

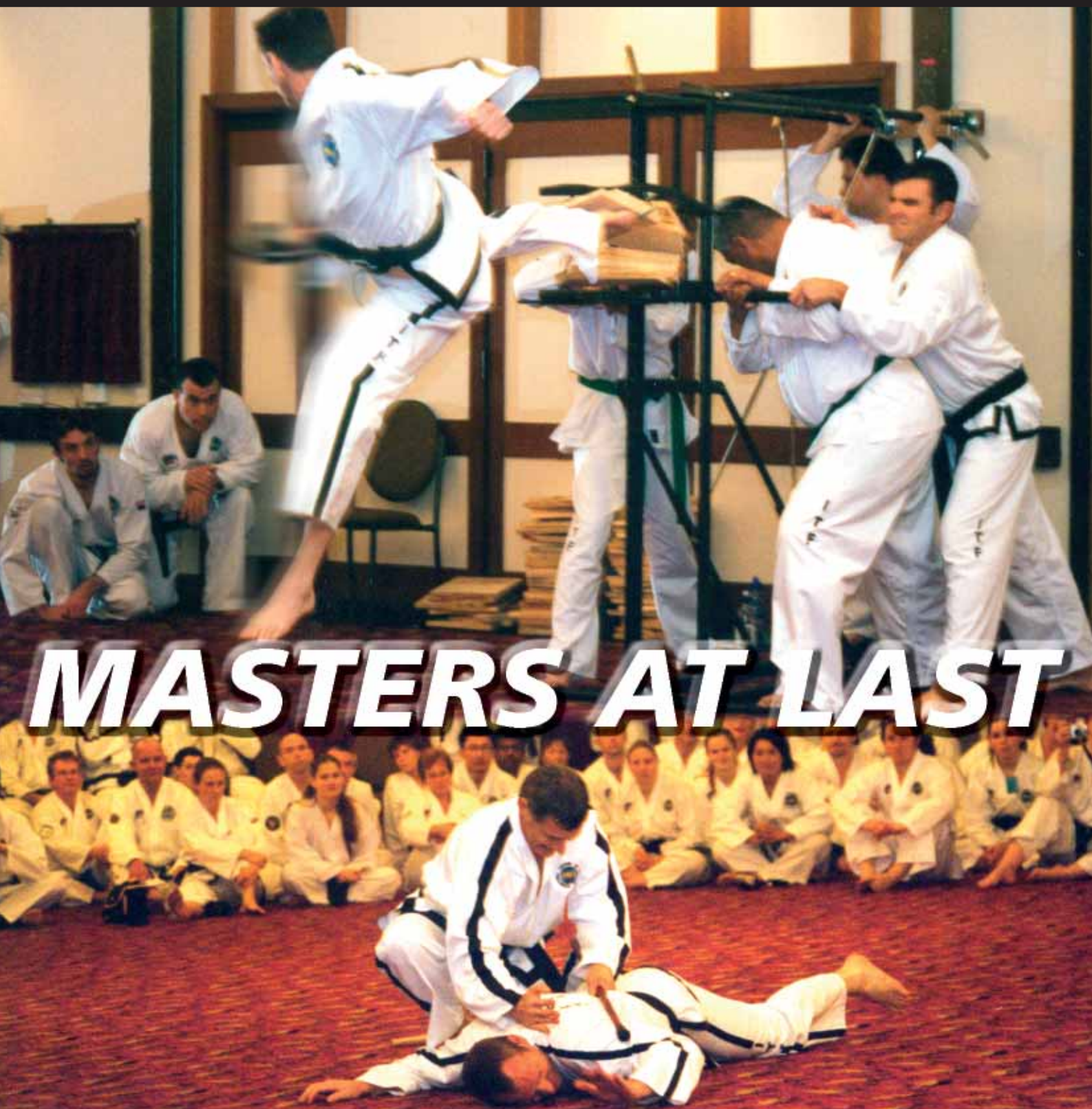
2004 ISSUE 3

\$3.95

TKD Talk

The Official Magazine of ITF NZ Taekwon-Do

www.itfnz.org.nz/tkdtalk



MASTERS AT LAST

IN THIS ISSUE:

INTERNATIONAL INSTRUCTORS' COURSE - EPSON UNDER 18 WINNERS

Plus 2005 Calendar, Photo Competition Winners, Epson Top Ten Oceanias, Defining the Future of ITF NZ Taekwon-Do, and much more!



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Features

- 5 **Epson Under 18 Series Winners**
Mark Banicevich
- 6 **Stripes 1 to 1**
Darren Ward
- 7 **Witnessing ITFNZ Taekwon-Do History** p6
Carl Matthews
- 9 **Defining the Future of ITFNZ Taekwon-Do**
Mark Banicevich
- 10 **International Instructors' Course**
Kris Herbison
- 15 **Epson Top Ten Oceania Tournament**
Rebecca Walthall and Renée Richardson
- 21 **Minis and Masters '04** p7
Kirsten Livingstone
- 24 **Learning Styles: from Instructor to Student Focus**
Krishna Reddy
- 27 **Student Profile: Roseanne TeHau**
- 30 **Taekwon-Do Superheroes**
Shirley Pygott and Michael Renner
- 31 **First Dan Fever**
Tim Couling
- 34 **Photo Competition Winners** p10



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About the Cover



This issue's cover Master McPhail performing a five board mid-air kick and Master Davidson demonstrating self defence for Octenagerians.

Photos by Ian Walton

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Regulars

- 3 Editorial
- 8 Letters to the Editor
- 13 Free Sparring
- 16 Instructor Profile: Jeanette Joe
- 17 ITFNZ Taekwon-Do Directory
- 18 2005 Calendar
- 23 Executive Update
- 26 Technical Tips
- 28 Kicks for Kids
- 32 Standards and Discipline
- 33 Self Defence
- 34 Next Issue

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Editorial

Welcome to the eleventh issue of *TKD Talk* that Matthew Breen and I have edited.

We have some great content this issue. Did you know we have two new Masters? Or have you been hiding under a rock? There was the International Instructors' Course, when we were visited by five overseas masters – all very approachable gentlemen.

Two Taranaki events are covered in this issue: First Dan Fever and the Minis and Masters Tournament.

We have an interesting article on teaching for different learning styles, and a bit of

Christmas fun (based on an article from *TKD Talk* in 1992!).

We also have the winners of the photo competition. Thank you all for the large number of wonderful entries this year!

As 2004 draws to a close, I find myself looking forward to an exciting 2005. There's the World Championships in Dortmund, for a start. More than that, I look forward to helping shape and implement an exciting strategy for ITFNZ Taekwon-Do. More on that on page 9.

An important thing to mention is ITFNZ Taekwon-Do t-shirts. *Wear the spirit!* Martial Arts Apparel are manufacturing

fantastic t-shirts for us. Show your pride in Taekwon-Do by wearing it everywhere. They have 0800 800 495 and itfnz.org.nz printed subtly on the back, so your friends will be able to get our contact details from you even if you can't remember them!

Finally, I would like to sincerely thank the *TKD Talk* team for their wonderful work this year. I look forward to working with you next year.

May all of our readers have a merry Christmas, and a safe and happy New Year, from all of us at *TKD Talk*.

Mark Banicevich
Co-editor.



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Epson Under 18 Series Winners

by Mark Banicevich, IV dan
Co-editor, TKD Talk

1. How many Taekwon-Do trophies have you won, and where do you keep them?

2. Which trophy was the hardest to win and why?

3. What was the biggest factor that helped you perform so well this year?

4. Who inspires you in Taekwon-Do?

5. What are your goals in Taekwon-Do next year?

6. What do you think makes a good second in free sparring?

Ethan Parker, 1st gup, Paul M Papakura

1. About 30; in sparring, patterns and specialty. I have competed in about ten tournaments over the last two and a half years. I keep them in a trophy cabinet.

2. Last year's Male Gup Epson Under 18 Series Champion, because it was stiff competition, and others were very close to my score, including Chris Clencie and Carlos McDiarmid.

3. Training hard. Lots of focus for training for tournaments. Training with Dad. He built me machines for specialty. Also patterns and sparring.

4. Master McPhail, because he is a Master, and my instructor, and he is very good at everything.

5. Try to win the under 18 trophy again, and to attain black belt.

6. Someone who has experience, and knows what you can do.

Paige Moki, 2nd gup, Paul M Papakura

1. Absolutely no idea - a lot. All of our [sisters Toni, Harmony and Sheylah] trophies are sitting on a big cabinet together. I have been competing about five years.

2. The Best Overall Coloured Belt at the Aussie Invitational in 2007, because I was competing against all other coloured belts in the competition. [That trophy was as tall as Paige at the time!]

3. My sister's Toni and Harmony, who have encouraging me, and training with me a lot at home, and stuff.

4. Master McPhail, because he is really really good, he is my instructor (and good at what he does), and he helps me a lot.



Epson Under 18 Winners from left: Paige Moki, Chris Clencie and Ethan Parker. Inset: Nikki Galpin.

5. To get my black belt, and to travel overseas for competition. Then Junior World Championships in 2006, if I can.

6. Someone who is experienced in Taekwon-Do, and who motivates you.

Chris Clencie, 1st dan, Paul M Waiau Pa

1. Quite a few, in a number of places in the lounge. I have competed in a number of tournaments over the past six years.

2. Best Overall Red Belt at last year's Epson Open tournament. I was competing against my brother, and a number of other really talented guys.

3. Training with the Junior World Championships team, and competing at the Junior World Championships in Italy this year.

4. My first inspiration was Mark Trotter - he was so fast. Another major inspiration is Master McPhail, because he has helped me a lot with my patterns and stuff, and he is a great guy - I look up to him.

5. Aim for Epson Under 18 Series Champion, and to try out for the next Junior World Championships in Honduras in 2006.

6. They should know how the opponent fights, and tell you what to do, and what not to do. A competitor should always listen to a good second!

Nikki Galpin, 2nd dan, Palmerston North Academy

1. Quite a few now, about 55 trophies - I have been competing since 1998 and entered in about 20 tournaments. This includes competing at two Junior World Champs. Most are kept in our living room by request of my mother, though they are strategically placed in corners and high places where they will not attract attention.

2. This is a hard question, because each tournament is a step to the next. You cannot just have a lucky day and come out as best overall. The hardest has to be the Best Overall Female Team trophy we won in Italy. It was well fought, long and hard.

3. The fact that my parents were prepared to take me to the competitions, after only a wee bit of bribery. Also all those people who keep me calm. I get very, very nervous so I need a lot of calming down. Thank you!

4. My sister, definitely! Also the seniors at my club, Mr Dave Ballard, and occasionally I see a young person in an U18 tournament who makes me go, "wow! I wish I could have been that talented". They are a definite inspiration. Also I'll have to say my parents. Even though they are not practitioners they are the ones who help me to achieve my goals.

5. I would really like to be able to train with as many different clubs around New Zealand to gain knowledge from all areas. I would like to make Taekwon-Do a more publicly known sport in the Manawatu and increase numbers of people coming into clubs. I may trial for the senior team travelling to Germany where I really want to be in the sparring team. I also want to build points toward my third dan.

5. For me it is definitely someone who doesn't mind me yelling. I get so nervous and worked up sometimes that I do not spar to my potential, so I get angry with myself. In general, someone who knows me personally, who I trust, who is patient and can keep his or her wits about them. Everyone needs something different, but my second is very important to my performance.

<http://itfnz.org.nz/events/tournaments/epsonunder18/2004.htm>

Stripes 1 to 1

by Darren Ward, IV dan
Khandallah

After last year I was really looking forward to attending Stripes 1 to 1 this year, and I wasn't disappointed. It is a really humbling experience being with so many people with so much training experience. It was also good to see Mr Joe finally in his stripes...

For me the weekend started at 1pm on Saturday (for those who attended the 2nd Examiners' Course the weekend started Friday night).

The class started off with a nice sedate warm up form Master Davidson, followed by Moon Moo with Master McPhail. I can safely say that I learnt a lot more about the pattern. In addition to Moon Moo, we had the chance to go over some of the recent changes as a result of the International Instructors' Course (see article page 10).



Mr Pellow throws Gray Patterson effortlessly

The highlight of the seminar was Mr Pellow's classes on throwing and falling. At the beginning we were asked who felt confident with breakfalling – few hands were raised – but by the end of the session

we were in a much better position. We all had a great time learning how to fall and how not to (usually when we heard a thump as someone hit the ground the wrong way).

Mr Pellow made the session informative and fun, so the time went really quickly. I learnt one thing in the weekend: never beat Mr Pellow in a sparring bout... he has a long memory. Mr Patterson found that out when he was volunteered by Mr Pellow to assist.

On Saturday night, Dr Richard Coll gave us an interesting and informative talk about learning and teaching Taekwon-Do. To get more information about us, he attended a class at Mr Eccles' club. Don't worry Mr Eccles, he says you are an exemplary teacher. We all appreciated Dr Coll spending his time with us and imparting some of his knowledge. After the discussion we were left to our own devices, and we spent time catching up with old friends.

On Sunday morning only six of us managed to make it into the lake at 7am. Those following Master Davidson into the water were Messrs Patterson, Salton, Pearson, Campbell and myself. Master McPhail was there with the camera



Someone convinced them this was a good idea...



Lawrence Mantjika – flexible as ever!

making sure that there was photographic evidence of our morning dip. It was noted that no one north of the Bombay Hills decided to join us... [We better remedy that next year – Eds]

Mr Pellow's Sunday session started with everyone moving a little slower than on Saturday... mainly caused by everyone's bodies feeling the effects of breakfalling the day before!

After Mr Pellow's session we started the discussion part of the seminar, where we discussed the strategy day, Stripes on Tour and a myriad of other things.

Stripes 1 to 1 definitely reinforced how lucky we are to have a good depth of knowledge in our senior members. Ko mup sum neda to Masters Davidson and McPhail, and Mr Steve Pellow for taking the physical sessions.



ITFNZ's senior dans

http://itfnz.org.nz/events/archives/2004_strips1t01.html



Witnessing ITFNZ Taekwon-Do History

by Carl Matthews, 1 dan
Nibun ITF Taekwon-Do



Tiles make Mr Raukura angry...

The senior grading was held on Sunday afternoon after the International Instructors' Course. Due to the nature of the grading and its predicted popularity, the grading was open only to guests and family invited by the people grading, and to attendees of the International Instructors' Course. This meant that there were only around 100+ people watching. Sorry if you weren't there, you missed a fantastic display of Taekwon-Do by the most senior dans in ITFNZ. Luckily, I was there.

A quick background. To grade to 4th dan or above, your examiner must be a master (7th-9th dan). One master would be nerve-racking enough – for this grading there were five! As if that wasn't enough, three of them are considered the best in ITF Taekwon-Do and are on the Technical & Instruction Committee, the other two were just the Presidents of ITF and OTF.

The examiners were Master Trần Triều Quân (8th dan, President of ITF), Master Hector Marano (8th dan, ITF Technical & Instruction Chairman), Master Pablo Trajtenberg (8th dan, ITF Senior Vice President), Master Wim Bos (8th dan, Tournament & Umpire Chairman), and Master Michael Daher (7th dan, President of the Oceania Taekwon-Do Federation).

On with the grading. The black belts grading were tested on patterns, self



Jeanette Joe – New Zealand's first female 5th dan

defence, step sparring, instructing, breaking and were also questioned by the examiners.

It was an opportunity to see people perform the senior patterns. Master Davidson and Master McPhail both performed Tong-II, the 24th and last pattern in ITF. This is something that the public has not seen since the 1998 Auckland Nationals, shortly after they graded to 6th.

Unfortunately during Tong-II, Master Davidson triggered an old injury to his hamstring. Most people, except camera man Mr Neil Breen, didn't notice but the injury did not prevent Master Davidson from finishing the grading.



Kevin Joe sends Jon Sawden flying

The breaks were great to watch with many boards and bricks (not tiles – the harder 'build a house' bricks!) getting smashed. Since the person grading could choose what break, or combination of breaks they would like to do, there were a large number of different spectacles to watch, like Master Davidson's brick smashing routine, or Mr. Raukura's lesson on how conditioned his hands and elbows are. However, my highlight was Master McPhail breaking five boards with one mid air kick! Wow!

The examiners also wanted to see how Master McPhail and Master Davidson instructed their students. The examiners called on New Zealand National Coach, Mr Andrew Niven (4th dan), to perform Won-Hyo. We knew something was up when Mr Bhana had a word to him and Mr Niven looked a little apprehensive.

The first movement gave it away with Mr Niven performing a twin forearm block that would rival any five year old child's best attempt. Mr Niven made his way through the pattern (not his best performance!) and the mistakes were made to the delight and amusement of



Hey, isn't that kick on his club badge?

the crowd and corrected by Master Davidson. I am sure he missed a movement though... I am also sure I overheard the masters saying that Mr Niven has had his 4th dan time extended another 8 years.

The self defence routines were highly polished and innovative. Jeanette Joe showed how she would defend herself if she was attacked while sitting in a chair (often using the chair on her poor assailant!).

Master Davidson was obviously feeling that the old injury in the hamstring as he required a walking stick to get him through his self defence. I don't know how much it really hurt as unfortunately for his attacker he demonstrated how a simple walking stick can become an effective tool in self defence. The walking stick was used in combination with traditional Taekwon-Do techniques as a weapon, or to restrain the attacker.

The results of the days grading were presented at the ITF Masters Banquet Dinner later on Sunday evening. The president of ITF, Master Trần Triều Quân, announced that everyone had passed their gradings and they had achieved their promotion to the next dan. This meant that after 34 years of Taekwon-Do, New Zealand now has its own masters! The applause and emotion from the banquet guests was tremendous. It was great to share that moment with them.

Jeanette Joe's promotion to 5th dan means she is now the highest ranked female in Australasia. There are now nineteen 4th Dans in ITFNZ which reflects the growth and strength of our organisation.

If you ever have a chance to see a senior grading – take it. Congratulations to those who graded and especially to New Zealand's first masters.

<http://itfnz.org.nz/events/seminars/liic/index.html>

Letters to the Editor

Dear Editor

My name is Annaliese, and along with my brother Jack we would like to thank the Devonport club for allowing us to train with them while we were staying in Auckland. They were all very nice and friendly (Hi, Briana!) and included us both in their Taekwon-Do.

We both agree Miss Joe is a great instructor.

Thank you to Miss Joe and her club. Taekwon-Do is about including people of all shapes and sizes in any and every way you can and you did just that!

Annaliese and Jack
Kapiti Coast Taekwon-Do



Dear *TKD Talk*

A big thanks to Christine and the team in Rotorua for hosting the 3rd in a series of Midlands interclub training sessions. In all, 55-60 students enjoyed a day of patterns, sparring, focus skills and self defence (with Master Davidson). We look forward to the next "Gathering of the Clan" in Gisborne in early December.

James Rimmer, VI dan
Instructor, Tauranga



Dear *TKD Talk*

Visiting our distant cousins

Last week of September, the Burrs from Palmerston North (Cloverlea and West End Taekwon-Do) took up the invitation to visit and train with their cuzzies (the Davis') in remote Gisborne. For those unfamiliar, Gisborne is about 6 hrs from Palmerston North, 4 1/2 from Tauranga, 4+ from Rotorua, 6+ from Te Awamutu or Hamilton – the very ends of the earth some would say!

It was a pleasure to once again train under Mr Kim Bull. I always wonder, when visiting another club, whether they put on a bit of a 'special' session for you. What I can say for sure is, despite the rather chilly temperature, the sweat was well and truly pouring from warm up to warm down! Everyone made us feel extremely welcome from beginning students to seniors. As an instructor I was very impressed with all aspects of Mr Bull's students. Those with the abilities showed awesome technique; those less able through limited experience, age, injury or whatever showed the burning desire to 'make it perfect' – an element that every instructor hopes to instill in his or her students.



The dedication and determination of the students in this club is awe inspiring. The tremendous distances, time and organization that goes into competing, training and grading requires a lot of cooperation, car pooling and 'family atmosphere' – something these guys have in spades.

Our second training session followed seamlessly from the first. If you manage to visit, make sure that you are thinking clearly and listening carefully, as Mr Bull will challenge your comfort zone with a kaleidoscope of combinations in line drills! Moving onto sparring rotations exposed us visitors to most club members. One of the benefits of visiting other clubs is to sharpen up your sparring thinking. At your own club, and even at a district level, you get comfortable with sparring the same people on a reasonably regular basis. Step into a new arena and suddenly here's a white belt scoring with the most basic techniques! Time to think! Adapt! (Blocking helps too!)

Onto random attack self defense. This is a great way to test your instincts and reaction speed. Self defense is a great area to share ideas – always more than one way to skin a cat (defense against cat attack?) We finished up with increasingly challenging kicking combos. Great to see everyone pushing themselves right to the limits of their abilities.

Thanks to Mr Bull for the warm welcome and great trainings. I encourage every Taekwon-Do student to visit other clubs whenever you can. If work, school or holidays takes you out of your local area check out the nearest Taekwon-Do club, contact the instructor and make yourself known. Remember to ask permission from your own instructor, show the utmost respect for the instructor and students of the club you are visiting, and try your best to represent your club in the best way you can. The strength of ITF is that you will feel familiar with techniques, commands and patterns no matter where you train – be it Gisborne or Guatemala!

Richard Burr, I dan
Cloverlea / West End Taekwon-Do



Dear *TKD Talk*

I was truly honoured to receive the award on behalf of the Counties-Manukau team.

To work with this team for the last two years has been an awesome experience and this award is a great honour for them.

I am very proud to see Counties-Manukau go from strength to strength and this award is a reflection to everyone involved: competitors, coaches, managers, instructors, parents, supporters, sponsors.

Well done everyone – keep up the great work.

Dan Jackson, III dan
Co-coach, Counties-Manukau team



Defining the Future of ITFNZ Taekwon-Do

by Mark Banicevich, IV dan
Auckland North Regional Director

"ITFNZ will grow the original Taekwon-Do to be among the most popular arts and sports in every town in New Zealand."

Believe it. We do. This is the *vision* for ITFNZ Taekwon-Do. This is what we will become.

I get excited when I read this statement. It inspires me. I can see what it means, and I want to get there. Can you imagine it? A presence in every town in New Zealand. School students choosing Taekwon-Do over soccer or hockey. Teenagers with posters of their favourite Taekwon-Do on their bedroom walls. Imagine!

We can't achieve this vision with uncontrolled growth. We will need knowledgeable, highly regarded, and inspiring instructors. We will need to invest in and develop our instructors to ensure it. We will need to maintain our high standard of Taekwon-Do instruction and beliefs. We will need enthusiastic students, who enjoy Taekwon-Do, and have pride in our organisation.

That's where our *mission statement* comes in. Our answer to the question, "Why do we exist?"

"ITFNZ Taekwon-Do is a non-profit organisation teaching its members to develop mind, body and moral character through the Art of Taekwon-Do."

Moreover, our *values* are the non-negotiable baseline of ITFNZ Taekwon-Do. Things we will not compromise to achieve our vision. Our values are presented in the sidebar to the right.

These are the results of our first Strategy Planning Day in Hamilton on 12 September. The participants were a handful of senior members and strategists, listed below left.



Figure 1: The strategic framework

These statements become guidelines for our planning and decision-making, as illustrated in Figure 1. Early next year, the group will meet again to define a strategy, and flesh out three and one year plans for ITFNZ Taekwon-Do. We will define our goals, and present them to the Executive Committee.

We will need your help to achieve them. We hope you will understand the link between our vision and the goals we develop. We hope you will get excited about our goals, and want them to be your goals. And we hope you will help us to make them happen. Many hands make light work!

Vision: ITFNZ will grow the original Taekwon-Do to be among the most popular arts and sports in every town in New Zealand.

Mission: ITFNZ Taekwon-Do is a non-profit organisation teaching its members to develop mind, body and moral character through the Art of Taekwon-Do.

Our mission is based on the following **values**:

- the philosophy and Moral Culture of the founder, General Choi Hong Hi
- preserving the Art of original Taekwon-Do, and its quality
- peace, community, and family
- the tenets of Taekwon-Do:
 - courtesy
 - respect for all people and all cultures
 - to live according to etiquette
 - integrity
 - not to compromise our teaching quality or standards
 - perseverance
 - to pursue our vision is our one goal whatsoever
 - self control
 - our actions for ITFNZ will be for the good of the ITFNZ
 - indomitable spirit
 - to stand against adversity in the pursuit of our vision.

If you have particular goals that you believe are essential to the future of ITFNZ Taekwon-Do, please email marketing@itfnz.org.nz.



Attendees:

Master Evan Davidson, VII dan, President of ITFNZ
Mr Mahesh Bhana, VI dan, Senior Examiner
Mr Vince Pygott, IV dan, Secretary of ITFNZ
Mrs Sue Breen, Counties Manukau Regional Director
Mr Nick Lourantos, Wellington Regional Director
Mr Hayden Breese, III dan, former Director of Marketing
Mr Carl Matthews, I dan, acting Director of Marketing
Mr Greg Skinner, major contributor to ITFNZ and CEO of Epson NZ
Mark Banicevich, IV dan, Auckland North Regional Director (facilitator)

Invitees unable to attend:

Master Paul McPhail, VII dan, Technical Director of ITFNZ
Mr James Rimmer, VI dan, Senior Examiner
Mrs Tanya Katene, I dan, Treasurer of ITFNZ
Mr David Ballard, IV dan, Central Districts Regional Director
Mr Gwyn Brown, II dan, Midlands Regional Director
Mr Kris Herbison, III dan, South Island Regional Director
Mr Andrew Niven, IV dan, New Zealand Team Coach



Strategy day attendees deep in discussion

International Instructors' Course

by Kris Herbison, III dan
Instructor, Otago University



ITF President Master Tr  n, Master Marano, Master Trajtenberg, Master Bos, and Master Daher

I remember sitting on the plane to Auckland, for the first International Instructors' Course since the passing of General Choi, with mixed feelings of excitement and trepidation. There has been some concern about what would happen to Taekwon-Do after General Choi was no longer there to teach us; wondering if we could continue on without our father while keeping the same spirit and technique as before. I was excited about the chance to further my knowledge of Taekwon-Do, learning directly from Masters, not to mention seeing New Zealand's first Masters being promoted! However, I had been to the 1998 course with General Choi in Auckland, and I wondered if this course would be as informative and motivational as that one. This was the source of my mixed feelings. On arriving in Auckland I was picked up by Mr Matthews and he

dropped me off at Mr Banicevich's rather small house where I was staying, along with Mr Ward and Mr Breese. We spent the evening catching up, ironing our doboks for the next day and deciding who was to sleep in the kitchen!

The first day of the seminar arrived and we were all up early to beat the rush of the traffic, which we don't really get in Dunedin. On arrival at the venue I got to catch up with lots of other people that I also had not seen for a while, one of the great things about Taekwon-Do in New Zealand. Then it was time for the seminar to start and we all formed up. Being a 3rd dan in Dunedin I am accustomed to being in the front of the class, but not here, the 4th dans didn't end until somewhere in the second row, and there were 20 in a row! It was great to see the growth of our seniors in New Zealand, and it shows how much further we have to go in the bigger picture of Taekwon-Do. Then the Masters came in to great applause from all, with a special surprise: Master Tr  n was also here to teach. Master Tr  n welcomed us all and officially opened the course, and then invited the other Masters to begin teaching.

Master Trajtenberg taught the first session, where he talked to us about Taekwon-Do in general. He talked about

how you need to practice all aspects of the composition of Taekwon-Do in order to build a complete practitioner; if you miss out only one part you will have a deficiency, a problem. He said, "if you don't like to break then your Taekwon-Do is nothing, for so small a thing", which he indicated is also true of patterns and free sparring. This is because if you do not do breaking, or dallyon, then your body is not ready to hit an opponent. He also told us that there is not always a technical reason for everything in patterns, such as the reason why you don't look behind you in Po-Eun is because Chong Mong-Chu, after whom the pattern is named, was so loyal that he never feared an attack from behind. Finally he said that you should practice all aspects of the cycle of Taekwon-Do the same: your fundamental movements, patterns, sparring, dallyon and self-defence should all be performed with realism in mind. I think that this idea of trying to tie all aspects of the cycle of Taekwon-Do together into a single thing, rather than treating everything as a separate item of Taekwon-Do, was one of the more important concepts that I learned over the weekend.



... you don't wanna know.

With this new information we began going through the patterns, from Chon-Ji to Gae-Baek, with Masters Trajtenberg and Marano, which took the rest of the day. Master Trajtenberg continued with his theme from before, telling us to "Make pattern with your imagination; relax and do like sparring". By this he meant that patterns should not be performed robotically with no real understanding of what each technique is for. You can often tell if someone does not know what a movement is for, or how it works properly. You should know what every movement is for and use your



Master Trajtenberg finds fault!



Poor Mr Banicevich eventually became even better-acquainted with Master Bos's reverse turning kick...

imagination to visualise yourself performing that movement with an opponent. This will help you to perform your techniques with power and realism in an effective manner.

The second main concept that the masters went over was the sine wave. I remember vividly Master Trajtenberg saying over and over, "you are down; you stay down, then you go up and down!" This caused a lot of confusion for a lot of people, myself included. When single stepping the Masters said that you should move forward 'naturally', so without rising up unnecessarily, and then performing the up and down part of the sine wave. This idea is a reflection of two of the training secrets of Taekwon-Do, which are: 'keep both the arms and legs bent slightly while the movement is in motion'; and 'to create a sine wave during the movement by utilising the knee spring properly' (Choi, 1995, p42). The method of utilising the knee spring properly to create a correct sine wave is described in the condensed encyclopaedia of Taekwon-Do in the section on stepping (p320 onwards in the fourth edition). It basically says that during the stepping we should move forward and then lift ourselves up, utilising knee spring, keeping the stationary knee bent about 30°, which is how we gain mass as described in the first part of the element of mass in the theory of power (Choi, 1995). This will hopefully be further clarified to us all at a later date.

There was some general hesitation about performing a pattern in front of a Master, when it came time for volunteers. This hesitancy quickly evaporated however as the Masters showed themselves to be genuine and friendly and soon people were volunteering readily. Although the quickest way to volunteer was found to be the act of knocking your name badge

off in front of a Master when he was looking for someone to demonstrate! The main pointer from Master Marano, which came through several times, was for us to relax and use the hip twist a lot more, this being the second part of the element of mass in the theory of power. The correct coordination of the hand and hip is shown in the hand attack technique section of the condensed encyclopaedia of Taekwon-Do at the end of punching and thrusting. At the end of the first day I was lucky enough to perform Gae-Baek for Master Marano and have him correct it for me. Exhausted after a hard days training I was looking forward to sleeping on my nice comfy couch at Mr Banicevich's house, and glad that I was not sleeping in the kitchen...

The second day of the course began with Master Bos giving us an introduction to the running of tournaments and patterns competition. According to Master Bos the first thing that you need in order to run a tournament is a budget, to make sure you can afford to run it. Second you need officials, not competitors, as you can't have a tournament without good officials, he said that you should pay for officials, as they are so important. He also said that there should always be paper work so that senior officials can review the results, and they are also important for protests. He also said that it is the result that is important, not the speed of obtaining the results. For the team pattern he said that team presentation was very important and that they should have the same markings on their dobok, the same hairstyle, march on and off the same, etc. Next Master Bos took us through some more patterns, from Eui-Am to Choi-Yong. A new teaching technique that I learned was to count your students through the pattern to set the rhythm of the pattern. Almost all

normal motion movements should be performed in the same rhythm, though when most people perform a pattern often they are not, and this helped keep the pattern going smoothly.

After lunch Master Bos covered sparring and breaking rules. One of the things that Master Bos emphasised was, "referee: never talk to any competitor, only give commands". Master Bos also went over traditional or pre-arranged free sparring with us, which may be a new event at the World Champs in the future. During the day Master Bos impressed us with his technique, often holding his leg up by his head and occasionally spinning around in a circle while doing it! While doing this and making it look so easy, he kept telling us that he was 52 years old. Master Bos told us to help improve our Taekwon-Do we should do 30 press-ups when we get up and before we go to bed, along with 30 minutes of stretching every day.

For the last part of the day Master Tr  n gave us a very insightful lecture on the Do in Taekwon-Do, which I feel is an important part of what we do. He told us about the evolution of the writing of the word Taekwon-Do and that it is written like this to represent the two parts of our art: the physical and the spiritual. He talked about the meaning literal meaning of "Do" which you should all know is art or way, road or path and the role of the Master to guide us down this path. He also talked about the philosophy of Taekwon-Do and said that "when you bow it's not mechanical; it comes from your heart". This attitude and respect for each other, especially for Master Tr  n, was evident in all the Masters throughout the weekend, as they would bow to each other, showing this feeling, when changing over instructing or thanking each other for something.



Master Bos wasn't going to let anyone know their grading results until he got his haka fix...

After getting up early the next day, and having the five people there trying to fit around Mr Banicevich's small house to do our 30 press-ups we made our way to the venue. The last day of the seminar began with a closed 4th dan and above session, which covered senior patterns and methods of teaching. Then we received another lecture by Master Tr  n, who is a mechanical engineer, on the sine wave movement and the theory of power in greater depth. He showed us in a diagram the phases of single stepping, the first half (phase 1) being performed at a 'natural speed' and the second half (phase 2) in a 'fast action'. He explained how the slow phase gives us a rest period



Master McPhail trouncing
Mr Rounthwaite at patty-cake...

where we can relax, and thus maintain our power; having relaxation also gives us increased speed. The upward part of the sine wave is performed in the transition between the two phases and is quite short and steep, and he indicated that this was done quite aggressively, gaining us some additional mass. The next part of the movement was to begin the hip twist at the top of the knee spring, or sine wave, increasing the speed of the hip with the movement and then jerking the hip at the end of the movement to give increased power and mass to the technique. He said, "You need to have the hip as the last movement; that's power!" He told us that the sine wave movement is like a transmission gear for an engine and is a facilitator for the execution of a powerful movement.

Then we went through step sparring through to self-defence in a progression that demonstrated how interlinked they are. Master Trajtenberg explained us that we need to connect step sparring to free sparring, and everything else in the cycle of Taekwon-Do, to build a complete system. He said "most people are pushing when sparring; their techniques



Fun and games with Master Marano

are not really effective: no speed". This is also often true of the step sparring that I see performed. I feel that step sparring is often performed in a clinical way but this showed me how similar to free sparring, and especially self-defence, it was and the sort of realism that can be introduced into it. Master Trajtenberg also pointed out to us that it is difficult to block and counter attack in free sparring, and that we should take this into account in our step sparring. So we should not perform really fancy step sparring techniques that would have no real chance of working in actual free sparring or a self-defence situation. Another interesting change was that they wanted us to start our step sparring facing sideways to our partner, and even facing in the opposite direction to our partner. They also covered ground technique and defence from a sudden attack.

The course ended with the senior dan grading, which was amazing to watch. Mr McPhail and Mr Davidson showing some awesome breaking and self-defence. Somehow Miss Joe managed to take in so much of what she had been taught over the weekend and implement it in her patterns, which were beautiful to watch. That evening there was a banquet

dinner to end the course where Master Tr  n gave out the grading results, and everyone had passed! There was a great applause from us all when Master Tr  n officially presented grading certificates and conferred the title of Master to the then Messers Davidson and McPhail. Presentations were made to the new and the visiting Masters, where Masters Davidson and McPhail were presented with some new clothes that they would now need...

So at the end of the course I was happy to know that my initial worries were unfounded. These Masters were all lucky enough to have been taught personally by General Choi, and have a great knowledge of Taekwon-Do. They taught us with genuine excitement, showing a real passion for Taekwon-Do, which was infectious to us all, inspiring us to push ourselves to our limits. Throughout the seminar they showed that they were friendly approachable people who were happy to talk to us and answer our questions. This course covered all aspects of Taekwon-Do and gave me a new concept of how everything fits together and how things should be done. I would like to thank the visiting Masters Tr  n, Trajtenberg, Marano and Bos for teaching a great course, and to Mr Bhana for organising it. With all this newfound knowledge and enthusiasm that I found I planned on spending the next few days practising it so that I could catch all the bits that I had missed at the Australia course...

Reference:

Choi, H. H. (1995). *Taekwon-Do: the Korean art of self-defence* (4th ed.). New Zealand: International Taekwon-Do Federation.

<http://litfnz.org.nz/events/seminars/liic/index.html>



Master Bos reveals the secret of eternal youth... lots and lots of pressups!

Back to Basics

by Roseanne Te Hau, 1 dan
Infinity Taekwon-Do Manurewa

Flinching away

1. Begin opposite side facing.
 2. Flinch away from the opponent (not so far as to be warned for turning the back).
 3. "Oh yeah! Gonna getcha!"
 4. "Sucker! You fell for one of the oldest tricks in the book!"
- Follow up with multiple punches to the head.



Wrong footed

Roseanne uses this technique if she needs to change her feet.

1. Begin either side facing.
2. Front hand front punch to the head (to get the opponent on the defensive).
3. Step forward and punch to the head with the other hand.
4. Step forward with a rear leg turning kick or other leg attack.

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



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Epson Top Ten Oceania Tournament

by Rebecca Walthall, 1 dan and Renée Richardson, 1 dan
Nibun ITF Taekwon-Do

On the 23rd and 24th of October, the 2nd Oceania Championships were held at the ASB stadium in Auckland. With over 200 competitors from four different organisations, ITFNZ, AITF, Southern ITF and the spirited Bai Rui, time was of the essence. But with Mr Breon Gravatt on the job things ran flawlessly! It was disappointing that the Jamaican team could not attend this exciting event because of the devastation left by tropical cyclone Ivan. Special guests present at the tournament were Master Daher, OTF President, Mr Harris, AITF President, Master Davidson, ITFNZ President and Master McPhail, OTF Vice-President. This saw a new practice being introduced to ITFNZ, with competition being paused to recognise the arrival and departure of the Masters.

Weigh in was on Friday night for all sparring competitors, some stripping down to underwear in sheer desperation to fit into the desired weight division. At the same time, competitors who had already weighed in were eager to lend a hand in last minute set up and the officials were briefed about the rules.

Saturday morning started at 8:00 for registration. With some last minute draw changing, competitors were able to see who they were up against over the weekend.

After Master Daher declared the tournament open, the day was kick started with four rings of patterns! These saw past New Zealand team members battling it out for patterns supremacy. This event was over before lunch and the medals were presented.



Mr van Roon shows why he's the champ

Lunch saw hungry participants chowing down on the delicious food for sale at the shop manned by the Devonport club, and the officials enjoyed their complementary lunch prepared by the ever so cheerful Danielle Drylie.

Following lunch, the sparring contest began. The sparring was very controlled with only a few 'minor' injuries. There were plenty of officials to go around and we were all entertained by the comic styles of MC Hayden Breese. At the same time, the special techniques competition progressed throughout the day. Showcasing New Zealand's talent with current World Champion Carl van Roon showing why he's the champ, taking a gold medal. Both events ran smoothly and finished on time.

That evening, competitors and officials had the opportunity to have dinner together at Grand Harbour on the Viaduct; to establish many more Oceanic friendships; and to dine with our Masters.

On Sunday morning, competition leapt straight back into the rest of the sparring, with the junior females and senior males fighting for Oceanic glory. The sparring ran efficiently with even fewer injuries than the day before, running into lunch. Again, the standard of all competitors was very high.

The tension was building for the team sparring event which was to come later in the day which would see four teams from three organisations go head to head for overall team victory. In the female division, the New Zealand junior team took out the title, beating their senior counterparts in the finals. The male division saw the New Zealand senior team taking the gold over the juniors. Power test ran in parallel, demonstrating the skills and sheer power of the competition.

Once all competition finished, well on time, and the winners were decided, all that was left were the medal and closing ceremonies. Congratulations to best



Sparring, and an important feature of any trans-Tasman event – the haka!

overall colour belts Amanda Cleland, Daniel McMillan and Wade Salton and the best overall black belts Toni Moki and Daniel Jackson.

Overall the tournament was a huge success, kudos to Breon and all of his helpers in their smart official shirts, which bore a striking resemblance to the Warehouse uniform. Cheers to all the officials who persevered through the weekend despite chairs being broken and corner judges being punched. Yarr... Well done to all that participated in this international event and we hope to see everyone in two years' time for the 3rd Oceania Championships in Australia.

<http://itfnz.org.nz/events/tournaments/oceania/2004/index.htm>

Jeanette Joe, V dan

by Mark Banicevich, IV dan
Instructor, Paul M Glendowie

At 5th dan black belt, Miss Jeanette Joe is our most senior female Taekwon-Do. She is the most senior female in the Oceania Taekwon-Do Federation. That is a big deal.

She is a talented exponent of Taekwon-Do, and a great instructor. Yet I still find Miss Joe to be the quiet, unassuming person I met on a Taekwon-Do camp about 14 years ago.

When and where did you start Taekwon-Do?

I started in 1983 at age 8, at the Pakuranga club. The instructor was Mr Rocky Rounthwaite, who is now a director of RTR Taekwon-Do on Queensland's Sunshine Coast.



Spot the Coliseum in the background...
World Champs trip to Italy 2001

When did you receive your first dan black belt?

In 1990, when I was 15.

When did you start instructing, and at which club?

I opened the Devonport club in 1998.

What are some of your biggest Taekwon-Do achievements?

Helping students achieve even the smallest task week in week out on a consistent basis. I believe that is the



Everyone needs a posey waterfall shot



A baby 5th dan in the making... Jeanette as a yellow belt, along with a few familiar faces!

biggest achievement – to help someone else, be it small or large, directly or indirectly.

What are some highlights of your Taekwon-Do career?

- learning from General Choi, thanks to the efforts and time spent by our seniors to get him over here so many times.
- learning my patterns from Master McPhail after our grading in Maui.
- learning from my students at club about how much passion and effort can achieve in anything to which you set your mind.
- learning so much from team members at World Championships
- and all the memorable moments that were created over the years.

What is your most embarrassing Taekwon-Do moment?

It is too embarrassing to tell!

What are your personal goals for the future?

To become a better student of the Art, both physically and mentally

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

I plan to directly and indirectly help females become an equal contributor in the senior ranks, and to help students understand that females can effectively and efficiently teach males as well as females alike.

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

Master McPhail for his strong dedication to the Art of Taekwon-Do.

What are your favourite hand technique and foot technique?

Forefist downward punch and side piercing kick respectively.



Miss Joe and Mr Graham Patterson
grading for 4th dan in Maui

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

A number of things. Heart. Practising Taekwon-Do for the right reasons, not for power, money or ego. Living the tenets always, not when it suits us. Always looking to learn more about the Art, technique and foundation; and though we are not perfect, striving to become better on a consistent basis. A willingness to help others when they ask – be willing to go the extra mile when you can. Having a will to be the best you can possibly be in all areas of your life. 🐯



Sparring Carmel Clissold at an
ITF NZ full contact event

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



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Taekwon-Do

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itfnz.org.nz

Auckland North Region

Northland

Keri Keri, *Ji Shin Keri Keri*
Mr Tim Couling I dan
Keri Keri High School, Hone Heke Road, Keri Keri
Monday and Tuesday, Kids 6:00 - 7:00pm
Adults 6:00 - 7:30pm

Russell, *Kororareka*
Mrs Carol Harvey I gup
Russell Town Hall, The Strand Russell
Monday and Tuesday, Juniors 5:00 - 6:00pm
Seniors 6:00 - 7:30pm

Whangarei, *Chang Hun*
Mr Derek Coradine I dan
Manaia View School, Murdoch Crescent, Otaika
Tuesday 10th - 5th gup: 5:45 - 8:30pm
Thursday 6:00 - 8:00pm
Friday 4th gup+: 6:00 - 8:00pm

Whangarei, *Hurupaki*
Mr George Konia II dan
Hurupaki Primary School, 20 Dip Rd, Kamo
Monday and Wednesday 6:30 - 8:00pm
Thursday, Kids 7-12yrs: 6:00 - 7:00pm
Saturday 9:30 - 11:30am

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

Rodney

Red Beach, *Jungshin Red Beach*
Mr Vince Pygott IV dan
Orewa College, Riverside Rd, Orewa
Kids, 7-12yrs: Monday 5:30 - 6:30pm
Adults, 13+yrs: Monday and Thursday, 6:30 - 8:00pm

Stanmore Bay, *Jungshin Stanmore Bay*
Mrs Shirley Pygott II dan
Hibiscus Coast Leisure Centre, Stanmore Bay
Wednesday, Kids under 7yrs: 4:00 - 4:30pm
over 7yrs: 4:30 - 5:30pm

Shore City

Devonport
Ms Jeanette Joe V dan
Officer Training School, Vauxhall Rd, Devonport
Sunday 6:00pm - 7:30pm
Monday Kids 5:00 - 6:00pm
Hauraki School, 82 Jutland Rd, Takapuna
Wednesday, beginners: 6:00 - 7:00pm
Seniors: 7:00 - 8:30pm

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

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

Waitakere

Avondale
Mr Robert Ireland I dan
Waterview Primary, 19 Oakley Ave, Waterview
Tuesday and Thursday, 6:30 - 8:00pm

Glendene, *Gurusports West City*
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)
Kids 6 - 12yrs 5:00 - 7:00pm (Activity Room 1)
Teens and Adults 7:00 - 9:00pm (Main Hall)

Auckland City

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

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

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

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

Glendowie, *Paul M Glendowie*
Mr Mark Banicevich IV dan
Churchill Park School, Kinsale Avenue, Glendowie
Tuesday and Thursday, 6:00 - 7:30pm

Onehunga, *Gurusports Onehunga*
Mr Paul Hicks I dan
Onehunga Senior Citizens Club, 5 Pearce Street
Tuesday and Thursday
Kids beginners 4:00 - 5:00pm
Kids 6 - 12yrs, 5:50 - 7:00pm
Adults 7:00 - 9:00pm

Remuera, *Ji Shin Remuera*
Mr Hung Nguyen I dan
Victoria Avenue School, Victoria Avenue
Tuesday and Thursday, 6:30 - 8:00pm

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

Royal Oak, *Ji Shin Royal Oak*
Mr Hung Nguyen I dan
Royal Oak School, Manuaku Road, Royal Oak
Monday and Wednesday, Kids 6:00 - 7:00pm
Adults 6:30 - 8:00pm

Counties Manukau Region

East Auckland

Botany, *Paul M Botany*
Mr Dave Butchers I dan
Botany Downs School, Mirrabooka Avenue
Monday and Thursday, 6:30 - 7:30pm

Howick, *Eastern ITF Howick*
Mr Shaun Tolley IV dan
Howick Intermediate, Botany Rd, Howick
Tuesday and Thursday, 6:30 - 8:00pm

Maraetai, *Ji Shin Maraetai*
Mr Peter Franich I dan
Maraetai School, Maraetai Drive, Maraetai
Tuesday and Thursday, Kids 6:00 - 7:00pm
Adults 7:00 - 8:00pm

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

Manukau South and Papakura

Ardmore, *Kidz Kwon-Do*
Mrs Angela Dunn II dan
Ardmore School, Clevedon Rd, RD2, Ardmore
Mondays, 6:00 - 7:30pm

Mangere, *Wairua-Do*
Mr John Harrison I dan
Southern Cross Community Centre
Ngatapuawai College, Mangere
Monday and Wednesday, Kids 6:00 - 7:00pm
Adults 6:00 - 7:30pm

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

Manurewa, *Ji Shin Manurewa*
Mr Brett Agnew I dan
The Gardens School, Charles Provost Drive
Manurewa. Tuesday and Thursday, 6:00 - 7:00pm

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

Papakura, *Paul M Papakura*
Master Paul McPhail VII dan
Papakura Normal School Gym
cnr Porchester and Walters Rds, Papakura
Monday and Wednesday, 6:30 - 8:00pm
Kids, Wednesday 5:30 - 6:30pm

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

Papatoetoe, *Dragons Spirit Papatoetoe*
Mr Kane Raukura IV dan
Papatoetoe Intermediate, Motatau Road
Monday and Thursday, 6:00 - 8:00pm
Sunday 9:00am - 11:00am
Visitors please obtain permission from Mr Raukura
before attending Sunday session; \$2 donation.

Franklin and Counties

Pukekohe
Mr Luke Thompson II dan
Pukekohe North Primary School, Princes Street
Monday and Wednesday, Juniors 7:00 - 8:30pm
Seniors 7:00 - 9:00pm

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

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

Midlands Region

Waikato

Hamilton
Mr Grant Eccles IV dan
Maeroa Intermediate School Gym, Churchill Ave
Maeroa, Hamilton
Monday and Thursday, 6:00 - 8:00pm

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

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

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

Bay Of Plenty

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



Photo by Cerisse Palalagi



Photo by Rose Cherrington



Photo by Rose Cherrington



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January
28-30 World Champs Camp - Taupo

February
27 EPSON Under 18 Series - Tournament 1 - CD

March
5-6 Masters' Seminar - Wellington
11-13 World Champs Camp - Taupo
18-20 Midlands Regional Camp

April
4-17 GRADINGS: Regional Examiners

My grading is on April _____

at _____

10 CM Regional Tournament
23-25 Midlands Regional Tournament

May
2-7 Willie Van de Mortel Seminars
8 Top Ten Open Tournament
22 EPSON Under 18 Series - Tournament 2
28-29 BLACK BELT GRADING - Auckland
BLACK BELT GRADING - Wellington / CD

June
4-5 NATIONALS - Levin

July
17 EPSON Under 18 Series - Tournament 3 - AN
28-31 ITF SENIOR WORLD CHAMPS - Germany

August
9-28 GRADINGS: Chief Examiner

My grading is on August _____

at _____

September
4 Teams Tournament - Auckland
25 EPSON Under 18 Series - Tournament 4

October
22-23 EPSON NZ OPEN - Auckland

November
5-6 2ND INSTRUCTORS CONFERENCE
Including Senior Dan Grading & Stripes 1 to 1
13 EPSON Under 18 Series - Tournament 5 - CM
20 Nov - 4 Dec GRADINGS: Regional Examiners

My grading is on Nov/Dec _____

at _____

December
10-11 BLACK BELT GRADING - South Island



Photo by Neil Breen

Hawkes Bay

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

Central Districts Region

Taranaki

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

Taranaki

Mrs Kirsten Livingstone III dan
St Josephs Hall, Calvert Road, New Plymouth
Tuesday and Thursday, 5:30 - 7:00pm
Black belts: Saturday, 2:00 - 4:00pm

Wanganui

Wanganui, *Dragons Spirit Wanganui*
Mr Darren Andrews I dan
Wanganui Girls College Gym, Jones St, Wanganui
Tuesday and Thursday, 6:00 - 8:00pm

Palmerston North

Cloverlea
Mrs Nikki Mantjika I dan
Cloverlea Primary School, Herbert Rd
Tuesday and Thursday, 5:30 - 7:00pm

International Pacific College

Mr Thomas Young I dan
IPC Recreation Centre, 57 Aokautere Dve
Tuesday 6:30 - 8:30pm, Saturday 2:00 - 4:00 pm

Milson

Mr Lawrence Mantjika IV dan
Milson School Hall, Rutland Place
Wednesday and Friday, 5:30 - 7:00pm

Palmerston North Academy

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

Palmerston North, Tiger

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

West End

Mr Don Booth II dan and Mr Richard Burr I dan
West End School, cnr College St
and Botanical Rd, Palmerston North
Monday 5:30 - 6:30pm, Thursday 6:00 - 7:30pm

Horowhenua

Horowhenua
Mr Andrew Salton V dan
Horowhenua College Gym, Nelson St, Levin
Monday and Friday, < 12yrs, 5:15 - 6:15pm
Seniors, 6:30pm - 8:30pm

Levin, Taekwon-Do Cubs

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

Rangitikei

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

Wellington Region

Paraparaumu

Kapiti Coast
Mr Greg Trilford II dan
Memorial Hall, Tennis Court Rd, Raumati South
Tuesday and Thursday
Kids 10th gup, 5:00 - 6:00pm
Kids >10th gup, 6:00 - 7:00pm
Adults 7:00 - 9:00pm

Porirua

Porirua
Mr Peter Chapman I dan
Cannons Creek School, Warspite Ave
Cannons Creek
Tuesday and Friday, 6:00 - 8:00pm

Upper and Lower Hutt

Avalon
Mr Byron Cummins II dan
Avalon Intermediate School, 1041 High Street
Monday and Thursday, 6:30 - 8:00pm

Lower Hutt Academy

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

Upper Hutt, United

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

Wellington

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

Brooklyn

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

Khandallah

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

Miramar

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

North Wellington

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

South Island Region

Nelson and Blenheim

Blenheim, *Redwoodtown*
Mr Shane Eade II dan
Redwoodtown Hall, cnr Cleghorn and Weld Sts
Redwoodtown, Blenheim
Tuesday and Thursday, 6:00 - 7:30pm

Nelson

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

Christchurch

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

Riccarton

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

Dunedin

Dunedin Central, *Threshold*
Mr Hayden Breese, III dan
195 Cumberland St, Dunedin
Monday and Wednesday, 6:00 - 7:30pm

Dunedin

Mr Neil Kettings II dan
Dunedin South Presbyterian Church Hall
King Edward St
Tuesday and Thursday, 6:00 - 8:00pm

Mosgiel

Mr Mark Allen I dan and Mrs Teresa Allen II dan
Taieri High School Gym, Church St, Mosgiel
Monday and Wednesday, 6:00 - 8:00pm

Otago University

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



www.itfnz.org.nz/clubs

- Executive Committee -

President: Master Evan Davidson, 393 College St, Te Awamutu. ph (07) 871 3627, 021 299 4872, edavidson@itfnz.org.nz
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Wellington Regional Director: Mr Nick Lourantos, 91 Hobart Street, Miramar, Wellington. ph (04) H 388 9871, W 802 1483, 021 439 482, nlourantos@itfnz.org.nz
South Island Regional Director: Mr Kris Herbison, C/- OUSA, PO Box 1436, Dunedin 9015. ph (03) H 477 4770, 021 424 012, kherbison@itfnz.org.nz

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Master Evan Davidson, Mr James Rimmer, Mr Mahesh Bhana, Mr Andrew Salton, Mr Gray Patterson, Mr Peter Graham, Mr Mike Lowe
Tournaments: Mr Grant Eccles (Director), 7 Huia Avenue, Forestlake, Hamilton. ph (07) 846 0694, 021 677 085, geccles@itfnz.org.nz
Mr Kevin Joe, Mr Lawrence Mantjika, Mr Darren Ward, Mr Kris Herbison
Marketing: [Position vacant] (Director), marketing@itfnz.org.nz
Mr Carl Matthews (AN), Miss Hannah Honey (CM), Mr Devon Pittman (ML), Mr Wayne Kessel (CD) Mrs Lena Walton (WN), Mr Jake Pearson, Mr Kris Herbison (SI)
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Mrs Lena Walton (WN, SI), Mr Kane Raukura (AN, CM), Mr Ian Campbell (ML, CD)

Minis and Masters '04

by Kirsten Livingstone, III dan
Instructor, Taranaki Taekwon-Do

Right: Mrs Rose Cherrington powers through her side kick.

Below: Minis can do it, too!

Bottom: Minis free sparring.



It was great to see many of the same faces that we saw at last year's tournament, and lots of new ones. It was particularly great to see so many more 'masters' competing this year.

There are a few people Neill and I would like to thank.

- Mr Salton, Ms Jeanette Joe, Mr Trilford, Mr Hannah, for coming and assisting with judging and refereeing.
- All the students, instructors and parents who attended, and of course the kitchen ladies.

It was truly encouraging to see such good spirit, determination and comradeship develop over the course of the day. In one case I understand two girls didn't want to spar each other, as they had become good friends over the day, and didn't want to hurt each other.

I would like to put out a challenge for next years tournament.

- More 'senior' masters – as in rank. Perhaps more 'demonstration bouts' than full-on competition?
- The biggest club entry this year was 17. Let's see whose club can beat that next year!

Taranaki Taekwon-Do look forward to seeing you at a bigger and better Minis and Masters in New Plymouth - October '05.

<http://www.taranakitkd.com/MinisMasters2004.html>

On Saturday 9th October, Taranaki Taekwon-Do hosted the 2nd Minis and Masters competition. Over 60 competitors arrived at the hall, all rearing to go. The two rings of mats were all set up, adding to the atmosphere. Attending were a wide range of ages and ranks, ranging from white belt to 2nd dan, from 5 years to 60 years.

After the formalities, we were straight into patterns, which were performed on mats for the first time. The level of competition was very high, with one round going on and on, after three draws. A winner was eventually found.

During the lunch break, the mini's destruction was performed. Two foot

breaks were allowed, no hands as they were all under 14 years. Great spirit was shown by all.

The sparring competition followed lunch, with many sparrers competing for the very first time.

The level of contact was very impressive, light touch contact. Strict control by the referees helped ensure that.

Masters destruction was the last competition of the day. Boards and tiles were flying everywhere. The theme was more 'power' than specialty this year. The competitor got to choose whichever technique was their best. Masters are allowed one hand break and one foot break.

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President's Corner

by Master Evan Davidson, VII dan
President, ITFNZ Taekwon-Do

The ITF International Instructors Course held last August in Auckland was a fantastic success. To have five overseas Masters in New Zealand at the same time was truly awesome.

Thanks to all the ITFNZ members who attended and supported this event. I am sure those who attended came away from these three days with increased knowledge and an appreciation in seeing that the original Taekwon-Do of General Choi is in good hands under the ITF Organisation of President Master Trần Triều Quân. A big thank you to the organisers and especially to Mr Mahesh Bhana for his untiring efforts in ensuring the course and senior grading ran smoothly.

Congratulations to Jeanette Joe 5th dan, Lena Walton, Kane Raukura and Kevin Joe, 4th dans, who graded successfully under the panel of Masters Trần Triều Quân, Hector Marano and Pablo Trajtenberg. Also on behalf of Master McPhail and myself, I would like to say a special thanks to everyone who sent well wishes and gave us support on the grading day which saw our promotion to 7th dan. Master McPhail was especially overawed by the preferential treatment he received from the clubs during



Master Evan Davidson
President of ITFNZ Taekwon-Do

ITFNZ's biggest ever August grading round.

The first ITFNZ Strategy Day was held in Hamilton on the 12 September. Nine senior members and contributors to our organisation congregated to discuss a framework for our future strategic goals in NZ. What has been developed is something to inspire us to a bigger, stronger, and hopefully a better future. A report on the strategy day can be read in this issue of *TKD Talk*.

ITFNZ also hosted the 2nd Oceania Tournament which saw over 200 competitors from New Zealand and Australia competing. Master Michael Daher, 7th dan President of Oceania Taekwon-Do Federation (OTF) was in

attendance. The tournament ran like clockwork and received favourable comments from our overseas guests. Thanks again to the organiser Mr Breon Gravatt and his committee. Also thanks and congratulations to all the participants, whether you were successful or not. The camaraderie and challenges of competition, I am sure, make the experience worthwhile.

The AGM of the OTF was held during the weekend and I am pleased to say that ITFNZ has officially joined this organisation. To quote a paragraph from the OTF Constitution:

"We recognise that we are forever students of General Choi Hong Hi; that it is our duty to serve the art and organisation of the International Taekwon-Do Federation (founded by General Choi Hong Hi, and whose president is Master Trần Triều Quân) and to honour General Choi's immeasurable accomplishments and vision. We commit ourselves to act as good citizens who value the importance of being part of the building process of a better society where peace, freedom, justice, humanity and morality stand for the principles of human progress."

I look upon this development as seeing ITFNZ now being part of the wider South East Asia and the South Pacific Region.



Meeting Snippets

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

1. ITFNZ has made a contract with Martial Arts Apparel regarding the sale of ITFNZ branded clothing. It is a 2 year agreement.

2. Trademarks – The ITFNZ logo is trademarked and use of it for commercial (profit making) use is to be paid for and permission must be sort from ITFNZ for any use of the logo, commercial or otherwise. A “®” symbol is to be added to our logo on the electronic and printed formats.

8. All clubs and instructors are to go through the Marketing Representative for their region when applying for sponsorship. Some sponsors will only fund an organisation once per year, and we don't want to underclaim.

10. ITFNZ will be listing on the website all the currently qualified instructors (those with current instructor's certificate and first aid certificate. This will be put in place as of 1st of Jan 2005).

11. A Risk Management Plan is needed for all ITFNZ organised events.

12. A concern was raised about there being no helmets worn at the Oceania Tournament. The Tournament sub-committee will be addressing the issue of headgear use at International tournaments.

13. The Treasurer and Secretary positions now receive a \$2000 honorarium each.

14. ITFNZ will be looking for more sponsorship from other major sponsors. If you have an ideas, please contact your Regional Director.

15. The 2005 national awards will see 3 levels of awards, the President's award, the Life Membership award and the 25 year award.

16. A new system for Technical Seminars has been ratified. Under this system, the host and the seminar instructor will earn a financial return, which should encourage more frequent seminars.

18. No one has permission to use the ITFNZ instructor email database for commercial purposes.

19. A successful strategy day has been completed, with another such day being called for at a later date.

20. ITFNZ will propose to host the 2009 World Championships.

Welcome to Mr Ballard and Mr Herbison to the Executive Committee.

Thank you very much to Mr Lowe and Mr Patterson for their input as Regional Directors, especially Mr Lowe who has been a Regional Director since the formation of ITFNZ in 1981.

Mr Hayden Breese has been appointed to the position of Marketing Director; we are looking forward to many years of excellent work from him and his marketing team.



Learning Styles: from Instructor to Student Focus

by Krishna Reddy, II dan
Taranaki Taekwon-Do

Taekwon-Do is a training institution which promotes the development of trainees and trainers. Most instructors tend to develop their own teaching style or a teaching style similar to that of their instructor. Providing effective training programmes, however, requires instructors to go beyond a focus on their own teaching and gain an understanding of the learning styles of their students. This will enable instructors to adapt their teaching strategies to best suit the learning needs of individual students and, in so doing, improve their learning outcomes.

Past experience from teaching shows that when the students are motivated, interested and enthusiastic about learning, any teaching style will work initially. The focus in this sort of situation is how to keep these students motivated

and interested in learning for the long term. If these students are not challenged enough, they will get bored and even drop out. One means of keeping these students in training is to provide variety through implementing a well structured training programme. This type of training programme would ensure that a number of skills and teaching styles are used. It should also cater for different skill levels. Instructors are continuously challenged by the wide range of students attending their classes. Students bring with them a variety of skills and abilities. Adults and children require different teaching approaches. Students who are younger tend to have a shorter attention span. With all these differences it becomes apparent that instructing styles and learning styles play an integral part in student learning. Assessing students'

progress regularly will provide feedback to instructors on the knowledge and skills which have been mastered and areas requiring further emphasis in the programme. Randomly obtaining evaluations from students will also provide valuable feedback on the effectiveness of the teaching programme.

A plethora of books and research papers have been written in the area of "learning to learn" and one thing that clearly stems out from it is that we do not all learn in the same way. Our learning styles are in part biological, and in part built up during our "apprenticeship of observation". These styles are reflected in the:

- type and amount of structure we like to have in our learning
- senses through which we remember most easily
- learning experiences we enjoy and which provide the greatest intrinsic motivation
- the environment in which we concentrate best.

Acquiring an understanding of the different learning styles will allow instructors to determine how students generally learn. Equipped with this understanding, instructors will be able to develop training programmes which will cater for all learning styles (inclusive training programmes). It will also enable instructors to identify students who may have a problem learning or concentrating. If problems are identified early, strategies can be implemented to address those issues early as well.

Whilst we all have similar learning styles we tend to focus more on one particular style. Our method of communication, sensory systems and learning are all closely related. We receive information through our five senses (touch, hearing, taste, sight, and smell) and this is processed by the brain. We express ourselves through speech, writing, gesture and movement. Our personal learning style depends on the way we use our brains and our bodies in receiving and expressing information. The three main forms of communication and learning are *visual*, *auditory* and

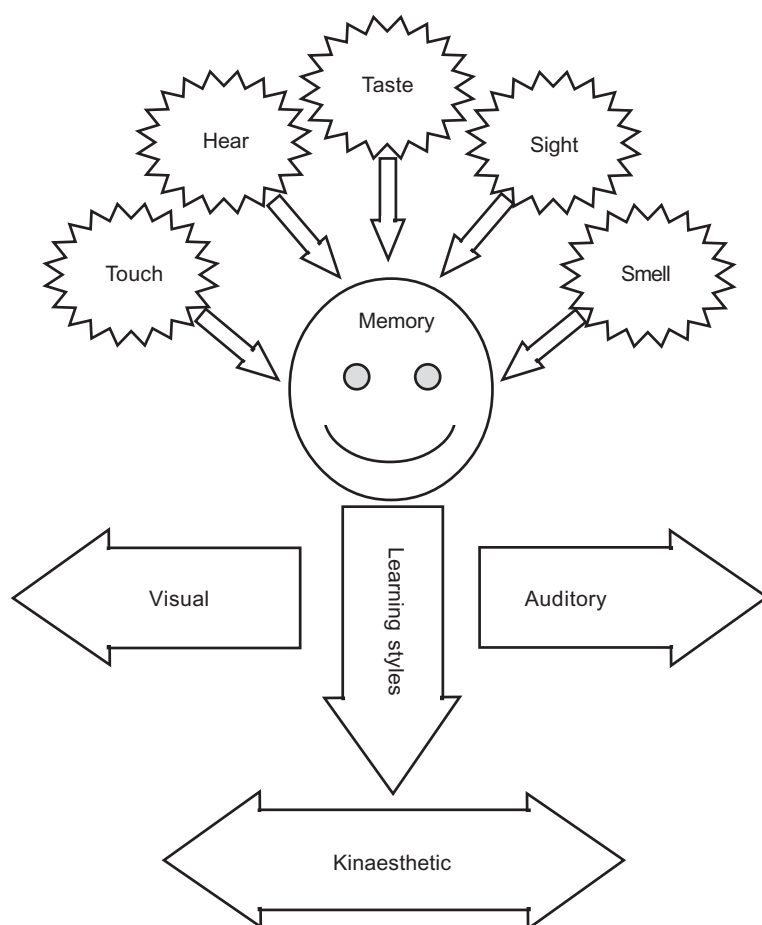


Figure 1: The five senses and three learning styles

kinaesthetic. We all use all of these forms to some extent but, for each individual, one is often dominant and used more automatically. Similarly, people tend to be left or right brain dominant. When we identify our own natural preference for visual, auditory, kinaesthetic, we can capitalise on the strongest and begin to develop the others more fully. An ideal training program would be one that concentrates on all senses.

Visual learners tend to focus on things through their minds and use images.

Three styles of learning:

- visual, see it
- auditory, hear it
- kinaesthetic, do it


These learners generally tend to memorise by seeing pictures and through watching a demonstration or model. Seeing an instructor demonstrate a movement and looking for visual reference points will enhance their learning. The instructor's role is to assist the student in knowing what to watch for and give them feedback on what their attempt looked like. Because they are interested in knowing how patterns look they will be able to master movements

by mirroring pictures. These students will read about Taekwon-Do philosophy and learn to do patterns by reading and looking at the diagrams and pictures. Providing access to this type of information and allowing them to analyse videotapes are effective instructional strategies for these students.

Auditory learners focus on sounds and rhythms to learn movement patterns along with verbal descriptions of the movement. They will listen carefully to what instructors have to say and have a tendency to participate in discussions and ask questions. They will easily get disturbed by distractions and noise. They remember things instructors say to them and can easily repeat things back. These are the students that like music and like talking to others. Instructors who modify their teaching styles by incorporating sound (music) and rhythm may find a dramatic improvement in these students' learning. Tone of voice and the words used have an effect on their learning and understanding. Auditory learners respond well to group work. Instructors should provide students with opportunities to talk through movements and skill cues with other students and provide in-depth verbal descriptions of movements.

Kinaesthetic learners tend to focus on movements and actions. They often talk very slowly and breathily. They respond to physical rewards or compliments and like touching things or doing things themselves. These students will do the

movements at the same time you are trying to demonstrate things to students. They learn by memorising or practicing movements over and over again. They will be more interested in doing things that they instinctively feel are right. Instructors need to get these students "doing" as soon as possible as they need to know what the movement feels like. Instructors should use a guided discovery style of teaching which allows students to feel their way through a movement or drill. It is beneficial to demonstrate to them what it feels like to perform a particular move, for example, guiding their leg through the line of a side kick. Recognising that replicating movements is essential for the kinaesthetic learner, instructors should ensure that the correct movements are reinforced while incorrect ones are eliminated. "Practice does not make perfect, it makes permanent" is particularly relevant to kinaesthetic learners.

If instructors continue to provide training that is focused around their own teaching styles they will run the risk of alienating students who have different learning styles, creating frustration and stress for both students and instructors. A well-structured training programme is one which is not only motivating, interesting and challenging but caters for differing learning styles. The focus needs to be on providing experiences for students using all the learning styles, thus allowing them their most effective learning whilst challenging them to expand on their own learning style. Practising and strengthening all three learning modes will develop a greater flexibility and productivity in learning. If students do not learn the way we teach, then let us teach the way they learn. 



The author teaches students at Taranaki Taekwon-Do

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Theory of Power

by Master Paul McPhail, VII dan
Director of Techniques

General Choi Hong Hi developed Taekwon-Do techniques based on his knowledge of sound scientific principles. The result is that with correct training it is possible to generate incredible power with these techniques – men and women alike.

General Choi's teachings for over 40 years were similar to what sports physiologists use today. He talked about mobilizing the larger muscles of the body first, followed by the smaller muscles groups into a single co-ordinated action. He also wrote in his books what is known as the Theory of Power.

The Taekwon-Do Theory of Power highlights the following points that are the essence of Taekwon-Do movements: *Reaction Force, Concentration, Equilibrium, Breath Control, Mass and Speed*. Starting this issue, we will look these points in detail.



Mass

I will start with mass because I believe it is probably the biggest factor in achieving power. Mass refers to the utilization of your body weight to gain maximum power.

Of course you can't change how much you weigh in an instant, but you can *move* your weight. By mobilizing your body weight you will be able to increase your power.

Imagine a typical action movie where the policeman kicks the bad guy's door in. They will normally back up a few steps, stride forward and then let rip with the kick. The same idea applies for us, in that we want to gain as much momentum as possible to add weight to our techniques.

This is achieved through various methods depending on what technique we use. As a general rule, we try and utilize our mass by raising the hip during the first part of the motion and lowering the hip at the moment of impact, thereby dropping the body weight into the motion – contributing to the wavelike motions of Taekwon-Do. This *sine wave* motion is achieved with the help of the knees, as they perform a spring type action as you move into your techniques.

There is also often an emphasis on the rotation of the hips in the direction of the movement. This twisting action also increases power greatly by adding the momentum of your body weight.

The reverse turning kick pictured below is a good example of how the rotation of the hips and body can result in the foot delivering devastating power to the target.

To break boards with a stepping side kick (pictured left) the whole body must be projected forward towards the target – not unlike the way a shot-putter will spring off the plate before delivery.

Equilibrium

Equilibrium refers to balance, either static or dynamic, and in particular the importance of stances.

You may have heard instructors say the power comes from the ground, up through your body and out through your fist. Spooky? Well think of it this way:

What happens when you try and push something very heavy like a car? Naturally what we do is get our body weight down low and grip with our feet, pushing using the resistance from the ground. This is exactly what stances do for us when we perform our techniques. If we are not solid on our feet we won't be able to provide that strong resistance from the floor as a base for our techniques. In other words, good strong stances mean more power.

We are not always in a stable stance however, whether sparring, performing a flying technique or doing movement seven of Won-Hyo Tul. This is where equilibrium refers to balance and the mastery of this crucial element. Without balance, in any sport or physical activity there is no way we can achieve maximum performance.

Achieving maximum power by utilizing mass and equilibrium takes practice. Once you have the technique right you will be able to use it in your patterns, breaking, pad work... everything. It just takes repetition, guidance, and a bit of confidence in yourself.

In the next issue we will discuss two more elements of the Theory of Power.



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

Roseanne TeHau, 1 dan

Infinity Manurewa

Roseanne TeHau is one of our most talented junior female Taekwon-Doists. Like many of our top exponents, she is also a wonderful role model for our younger members.



Hi, Roseanne TeHau here. I thought I'd tell you about the awesome year I've just had. Actually I guess it's been one of many.

To begin, a bit of background about me and my involvement in Taekwon-Do. I have been involved in Taekwon-Do for a number of years now but it all started when Mum thought it might be a good idea for my sister and me (being girls and all) to learn some sort of self defence. Dad wasn't too keen at first, because we were already pretty involved in athletics and netball. I was playing representative netball, and was the Auckland Decathlon Champion around this time. Mum went ahead, however, and phoned an 0800 number which told you all about the different martial arts. I'm not too sure why we decided on Taekwon-Do, but never the less the following week we found ourselves at one of Mr Steve Pellow's classes... as spectators. I felt really shy and embarrassed at first, but before long I found myself joining in and looking forward to the next class. As for Dad - let's just say he became an avid fan.

I still remember my first grading, how nervous - almost terrified - I felt, but the satisfaction and pride you feel when you pass makes it all worthwhile. And so it began: trainings, gradings and

competitions; the losses and the wins; the ups and the downs, the victories and the disappointments. It sure can be a rollercoaster ride at times.

I guess what's really special about Taekwon-Do, though, are the people involved. I was lucky enough to meet and be trained by some of the best. The support I received from some really awesome people has been fantastic. To all of you (there are too many to list) I just want to say a big thank you. All I've achieved to date has been thanks to your support and inspiration.

This year, as I've said, has been truly awesome for me. Obviously being selected to represent New Zealand at the World Championships in Italy, and to be named as the Captain of the girls team was a huge honour for me. This trip was a wonderful experience and I believe every New Zealand Team member that went to Italy did our country proud.

I was lucky enough to obtain wins at the Regionals and the Nationals and really enjoyed the excellent team spirit that we had at these tournaments.

At the recent Counties Manukau Sports Awards, the Counties Taekwon-Do team



Above and above left: action photos of Roseanne taken at her club recently.



Roseanne coached by her father at the Epson Under 18 tournament in Pukekohe on 14 November.

won the Best Team award, and our NZ Junior World Team won Junior Team of the Year. I was also nominated for the Young Sportswoman of the Year Award, and although I didn't win, to me it's just another goal to strive for.

What I'd really like to offer are some words of encouragement to all of you just starting out in Taekwon-Do, or for those who don't place or win medals in competitions. To you I say it's not the victor who's the true winner, it's the one who comes back time and time again. The person who doesn't just give up but continues to strive to do, or to better their own personal best, because once you do achieve your goals, no matter how big or small, through commitment and perseverance, the feeling is truly awesome.

Oh yeah, and just to really top off my year, I've not only been named as the Sports person of the Year for my school, Rosehill College in Papakura, but I've also just been informed that I have been selected to be Head Girl next year as well.

Wow, I wonder what next year will bring!

Bye for now and once again, a big thank you to everyone for all the encouragement and support I've received. Roseanne. =)





Kicks for Kids

By Shirley Pygott, I I Dan

Welcome to Kicks for Kids issue #11. By the time this goes to print the Junior Camp will have been and gone, so well done to all who attended. We have the winner of the poster competition and another chapter in the life of the Founder, General Choi Hong Hi. If you have anything to publish on these pages please send to P.O.Box 457 Silverdale. or tkdtalk@itfnz.org.nz



Check out this photo of Caleb Cherrington. What spirit! Mrs Cherrington took this photo for the photo competition. Cool, eh!

Congratulations to Cameron Casson from the Tauranga Club for his winning Camp poster entry.



Meet the Founder Part 2...

Defeating a bully General Choi style!



Last issue we were introduced to Choi Hong-Hi, a sickly, weak little boy living in a very poor village in the mountains of Korea, who would one day grow up to be the founder of Taekwon-Do. He learnt Taek-kyun, an ancient martial art, and became very good at calligraphy. It wasn't easy growing up in Korea at this time, because it was occupied by the Japanese Army. The Japanese often treated the Koreans badly, and wouldn't allow them to speak or teach their own language, or even practise their own customs.

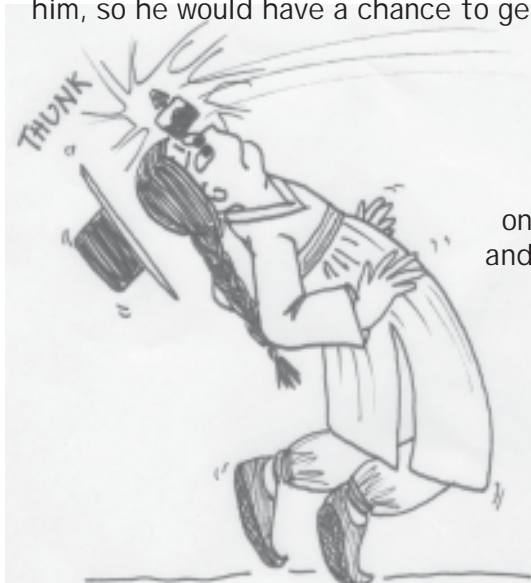
All the best things were for the Japanese, so when Choi Hong-Hi was about 17, he decided that he wanted to go to Japan to study, because the schools there were so much better. Unfortunately it was very difficult for any Korean to get permission to go to Japan, and he had to ask a really grouchy, nasty Police Chief, who was about to say "no", when Choi Hong-Hi did something that changed his mind. What do you think it was?

- He paid the Chief lots of money
- He did some writing for him
- He shouted at him
- He got on his knees and begged

The answer is b. He did some of his best calligraphy and showed it to the Police Chief, who was so impressed he gave permission for Choi to go to Japan. You never know when something you learn is going to come in handy, do you!



Just before he left for Japan, something happened that would change his life. He got into an argument over a card game with a man called Mr Huh, who was very large and had been a champion wrestler. Choi Hong-Hi knew that he wasn't strong or skilled enough to beat Mr Huh in a fight, so he threw an ink bottle at him, so he would have a chance to get away.



It hit him on the head and knocked him out.

Ooops!

Choi Hong-Hi ran away as fast as he could, and went to Japan, but he heard that Mr Huh was waiting for him back in Korea, and was planning to get his revenge and beat him up. He learnt Karate for four years, so that he would be able to defend himself against the angry Mr Huh. Below are some ways of practising. Which ones do you think he did?

- Practise for 1 hour every day
- Train on the roof of buildings.
- Beat up pine trees in nearby woods every day.
- Break roofing tiles and rocks
- Walk down the street kicking and punching every electricity pole

Don't try this at home!



He did all of them. His friend was really embarrassed to go walking down the street with him, but Choi Hong-Hi very cleverly suggested his friend come along to Karate too, and six months later both of them would always walk down the city streets kicking or punching every power pole they went past and watching the wires vibrate. Boys!

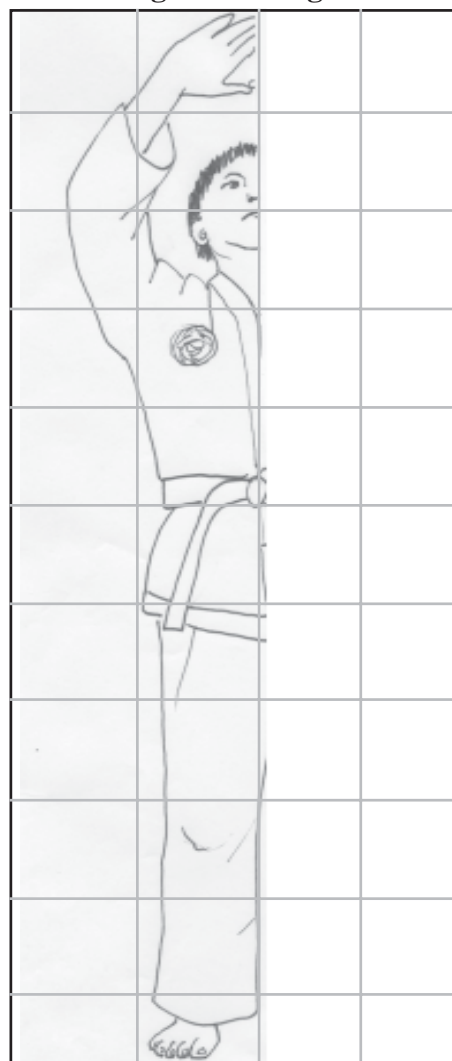
Finally Choi Hong-Hi was ready to return home to Korea to face Mr Huh. But Mr Huh heard about how much Choi had been training and never showed up for the fight. Perhaps he should have been called Mr Chicken!



While Choi Hong-Hi was studying in Japan, he studied and trained hard to achieve the goals he set himself, but always made time for beating his friends in all sorts of strange little competitions, including who could eat the most hot peppers at their favourite restaurant. YUCK!!

Text from Taekwon-Do and I, The Memoirs of Choi Hong-Hi, the founder of Taekwon-Do, Part 2: School Days.

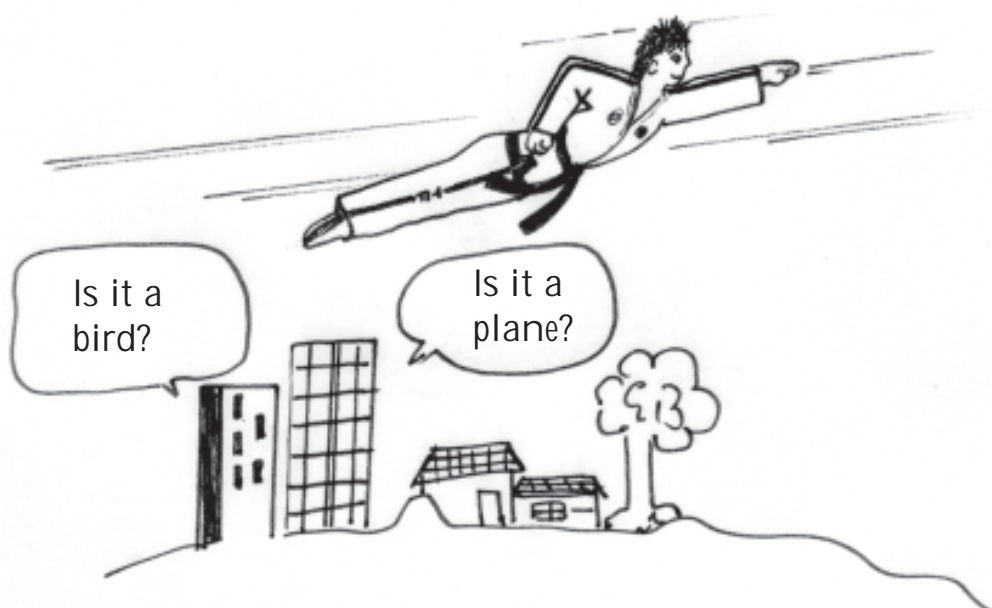
Using the squares finish this drawing of General Choi Hong-Hi forming Heaven Hand



Taekwon-Do Superheroes

by Shirley Pygott, II dan

Instructor, Jungshin Stanmore Bay



Red belts

- Make high marks on walls when trying to leap tall buildings
- Can sometimes handle a gun without shooting themselves in the foot
- Can hit a focus pad 2 out of 3 times
- Can dog paddle in a spa pool
- Talk to animals

Blue and green belts

- Collide with tall buildings
- Are not allowed to be issued with ammunition
- Collect up the broken boards after gradings to use at BBQ's
- Sink without water wings
- Talk to walls

Yellow and white belts

- Fall off doorsteps when trying to enter tall buildings
- Get wet playing with a water pistol
- Watch Jackie Chan movies
- Play in mud puddles
- Mumble a lot

Evan Davidson and Paul McPhail

- Lift tall buildings with one hand and walk underneath
- Can catch speeding bullets with their teeth and eat them if they need to
- Can reverse turning-kick logging trucks off the road if they wanted to
- Can freeze water with a single glance

THEY ARE MASTERS!

6th dans

- Leap tall buildings in a single bound
- Are faster than a speeding bullet
- Break 5 boards with a reverse turning kick whilst blindfolded
- Walk on water
- Discuss important matters with Masters

2nd and 3rd dans

- Leap short buildings with a running start and favourable winds
- Are faster than an air rifle pellet
- Break boards often with a side kick
- Walk on water in an indoor swimming pool
- Are occasionally talked to by Masters

4th and 5th dans

- Leap short buildings in a single bound
- Are just as fast as speeding bullets
- Break 3 boards with a back kick
- Walk on small inland bodies of water
- Talk with Masters if a special request is approved

1st dans

- Can barely clear a mud hut
- Can fire a speeding bullet, with parental permission
- Can execute a kick
- Can swim well
- Are allowed to greet Masters

adapted from an article published in TKD Talk, December 1992
by Michael Renner, I dan, Mt Albert Taekwon-Do



First Dan Fever

by **Tim Couling, 1 dan**
Instructor, Ji Shin Keri Keri

Participants in First Dan Fever gathered outside the Spotswood College Gymnasium early in the morning of Saturday 28th August in New Plymouth. It was a typical Taranaki winter morning, fine but chilly, especially to someone from the Far North.

Luckily our first meeting was held in the Wharehui at 9am. Mr and Mrs Livingstone gave us an exceptionally warm welcome and introduced us to the two day programme. It was coverage of what you would need to know to progress through from 1st dan to 2nd dan.

After morning tea it was time to get ready for training. Off with the socks and onto the gym floor, it was brisk. It was time for the first challenge – how do you line up correctly 50 people of the same grade? We quickly formed up into ranks according to grading date and age, and then it was time for a brisk warm up. It was then I had another one of those first time experiences that seem to occur so frequently in Taekwon-Do. I felt a bead of sweat run down my face and I could swear it started to freeze. There was hardly time for that to register and it was time for the first seminar – one step sparring with Mr Bhana.

Mr Bhana partnered us up and it was time to learn the ins and outs of one step sparring – dodging techniques. For the next hour we learned to use dodging techniques in a variety of stances and using a variety of hand and foot techniques.

We then moved to sparring and learning

the techniques involved in sparring two opponents. It basically meant; use your brain, stay away from two opponents and try to line your opponents up so that you were only sparring one at a time. Easier said than done.

After lunch we started on the patterns; Kwang-Gae, Po-Eun and Ge Baek. We had an hour on each pattern with Mr Bhana taking us through Po-Eun, Mr McPhail taking us through Ge-Baek and Mr Salton taking us through Kwang-Gae. It was very demanding both physically and mentally. The amount of knowledge that



First dan ladies performing patterns

each instructor displayed was phenomenal, carefully correcting each movement, each intermediate position and explaining what every movement was designed for.

Thank you for your patience and expertise gentlemen.

At 4:30pm it was time for a warm down and to take tired bodies back to wherever they were staying in New Plymouth that evening.



Mr Bhana instructs ground technique

By 9am Sunday morning everyone was back in the gym, refreshed, eager and keen to learn again. We spent the first hour covering off the patterns from Chon-Ji through to Choong Moo. It was a great way to warm up and to cover all those patterns again.

It was then on to Mr McPhail's session on ground techniques. Mr McPhail showed each of the ground techniques and after practising them, we were sent away to put some in sequence with a partner. Some of the routines were worthy of an Oscar but not recommended as grading material.

After lunch it was time to look at the breaking techniques with Mr Salton. Mr Salton impressed everyone with his speed, power and agility. It was a great deal of pad work and how best to achieve the four breaks required at 1st dan level; two board knife-hand strike, three board turning kick, one board flying turning kick with the board above head height, and last but not least, a flying reverse turning kick with the top of the board at the top of your head height!

After a quick question and answer session it was time for everyone to head back to the various parts of New Zealand they had arrived from.

I must thank the three instructors – Mr McPhail, Mr Bhana and Mr Salton for giving so much information and making 2nd dan appear achievable.

A huge thank you also, to Mr and Mrs Livingstone for organising such a fabulous weekend. If anyone gets the opportunity to attend such an event in the future, it is a must!

Lastly, good luck at grading everybody and I look forward to seeing all 50 1st dans go through shortly to 2nd dan.



<http://www.taranakitaekwondo.homestead.com/firstdanfever.html>

Moral Ethics and the Code of Conduct in ITFNZ

by Ian Campbell, IV dan
Director of Standards and Discipline

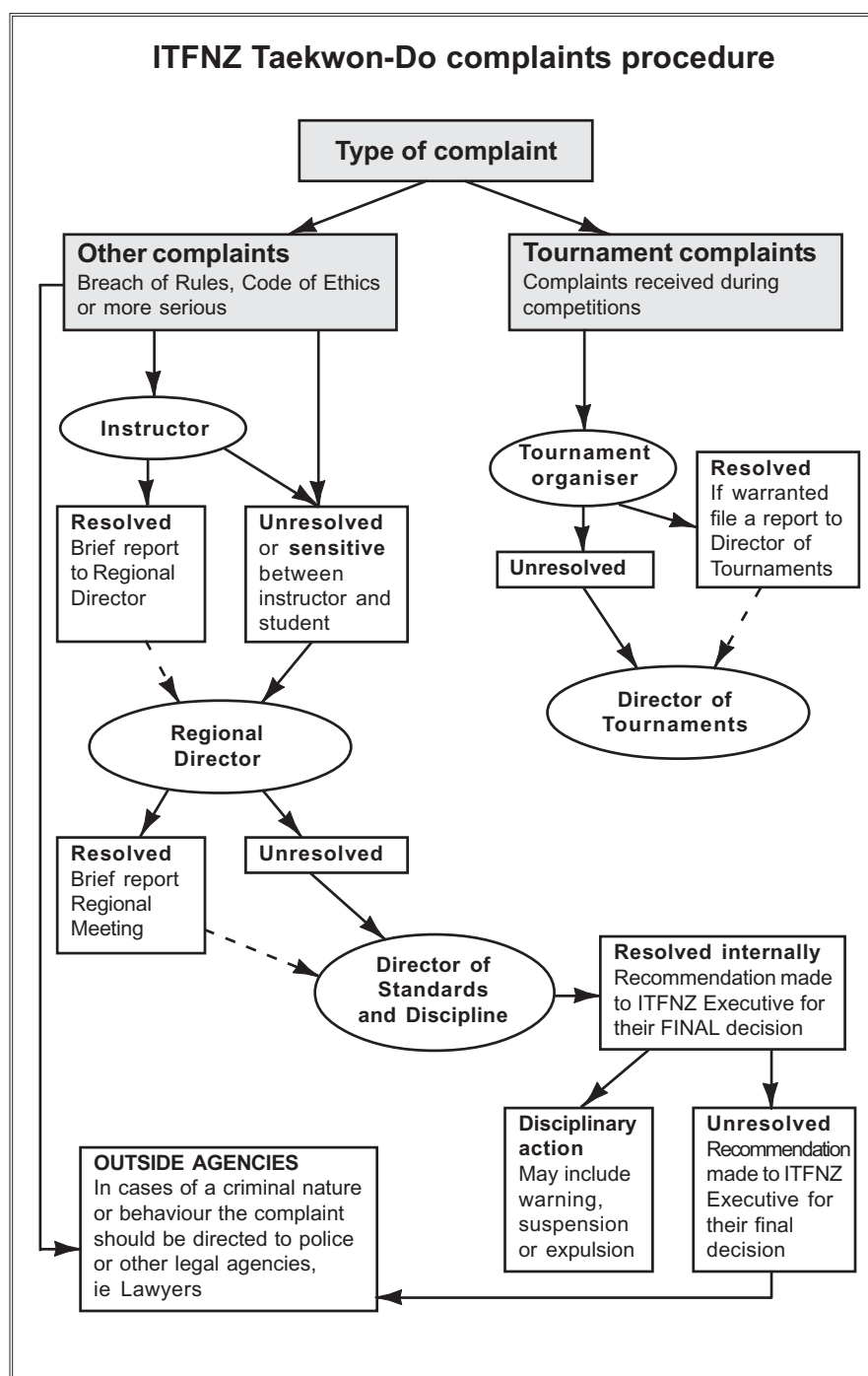
Part 3 of 3

In his previous article Ian Campbell explained the need for clear moral and ethical guidelines for instructors and introduced the Code of Ethics developed by the Standards and Discipline Committee. In this article he presents the procedures the Standards and Discipline Committee have documented for complaints.

Complaints and Enquiries

The Standards and Discipline Committee understand that from time to time members and associated people may have inquiries about organisational policies, or have complaints. Our organisation is growing, and with this growth comes the need to develop more effective processes for reaching resolutions. The Standards and Discipline Committee believe it is in everyone's best interest to resolve issues and inquiries fairly and within a reasonable time frame.

ITFNZ instructors and students also need to be aware of their moral and ethical obligation to follow the rules and guidelines set out by the founder, General Choi Hong Hi. In order to assist members in fulfilling this obligation, ITFNZ have set out guidelines that relate to the activities and constraints that are placed on organisations today. The Standards and Discipline Committee have constructed a flow chart which endeavours to make our processes for complaints and inquiries clearer. The chart also explains the roles and limitations of the Standards and Discipline Committee. This chart has been designed by the Standards and Discipline Committee for all members to refer to if needed.



If an incident arises that may involve suspected criminal activity or behaviour, the proper authorities will be notified to deal with the incident.

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

What colour sparring gear can I use in tournaments?

ITFNZ members should either buy:

- one set of black sparring gear, *or*
- one set of red sparring gear *and* one set of blue sparring gear

During the tournament, the red competitor must wear red or black sparring gear; the blue competitor. must wear blue or black.



Photo by Rose Cherrington, submitted for the TKD Talk photo competition

Shortly, approved sparring gear and guidelines, will be listed and pictured at www.itfnz.org.nz/merchandise/

So far the Tournaments Subcommittee have approved Macho, FujiMAE and Top Ten sparring gear.

Make sure your equipment fits properly, completely covering the attacking tools.

Self Defence against Bear Hugs

by Chris Fitzgerald, IV dan
Assistant Instructor, Tauranga

Grab over arms



1. Preliminary stamp on foot, then moving both feet at the same time drop into a sitting stance raising both arms upwards and turning your head to the side facing the inside of your elbow joint (ie, turning your chin to your shoulder either left or right)

2. Horizontal backward elbow strike to the left or the right.

Grab under arms



1. Preliminary stamp on foot or shin.



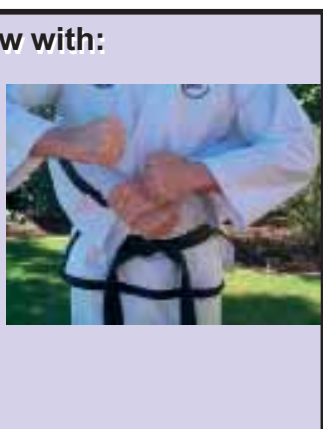
2. Headbutt backward.



A3. Horizontal backward elbow strike.



B3. Repeatedly strike with middle knuckles on back of opponent's hands.



C3. Step one foot to the right or left. Bend forwards between your legs and grab your opponents' leg (left or right)



C4. Lift your opponent's leg upward and follow up fall with a low kick (downward kick, side kick, stamp etc)

Photo Competition News in Brief

Winners



The winning photograph, by Neil Breen, shows numerous ITFNZ students at the Under-18 tournament in Tauranga, October this year.

Our three 'Highly Commended' entries:



Cerisse Palalagi's photograph of Robert Ireland, the instructor of the Avondale branch.



Rose Cherrington shows Mr Paul McPhail using Mr Dan Jackson as a target en route to Master.



Rose Cherrington also took this photo of Robert Paige of Taekwon-Do Cubs, performing a flying back kick.

Mr Kris Herbison, instructor of Otago University Club, received the prestigious Otago University Blazer at the Sports Blues dinner, held on 6 October. This award is awarded to those who have not only made an outstanding contribution to their sport for the university but who have also done a lot for the promotion and running of their sport. There have only been four of these blazers awarded in the last fifty years.

Dunedin and the South Island are lucky to have Mr Herbison as part of our team, as he plays such a huge role in the running of tournaments and seminars and is now also the South Island Regional Director, congratulations Kris. South Island Taekwon-Do would not be the same without Mr Herbison and to receive such an outstanding award is recognition of your fantastic work. We congratulate you Kris, and hope you realise how proud we are of your achievement.

Counties Manukau Sporting Excellence Awards 2004

The 2004 awards ceremony was held at the Allan Brewster Centre in Papatoetoe on Friday 29th October.

Regional Director Sue Breen was very happy with 11 ITFNZ nominations gaining five finalist selections, and taking three of the awards.

Service to Sport Award:
Master Paul McPhail

Junior Team of the Year:
NZ Junior Black Belts

Team of the Year:
ITFNZ Counties Manukau Regional Team

Finalist, Junior Sportswoman of the Year:
Roseanne Te Hau

Finalist, Junior Sportsman of the Year:
Chris Broughton



Above: Master Paul McPhail with other award winners.

Above Left: Johnny Ormsby and Dan Jackson, coaches of the Team of the Year

Left: Finalists Chris Broughton and Roseanne TeHau with coach Andrew Niven

Next Issue

National Juniors Camp

A report on what the kids get up to when the adults aren't around!

Road to Dortmund

With team training well underway, we will look ahead to the World Champs that will be in Dortmund, July 2005.

A Lesson Learned

Mr John Coll shares an entertaining and enlightening story about Taekwon-Do etiquette.

And maybe a Surprise Article – an unsolicited submission from one of our readers! (It would certainly be a surprise for *us*!)

Plus all your favourite regular features: Master McPhail with two more elements of the Theory of Power; 5th gup self defence; more sparring techniques; Kicks for Kids; and more!



What does Mr Brown have planned for the Juniors *this* year?

Having trouble choosing a dobok supplier?

Let me make it easy for you.

The doboks and belts that you have purchased in the past from ITFNZ are now supplied by Action Reaction Ltd.

- Each item we supply is custom-made in New Zealand to ITFNZ specifications with embroidered ITF and ITFNZ badges, Tree print on back and ITF print on pants
- All sizes of dobok and belts will be held in stock, waiting for your order
- **All dobok are supplied with a belt of your colour choice.**
If no colour is specified a white belt will be sent
- **We will endeavour to dispatch all items within 24 hours of receiving payment**
- using NZ Courierpost or Post Haste Couriers.
- We value our customers and encourage feedback on our products and service.

Prices - December 2004

Dobok Size 0-5:

Dobok Pants Only:

Dobok Jacket Only:

All Belts (White-Red) : \$12

Black Belt Dobok – add \$15 to prices above for set or jacket

4th Dan Dobok – add \$20 to prices above for set or jacket

Freight Charge – 1 dobok \$5 - 2 doboks \$8 – bulk orders negotiable



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