedia) \$200

### Master Leong Wai Meng's Complete Syllabus and Grading Manual

Includes Patterns, Step Sparring, Self Defence,  
and Breaking Techniques

All with movement-by-movement photographs!

**NZ\$80** for this 342 page volume.



## ITFNZ DOBOKS

ITF Style (zip up front) with embroidered ITF and ITFNZ badges,  
Tree print on back and ITF print on pants.

**Sizes 0 -5:**      Size 0: \$68      Size 1: \$74      Size 2: \$80      Size 3: \$87      Size 4: \$89      Size 5: \$95

**Coloured Belts**      Sizes 0-5      Yellow, Green. Blue, Red      \$12

## ITFNZ Ties: A "MUST" for Umpires \$20

### ITFNZ Techniques Handbooks:

Coloured Belt \$5

Black Belt \$10

Car stickers \$2.00

ITF and ITFNZ badges \$8 each

back patches \$6 each

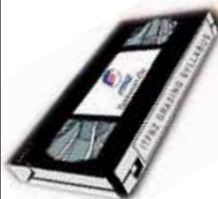


### CD-ROM \$230

Includes never before seen interviews with General Choi Hong Hi, all 24 Taekwon-Do patterns, a digital version of the 15 volume Taekwon-Do Encyclopaedia, and a special Korean Interpreter to teach you over 200 Korean Taekwon-Do related words and phrases



### Grading Syllabus Video - over 90 minutes of video footage



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

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

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

**Cost: \$20**

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

### Enquiries - ITFNZ Sales, Sue Breen

For orders: Fax (09) 528-4149      E-mail: [suebreen@monstar.co.nz](mailto:suebreen@monstar.co.nz)      Post: 26 Merton Road, St Johns, Auckland

**All prices, apart from doboks, include postage within New Zealand.**

**TARANAKI TAEKWON-DO PRESENTS**

# **FIRST DAN FEVER**



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

**24TH & 25TH JULY 2004 - NEW PLYMOUTH**

**Organisers: Neill & Kirsten Livingstone, Instructors for the Weekend:**  
**Mr Paul McPhail VI Dan, Mr Mahesh Bhana VI Dan, Mr Andrew Salton V Dan,**  
**Mr Neill Livingstone IV Dan, and Mrs Kirsten Livingstone III Dan**

## **TOPICS**

**Patterns (learn the secrets of Po Eun, Kwang Gae etc)**

**Ground Techniques**

**Dodging Kicks**

**Breaking for 2nd Dan**

**The responsibilities of a black belt**

**Where to from here?**

**Motivation**

**Why is there such a high drop out rate at 1st Dan?**

**Question and answer session.**

**What exactly are the examiners looking for?**

**Whether you have just recently graded to first dan or not currently training and wishing to get back into TKD this is an event not to be missed. We will teach you your new patterns, cover one step, ground techniques etc. Application forms available, May 2004.**



**The first thirty entries we receive go into a draw for a condensed encyclopaedia**

**Drop us a line if you wish to register now.**

**No payment required at this stage.**

**Kirstone@xtra.co.nz**

**[www.taranakitkd.com/firstdanfever.html](http://www.taranakitkd.com/firstdanfever.html)**