

2004 ISSUE 2

\$3.95

# TKD Talk

The Official Magazine of ITF NZ Taekwon-Do

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



## IN THIS ISSUE:

**JUNIOR WORLD CHAMPIONSHIPS - 2004 NATIONALS - WILLY VAN DE MORTEL SEMINARS**

Plus ITF NZ Awards, Taekwon-Do War Games, Photo Competition, Pre-Masters Portraits, and much more!

\*A licensed DU PONT product.

## WOMEN'S CHEST PROTECTOR MAXI GUARD

Lightweight for comfort -- Flexible for best fit -- Strong for protection

One piece design means no loose "shells" to move around.



Maxi Guard is easily inserted in front of cover. Cover available in Black or White.



Maxi Guard is firmly held between fabric.



Back & inside front made from sheer polycotton lycra.

Available in Seven Sizes:

Code	Euro Size	Chest Size (under bust)	Cup Size	Cover Size
M 10 A (XS)		80 cm 32"	A	10
M 10 B (XS)/B		80 cm 32"	B	10
M 12 A (S)		85 cm 34"	A	12
M 12 B (M)		85 cm 34"	B	12
M 12 C (M)/C		85 cm 34"	C	12
M 14 C (L)		90-95 cm 36"	C	14
M 14 D (XL)		90-95 cm 36"	D	14

Patent No. 189273

Certified CE Product.

Made in New Zealand

## Maxi Guard Chest Protector - a must for all female sparrers

Add confidence when competing. Used by women in Martial Arts all over the world. Made with pride in New Zealand.

The plastic guard is easily inserted or removed while the crop top is being worn.

The guard is held firmly in position by the Tactel/Lycra cover. The crop top is worn with or without a bra underneath.

Sizes: 10AA-14D

# \$49<sup>95</sup>



## Groinguard

Traditional cup supporter. A compulsory requirement when competing in tournaments. Comfortable to wear.

Sizes: Ch, Youth Regular, Youth Large, Small, Medium, Large, X-Large.

## TKD Kit Bags

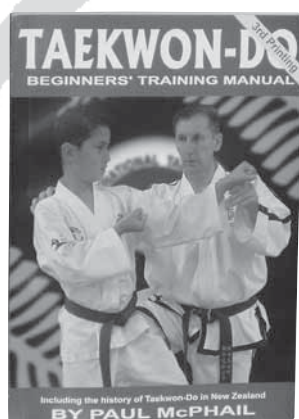
Manufactured from quality cotton drill.

Colours: Royal Blue, Navy & Jade. Ideal for carrying your sparring and protective gear, with enough room left for your books!

# \$20<sup>00</sup>



# \$25<sup>00</sup>



## Beginners Training Manual by Paul McPhail

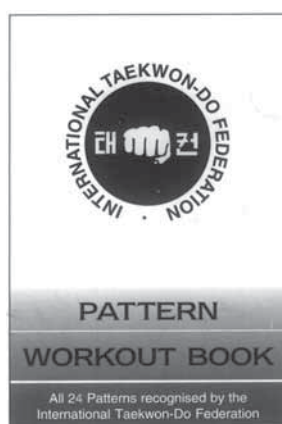
Now into it's 3rd Printing this manual outlines all the basic techniques of Taekwon-Do, the Korean martial art of self defence.

The author has over 27 years experience in Taekwon-Do and holds the rank of 6th Dan black belt.

An ideal companion for beginners and advanced students.

# \$20<sup>00</sup>

(NB: All prices include GST. All products advertised exclude postage and packaging.)



## Pattern Workout Book

Full text of all 24 ITF patterns plus pattern histories, information and pictures. 54 pages all on gloss art paper.

An essential training companion, easy to carry to training and as a handy reference.

Keep a copy in your training bag as a definitive answer to those pattern questions...

# \$15<sup>00</sup>



Showroom: 82 Queen St, Waiuku

Ph: 09 235 7290

Fax: 09 235 7293

sales@martialartsapparel.co.nz

www.martialartsapparel.co.nz

"We know our products because we use them."

- Uniforms
- Belts
- Training Equipment
- Sparring Equipment
- Groinguards
- Maxi-Guard™ Chest Protector

# Features

- 5 **Awards Dinner**  
Breon Gravatt
- 6 **National Tournament**  
Hannah Warren
- 10 **Taekwon-Do War Games**  
Mark Banicevich
- 15 **Junior World Championships**  
Neil Breen
- 26 **Willy van de Mortel seminar**  
Dr Cameron Snelling
- 28 **Pre-Masters Portraits**  
Mark Banicevich

p26



p6



p15

**EPSON**  
NEW ZEALAND

ITF NZ MAJOR SPONSOR



Sponsor of the ITF NZ website



Sponsor of TKD Talk



**ITF NZ**

**Taekwon-Do**

0800 800 495

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

**Disciplined Body**

**Focused Mind**

**Pure Spirit**

## About the Cover



This issue's cover shows our triumphant Junior team with their haul (see p15 for who's who). Inserts of Regan Diggelmann sparring a Romanian, and of Mr Willy van de Mortel's lightning downward kick. Photos by New Zealand Team supporters.

## Regulars

- 3 Editorial
- 4 Letters to the Editor
- 12 Technical Tips
- 13 Free Sparring Techniques
- 18 Self Defence
- 19 Instructor Profile : Harry Hemana
- 20 Kicks for Kids
- 23 Executive Update
- 24 Standards and Discipline
- 30 Directory Changes and Coming Events

## TKD Talk Staff

### Editors /DTP

Mark Banicevich  
Matthew Breen

### Desktop Publishing

Paul McPhail  
Peter Casale

### Proofing

Tim Couling  
Craig Hannah  
Desiree McNie  
Astral Sligo

### Staff Writers

Paul McPhail  
Shirley Pygott  
Ian Campbell

### Imagesetting

Paul M Ltd

### Printing

Artech Print Ltd

### Distribution

Tribal Taekwon-Do

## Editorial

### Wow!

Is it just me, or does ITF NZ Taekwon-Do seem to be going from strength to strength?

- *Junior World Championships:* congratulations to the team, coaches and supporters. To maintain our ranking of third in the world is a magnificent achievement!

- *ITF NZ Nationals:* congratulations to the organising team for a superb job. And congratulations to Counties Manukau for making it two from two.

- *Two new masters?* At the time of printing, we eagerly await the grading of Mr Paul McPhail and Mr Evan Davidson. This will be an incredible event. New Zealand's first ITF Taekwon-Do masters!

These achievements are a credit to the individuals involved, and to the movers and shakers that made ITF NZ Taekwon-Do what it is today (two of whom are grading to master). I am proud to be a part of this organisation, and I hope you are, too.

### We need your articles

Have you noticed that, as good as the last two issues have been, most of the articles were written by Auckland North members, or people who have been around a number of years?

This is because most articles are written by people I know, after I ask them to write them. I am not receiving articles from you.

*Please send us articles.* Has your club or region had an interesting event recently?

Were you at a national event? Are you interested in an aspect of Taekwon-Do about which you would like to write?

Send your articles to:

[tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz), "TKD Talk", or TKD Talk

26 Merton Rd, St Johns  
Auckland 1006

A full page article is about 750 words; 1500 words for a two page spread. Smaller items are great for the letters section; items by or targeted at juniors are great for Kicks for Kids.

We look forward to hearing from you.

This is the tenth issue Breen Sabumnim and I have edited. I hope you enjoy it.

Mark Banicevich  
Co-editor



# Letters to the Editor

Dear Editors

Indomitable spirit! We know what it means, but have we ever really seen it?

For those who attended the black belt grading in Palmerston North on 30 May, we can all say that we have experienced it first hand.

I am talking about Mr Donald Martin from the Brooklyn club. His efforts at the black belt grading were quite inspirational as he battled to overcome his physical disability.

As I looked around the room as he was performing his Taekwon-Do I was glad to see that I wasn't the only one that was close to tears as we watched this martial artist in action. In seventeen years of Taekwon-Do, I have never been so moved as to what I saw that day. It will stay with me for a long time.

Mr Donald I would like to congratulate you for your efforts at the black belt grading you have now set the benchmark for indomitable spirit. You are a true Taekwon-Do champion and I would be proud to have you as a student. Mr Kraiger is a very lucky instructor.

Yours in Taekwon-Do  
Neill Livingstone, IV dan  
Taranaki Taekwon-Do



Dear TKD Talk

My teenage son (3<sup>rd</sup> gup) and I (5<sup>th</sup> gup) were present at the public session of the black belt grading, held at Palmerston North over the weekend of 29 and 30 May, supporting fellow club members and gaining for ourselves an appreciation of what lies ahead for us when we eventually get that far.

What we witnessed was indeed inspiring, a real demonstration of the tenets of Taekwon-Do in practice.

We were particularly encouraged by Donald Martin from the Brooklyn club, who clearly demonstrated perseverance and indomitable spirit, and despite his physical short-comings completed all that was asked of him. I felt a real spirit of camaraderie in the hall as he accomplished his tasks, which was acknowledged by the appreciative

applause by colleagues and public alike. I know that many others shared his pain and were moved by this man's commitment to complete. The memory of his accomplishments will remain with me for a long time.

For me personally, the weekend produced something special and quite unexpected – Donald has shown to me what it really means to live the tenets of Taekwon-Do.

Yours in Taekwon-Do  
Josef R Sidler and Nicholas S Sidler  
Taranaki Taekwon-Do

*Mr Martin has a condition called CIDP, where the myelin sheath (which covers the nerves) breaks down. Consequently the nerves do not conduct properly, and the muscles do not work as well as they should. Treatment is ongoing and possible.*

*Congratulations to Mr Martin, who passed his 1<sup>st</sup> dan at that grading.*



Dear TKD Talk

Hamilton spawns *Taekwon-Do Man*!

If you had the opportunity to be a super hero, whose demonstrations of superior superhuman strength and abilities had the potential to cause laughter, amazement, and pain would you take it? Well through a new youth initiative in Hamilton City called Oxygen such a chance came my way. I could see it now; it would be just like Hwa-rang in the Playstation game Tekken 3.



The citizens of Hamilton need never fear attacks by vicious gangs of roving watermelons again.

Thanks, Taekwon-Do Man!

*Taekwon-Do Man*

DOB: Unknown

AGE: Unknown

IDENTITY: Unknown

MISSION: To locate and eliminate enemy strongholds that would hold civilians captive and hinder them from reaching their full potential in life.

Yes a new breed of hero has hit the streets but he doesn't come clothed with a cape and Speedos but rather a pair of white pajamas and an embroidered belt! Taekwon-Do Man catapults himself through the air to destroy whatever obstacles are placed in his way. There is no stopping him!



Either I could let this opportunity go by and wonder *What if?* for the rest of my life, or just go for it and have the time of my life whilst influencing lives at the same time, so I went for it. I performed around 2 months' worth of Taekwon-Do demonstrations from various power breaks and patterns, which also included smashing watermelons into the unsuspecting crowds and watching in amusement as they get covered with the spray.

The role of Taekwon-Do Man was to get volunteers up to perform various challenges which ranged from 'Fear Factor' type food challenges to 'Battle of the Sexes' strength and wit competitions. I also starred as a character in one or two o2tv movie clips such as 'Taekwon-Do Man Hunts the Easter Bunny', which was one of many very humorous presentations they show regularly. What an excellent season it was to be part of a group that takes a positive message to the youth of my city as well as have an opportunity to perform and promote Taekwon-Do.

<http://www.ham.elim.org.nz/oxygen.html>

Paul Temperton, I dan  
Hamilton



# A Feast of Entertainment and Recognition

by Breon Gravatt, I dan  
Nibun ITF Mt Albert

Lights... Glamour... Stars...

The Oscars you're thinking, a gala dinner, a celebrity in town? But no, this was the 2004 ITFNZ Awards Dinner.

But anyway, starting at the beginning...

'Twas a dark and stormy night. To be precise, it was dark, windy, raining, and oh so cold! Having spent the day at the 2004 ITFNZ National Tournament, the Awards Dinner and the opportunity to consume vast amounts of buffet meal was eagerly awaited by many of us.

The more optimistic of us had not paid any attention to the precise address, on the basis that Orewa was a small place and we could no doubt find it by simply driving around. A good theory...

seating. Naturally we opted for the table closest to the two trestle tables straining under the small banquet that awaited us.

What began as a trickle developed into a deluge of arrivals, and the room filled up rapidly. The Puriri Park Function Centre is an L-shaped room, allowing the many Counties Manukau attendees to take over the end of one leg of the L, the New Zealand Junior World's team taking the other.

The evening was hosted by Mr Mark Banicevich, who did an excellent job as MC. His comparison of the ITFNZ tie with Peter Jackson's "Eye of Sauron" caused a great deal of amusement (and some nervous glances towards the senior table!).



Winners and nominees who were present at the dinner

winning the best Overall Region earlier that day at the tournament.

Mr Greg Skinner, recipient of the President's Award, and Manager of the Junior World's team, took the opportunity to introduce the team going

Award (of the Year)	Paul M Taekwon-Do	WebWorld	Nibun ITF	Epson New Zealand	Martial Arts Apparel	The President's
Winner	Dan Student Chris Fitzgerald	Gup Student Trudie Malone	Junior Student Campbell Gold	Instructor Kane Raukura	Club Dragons Spirit Papatoetoe	Award Greg Skinner
Nominees	Russell Stuart Carl Van Roon Jonathan Ormsby Thu Thach	Dianne Hinson Daniel McMillan Renee Richardson Tim Murray Sharlene Clark	Cori-Jean Topia Carlos MacDiarmid Robert Page Samuel Skinner	Neil Kettings Kim Bull Andrew Niven Ian and Lena Walton	Gisborne Taekwon-Do Cubs Dunedin Taekwon-Do Club Nibun ITF Mt Albert	Gray Patterson Gwyn Brown Sue Breen Kris Herbison

After driving around what seemed like most of Orewa, we finally spotted a venue that rang vague bells to those of us who had some recollection of where the dinner was to be held and drove cautiously through the grounds, attempting to sniff out the feast that no doubt awaited us. We were not disappointed, and soon found ourselves outside the venue, attracted like moths to the lights that beckoned to us from within.

Our two-car convoy was one of the earlier arrivals, giving us a choice of

Mr Evan Davidson as the President of ITFNZ gave an interesting talk on key points from the past year and current events. Mr Davidson took the opportunity to introduce the members of the Executive Committee who were present.

The focus of the evening was of course the 2004 ITFNZ Taekwon-Do Awards. As the theme for this year's presenters, Regional Directors presented each award together with a representative of each sponsor, and information about all nominees was read. The winners of this year's awards, and the nominees, are presented in the sidebar below.

Our congratulations go to them and all of the nominees. In addition to the usual cup, the winners each received a copy of Master Leong's book, "Taekwon-Do: The Complete Syllabus and Grading Manual", which they will no doubt find very useful. A special mention goes to Counties Manukau, for making more noise than anyone else in the room, particularly when Mr Raukura was announced Instructor of the Year and again when Dragons Spirit Papatoetoe Club of the Year! This was presumably fuelled by their success in

to Italy to us all, and Mr Peter Graham, who unfortunately was not able to attend, was awarded a well-deserved plaque for 25 years continuous service to Taekwon-Do in New Zealand. The plaque



Mr Skinner, deserving winner of the President's Award, recognises the contributions of his co-nominees

was presented by Ms Vivian Holmes I dan, his longtime friend, and former treasurer of ITFNZ.

Further entertainment was also provided by photos from the day's events showing continuously on a projection screen throughout the evening.

All in all, the meal was excellent, the company convivial, and the conversation stimulating. Roll on the 2005 Awards Dinner!



Mr Davidson sports the tie dubbed "The Eye of Sauron"

# ITFNZ National Tournament

by Hannah Warren, I dan  
Nibun ITF Mt Albert

On the 5<sup>th</sup> and 6<sup>th</sup> of June, the 2004 ITFNZ National Tournament was held in the Hibiscus Coast Leisure Centre, Whangaparoa, in Auckland North. It was great to have competitors from all the six regions and to be able to catch up with friends from around New Zealand. Constant updates and a countdown on the website ensured everyone was pumped and ready to enjoy what promised to be an excellent tournament.



Little kids kickin' each other

With five rings and over 230 competitors there was the potential for chaos, but thanks to the huge organisational effort put in by Carl Matthews, Daniel Nelson, the Breens and the fantastic organising committee, the weekend tournament ran smoothly – finishing on time on both days. There were enough officials on hand to help out and this minimised delays in the rings.

The New Zealand Junior Team members – wearing their very cool team tracksuits and doboks – looked more than ready to take on the world and certainly showed that all their hard training has paid off.

Counties Manukau had everyone's blood pumping on Saturday morning with a spirited rendition of the *Kung Fu Fighting* song. Then we moved quickly into patterns where there were some great displays of technique and power from all ranks. By lunchtime on day one, we were into the sparring, and the standard was extremely high. It was awesome to see the skill and good sportsmanship displayed by everyone competing.

On Saturday afternoon patterns awards were presented and Counties led in



The victorious Counties Manukau team

points, with Auckland North in second place.

That night, about 200 ITFNZ members converged on the Puriri Convention Centre for the 2004 awards dinner. Mr Mark Banicevich was the host and amused us all evening (Eye of Sauron, anybody?). There were some very deserving nominees and awards were presented to the winners.

On Sunday morning everyone was hot to go (H-O-T-T-O-G-O!) for the finals, and the excitement was huge.

Watching the individual sparring was great, but it was obvious that everyone was hanging out for the team events. Unfortunately, there was no women's event this year with only one team entered, but five of the six regions put forward a men's team. The team power test and special technique categories were won by Counties Manukau and Wellington respectively. Then came team patterns and, amid the wild chanting,





Auckland North took out the gold with their Hwa Rang. Team sparring was awesome and, despite the large amount of bloodshed in a certain team, was great to watch – definitely the highlight of the weekend. Once again, Auckland placed first in this event.

At the medal presentation and Best Overall belt announcements, a special presentation was made to Mrs Shirley Pygott, author of *Kicks for Kids*, by the juniors of Auckland North. Best Belt trophies were presented to Robert Page (yellow), James Hunt (green), Lisa Jack (blue)... and all the Best Red and Black Belt trophies went to Junior Team members – Chris Broughton, Nikki Galpin and Roseanne TeHau. Best male team was presented to Counties Manukau, with Auckland North placing second and South Island third.



Everyone held their breath for the final announcement of the Best Overall Region. In third place was Central Districts with 72 points. Auckland North came in at second place with 104 points. And in first place, with 147 points, was Counties Manukau. Once again their enthusiasm and performance was impressive and inspiring, and their win well-deserved.



The 2004 Nationals was the largest nationals competition yet, and was enjoyed by many. Huge thanks go to everyone who helped to make this event so successful.

See you in Levin!



Below: The best overall belt winners with their trophies





## **Official Supplier of Sparring Gear to the New Zealand Junior World Champs Team to Italy 2004**

### **Now Available in New Zealand !**

ITF Fully Embroidered Do bok (incl."00" & "0" sizing) - \$89.00 gup, \$112 dan\*



Semi-Contact Hands & Feet – Red, Blue & Black XS, S, M, L, XL - \$106.00/pair \*



Also Available; \* Puzzle-Mats (100x100 x 3cbm)

\* Groin, Shin & Head protectors

\* Black & Coloured Belts

\* Re-Breakable Boards

\* Mouth Guards

\* All Manner of Martial Arts equip.

\* All Prices include delivery Nationwide & GST.

***Fuji-Mae New Zealand, 12 Colorado Grove, Brooklyn, Wellington,  
email [rkunz@go2uti.com](mailto:rkunz@go2uti.com), Fax 04 9348392, Mble 021 493068***

**Fuji-Mae New Zealand congratulates the  
New Zealand Junior Team on an awesome performance in Italy!!**

# Nationals 2004 Results

## Patterns

4th dan+  
3rd dan  
2nd dan  
1st dan  
Red belt adult  
Red belt junior  
Blue belt adult  
Blue belt junior  
Green belt adult  
Green belt junior  
Yellow belt adult  
Yellow belt junior

## Free sparring

Mens 3rd dan+ middleheavyweight  
Mens 3rd dan+ lightmiddleweight  
Mens 1st/2nd dan hyperweight  
Mens 1st/2nd dan heavyweight  
Mens 1st/2nd dan middleweight  
Mens red/black lightweight  
Womens 1st/2nd dan heavyweight  
Womens 1st/2nd/3rd dan middleweight  
Womens 1st/2nd dan lightweight  
Vets mens 1st dan+ openweight  
Vets womens 1st dan+ openweight  
Junior boys 1st dan+ heavyweight  
Junior boys 1st dan+ middleweight  
Junior boys alternate  
Junior girls 1st dan+ hyperweight  
Junior girls 1st dan+ heavyweight  
Junior girls 1st dan+ middleweight  
Junior girls 1st dan alternate  
Mens 1st-4th gup hyperweight  
Mens 1st-4th gup heavyweight  
Mens 1st-4th gup middleweight  
Womens 1st-4th gup heavyweight  
Womens 1st-4th gup middleweight  
Womens 1st-4th gup lightweight  
Vets mens 1st-4th gup openweight  
Vets womens gup openweight  
Junior boys 1st-4th gup hyperweight  
Junior boys 1st-4th gup heavyweight  
Junior boys 1st-4th gup middleweight  
Junior boys 1st-4th gup lightweight  
Junior boys 1st-4th gup microweight  
Junior girls 1st-4th gup heavyweight  
Junior girls 1st-4th gup middleweight  
Junior girls 1st-4th gup lightweight  
Junior girls 1st-4th gup microweight  
Mens 5th-8th gup hyperweight  
Mens 5th-8th gup heavyweight  
Mens 5th-8th gup middleweight  
Womens 5th-8th gup heavyweight  
Womens 5th-8th gup middleweight  
Vets mens 5th-8th gup openweight  
Junior boys 5th-8th gup heavyweight  
Junior boys 5th-8th gup middleweight  
Junior boys 5th-8th gup lightweight  
Junior boys 5th-8th gup microweight  
Junior girls 5th-8th gup hyperweight  
Junior girls 5th-8th gup heavyweight  
Junior girls 5th-8th gup middleweight  
Junior girls 5th-8th gup lightweight  
Junior girls 5th-8th gup microweight

## Special technique

Mens black belt  
Womens black belt  
Junior boys black belt  
Junior girls black belt

## Power test

Mens black belt  
Womens black belt

Andrew Niven, AN  
Toni Moki, CM  
Thu Thach, WN  
Steve Morris, CM  
Chuan-Whei Lee, AN  
Chris Broughton, CM  
Lisa Jack, AN  
Ethan Parker, CM  
Sharlene Clark, WN  
James Hunt, CM  
Stephen Fox, WN  
Robert Page, CD

Vaughan Rae, AN  
Kris Herbison, SI  
Jaime Reti, CM  
Zahn Buchanan, AN  
Steve Morris, CM  
David Wu, CM  
Roseanne TeHau, CM  
Toni Moki, CM  
Thu Thach, WN  
Byron Cummins, WN  
Tracy Walker, CD  
Samuel Skinner, AN  
Kane Baigent, WN  
Uhn Coradine, AN  
Nikki Galpin, CD  
Alicia Yates, CD  
Cori-Jean Topia, CM  
Rebecca Walthall, AN  
Jim McKenzie, WN  
Thomas Petersen, WN  
Jerome Ng, AN  
Charlotte Meyers, SI  
Lisa Jack, AN  
Natalie Walker, SI  
Todd Crighton, WN  
Mary Daborn, MID  
Joshua Parker, CM  
Chris Broughton, CM  
Sonny Coradine, AN  
Shane Black, MID  
Waka Clencie, CM  
Elly Sekikawa, AN  
Estelle Speirs, CD  
Paige Moki, CM  
Annaleise Burr, CD  
William Shearman, AN  
Kevin Cale, MID  
Ewen Atkins, MID  
Sasha Millar, CM  
Sarah Williamson, CM  
Paul Easton, CM  
Wade Salton, CD  
James Hunt, CM  
Hamish Kaspers, CD  
Robert Meleisea, CM  
Candice Millar, CM  
Rebecca Logan, MID  
Kristy Leong, CM  
Melissa Timperley, CM  
Jessica Harris, AN

Dan Jackson, CM  
Nikki Galpin, CD  
Regan Diggelmann, MID  
Siobhan MacDonald, AN

Luke Thompson, CM  
Rose Cherrington, CD

David Ballard, CD  
Mark Trotter, AN  
Richard Lavin, SI  
David Wu, CM  
Sonya Robinson, AN  
Daniel McMillan, CM  
Andy Wong, WN  
Todd Drinkwater, AN  
Janelle Andrews, CD  
Melissa Timperley, CM  
Afi Meleisea, CM  
Kristy Leong, CM

Cameron Snelling, AN  
Rene Kunz, WN  
Luke Thompson, CM  
Clint King, MID  
Shane Eade, SI  
Matthew Draper, WN  
Rose Cherrington, CD  
Julia Palmer, AN  
Amanda Insull, CM  
John Matsuoka, AN  
Jackie Moore, MID  
Robert Buddle, CD  
Jamie Smith, CD  
Aden MacDonald, AN  
Jessica TeHau, CM  
Kelly Ryan, MID  
Chanthie Thach, CM  
Alisa Parker, CM  
Michael Hoy, AN  
Hayden Vink, WN  
Justin Teare, SI  
Natasha Begg, AN  
Hannah Warren, AN  
LeAnn Hilgers, AN  
Gregory Christie, CD  
Sonya Robinson, AN  
Thomas Walker, CD  
Daniel McMillan, CM  
Bradley Wickman, CM  
Stuart Maden, WN  
Zeb Corbett, MID  
Renee Richardson, AN  
Sheri-Jane Lander, MID  
Christine Topia, CM  
Anna Tate, CD  
Vincent Chaber, CD  
Sean Lukken, WN  
BunThai Ung, CM  
Sharlene Clark, WN

Stephen Fox, WN  
Robert Page, CD  
Philip Murray, CD  
Sean Christie, CD  
Mitchell Leong, CM  
Ashlee Millar, CM  
Alex Masters, MID  
Courtney Meleisea, CM  
Simone Mangu, AN  
Nicole Cooper, CM

Nicholas Eley, SI  
Roseanne TeHau, CM  
Campbell Gold, SI  
Cori-Jean Topia, CM

Cameron Snelling, AN  
Roseanne TeHau, CM

Cameron Snelling, AN  
Robert Buddle, CD  
Lipi Shukla, AN  
Thomas Petersen, WN  
Elly Sekikawa, AN  
Natalie Walker, SI  
Sheri-Jane Lander, MID  
Kevin Cale, MID  
Wade Salton, CD  
Glenn O'Connor, MID  
Allyssia Mangu, AN

David Ballard, CD  
Blair Martin, WN  
Peter Casale, AN  
Richard Lavin, SI  
Carlos Macdiarmid, MID  
Lorraine Eade, SI  
Anna Hall, MID  
Aimee Hannon, SI  
Derek Coradine, AN

Regan Diggelmann, MID  
Jeremy Hanna, AN  
Ethan Parker, CM  
Amy Ryan, MID

Lipi Shukla, AN

Cameron Head, AN  
Travers Smyth, AN  
Satnam Singh, CM

Katherine Gilmore, WN  
Chuan-Whei Lee, AN  
Tim Murray, CD  
Merrylle Millar, CM  
Thomas Pygott, AN  
Ravi Dissanayake, AN  
Luke Daborn, MID  
Brad Thomson, CM

Laura Mossley, MID  
Donna Hopkins, SI  
Xian Konia, AN

Afi Meleisea, CM

Mitch Rae, CM  
Janelle Andrews, CD

Ian Atkins, MID  
Blair Drinkwater, AN  
Tamehana Riddell, MID  
Michael Davis, MID  
Luke Cherrington, CD

Christie Pescini, CD  
Allyssia Mangu, AN  
Jaime Teasdale, MID  
Briana MacDonald, AN

Peter Casale, AN  
Julia Palmer, AN  
Jeffrey Ryan, MID  
Chanthie Thach, CM

Dan Jackson, CM  
Jessica TeHau, CM

# War Games - Taekwon-Do Style

by Mark Banicevich, IV dan  
Instructor, Glendowie



Koguryo

Baek Je

Silla

Kingdom is indicated by the position of the belt-knot

Taekwon-Do War Games aren't just the most fun it is possible to have in Taekwon-Do – it is a game that practices essential self defence skills. Unseen opponents can attack from any direction, just like real life, and students learn to be more aware of, and to use, their surroundings.

Players can form units, and practise the skills of multi-person combat. Strategy is also a major part of the game.

Of course, it is also the *most fun it is possible to have in Taekwon-Do!*

Taekwon-Do War Games recreate the unification of Korea's three kingdoms around 700AD: Silla, Baek Je and Koguryo.

This activity usually consists of three or four games over about two hours.

## Objective

The object of the game is to capture the flags of the other two kingdoms, while retaining the flag of your own kingdom.

A kingdom wins the game when its king possesses all three kingdoms' flags.

## The playing area

Taekwon-Do War Games can be played in almost any large area, such as a football

field or park. It need not be a clear field; the odd copse of trees adds to the fun.

## The kingdoms

Silla were a small dynasty of the elite. This is represented by about 20% of players, being the most senior grades. For example, all black belts, or 2nd dan and above.

Baek Je were a larger kingdom with less well-trained troops. This is represented by about 30% of attendees, of middle grades. For example, all red and blue belts, or 1st dan to blue belt. Players in Baek Je turn their belt knot to their right hip.

Koguryo were the largest kingdom of militant peasants and rabble. This is represented by about 50% of attendees, being the lower grades. For example, all green, yellow and white belts. Players in Koguryo turn their belt knot to the rear.

## Starting layout

Each kingdom begins in its own part of the playing area. Silla usually starts in the best location, which may be higher ground or other defensible ground.

The three starting areas should form a triangle (no team should be wedged between the other two kingdoms).

The kingdom's flag is placed in the ground somewhere in the kingdom's starting area. The area around the flag must be clear of major obstruction for at least two metres in any direction. (The flag cannot be planted in front of a tree, for example.)

## Equipment

The game requires three flags. Flags are small enough to hold in one hand, on a wooden pole about 25cm long. (Possible proxies for flags include sparring head gear, or running shoes.)

Players wear normal Taekwon-Do sparring gear, as worn for tournaments. (Mouth guard, gloves, foot gear, groin guards for males, etc.)

## The king

Each kingdom chooses its king. The king stands above the flag to protect it. The



While the King is distracted, a Baek Je soldier steals the Silla flag!



A Koguryo soldier is killed and converts to Silla. Lucky fellow!

king is the only person who can stand in the flag zone - a one metre radius around the flag. The flag zone does not move during the game, and the king remains in the flag zone.

To capture a flag, a player must reach into the flag zone without stepping into it, and without being killed.

The king cannot be killed. (Only executed, at the end of each game, for treason. Treason, of course, means being on the losing side.)

### The battle

The battle is a mass of players all fighting for their kingdom. A player might be killed with a flying kick from another player running past. A player might be attacked by five opponents - and a friend might come to help.

ITFNZ was first introduced to Taekwon-Do War Games by the USTF, when a group of our members attended Master Sereff's camp in 1986.

In the 1980s and 1990s, Taekwon-Do War Games were a major feature of all ITFNZ Camps and many other events.

At our first World Camp in 1992, USTF instructors modified the rules to include referees and restrict combat to one-on-one. This form of the game is still used by some instructors, but it is nowhere near as much fun, and does not practise the essential self defence skills.

Over the past few years, games have declined with the reducing number of camps.

This article aims to regenerate interest in this superb game - as a reminder to those who have played it, and a teaser to those who haven't.

A player kills another player by scoring a valid tournament point against the opponent. It must be a light controlled touch, and it must be a good Taekwon-Do technique.

Players must use their integrity to decide whether or not they are killed.

When a player is killed, he or she kneels on the ground and converts to the kingdom of the opponent who killed him or her. The player then rises and fights for the new kingdom with all integrity and spirit. All ties to the former kingdom are broken when a player is killed.

A player who is kneeling cannot be killed. A player only kneels when they have just been killed and are converting to the defeating kingdom.

### The executions

When a kingdom possesses all three flags, they have unified Korea (historically, a feat accomplished by Silla). It is time to execute the traitors - the kings of the losing kingdoms.

The players gather in a crowd. The three kings come forward. The losing kings kneel and bow their heads. The winning king executes a knifehand downward strike to the neck (showing precision by not touching), to signify the beheading of the traitorous kings.

### Rules variations

*No flag, no king.*

It's not much fun for the king once the flag has been captured. In this variation, once a kingdom's flag is captured, the king runs out into the fray as a common foot soldier.

If the kingdom comes into possession of a flag (capturing another, or recapturing their own), the kingdom needs a king again. If the old king is not around, a new king must take his or her place.

The kingdom must use the same flag zone as it used before its flag was first lost.

### Kings on the front

In this variation, the king can leave the flag zone. While out of the flag zone, the king can be killed.

If the king is killed, another player steps into the flag zone to become king.

A kingdom has only one king at a time. Only one person (the king) can enter the flag zone.

### Practical notes

It is important to emphasise safety. For example, lighter contact than in tournaments - strictly light controlled touch.

Emphasise having fun over being on the winning kingdom or players finishing on their original kingdom. Players asking others to kill them so they can change kingdom spoils the fun.

Emphasise good, clean kills. Running up behind another player and tagging them on the stomach is not a clean kill. It must be a good Taekwon-Do technique.

Some games have referees who wander around to ensure all players play with integrity. It is better if this is not necessary.

The flag zone for a game full of children may need to be less than one metre in radius.

The background image shows a map of 6th century Korea, indicating the three Kingdoms. Koguryo covers most of the peninsula; Baek Je is in the southwest, Silla in the southeast.



Two noble and valiant warriors of Silla annihilate a handful of Baek Je rabble

# Defence against Lapel Grabs

by Chris Fitzgerald, IV dan

This issue, Mr Fitzgerald demonstrates techniques for green stripe self defence.

## Grab with one hand



1. Face your opponent and have them grab your left lapel with their right hand.



2. Reach across with your right hand to grab the outside of your opponent's hand. Your thumb should be on the webbing between your opponent's thumb and forefinger, your fingers grabbing the fleshy part below their pinkie.



View from other side



3. Bringing your left hand to your opponent's wrist for support. Twist the opponent's hand clockwise until their elbow faces upward, whilst stepping back into a right L-stance. Maintain your grip close to your body.



4. Lay your left arm along your opponent's arm naturally. Maintain your opponent's elbow in an upright position.



5. Press directly downward using your arm as a lever. Do not lean forward.

## Grab with two hands



1. Face your opponent and have them grab your lapels with both hands.



2. Take your arm over and down between your opponent's arms (assume right arm moving).



3. Grab your right hand with your left hand.



4. Circle your hands upward and outside your opponent's right arm. Then use your left hand to push your right fist across your body, whilst stepping clockwise into a right walking stance.



5. Pivot into left walking stance and counter attack with a front elbow strike or reverse knife hand strike and kihap.



# The Old and the New

by Mark Banicevich IV dan and Carl Matthews I dan  
Auckland North

## The Old

This is a technique I learned when I lived and trained in Europe about 10 years ago: a sneaky dodging back piercing kick.

This technique is all about speed. Keep low to the ground, like switching stance, not like a flying kick.

1. Opponents are opposite side facing (although the technique works equally well same side facing).

2. Attacker throws a front leg turning kick. Before the kick is complete, the defender switches stance towards the back (in this case counter clockwise) dodging such that the front foot ends where the back foot began...

3. ...and executes a tight little back piercing kick just above the belt. The turning kick has no target.



1. Opponents begin same side facing.

2. Attacker throws a front leg side piercing kick.

Defender moves close, so the leg is jammed against the defender's abdomen before it can be extended.

3. Defender drops the front hand onto the attacker's shin, and scoops it away with an inside block, so the attacker falls forwards.

4. Defender steps forward while punching the attacker's face with the other fist.

## The New

Mr van de Mortel taught this technique, among many others, at his recent seminars in Auckland. (See article pages 26 and 27.)

It throws the opponent off balance, so they fall into the counter attack.



We are keen to receive your free sparring tips. Email your photographs and text to [tkdtalk@ifnz.org.nz](mailto:tkdtalk@ifnz.org.nz).



**FOR ALL YOUR PRINTING  
REQUIREMENTS CONTACT...**



**PRINT LIMITED**

*Personal, Friendly, Reliable Service*

Printing - Full Colour or Black & White

Design & Typesetting Service Available

Brochures, Letterheads, Pamphlets, Envelopes,

Business Cards, Invoice Books, Order Books,

Flyers, Self Adhesive Labels, Order Forms...

**RIGHT, ON TIME - ITS OUR MISSION**

Phone (09) 262-0604 • Fax (09) 262-0633

Email: [artechprint@xtra.co.nz](mailto:artechprint@xtra.co.nz)

# Junior World Championships

by Neil Breen II Dan  
NZ JWC 2004 Journalist.

The roadtrip to the 2004 Junior World Champs kicked into high gear in February this year with the selection of the team.

Twenty four competitors made it the largest ITFNZ World Champs team ever.

The young men and women (and their parents) would put in much effort over the next few months, multiple training sessions per week, travelling several times to training weekends in Taupo and Auckland.

The coaching team, Messrs Andrew Niven and Gray Patterson poured countless hours into their tasks. They had weighty precedent to maintain. Since the sharp turn in New Zealand's World Champs success at the Puerto Rico Juniors in 2002 (3rd placed country, under the McQuillan/Eccles/Trotter team), followed by the maintenance of that placing by the senior team (under Niven/Mantjika/Skinner) last year in Poland, there were, hmm, high hopes, if not expectations for this team.

Mr Niven has had a good history with teams, going back several years those Auckland North Regional teams he coached were consistently successful, so the omens were positive ...

And having the current Senior World Champ on board – the "Grand Poobah" himself Mr Gray Patterson – that wasn't going to hurt at all!



Mr Orlando Saccomanno and Mr Mark Hutton perform a synchronised Moon-Moo

The team manager, Mr Greg Skinner, as well as handling the "normal" functions of setting up training camps, arranging travel and accommodation, and co-ordinating supporters, organised an itinerary that made the most of the team's visit to an historic part of the world, and further pulled off several coups for sponsorship of members, and team equipment, clothing etc. Not the least achievement was securing the coaching skills of Mr Willy van de Mortel, well established world class coach, who came out to New Zealand in April to work with the team. This

connection was to have far-reaching results as the tournament progressed.

(A much longer term benefit to our Juniors' success which started with Mr Greg Skinner cannot be ignored. Five years ago he asked, "What can be done to help our Junior Students?". With Mr Skinner's Epson sponsorship, Andrew Niven and Sue Breen were able to set up the Epson Under 18's tournament series. Sue has run most, and co-ordinated the rest, of 5 tournaments a year, which have continued to grow in popularity, and provide focus and experience for our upcoming junior champions.)

All of this came together for 2004 when the team gathered at Auckland Airport on Thursday 1st July.

A happy excited gaggle of 24 Juniors, along with a bunch of a dozen odd adults and 3 siblings, enplaned with Singapore Airlines for the 10 hour hop to Singapore, and then another 12 hours to Rome. Due to the marvels of modern technology, boredom is reduced somewhat with individual TV displays, selectable movies, TV shows, games, and seat-to-seat telephones. (AN: "I was next to Megan who had a 40 odd minute talk to Elly who was only one row back.")

We were to spend two days at the Hotel Porta Maggiore, close to the centre of Rome – maybe 30 minutes stroll from the Coliseum. It is just inside the ancient city wall – on the other side of the road are these 2000 year old ruins. Instant atmosphere!

The team arrived in Rome early Friday, and we all headed out into the hot Italian sunshine for the first of the touristy bits. Churches, fountains and obelisks, Vatican and Colissea – "You can *smell* the history."

Fighting the instinct to crash and sleep, and toughing out the jetlag is the recommended means to synchronise to the local clock. We all slept well that night.

Next day, Saturday – onto the bus and off to Pompeii, via Monte Cassino. Military cemetery, with many New Zealanders. Very moving place; "spiritually overwhelming, it's such a pretty place for such an awful event."

Pompeii is intriguing – thousands of years old, frozen in time – so many familiar places – an amphitheatre (where Pink Floyd played!), bakeries, gymnasiums, sports bars, bordellos (well – maybe not *that* familiar!).

On Sunday, after a trek to the Trevi fountain (of "3 coins in a fountain" fame), we have a 5 hour bus trip to Riccione, crossing the width of Italy to the Adriatic coast. (Highlight – thirty red Ferraris in a restaurant carpark in

the middle of the countryside – *nothing* outside the tournament got such a concerted reaction from the team!)

The Hotel Concord is reasonably modern, in the centre of Riccione, 100m from the beach.

We had time for two days of bedding-in before competition started on Wednesday; training each day – getting accustomed to exertion in the heat.

The venue was 25 minutes' walk away from the hotel. This alone makes for quite a "warm-up".



Everyone knows the Kiwis' "special dance"!

On visiting the venue on Monday morning, Master Bos came out to greet the team. Whenever in Master Bos's company, a haka seems appropriate. The lads stripped off – Master Bos jokingly started to pull off his own shirt. After watching, he walked through the team, shook the hand of each of the team members. Was it another good omen?

Afternoons had some free time – swimming in the hotel pool or at the beach 100 metres away, or shopping, or people-watching. (The streets round our hotel were mostly pedestrian-only – so traffic watching was nowhere near as much fun as in Rome!)

Wednesday dawned – the first day of competition, due to start at 8.30 sharp.

The team trekked out at 7.40am.

The supporters had put together a "packed breakfast" for the team after a late night supermarket trip – the hotel wasn't being overly co-operative, refusing to contemplate a 7am breakfast, and not opening up the dining room til after 8. (Later Sue bearded the dragon-lady hotel owner in her den, and extracted a compromise – the next day, they would provide packed breakfasts at 7.30.)

Wednesday was all patterns and special technique. Competition started bang on 8.30.

There were regular call-ups over the PA two bouts ahead – I think many of us have burned into the memory the call "Noo Seeland, Ring 3, *prepare!*"

## Cover Photo

Back Row: Greg Skinner, Willy van de Mortel, Robbie Buddle, Megan Matsuoka, Renee Richardson, Cori-Jean Topia, Shannon Ryan, Sam Skinner, Elly Sekikawa, Gary Sawyer, Chris Clencie, Nikki Galpin, Nick Eley, Gray Patterson, Andrew Niven  
Middle Row: Regan Diggelmann, David Burr, Jamie Smith, Carlos MacDiarmid, Chris Broughton, Roseanne TeHau, Rebecca Walthall, Kane Baigent, Alicia Yates, Estelle Speirs, Campbell Gold  
Front Row: Chantie Thach, Lipi Shukla

About 20% more competitors than our Nationals – I paced the floor at 23 by 50m. I think about the size of Dio in Auckland – tiny compared with the venue of last year's senior World Champs in Poland.

Our first competitor up was Megan Matsuoka, in 1<sup>st</sup> dan patterns.

There were 42 competitors; luck of the draw, Megan got Canada, who won (and eventually took the gold in that division).

Nikki Galpin, 2<sup>nd</sup> dan vs Australia; there was a prolonged discussion amongst the officials before Australia was declared the winner.

Things started looking up when 1<sup>st</sup> dans Chantie Thach and Lipi Shukla beat Argentina and Poland respectively.

They continued their success through to the semis, where Canada and Hungary held them to a bronze apiece.

These first medals for New Zealand were a breakthrough point – there had been a sort of tension that was then relieved, and we could all look forward to more of the same (or better).

Of the individual guys – Chris Broughton eradicated Poland and Honduras... then once again Canada loomed up and stopped Chris in the quarters. The other four individual males didn't make it past their first round.

The haka was performed several times today. One was between Lipi and Chantie's semi qualifiers – then again 5 minutes later. I thought, *hmm, that one's a bit close to the last*. Apparently Master Bos had announced "New Zealand, do haka please" – so the lads jumped to comply! (Got to get used to jumping when Masters call; it'll be happening lots in New Zealand before long!)

In special technique, Shannon Ryan gained 4 points, putting him in 4<sup>th</sup>-equal place.

Nikki Galpin ended up in a 4 way play-off. In the second round with 3 players left, a controversial call on Nikki's foot angle for a turning kick left her with a bronze medal.

Rose TeHau injured her ankle during special technique – ominous, as she was a key part of the female team.

Team events were to be run in the evening session. Everything in Italy slows to a crawl between 1 and 4pm. Siesta time! Makes sense, given the consistent heat.

New Zealand drew Argentina for both male and female team patterns. End of story. "Military precision" was a common term used by people re the Argentinian team. Our guys ran competent technical patterns. It is evident the teams that ended up top had spent a *lot* (repeat *lot*) of time perfecting complex synchronised choreography.

During the female team final I recall discussing with Gray P whether Razzle-Dazzle or clean technique was the winner at the Worlds. The Argentinians were exceedingly crisp and accurate, while the Germans had more complex routines. We were both surprised when the German team took it – as were most others I talked to. (Don't get me wrong, the

German team was excellent – but we all felt the Argentineans had an edge in technique). Question answered! Choreographer required.

In the male team specials, Sam Skinner's reverse turning kick gave the team two points. This was good enough to put them in a playoff with England (coached by a certain Mr Hong Looi) for the silver/bronze. Sam missed out with a repeat of the reverse turning kick as a tie-breaker; New Zealand had its fourth bronze.

For the female team specials, Elly Sekikawa's high kick and Nikki Galpin's overhead provided New Zealand with 4 points, putting us into a 6-way play-off with Australia, Canada, Hungary, Poland and Romania.

Nikki Galpin was appointed the tie-breaker – her turning kick then overhead kick took it to a two-way battle with Carlie Dann of Australia.

Sue B got the kiwis going on a chant of *O-C-a-n-i-a...* rapidly taken up as a duet by the Aussies.

Nikki prevailed – after *six* tie-breakers, her turning-kick gave New Zealand its first gold (and the female team *their* first gold).

That was it for the first day's competition, at about 7pm.

Thursday – second day of competition: individual sparring and power test.



Rebecca Walthall on her way to a medal

We had 22 competitors sparring that day, almost the entire team. It was the most full-on day of the tournament. At times we had 3 competitors on at once, with another queued up at the fourth ring.

Even Rose C was drafted into seconding at one point, dragged away from her Very Important Post as communications controller. She did a sterling job interpreting the draws and directing the coaches and competitors to the right rings via a set of little two-way radios.

A good start to the day with three bout wins in a row.

Nick Eley won against Puerto Rico after a third round tie-breaker.

Rebecca Walthall demolished Germany - it wasn't over-heavy (Microweight!) but the poor girl threw up in the ring in spectacular fashion (the German, not Bex). Later Bex beat Slovenia in the semis, reserving a place in

Saturday's finals.

Then Lipi Shukla was up against Slovenia. Mr van de Mortel wanted to second this one – the Slovenian coach was Tomaz Barada, his famous pupil. Lipi made him smile with our third consecutive win.

Lipi subsequently went via Canada into the semis, where Argentina held her to a bronze medal.

Three of the other girls made it through the first round: Renee Richardson, win vs Germany; Chantie Thach, win vs Honduras; Roseanne TeHau, win vs Australia

A few recollections:

- In a loss to Germany, Rose was hampered by her injured foot, but even so it was pretty hard to pick.
- The medic vigorously attacking Chantie's blood nose with cotton wool – and Chantie coming back against Germany (who took this one too...)

Nick Eley took his second bout to a draw vs USA, then won round three. Argentina stopped him making it to the semis.

Of the remaining guys, six had wins in their first round: Kane Baigent, win vs Ireland; Jamie Smith, win vs Ireland; Chris Broughton, win vs England; Regan Diggelmann, win vs Spain; Campbell Gold, win vs USA; Robbie Buddle, win vs Chile.

A few recollections:

- Kane B bouncing, bouncing (in that heat!), and being *all over* his Irish opponent.
- David B coming off with a big grin after a potentially disheartening (and debatable) sudden death tiebreaker loss.
- Chris B and the jumping punches – this just looked cool against a much taller opponent.
- Chris C and the long series of sudden death calls steadfastly ignored by two of the judges until the first call in favour of his Croatian opponent.
- Sam S chasing his Irish opponent across the ring, with the ref sprinting out of the way (yet another sudden death – we didn't have much luck with those).

In power test, disallowed points for technicalities were very common. There are umpteen ways to do a measure-up that were rejected, like touching the board during positioning. The most frustrating I heard was Robbie Buddle showing the officials how high to place the board for the punch; his fist was clenched. As soon as he went into his measure up, they called "two measures"! Good showing on the remaining four techniques, though – 18 points, and a bronze medal.

The story goes that Nick Eley asked "Do I have time for power before my sparring? I'll just do it quick and get it over with".

*Bang bang bang bang bang.*

Near perfect score (three out of four on the knifehand). 23 points, gold medal, World Champion.

Roseanne TeHau, with 10 points, was running second-equal with Ireland. After the tiebreaker (knifehand) and a touch with the forearm, Rose had the bronze medal.

Friday – third day of competition: team sparring and team power test.

Our male team sparring started with Australia. The Aussies had a very light team – all kudos for spirit, but one draw and three wins was it, to New Zealand.

Next round Germany – with a draw and a loss in the first two bouts, this was a challenge.

Robbie Buddle's long legged sidekicks and jumping punches put us back in the game.

Then chessmaster van de Mortel played the strategy, putting Chris Broughton in. Those that know these things told me he was going for a draw, leaving the last bout for hyperweight Sam Skinner. Apparently Chris B wasn't listening; he *won* the bout instead. This allowed us either a draw or a win in the last bout to take the match.

Lots of those flying punches from Sam made us anticipate... a win!

Into the semis – and up against Romania.

Regan Diggelmann opened against a guy who liked flying spinning kicks. Regan won.

Chris B did his thing again next – two for two.

Robbie's bout was fairly full-on, neither wasting any time going on the attack. This brought on one of our tournament dramas. Robbie tripped backwards and the Romanian clipped him in the face on the way down, whacking his head back onto the concrete off the mat. After several minutes with the medics, the tourney doctor said "OK". (As Andrew told the team later: if *anyone* was going to rise up from the floor from a hit like that, and fight on, it would be Robbie B.)

He did – he cleaned up the Romanian. Win to New Zealand, match to New Zealand, putting the male team through to the finals on Saturday.

The girls drew Canada.

Nikki Galpin won her bout, long-legged sidekicks being decisive.

Rose TeHau showed little sign at this stage of her injured ankle, and won.

Alicia Yates fought her way to a draw, leaving the match tied after five bouts.



Nick Eley, World Champion,  
doing what World Champions do best

The Canadians would put up their biggest player; Mr van de Mortel put Rose in as the tie-breaker.

The injured ankle now became a critical factor – after half the bout, it was clearly causing Rose major problems. Canada took the bout and the match. Endgame for us.

Female team power test: the first round was fairly light. One board knifehand, two boards for the kicks. Most teams went right through, like us: Alicia knifehand, Rose side kick, Nikki turning kick. 10 points, putting us through to the second round.

First round of the tie-breaker, Rose two board knifehand, cut it down to New Zealand, Australia, USA and Poland.

Next round: three board turning kick.

Australia did not break all 3.

Rose went right through – 6 points. USA and Poland to go.

USA didn't make it – the tension rose as Poland lined up.

Three cracked boards – gold to New Zealand!

Male team power test: after the first round, our lads had 14 pts. Ahead were Romania 20, Hungary 18 and Croatia 16. So with 14 we were out of the competition.

Or so we thought!

We were gathered out under the trees about to leave the venue. Then Roseanne called out from the steps: "They're calling New Zealand back to power!"

The boys frantically grabbed for their doboks and stumbled back into the venue, changing on the run.

Italy, Croatia, NZ and Poland are being called.

It turns out that the official score recorded for Croatia was 14, not 16 - thus a playoff.

Italy had already left – they missed out.

Our own World Champ Nick Eley took five points out of four boards with a turning kick, giving us a surprise extra bronze medal.

That evening the "Opening Ceremony" was held in the tournament venue. The colourful cavalcade of teams was lead in by the local police band (no dancing girls this year).

ITF President Master Tran and the President of ITF Italy gave nice short speeches; then after some demos of pre-arranged sparring, Moon Moo, and fitness (by a very fit 69 year old 9<sup>th</sup> dan), the assorted Masters met-and-gret with the teams.

Saturday – finals day.

We had two appearances in the ring.

Rebecca Walthall was up against Croatia in microweight sparring.

The Croatian girl rapidly went on the attack – the classic formula of sidekicks with follow-up punches jumping in. Bex never quite got her momentum going. Win to Croatia, silver medal for New Zealand.

The male team has Poland in sparring.

Poland combines evident experience with being big and inexorably tough. Campbell G,

Regan D, and Sam S succumbed, three in a row. Match to Poland, silver to New Zealand.

The medals presentation started shortly after the last event.

Three times, the New Zealand anthem was played – once for Nick Eley's power test gold, and then two of them right after one another, for the female team's two destruction golds (both accompanied by Australia for the silver – more *O-C-a-ni-a's*).

Various Masters presented medals: Master McCallum, President Tran... Master Daher appropriately was on duty when the girls' destruction medals came up.

After the last medals – Best Female Team.



The Kiwi girls – best in the world!

Master Bos hammed it up: "Can you guess who it is, people? It is... it is... *New Zealand!*"

Then it was country placings time. We had deliberately refrained from working this out ourselves. So it was out of the box when Master Bos called – "Third place: *New Zealand!*"

That evening at the team meeting, various people were thanked by the coach Mr Niven, and then by the team. Mr Gray Patterson, Mr Willie van de Mortel, Mrs Sue Breen, Mrs Karen Skinner, Mrs Rose Cherrington, Mr Neil Breen, Mr John Matsuoka, Mr Doug Northey (whose car was a lifesaver, carrying bags and invalids in the heat).

Two recollections stand out relating to Mr van de Mortel that evening. He had really become part of the Kiwi team. He went to say his bit, and just choked up. A little later, Chris Clencie went up, and presented Mr van de Mortel with his greenstone pendant.

The team captains Sam Skinner and Roseanne TeHau deserve special mention – for being leaders *and* competitors, regularly riding herd on their respective sub-teams.

Rose in particular showed true grit, limping into the team events after her ankle injury, and giving the girls' team their power gold.

I would have to say that the entire team was an exceptional group of young men and women.

They got together across the board as a *team*, and those that may not have come away with a medal can feel proud that they were part of the support network that they all formed, for the 2004 ITF NZ Junior World Champs team: Third Placed Country In The World.

# Power Breaking

by Paul McPhail, VI dan  
Director of Techniques



Host country's Taekwon-Do demonstration at the ITF World Championships in Poland, 2003

The Polish gentleman pictured above can break! He proved that in a demonstration at last year's ITF World Champs. You might expect him to be this powerful – a physically strong man with over 15 years training in the art of Taekwon-Do.

What of the photo below of Rikki Lee, a 10 year old breaking five timber boards with a side piercing kick! How do we explain that? Despite wearing shoes, it is an impressive break – for most adults, let alone a 10 year old girl.

Rikki is a student of Rocky and Trish Rounthwaite on the Sunshine Coast, Australia, who specialise in breaking seminars. Mr Rounthwaite ran two seminars in Auckland in May and there are more planned for later in the year.

I was fortunate to spend a week earlier in the year going through their training course and I summarise their methods as follows:

- **Eliminate pain.** By wearing shoes, hand protection, and pads over the boards, they allow the student to reach their full potential in breaking. The pads are removed later, once the necessary conditioning has taken place.
- **Break lots.** The Rounthwaites have a philosophy of breaking similar to that Master Wheatley taught us at our World Camp in 2000 – condition the body by doing *lots* of small breaks. Start with one board and break it hundreds of times with the same technique over a period of weeks. This will build up the technique and conditioning to be able to perform it with confidence. Only once this has been done should you increase the number of boards you are breaking.



Rikki Lee – 5 board break  
Photo courtesy of RTR Taekwon-Do

- **Emphasise Technique.** Movement of the body is analysed to the point where every last newton of additional power is squeezed out of the individual.
- **Scientific considerations** A special effort is made to support the techniques used with scientific facts, and to educate students about issues

力  
拔  
山

"Powerful enough to  
uproot mountains"

such as bone density, gender considerations, and so on.

Above all, good power breaking requires an understanding of the "Theory of Power" as taught originally by General Choi Hong Hi. This theory is studied by black belts for advancement to 2nd dan, but in the next issue of TKD Talk we will start a two part article to look at this in detail.

This information will help you to develop amazing power, whether you are physically very strong, or a 10 year old girl like Rikki.

Nicola Tse showing how girls do it, at the breaking seminar in Auckland in May.



# Harry Hemana, V dan

by Wayne Ebert, II dan  
Instructor, Lower Hutt Academy

In the Wellington region and across the country the name Mr Harry Hemana sends all sorts of messages to lots of different Taekwon-Do students. It would have been over 15 years ago that I first heard the name Harry Hemana. It was a few years after that that I realised for myself why I kept hearing his name. It was a weekend camp when I was a fairly inexperienced green stripe. I had never trained so hard and been pushed to my physical limits like it before. (It wasn't to be the last time I felt like this.)

From that time, I respected the name and knowledge of Mr Harry Hemana.

Part of my training for 1st degree required me to train with Mr Hemana at his club for a few weeks. Well I'll tell you - it seemed like he set up the sessions to test you. I realised later that that was just Mr Hemana. Why train if you are not going to train to your maximum ability? I believe this is something that Mr Hemana took with him in his every day routine. Do everything to the best of your ability and you will have no regrets.

It was Mr Hemana who inspired me to grade for my 2nd degree and to open my own club, and it was a big thrill having Mr Hemana present at my recent 3rd degree grading, so I jumped at the opportunity to ask Mr Hemana a few questions of my own for TKD Talk so the rest of New Zealand would know a little more about the man who helped shape ITF Taekwon-Do in NZ.

Mr Hemana started Taekwon-Do in Singapore while on military duty in 1969, at the Sambu Wong Club, which had 430 members. The instructor was Jimmy Too, 4th degree. When he returned to New Zealand, he trained at the Trentham Club in Upper Hutt. The instructor was Mr Ben Mose.



Mr Hemana unofficially graded to 1st dan in 1972, but in 1973 he asked to be regraded under Master YK Yun.

In 1973 he started a club in Trentham with five students. Within three months he had 80 members.

His biggest Taekwon-Do achievements have been attending the 1986 World Championships in Budapest, Hungary, with ITF recognition and sending a team to the 1988 World Championships in Malaysia under ITF.

There have been many highlights of Mr Hemana's career, but the biggest thing is gaining recognition for New Zealand to participate in the 1988 ITF World Championships in Malaysia.

The other big thing is the friendships he has gained around the world.

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

To continue to help out where I can, in whatever capacity I am able.

**What are your goals for the future of Taekwon-Do?**

To have ITF united again as one, worldwide, as the General intended.

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

Master YK Yun, because of his ability to perform techniques and his ability as an instructor.

**What are your favourite techniques?**

My favourite hand technique is the back fist; my favourite foot technique is the back kick.

**What makes a good Taekwon-Do practitioner?**

One who sees past rank, and carries out his or her obligations without favouritism and without compromising the tenets.

**What does Taekwon-Do mean to you?**

A way of life.

If Mr Hemana was to pass on one special thing about Taekwon-Do it would be perseverance - have the ability to learn and be prepared to work for your rank.

Top left: very young Mr Hemana and Mr Davidson.  
Left: Mr Hemana's effortless three board punch.  
Top right: Mr Hemana at Stripes 1 to 1 in November 2002.  
Right: Mr Hemana's Hall of Fame plaque.



*Grading history:*

1973, 1st dan, NZ with Master Yun  
1976, 2nd dan, Brisbane with Master Yun  
1979, 3rd dan, Brisbane with Master Yun  
1986, 4th dan, London with Master Park Jung Tae  
1991, 5th dan, Australia

Mr Hemana started the South Pacific Taekwon-Do Federation with Master Yun on 24 December 1973 and stayed with Master Yun until 1986, when they gained ITF status within NZ from General Choi.

Mr Hemana spent most of the time during our interview talking about how it all came about, the people he met and why he loves Taekwon-Do so much. He had to be prompted to answer questions about himself. So much so that as I was leaving I noticed the hall of fame plaque on his wall, something not even mentioned in a Taekwon-Do life that spans 35 years.

This says much of the man I know as Harry - although you always know when to call him Mr Hemana, or Sir!

A couple of statements Mr Hemana made were particularly interesting, "Honesty and my military training have carried me through to the end" ... "I have no regrets in Taekwon-Do".

At the close of our interview, Mr Hemana said, "I wish ITF NZ all the best for the future, and try to maintain the General's teaching of Taekwon-Do to keep us to an international standard. Please remember that families and members are an important part of Taekwon-Do. Best wishes for the future."

Harry's wife then told me (into which Harry jumped in and continued) that seven weeks ago he was on his dialysis machine when he started getting headaches. They took him off and rushed him to the "head doctors" who diagnosed a blood clot in his brain. They released the clot and he continued as if nothing was wrong - "a way of life"!



Kiwi Junior Team take on the Rest of the World in Italy

# Kicks for Kids

By Shirley Pygott, I I Dan

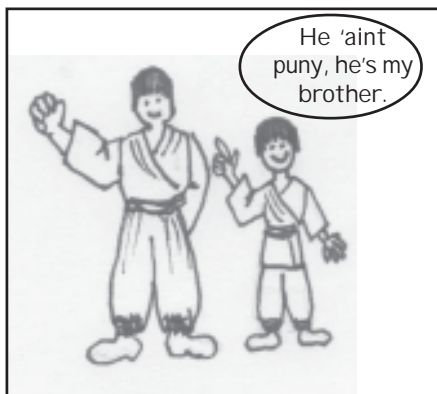
Welcome to Kicks for Kids issue #10. General Choi's early life is featured this time, comments about some favourite things about Taekwon-Do, the rest of the artwork from the poster competition last year, and the low down on this year's National Junior Camp. Anything you want to have published here, send to : P.O.Box 457 Silverdale, or tkdtalk@itfnz.org.nz.



## Meet the Founder.....

For their grading, white belts need to learn the name of the founder of Taekwon-Do, General Choi Hong-Hi. Many of you probably wonder why. Basically without General Choi, you wouldn't be reading this at all, because there would be no Taekwon-Do. He invented the martial art that we all do today, so knowing his name is pretty important really. Even better is knowing a bit about his life; in fact some of it is pretty exciting, other bits are quite strange. In this issue we will look at his life as a kid, growing up in a small mountain village called Ha-Ga-myun, in what is now of North Korea.

General Who What Who???



He 'aint puny, he's my brother.

You'd expect someone who invented a martial art to be big, strong and fit, wouldn't you? His older brother was huge and strong, but the young Choi Hong Hi was a weakling: often ill, and very small and puny for his age. His parents were always worried about his health, and wondered how he survived, when 5 of his 7 brothers and sisters did not. Even when he had finished growing he was still short at 1.5 metres. His mother decided she should try and make him taller. Which one of these was her brilliant idea?

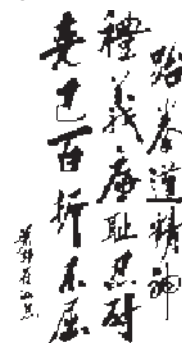
1. She made him eat lots of meat and vegetables
2. She made him wear special really high shoes
3. She pulled on his legs to stretch them when he was sleeping.

Actually she pulled on his legs. It didn't work though. Poor Choi Hong-hi! As a young child though, he never gave up when he wanted something, or had decided to accomplish something. He must have driven his poor mum crazy, because he always got what he wanted in the end.

He was not a very good student at school : bottom of the class, but top in mischief! His school reports must have been terrible! He was always good at sports and games, but couldn't swim very well. He got into trouble for taking part in a protest at school, and had to stay home for 3 months. This turned out to be lucky, because this is when Choi Hong-Hi started to learn calligraphy, which he became really good at. To help him overcome his ill health and small size, his calligraphy master also taught him Taek-Kyun, a traditional Korean martial art which uses mostly leg techniques. This was the very beginning of what would much later become Taekwon-Do.

General Choi was proof that even the smallest person can truly make a difference.

Text from Taekwon-Do and I, The Memoirs of Choi Hong-Hi, the founder of Taekwon-Do, Part 1: Childhood.



Calligraphy of the tenets by General Choi Hong-Hi



## National Junior Camp I I

November 29th - 21st

*This sequel to last year's awesome camp has everything a blockbuster should have:*



### Special Effects:

Heaps of board breaking and specialty techniques, and mega team sparring.

### Celebrities :

Mr Mark Trotter, Mr James Rimmer, and maybe some members of the Junior World Team to name a few.

### Music and Dance:

Plenty of peg penalties to be sure, get practising your "twinkle twinkle little star" if you are not very careful with your belongings

### Competition:

for camp theme and poster, and a bigger home baking competition, so you can try bribing Mr Brown with your culinary coolness!

If you are under 15 years, and any coloured belt rank, this camp is for YOU. Watch the website for further information and entry form, but be in quick, it was a sell-out last year.

Got a good idea for the camp organisers? You can send them a message, follow the link on the kids website: [www.itfnz.org.nz/kids](http://www.itfnz.org.nz/kids)

I think the instructors are very cool....Amy

Patterns and sparring  
Christopher Harland

Sparring in the tournaments.....Edward

Because you can see lots of your friends...  
Zach Holmes,  
Ryan Butchers

I think that it is cool breaking boards.....Jaeden Owen

I think TKD is fun because we get to do sparring and kicking the pads and breaking the boards and the peewee tournament.....Nicholas Moltzer

My club, Dragons Spirit  
TKD Papatoetoe  
.....Robert Meleisea

I asked some of the kids competing at the recent Peewee Tournament at the Devonport Club in Auckland to tell me.....

## What do you like best about Taekwon-Do?

All the fun board breaking and the sparring. And my instructors are so cool.....Aleisha

I like breaking boards, and I like doing grading as well.....Jemma Brock

Punching.....Joshua

Tournaments... Jacob Walkinshaw

I think that it is fun.....Nathan B

Patterns..... Hanna Kendall

I like Taekwon-Do because I like everyone because they help me.....Marcus

Sparring..... David Westren

I like Taekwon-Do because you can see your friends.....Taylor Forbes

The boardbreaking and tournaments .....James Wright

To learn the art and teach other people.....Maddison

Board Breaks  
....Blake,  
Zane, Taine,  
and Rory

## STANCE SEARCH

S E D E X I F W A L K I N G B  
I O U H K Y O C H A I F M W E  
T K G P T C V L A N A V Q O N  
T D D I R U N U N N U G X B D  
I C L D E C E B Z U N Y J S I  
N F A G A A W B G N G H N B N  
G U B U R Y O N F S I P N K G  
E O T T F V U H X P Q U L R R  
U N I I O J T Q Y M J R N M L  
J J W K O N C L O S E D G J S  
I O D G T O Y R A H C Z M O A

The 17 stance words listed below are hidden in this word find.  
Look forwards and backwards, up and down, as well as diagonally:

niunja  
walking  
annun  
guburyo  
gojung  
junbi  
bending  
closed  
rear foot

gunnun  
sogi  
sitting  
kyocha  
fixed  
moa  
dwit bal  
charyot

Moa sogi ?  
Does it look like a Moa,  
or is it something else  
all together?

If you don't know  
what some of these  
stances are, look in  
your techniques  
handbook



If you haven't already,  
check out the new kids  
section of the ITFNZ  
website:  
[www.itfnz.org.nz/kids](http://www.itfnz.org.nz/kids)



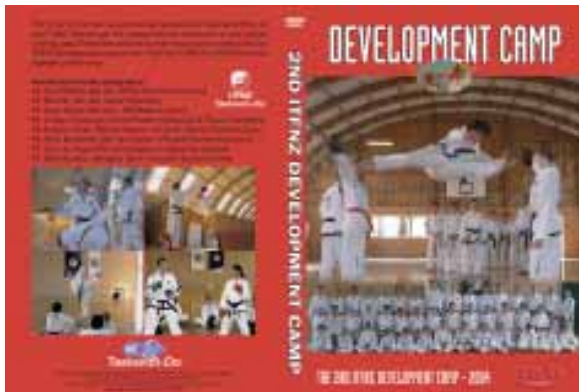
It will have new bits  
added to it soon,  
including highlights from past Kicks for Kids  
pages, and info on the national junior camp..

What do you like best about Taekwon-Do?  
On the website you can e-mail Pat, and it will be  
posted on the letters page. We also want kids to  
profile each month, so if you can think of someone  
(maybe you!) let us know.

### Events Coming Soon:

There are a lot of events coming up for juniors.  
There may be some others in your region as well  
(ask your instructor), and keep an eye on the ITFNZ  
website for entry forms and further information.

Aug 28th	Peewee Tournament	Auckland
Oct 3rd	Under 18 Tournament	Midlands
Oct 9-10th	Minis and Masters Tournament	New Plymouth
Oct 31st	Peewee Tournament	Papakura
Nov 14th	Under 18 Tournament	Counties Manukau
Nov 19-21st	2nd National Junior Camp	Midlands



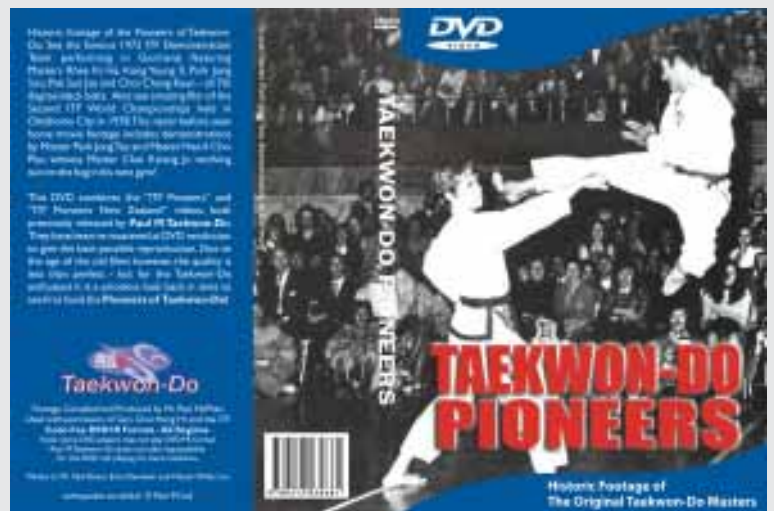
Thirty six of the best up and coming Taekwon-Do exponents from all over New Zealand had the opportunity to experience a very special training camp! They were selected by their instructors to attend the 2nd ITF Development Camp on 5th - 7th March 2004. This DVD shows the highlights of the camp.

This DVD includes extensive footage of Mr Pellow's self defence class and Mr Patterson's power breaking tips, so serves as an excellent teaching aid. 83 Minutes.

**Only \$25.00\***

(Plus \$5 postage & Handling)

*What you've produced is among the top five "must have" items in the world of ITF Taekwon-Do. It is a beautiful, and beautifully done, record of important ITF history that, for the most part, is only handed down through stories. It is already one of my most cherished TKD items. I would definitely describe this as something every ITF practitioner, past and present, must have.*  
 Mr Ed Newcomer, USA



**This DVD contains historic footage of some of the original Taekwon-Do Masters. It is a priceless record of the early Pioneers of Taekwon-Do!**

See the famous 1973 ITF Demonstration Team performing in Germany, featuring Masters: Rhee Ki Ha, Kong Young Il, Park Jong Soo, Pak Sun Jae and Choi Chang Keun - all 7th degree black belts.

There is also never before seen film of the Second ITF World Champs held in Oklahoma City (1978). This home video footage includes demonstrations by Master Park Jung Tae and Master Hee Il Cho, plus Master Choi Kwang Jo working out on the bag in his own gym! 82 minutes.

**Only \$29.95\***

(Plus \$5 postage & Handling)

Check out these two great DVDs and order on-line:  
**www.paulm.co.nz/tkd**

OR SEND YOUR ORDER TO PAUL M TKD, PO BOX 75-549, MANUREWA, AUCKLAND

## President's Corner

by Evan Davidson, VI dan  
President, ITFNZ Taekwon-Do

A truly awesome result from our Junior Team who competed in the ITF Junior World Champs in Italy. Congratulations to all the competitors for your dedication, hard work and preparation. A big thank-you also to the coaching, management crew and supporters who travelled with the team.

Also to mention the overwhelming support for the team from home with all the emails sent. Mr Neil Breen did a fantastic job keeping us all informed of the happenings during their travels with his posting on the ITFNZ website.

ITFNZ's participation in these international events is certainly lifting our organisation's profile, not only in New Zealand but also on the world stage, proving the power of ITF Taekwon-Do in NZ.

An International Instructors course is soon to be held in August. This has a



Evan Davidson  
President of ITFNZ Taekwon-Do

full complement of attendees. Many thanks to all the instructors and students who have given their full support to this course and to Mr McPhail and Mr Bhana, the organisers, who have put together a great programme. We look forward to meeting and training with the visiting Masters in our country.

At the latest round of black belt gradings, we had about 65 members sit for their Dan grading. It was very inspirational to see Mrs Dale Copeland from Taranaki (aged 60 years) successfully grade to her 1<sup>st</sup> dan at Palmerston Nth – a magnificent achievement. I also would like to mention a couple of students with serious medical disabilities who also graded. This proves that ITF Taekwon-Do is a martial art that is able to be practised by anyone regardless of age, gender or disability.

General Choi said "It is my earnest desire that Taekwon-Do should retain its original concept and techniques."

It is also my sincere hope that Taekwon-Do's emphasis on promoting a healthier body and mind will provide a significant contribution to human progress for many generations to come."

Let us stay true to his teachings and his legacy.



## Meeting Snippets

by Vince Pygott, IV dan  
Secretary, ITFNZ Taekwon-Do

Snippets of Exec Meeting  
18<sup>th</sup> April 2004

Auckland North has a new Regional Director, Mr Mark Banicevich – he was warmly welcomed to the team. Central Districts also has a new Regional Director, Mr David Ballard – unfortunately he couldn't make this meeting.

Goodbye to Mr Mike Lowe who has been a regional director for Central Districts since the ITFNZ was formed in 1980. Wow! That's 23 years as an RD. Now that's a record to break. Thanks for all you have done, sir.

Thanks also to Mr Andrew Niven who spent a lively 2 years as AN's RD.

Matters arising from the minutes:

1. Marketing: The sale of ITFNZ branded merchandise is on the go. ITFNZ is looking at formulating contracts with suppliers of ITFNZ goods with the view of producing preferred suppliers or preferred merchandise.

2. ITFNZ ties are now available for purchase by umpires \$20 each. Instructors should have received their complementary tie already.

3. Tournament Sub-Committee has been restructured. Mr Eccles will outline this further in due course.

4. A Coaching & Selections Sub-Committee has been formed and is being headed by Mr Greg Skinner as Interim Sub-Committee Director.

5. Sponsorship applications need to go via the Marketing Representative before it is sent to the sponsors so that it can be approved. This is in order that the Marketing Sub-Committee can co-ordinate nationally based providers of funds. This will ensure that the sponsors are used to the maximum as some sponsors only accept one application per organisation per year.

6. Instructors are being asked to pay their club's annual re-registration fees and their members' annual re-registration fees by the 28<sup>th</sup> of February each year. Without this payment members are not entitled to enter any of the ITFNZ events.

7. RDs to follow up with instructors again, to find out who their assistant instructors are. Those of you who are your instructor's official assistant instructor should make sure that you are registered as such with ITFNZ as you are entitled to receive contribution credits and Gold points towards your next grading.

8. All future umpire certificates will be issued by the database administrator, Mrs Sue Breen.

9. ITFNZ will cover all costs of ITFNZ technical seminars subject to the Technical Director's approval.

10. ITFNZ is having a Strategic Development Day that will look solely at the future direction of the ITFNZ.

11. Public liability insurance is still a big issue and instructors/club administrators should look at this seriously. The individual rate is \$300/club. Insurance companies can sue instructors if the venue is broken into and the venue owners claim for damages. A collective agreement would reduce the cost to clubs. i.e. 20 clubs could be \$250/club. Mr Lowe is trying to co-ordinate this amongst our instructors.

12. Mr Brown is looking at ITFNZ's responsibilities with respect to OSH, ACC, and Police.

13. Risk Management Plans are needed for all ITFNZ organised events.

14. Your RDs should have spoken to your instructor about paying an honorarium for the treasurer and secretary's position.

15. What is ITFNZ's stance regarding visiting instructors? A common sense attitude towards visiting instructors needs to be followed. Any person from another art/style may be invited to a club provided it does not upset any other instructors within that Region and so long as the instructor is not on ITFNZ's expelled instructors list.

16. ITFNZ is looking at reducing black belt grading fees. (This has now happened - the fees have been reduced where possible.)



# Moral Ethics and the Code of Conduct in ITFNZ

by Ian Campbell, IV dan  
Director of Standards and Discipline

## Part 2 of 3

*In the last issue Mr Campbell highlighted the influential nature of the instructor/student relationship and outlined the guidelines our founder, General Choi Hong Hi, documented to guide this relationship – sajeji do. In this issue Mr Campbell explains how the Standards and Discipline Committee have drawn on General Choi's guidelines to produce a Code of Ethics for instructors and students.*

### Instructors' code of ethics

The Standards & Discipline Committee recognises the need to have clear guidelines and expectations that meet today's training environment for instructor/student relationships. They are also aware of the need to document these so that every student of ITFNZ has the opportunity to develop under the same understandings.

In the interests of instructors, students, the public and ITFNZ, and in conjunction with General Choi's guidelines – sajeji do, the Standards and Discipline Committee has developed and defined a code of ethics for instructors and students to refer to as a way of conduct in the Taekwon-Do environment (see right).

As ITFNZ expands, so will the dynamics of the organisation. We have amalgamations and new clubs opening that will enhance ITFNZ as a whole. Expansion is not a new concept for our organisation and from the outset our seniors produced well thought-out policies and procedures. Their foresight has produced today's successful organisation. This initiative must continue if we are to sustain the high standard we now enjoy.

The focus should always be on the quality of the product(training) which we, as instructors and seniors, deliver to our students. ITFNZ now has a worldwide reputation of high standards in technical ability and an ethical approach to the art. Essentially one could say that we have adopted an unspoiled (pure) form of Taekwon-Do. The in-depth study and commitment from our senior dans is now benefiting students at all levels.

The code of ethics has been designed to provide a guideline so that all instructors have the best opportunity to provide quality training for their students, fully informed of the Standards and Discipline Committee's expectations for ethical conduct.

## Instructors' Code of Ethics

### 1 Responsibilities of Instructors

The instructor should:

- 1.1 *Respect the rights, dignity and worth of every student.*

Instructors should treat all students equally regardless of sex, age, ethnic origin or religion.

- 1.2 *Ensure the student's time spent with the instructor is a positive experience.*

All students are deserving of equal attention and opportunities.

- 1.3 *Treat each student as an individual.*

Instructors should respect the talent, developmental stage and goals of each individual student; help each student reach their full potential.

- 1.4 *Be fair, considerate and honest with students.*

- 1.5 *Be professional in and accept responsibility for his or her actions.*

Instructors should display high standards in language, manner, punctuality, preparation and presentation; exercise control, respect, dignity and professionalism to all involved. This should apply to opponents, instructors, officials, administrators, the media, parents and spectators. They should encourage students to demonstrate the same qualities.

- 1.6 *Make a commitment to providing a good quality of service to the students.*

Instructors should seek continual improvement through performance appraisal and on-going instructor education; provide a training programme that is planned and sequential; maintain appropriate records.

- 1.7 *Operate within the rules and spirit of Taekwon-Do.*

The guidelines of the ITFNZ should be followed as outlined in the 'Constitution' and 'Standards and Discipline' documents.

- 1.8 *Accept that any physical contact with students should be appropriate to the situation and necessary for the student's skill development.*

- 1.9 *Refrain from any form of personal abuse toward students.*

Abuse includes verbal, physical and emotional abuse. Instructors should be alert to any forms of abuse directed at their students from other sources whilst they are in their care.

- 1.10 *Refrain from any form of sexual harassment toward students.*

- 1.11 *Provide a safe environment for training and competition.*

Equipment, facilities, rules and the environment need to be appropriate for the age and ability of the student.

- 1.12 *Show concern and caution toward sick and injured students.*

Instructors should provide a modified training programme where appropriate. They should allow further participation in training and competition only when appropriate; seek medical advice when required; maintain the same interest and support toward sick and injured students.

- 1.13 *Be a positive Taekwon-Do role model for students.*

### 2 Unethical Conduct

- 2.1 *Abuse of relationships that instructors have with students*

It is unethical for an instructor to:

- 2.1.1 Punish students excessively or unfairly.

- 2.1.2 Show any form of prejudice in dealing with students.

- 2.1.3 Use his or her authority to compel students to participate in any activity that may reasonably be held to be illegal, offensive to the students' cultural or moral practices or beliefs.

- 2.1.4 Criticise students to anyone not directly concerned with the welfare or training of students.

# Don't want this on the 2005 pull out calendar next issue?



You better enter the 2004 TKD Talk photo competition!

**1st prize, a complete set of Fuji MAE sparring gear, retail value \$210.00, courtesy of Fuji MAE New Zealand**

3 runner up prizes of Taekwon-Do Pioneers DVDs, retail value \$29.95 each, courtesy of Paul M Taekwon-Do

The winning photo will be printed in full colour in our centre spread 2005 calendar in the December issue of TKD Talk! It could be your photo!

## Rules

- The competition is open to registered members of ITFNZ Taekwon-Do only.
- Entries must be new original photographs of registered members of ITFNZ Taekwon-Do.
- Entries must be still photographs (digital or film); they may not be captured video clips (vidcaps).
- Entries must include the names of the people in the photograph and the name of the photographer, together with a couple of sentences about where and when the photograph was taken.
- Entries must be received by 15 October 2004.
- Entries may be posted or emailed:
  - Post to TKD Talk Photo Competition, 26 Merton Rd, St Johns, Auckland 1006. Include a stamped, self addressed envelope with your entry if you would like your photo returned.
  - Email to [tkdtalk@itfnz.org.nz](mailto:tkdtalk@itfnz.org.nz), subject TKD Talk Photo Competition. Entries must have sufficient resolution to be printed clearly at A4 size.
- Winners will be selected at Stripes 1 to 1. Judges' decision is final, and no correspondence will be entered into.

## Breaking stuff with Mr R

While visiting New Zealand, Mr Rocky Rounthwaite conducted two breaking seminars in Auckland: Papakura on 10 May and Meadowbank on 11 May.

Mr Rounthwaite, former Pakuranga instructor who is now based in Queensland, Australia, is a specialist in power breaking.

For most, the seminars taught a new approach to breaking - improving breaking by performing many small breaks frequently. (For more information, refer to Technical Tips on page 18.)

The seminars were also fantastic preparation for a number of attendees approaching their black belt grading!



Mr Rocky Rounthwaite smashes a stack of tiles

## Taekwon-Do War Games in Whangarei

Our Northland friends had never experienced Taekwon-Do War Games - the most fun there is to be had in Taekwon-Do!

To remedy this, Messrs Andrew Niven, Mark Banicevich and Carl Matthews, and Miss Julia Palmer, took a road trip north on Saturday 8 May.

It may have been the smallest game in history, with about 25 players, but much fun was had by all. Especially Silla, the conquering heros (as it should be).

As word passes around the city, we are confident that the next game will be much bigger!

Thank you to all those who attended. And remember: "Silla, Silla, Silla!"

- 2.1.5 Divulge personal or domestic information obtained from students, parents, guardians or other relatives, except when required by law, or in accordance with the best interests of students.
- 2.1.6 Engage in any form of sexual or any other type of harassment of students.
- 2.2 *Abuse of relationships that instructors have with each other*  
It is unethical for an instructor to:
  - 2.2.1 Speak in derogatory terms of other instructors, or criticise the work or conduct of other instructors in the presence of students or in public.
  - 2.2.2 Make any public comment which is derogatory of any other club or martial art.
  - 2.2.3 Show any form of prejudice in dealing with other instructors.
  - 2.2.4 Accept as new members, students of other instructors without the prior consent of those instructors.
- 2.3 *Abuse of relationships with the Foundation*  
It is unethical for an instructor to:
  - 2.3.1 Wilfully disregard any policy decided on by Annual General Meetings of the Foundation, or decisions reached by the national Executive Committee.
  - 2.3.2 Claim to represent the views of the Foundation unless authorised to do so.
  - 2.3.3 Divulge Foundation information classified as confidential.

*Ian Campbell returns next issue with part 3 of this article where he explains the enquiry and complaint procedures designed by the Standards and Discipline Committee.*

[itfnz.org.nz/tkd/talk/key.html](http://itfnz.org.nz/tkd/talk/key.html)

# Training with a Coach of Champions

by Dr Cameron Snelling, III dan  
Nibun Mt Albert

*From 15 to 17 April, a talented group of ITF NZ members were treated to three days of tournament sparring with ITF coaching legend, Mr Willy van de Mortel. This is their story...*

At 6:20pm on Thursday night at Auckland Boys Grammar we were met by a cheerful man, short on stature but big on smile. This man is probably the world's foremost expert in advanced Taekwon-Do sparring. He is Willy van de Mortel, 6<sup>th</sup> dan, from the Netherlands.

It was the beginning of a three session seminar conducted over three days, Thursday and Friday night, and midday Saturday. The session started with the usual welcomes and Mr van de Mortel asking us to be warmed up and ready by the time the session starts (oops, ok next time). We proceeded with his own style of warm up exercises which consisted of multiple anaerobic exercises that were extremely hard but lots of fun (and quick), for example, partners scrumming on the floor doing resistance training interlocking shoulders, twisting upper body's to clap partners hands whilst facing back to back, vertical sit-ups whilst straddling partner whom is in a sitting stance etc. The warm up left us feeling reminiscent of post-first day black belt grading!

We moved straight on into the sparring drills which constituted pretty much all of the three training sessions. I tried to remember all the drills we did and the modifications to each for different circumstances, and did get most of them written down. There were some key points taken from these drills. They are as follows:

- Foot position being both feet 45 degrees with the rear heel off the ground
- Always have a hand guarding the head (obviously), not our classic tired 'guarding block at knee level'.
- After a kick, if not followed up by another technique (foot or hand), pull the kicking leg back down again swapping it for the supporting leg whilst really pulling the upper body forward to face opponent. This recovery technique was a major point made by Mr van de Mortel.



Bex: this smack on head

- This leads to the next point on more leaning back with kicking. This was especially important on dollyo, yop, dwit, and goro chagi. The leaning back whilst kicking is helped by really pushing hips forward into the technique and aides the sparer in 1) staying out of reach of hand techniques 2) better recovery balance, and 3) multiple attacks with foot.
- As sparrers we tend to stay more upright when kicking (like in our patterns), however this makes lifting the leg to kick very hard work especially if wanting to do multiple kicks. More importantly it predisposes us to dropping the foot forward after attack and walking straight into punches.



Don't present a target during back piercing kicks



Mr van de Mortel advises Carlos MacDiarmid

- Working on 'sub-optimal' leg (as I call it) more when doing drills.
- Flying punches need to land in sparring stance half facing, not full facing, aiding in quick recovery and evasion once landed.
- Partners should only give a smallish target area for focus. This raises another point by Mr van de Mortel, in that our long rectangular pads were not sufficient, as they did not accurately represent an opponent's gap in their guard. He used smaller circular pad, especially for the straight kicks e.g. yop, dwit, dollyo, but used hand paddles for the spinning and high kicks (which were held as close to the head as possible for realism). There were also many drills which there were no pads just a light tap to the partners head for focus and control (also for partners conditioning).



Must cover while executing jumping punches

- Techniques for countering yop chagi focused on checking the kick, dodging back slightly out of range, and blocking kick before countering.

We were all blown away by how flexible, quick, strong and accurate Mr van de Mortel was, even when Mr Trotter tried to pull a fast-one on him, Mr van de Mortel always had a plan B up his sleeve. Mr van Roon and Mr Trotter got a hammering physically by Mr van de Mortel because they were used as demonstrators for the partner work when focusing on new techniques (but that's okay because they're young and fit).

Throughout the sessions there were little moments where Mr van de Mortel would recap on moments in some of his more prominent students' early and current



Mr van de Mortel with Carl van Roon: the flying Dutchmen!



Campbell Gold shows Nick Eley the colour of his sole

training history, namely Tomaz Barada and Julia Cross. He told us what they focused on in training and what made them so different from other sparrers. This was great because it put everything into perspective, but it didn't diminish what you thought of these legends, it made us aware of what is really possible with smart and hard training.

A lot of Mr van de Mortel's time is spent with video camera in hand taking footage

of the major tournaments in the European circuit. He then picks them apart at home, looking for good combinations and new tactics in sparring. This is done to come up with new techniques and ideas to give his students to focus on for the next season. He feels it is his responsibility to them as their coach. Staying at the front of the game with regards to techniques and tactics is of utmost importance, because it means that everyone else is following and mimicking and hence losing. I feel that this is what lets N.Z. sparring down on the international stage because we are always playing catch up.

I got the impression that Mr van de Mortel was quite happy with our performance over the 3 days, our ability to grasp new techniques and apply them accordingly. Especially considering his statement on new techniques like these ones take years to become established in our arsenal. He mentioned how proud he would be if we incorporated and became proficient at these techniques should we meet again.

One of the best aspects of the training sessions was Mr van de Mortel's ability to keep us 'hyped-up' the whole time, the energy level was amazing, and when that

happens you train much harder but we were still having fun (in the golden years of Massey University club, Mr Mantjika called this 'shining'). In training harder, taking gallons of water was essential, as I lost 4 kg over those three days, due to dehydration I think.



I ain't afraid no first dan!

Overall, that seminar was the best TKD investment I have made so far, and if opportunity arose again I wouldn't hesitate to repeat it. Lastly I'd like to thank on behalf of the students at the seminar Mr Greg Skinner of Epsom NZ for organizing Mr van de Mortel to come to the other end of the earth to teach us. This has given us a great foundation for furthering our international and national sparring experience, and the knowledge can also now pass down through the ranks.



... we have no idea - Eds

# Mr Evan 'Zeus' Davidson

## What got you interested in Taekwon-Do? How did you get started?

Talked into watching a training session by my Army Colleagues at the Naval Base in Singapore. I joined up at the next session.

## Who has inspired you and why?

I am inspired by seeing Taekwon-Do beginners, develop, achieve their goals to reach black belt and instructor levels.

## What are your goals for the future in Taekwon-Do?

To see General Choi's original Taekwon-Do takes its rightful place, as the true Taekwon-Do.



Mr Davidson's signature flying high kick in Singapore

## What are two of your outstanding Taekwon-Do memories?

Firstly: personal training with General Choi in a hotel room in 1978.

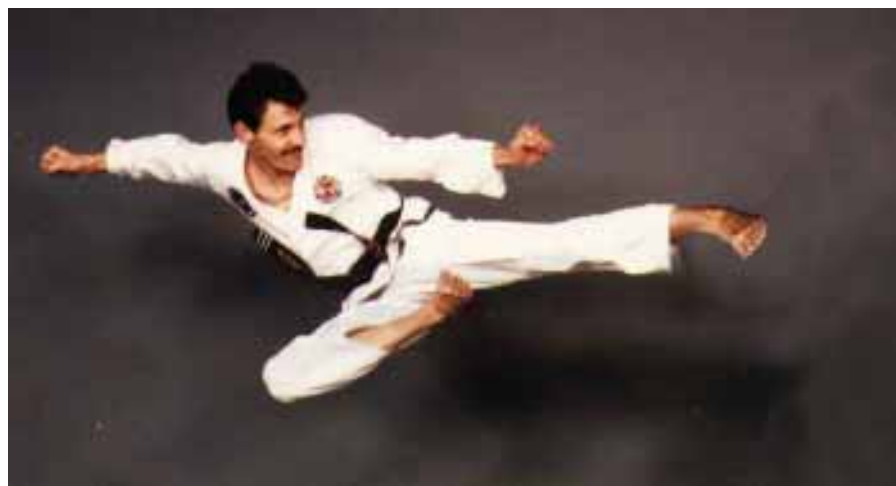
General Choi wanted to see a gup pattern. He then made adjustments to my stances and hand placements. To have the Founder of the Art check technique was an awesome feeling.

Secondly: I was the Manager and Coach of the New Zealand Taekwon-Do Team to then South Pacific Championships held in Suva, Fiji, August 1983.

As Manager, I had to take part in the Kava Ceremony on behalf of the competitors. That way our competitors would not be 'intoxicated' or sick prior to competing. The tournament was followed by a full day's training seminar, with plenty of time to soak up the tropical sun and sea. It was great to catch up with our Australian, Fiji and Papua New Guinea Taekwon-Do family.

## What years did you open clubs?

- Miramar February 1975
- Khandallah March 1979
- Te Awamutu February 1986



## What are your current Taekwon-Do positions?

- President of ITFNZ Taekwon-Do
- Member of ITFNZ Taekwon-Do Technical Subcommittee
- Senior Examiner for ITFNZ Taekwon-Do
- Instructor of Te Awamutu



Mr Davidson with Master YK Yun in 1975

## Any other martial arts related awards?

- 1st in Highest Jumping Front Kick at 1st South Pacific Open Black Belt Tournament (Brisbane - 10 January 1981).
- Inducted into New Zealand Martial Arts Hall of Fame (11 November 2000).
- ITFNZ Honorary Life Member



Mr Davidson and Mr McPhail

## What year did you begin Taekwon-Do?

April 1972, aged 20.

## Which was your first club and who was the instructor?

HMS Terror Taekwon-Do Club at the Sembawang Naval Base in Singapore, under Mr R Jayaraman, III dan

## Grading history:

I, 9 September 1973  
Singapore, Master Lee Song Soo  
II, 4 October 1977  
NZ, Master YK Yun  
III, 6 May 1980  
NZ, Master YK Yun  
IV, 29 April 1989  
Brisbane Australia, Master YK Yun  
V, 4 October 1993  
NZ, Master CE Sereff  
VI, 23 June 1998  
Maui Hawaii, Grand Master CE Sereff

## What's your favourite Taekwon-Do technique?

Flying reverse turning kick

## Do you have a favourite General Choi quote?

"Train hard – grading easy;  
Train easy – grading hard."

## Family:

Wife: Fiona  
Daughters: Joanne (26), Caroline (24)

## Occupation:

Sergeant, NZ Police, Te Awamutu  
[General Duties Supervisor]

## Favourite food:

Seafood

## Favourite drink:

Non alcoholic - Green Tea.  
Alcoholic - Dark Beer or Red Wine

## Favourite movie:

*The Magnificent Seven*

## Favourite music / artists:

Pink Floyd & Santana

## Favourite book (excluding General Choi's Taekwon-Do):

*Tao of Jeet Kune Do* by Bruce Lee.

## What other activities do you enjoy?

Playing snooker & guitar. Gardening.

# Mr Paul 'The Boss' McPhail



of teaching. He would just teach, teach, teach – then at the end of a 5 day course when you try and take him sightseeing he would start talking about a block or a pattern movement! Truly inspiring.

## What are your goals for the future in Taekwon-Do?

I have always had goals – the first ones were as a green stripe – I wanted to have a side kick like Master Yun and become an examiner. I never did achieve that side kick!

I am now committed to fulfilling my role as member of the ITF Communications Committee and Vice President of the OTF. It is my goal to see some real improvements in the professionalism of the ITF.

I am also enthusiastically continuing my work with ITFNZ and do what I can to contribute to improving the organisation and its standing in New Zealand.

Finally I would like to improve as an instructor. Seeing my students' achievements are some of the most enjoyable moments in Taekwon-Do for me.



The next McPhail generation

## What are two of your outstanding Taekwon-Do memories?

There are hundreds, but if I had to pick two:

Firstly: being in the same room as Gen. Choi when he was cross-legged on his chair at a table, in his pyjamas, writing his autobiography.

Secondly: the moment the theme music played at the conclusion of the World Champs in Poland (when NZ came 3rd). A very special moment.

## What years did you open clubs?

- Manurewa 1985
- North Shore 1985
- Papakura 1988
- Waiau Pa 2004

## What are your current Taekwon-Do positions?

- Member of the ITF Communications Committee (appointed July 2004)
- Vice President, Oceania Taekwon-Do Federation
- Technical Director of ITFNZ Taekwon-Do
- Chief Examiner for ITFNZ Taekwon-Do

## Any other martial arts related awards?

- ITFNZ President's Award 2003
- Inducted into New Zealand Martial Arts Hall of Fame, 2002
- ITFNZ Honorary Life Member 1999
- ITF Outstanding Instructor Medal, 1994



January 1975, aged 13.

Palmerston North Club, under Mr Norman Ng, then a 1st dan.

I, 1978  
Palmerston North, Master YK Yun  
II, 1981  
Brisbane Australia, Master CK Choi  
III, 1984  
Brisbane Australia, Master Park Jung Tae  
IV, 1988  
Brisbane Australia, Master YK Yun  
V, 1993  
Auckland, Master CE Sereff  
VI, 1998  
Maui Hawaii, Grand Master CE Sereff

Twisting kick

"Read the book," and  
"Sit down!"

Wife: Nadia 1 dan  
Children: Jonathan (15), Portia (12) and  
Jacob (5)

Pretty much full time Taekwon-Do, plus I have  
a Desktop Publishing Company: Paul M Ltd

Chocolate Gateau

Baileys

*Apollo 13*, and the *Austin Powers* movies

Pat Metheny, Marcus Millar, Sting...  
and a big Alice Cooper fan

*Apollo 13*

Music, jogging, watching cricket.

## What got you interested in Taekwon-Do? How did you get started?

I was initially interested in Martial Arts at the time Bruce Lee hit the movie screens around 1973. We spent a lot of time choreographing fight scenes from what we could remember from the movies (no video in those days), and we even made our own home kung fu movie. Early 1975 a friend asked me if I wanted to join the Napier Road Kung Fu club and I said sure! Turned out to be the Palmerston North Taekwon-Do club – thank goodness.

## Who has inspired you and why?

Master YK Yun was initially a great inspiration to me. He had amazing kicks and was a great instructor. I had a keen interest in all the original ITF Masters and tried to learn as much about them as I could.

My fellow students in the early days were inspiring, with plenty of healthy competition between us. People such as Alan Davis, Richard Hall, Andrew Salton, Gerald Joe and Michael Lowe. Later Mr Evan Davidson would inspire me to do better and I learned a great deal from him for which I am so grateful.

On my first trip to the United States in 1986 there were many inspiring people I met that had a lasting influence: Grand Master Sereff, Master Mike Winegar, Dr Frank Elliot, and Mr Scott Sereff.

Finally General Choi Hong Hi. An amazing man and I proud to have met him on many occasions – something I will always cherish. He was completely focused on what we wanted to achieve at all times and *never* tired



A young McPhail grading  
for his green stripe in 1975

---

# Directory Update

## New clubs:

*Gurusports West City, Waitakere*  
Mr Paul Hicks I dan  
Kelston Community Centre, cnr Great North Rd  
& Awaroa Rd  
Monday and Wednesday  
Kids beginners 4:00 - 5:00pm (Activity Room 1)  
Teens and Adults 7:00 - 9:00pm (Main Hall)

*Burnham, Christchurch*  
Mr Jarrad Ramsay I dan  
Burnham Military Camp, Burnham  
Monday and Wednesday, children 5:00 - 6:00pm  
Adults 6:00 - 7:30pm

## Club details changes:

*Pukekohe*  
Mr Luke Thompson II dan  
Pukekohe North Primary School,  
Princes Street, Pukekohe  
Monday and Wednesday 7:00 - 9:00pm

*Nelson*  
Mrs Pam Colee I dan  
Henley School Hall, Williams Street,  
Richmond, Nelson  
Friday and Sunday 7:00 - 8:30pm

## Clubs closed:

- *Greymouth*

## Instructor changes:

- *Ji Shin Keri Keri*  
Mr Tim Couling, I dan
- *Avondale*  
Mr Robert Ireland, I dan
- *Ji Shin Glendowie*  
Mr Mark Banicevich, IV dan
- *Ji Shin Royal Oak*  
Mr Hong Nguyen, I dan
- *Eastern ITF Howick*  
Mr Shaun Tolley, IV dan
- *Ji Shin Howick*  
Mr David Butchers, I dan
- *Ji Shin Manurewa*  
Mr Brett Agnew, I dan

---

# Coming Events

## August

6-8 ITF International Instructors' Course, Auckland  
15-5 Sep Gup Gradings with Chief Examiner  
20-22 Camp Akatarawa, Wellington  
29 Pee wee Tournament, Auckland

## September

19 2004 Senior Championships, Auckland

## October

3 Epsom Under 18 / 4, Midlands  
9 Level 3 Instructors' Course, Auckland  
10 Level 3 Instructors' Course, Midlands  
9-10 Minis & Masters Tournament, New Plymouth  
16 Level 3 Instructors' Course, CD/Wellington  
17 Level 3 Instructors' Course, South Island  
23-25 2nd Oceania Championships, Auckland  
31 Submission deadline for December TKD Talk  
31 Pee wee Tournament, Papakura

## November

5-6 Examiners' Course, Taupo  
6-7 Level 4 Instructors' Course, Taupo  
14 Epsom Under 18 / 5, Counties Manukau  
19-21 2nd National Juniors' Camp, Midlands  
19-21 1st ITF World Cup, Florida  
21-5 Dec Gup Gradings with Regional Examiners

## December

11-12 Dan Grading, South Island  
Examiners: Mr Rimmer & Mr Patterson  
11-12 Dan Grading, Auckland  
Examiners: Mr McPhail & Mr Bhana

---

# Next Issue

## International Instructors course

Three great Masters come to teach; and most importantly – the *grading!*

## Oceanic Championships

New Zealand host Australia and other countries in a major ITF Regional tournament.

## Stripes 1 to 1

The one we've all been waiting for – a focus on Moon-Moo tul. See how excited we are?

## First Dan Fever

Fifty first degrees converge on New Plymouth for a weekend of intensive syllabus training.

... plus our full-colour 2005 calendar and all our regular columns...

more self defence with Mr Fitzgerald, Mr McPhail's first instalment of The Theory of Power,  
more Kicks for Kids, and Mr Campbell concludes his three part article on Standards and Discipline





ITF NZ NATIONAL

# Juniors Camp 2004

Friday 19 - Sunday 21 November 2004  
Aongatete Lodge, near Katikati,  
Bay of Plenty

**Cost: \$20 per child, adults free\***

Contact: Mr Gwyn Brown, 15 Dunrobbin Pl, Greerton, Tauranga, ph (07) 578 6680, [gbrown@itfnz.org.nz](mailto:gbrown@itfnz.org.nz)

**See [www.itfnz.org.nz/events/camps](http://www.itfnz.org.nz/events/camps)  
for camp competition details!**

\* Please note that a maximum of 20 adults only can be accommodated.  
Preference will be given to Instructors staying and adults travelling with children.

# FIGHTTIMES



Nationwide Martial Arts and  
Combat Sports Distributors  
Retail Mail Order and  
Wholesale Club Orders

Orders only: 0800 876543. Inquiries Ph/Fax: 03 4778902. Email: [coms@fighttimes.com](mailto:coms@fighttimes.com)

## YOUR NATIONAL ITF SUPPLIER

We have the quality, the price and large stocks of martial arts supplies including books, training equipment and much more.

Sole NZ agents for Sports Master International products, the quality you've come to expect.

We will not be beaten for price and if you can provide proof of a better price for the same stocked goods we will better it by 10%.

New club wholesale customers welcome.

Check out our website [www.fighttimes.com](http://www.fighttimes.com)

**NZ's Best Deals on Mats.**  
**Top quality safety mats.**  
**EVA close cell high density foam not PE.**

**ITF International Quality Uniforms.**  
**Standard and Black Belt uniforms.**  
**Robust PU foot protectors.**  
**Dipped foam foot protectors.**  
**Foam dipped Supapunch.**  
**Shin and forearm protectors.**  
**Compare our prices.**



**Online Ordering**  
**[www.fighttimes.com](http://www.fighttimes.com)**