

# TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



## ALSO IN THIS ISSUE:

It's a Tough Job... \* Grant's Grading Story \* Return of a Friend

Plus: Special Guests, Special Night, The Masters Return, We Want You, Master Ung Kim Lan, What is Moral Culture, and much more!



**TOP PRO IS AN OFFICIAL SPONSOR OF THE 2007 ITF WORLD CHAMPIONSHIPS**

***KICK OFF 2007 WITH THE AMAZING ...***

Top Pro® Ultra Champion “SPARRING” Dobok.  
The new breed of ITF Dobok for the Top Fighters on the Market today. Suitable for Black Belts up to 3rd Degree Only.  
Top Pro have used the latest technology in manufacturing to produce the “ULTRA SPARRING” Dobok.

***Also available:***

Top Pro® Ultra Master “SPARRING” Dobok for 4th Degree and above.



***LOOK GREAT IN 2007 WITH THE STYLISH ...***

Top Pro® ITF track suit. Made from a fine micro fibre material with mesh lining.  
The ITF crest and ITF tree are fully embroidered.  
Available in Navy/White and Navy/Yellow (depicted).



***WALK TALL IN 2007 WITH THE DYNAMIC ...***

Top Pro ULTRA Training Shoe. A smart design with a reinforced heel and instep section for Comfort and extra Support. They feature a newly developed Rubber Sole which insures you a better Grip and enables you quicker movement with an easier Pivoting Action. Experience the difference! LIMITED STOCKS AVAILABLE!

**For Christmas / New Year specials**

visit [www.toppro.co.nz](http://www.toppro.co.nz) or e-mail [sales@toppro.co.nz](mailto:sales@toppro.co.nz) or [enquiries@toppro.co.nz](mailto:enquiries@toppro.co.nz)

**Phone:** 07 571 0866 or 07 579 5845

**Mobile:** 021 224 0638 or 021 1239058

Merry Christmas & Happy New Year from the team at Top Pro NZ Ltd ...

Christine, Sandy & James

**QUALITY • SERVICE • VALUE**



## Features

- 6 **An Awesome Event in Wellington**  
Claire Kendall
- 8 **National Tournament Results**  
Neil and Sue Breen
- 9 **Special Guests, Special Night**  
Richard Burr
- 10 **It's a Tough Job...**  
Paul McPhail and Mark Banicevich
- 16 **NZ Open**  
Michael Hoy
- 21 **Grant's Grading Story**  
Grant Evans
- 24 **Return of a Friend**  
James Rimmer
- 26 **The Masters Return**  
Kris Herbison, David Oliver and Natalie Ewen

p6

p10

p24

p26



## Regulars

- 3 Editorial
- 5 Letters to the Editor
- 12 Technical Tips
- 13 Free Sparring
- 14 Kicks for Kids
- 17 ITFNZ Directory
- 18 2007 Event Calendar
- 22 Self Defence
- 29 Standards and Discipline
- 30 Instructor Profile: Master Lan
- 32 Executive Update
- 34 Photo Competition and Next Issue

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

## About the Cover



This issue's cover contains photographs from the National Tournament in Wellington taken by Mr Doug Hanna. The top photo is Masters Evan Davidson and Paul McPhail breaking bricks during their demonstration of Ko Dang. Layout by Mrs Trudie Malone.

## Taekwon-Do Talk

### Editor

Mark Banicevich

### Editor's Assistant

Michelle Banicevich

### Desktop Publishing

Master Paul McPhail  
Kirsty Irvine  
Trudie Malone  
Mark Banicevich

### Staff Writers

Master Paul McPhail  
Shirley Pygott  
Kane Raukura

### Proofing

Matthew Breen  
Desiree McNie  
Tim Couling  
John Coll  
Craig Hannah

### CTP Plates

Paul M Ltd

### Printing

Artech Print Ltd

### Distribution

Tribal Taekwon-Do

## Editorial

### Is it Christmas yet?

Am I coping with all of the work I have to do? By the time you read this, if I am not in an asylum, I made it. The trip Master McPhail and I took to Spain was highly successful, and a great deal of fun. Read about it on page 10. I burned the candle at both ends a bit.

Now that I am home, if I can just get this issue to print, help get Taekwon-Do Television edited, complete my exam marking and do my day job...

Did you see Taekwon-Do Television on Sky? Mr Matthews and Syed Akbar Kamal worked a week of all nighters just to complete it. The show was brilliant! If you missed all four timeslots on Sky, be sure to watch the Triangle Television series. Check the website regularly, too – we have a three DVD set planned...

### A bumper Christmas issue

I had so much stuff to fit into this issue that I had to hold some great articles back for next year! We have the National Tournament – what an amazing event that was – and Awards Dinner, a story about Grand Master Sereff's visit, news of the International Instructors' Course in Palmerston North, and a report about our trip to Spain.

We profile an amazing Master from Germany, and Kicks for Kids quizzes you on the first seven parts of General Choi's life. We also have the next parts of our free sparring and self defence series.

Enough about this issue – read it!

**Thanks to everyone who made Taekwon-Do Talk happen this year**

Thank you to everyone who submitted articles or photographs for our three great issues this year.

Without your efforts, *Taekwon-Do Talk* would be much more work, and much less interesting.

Thank you to our team. I am very grateful to our proofers, staff writers and layout team. What amazing work you do – we all get to see it – and thank you for making my life so much easier.

Thank you to my wife, who ensured this issue kept ticking while I was in Spain.

To all, a very merry Christmas, and a safe and happy New Year.

Mark Banicevich  
Editor

NOW AVAILABLE  
IN NEW ZEALAND

OFFICIAL  
SPONSOR of the  
2007 - 2009  
ITF WORLD  
CHAMPIONSHIPS

# TOP TEN



Double Gold Medalist  
***Honduras 2006***

Female Heavyweight Sparring  
***Honduras 2006***



Silver & Bronze Medalist  
***Honduras 2006***

Male Middleweight Sparring  
***Honduras 2006***



Silver & Bronze Medalist  
***Honduras 2006***

Male Hyperweight Sparring  
***Honduras 2006***

*The world's greatest fighters have one thing in common -  
the equipment they use.*

**TOP TEN is the official equipment supplier for all ITF  
European and World Championships.**

Genuine **TOP TEN** products may be ordered from **TOP TEN - Hayashi NZ Ltd** For more  
information: ph 09 524 0220 mob 021 747 571 fax 09 524 0222 email [sales@toptennz.com](mailto:sales@toptennz.com)

***[www.toptennz.com](http://www.toptennz.com)***



# Letters to the Editor

Dear *Taekwon-Do Talk*

*Peewee Tournament*

Thank you. Thank you. Thank you to Mr Butchers and his team of a dozen or so helpers... what a *fantastic* day... so well organised, so easy for the kids to understand and know where they were meant to be... fun and challenging events... such a great day... thank you for all your efforts. You guys must have been up before the birds to set up, and then to tidy up after everyone had left... thanks again for a super day. Much appreciated.

The de Boer family  
Paul M Papakura

Dear *Taekwon-Do Talk*

After two and a half long years, the Porirua ITF Taekwon-Do school finally realised our dream. After much perseverance, we purchased our hall from the NZ Scouts Association. The hall is located at 22A Natone Street, Waitangirua, Porirua City. That's the first stage out of the way!

Second Stage: a security fence surrounding the perimeter will hopefully be completed within the next three weeks.

Slow, small steps, but we are getting there. I'll keep you updated.

Peter Chapman  
Instructor, Porirua



The new Porirua ITF Taekwon-Do School hall.

Dear *Taekwon-Do Talk*

*Well done Wellington!*

I am a Mum of a Taekwon-Do practitioner and I have been to a few National Tournaments over the last five years. Can I say, "Wellington, you did yourself proud!"

The venue was great, the people were great, it ran like clockwork from what I could see, and as I sat through the whole two days I saw some amazing Taekwon-Do.

Our whole family went to the Awards dinner, and other than it being a little crowded, that too was amazing. Lovely food and your guest speaker – what can I say? – a Grand Master in every sense of the word. My son had his photo taken with Grand Master Sereff and I am sure he will treasure that moment forever. He is truly an inspiration.

It will be interesting to see if Auckland can do just as well next year. You definitely gave them some

food for thought.

At this stage I think and hope there is one aspect they can perhaps do better with: the weather – that, too, Wellington, you never let us down on.

Once again can I say from the bottom of my heart – *congratulations!*

A Taekwon-Do Mum from Tauranga

Dear *Taekwon-Do Talk*

*Wellington Region – August Camp and Grading*

The 19th and 20th of August 2006 saw a number of Wellington (and visiting) students and instructors take advantage of the opportunity to spend time with other Taekwon-Do enthusiasts at The Wellesley Akatarawa (formerly Camp Akatarawa), arranged by Ms Sharlene Clark and Mr Simon Lloyd-Evans. The camp's theme was "I love Taekwon-Do" and Ms Clark and Mr Lloyd-Evans arranged for Instructors to share with us some of the things that they loved in particular about the art that we practice.

Ms Louise Chan and Ms Sharlene Clark took the first session. A complete warm-up and warm-down, and a light training session (thankfully, with our grading in mind the next day).

The 6am wakeup call on Saturday morning saw more than a few of us with eyes still half closed and slow reactions. The run up a nice tall hill led by Mr Hayden Vink and Mr Ben Wylie-Van Eerd, including star jumps, press ups and patterns at the top, and a run back down the hill to more patterns at the bottom, soon put an end to that though. By the time we'd finished, we were raring to go (mostly to breakfast!).

The first Saturday Taekwon-Do session was taken by Mr Brett Kraiger, who refocused us on the fact that sparring was about more than just the free sparring that first came to many of our minds. Mr Kraiger took us through one step, two step and pre-arranged free sparring with some spectacular results.

Master Paul McPhail extended our range of strikes and kicks during a great Master Class prior to our grading in the afternoon. Amongst the myriad of strikes and kicks that we covered, Master McPhail had more than a couple of us trying desperately to get our bodies to change the ways we'd asked them to perform during the periods we had been training.

Patterns, step sparring, self defence, free sparring, theory and fitness. It doesn't look like a lot written like that, but I think many of us felt we'd been put through our paces over the 3-4 hours of our August grading. Master McPhail later told us that he was once again impressed with the Wellington gup student standard, and everyone who graded passed!

For Saturday evening Ms Clark and Mr Lloyd-Evans put together an education and quiz session on the history of Korea as related to Taekwon-Do. This gave us the opportunity to put the theory we learn as part of our training into some sort of perspective. Of course the chocolate used as prizes



Mr Andy Wong expertly performs the role of "manikin" in Mrs Trilford's self defence class.

in the quiz was a great motivator too!

Our long but inspiring Saturday was wrapped up with a trip down memory lane as "The Karate Kid" was played on our big screen (although it seemed to be the first time for a number of camp attendees!).

Sunday saw Mrs Jeannette Trilford (née Joe) run us through a wonderful self defence session, teaching us vital points and enlightening us all to the use of the first movement of every gup pattern as a release as opposed to just a block.

Mr Ian Walton called on our strategic planning and team-working skills with a session of war games based on the three kingdoms of ancient Korea. Silla managed to repeat history many times but Baek Je also managed to conquer the peninsula a couple of times.

Mr René Kunz took us for destructions: side piercing kicks, reverse turning kicks, knife hand side strikes and elbow strikes. Many of us were impressed with the raw power these techniques can generate when used correctly.

All in all, it was a great weekend. So many things learned, so many things yet to learn.

I'm sure I'm not the only one who would like to say a huge thank you to Ms Clark and Mr Lloyd-Evans for their work putting together a great weekend!

Chris Morton  
Miramar

# An Awesome Event in Wellington

by Claire Kendall, 1st gup  
Paul M Waiau Pa



Nationals 2006... well by the time it arrived everyone in the Counties Manukau team all knew each other very well, from spending so much time together. We were quite tired of Mr Jackson asking us if we had sore muscles or were tired, just so he could dish us out more exercises. Our trainings were held thrice a week, and the social part of it was just amazing. One of the best things about Taekwon-Do, as Mr Brown from Midlands has often said, "Everybody's just so damn nice!" And I can totally understand what he's saying. The Counties Manukau team attended a camp before the tournament, and we had a great time becoming a better team. The camp was sort of like a survivor camp. We were put into teams, and it was a real test of how we worked together; perseverance and endurance definitely would have given you an advantage with all the long walks! The camp truly built a good atmosphere for the team, and was especially enjoyable, too.

Counties Manukau Taekwon-Do Team traveled by bus leaving Auckland at 8am on Friday. Everybody was quite tired by the time we reached Wellington, as they had been on the bus for over seven hours. We pulled into the car park outside the TSB Bank Arena, and everybody piled out of the bus, relieved to be touching solid ground at last. The stadium was set up and ready to go; the anticipation was huge. Wellington Taekwon-Do had clearly been hard at work and all we had to do was weigh in and psych ourselves up.

Mr Jackson, our coach, gave us a bit of a pep talk (he's really good at that) before we all marched into

the stadium to prepare for our weigh in. We knew that some of us would be overweight, and not by just a bit either! They had to be prepared to lose it... and lose it they did, with the whole team cheering them on as they jogged up and down the foyer wearing an elegant outfit comprising several jackets, a hat or two, and a Glad Wrap undergarment! It was heartening later to see that we were not the only team having to lose a few hundred grams!

When we arrived at the hostel, it was well past 10pm, and everybody was knackered from the long day. But everyone was smiling, and no problems occurred (except the bus breakdown, but that's another story). After short talks from Mr Jackson, and our team manager Mrs Tolley, we all went to bed, looking forward to finding out what tomorrow would hold.

The next day was full of excited and nervous faces. Mr Jackson spoke to everybody, and the team was feeling good and ready to go. We entered the venue as a team chanting 'Red Hot' at the top of our lungs. The chanting definitely got everybody's attention and everyone's spirits up.

After a couple of chants and a pep talk from the coaches (yes, another one), they called everyone from the stands to form up. It's funny: you don't actually realise just how huge the stadium is, until you're standing in it. After the rules were made clear, and everybody understood how the tournament was going to be run, we went back to our pre-arranged seating, and started preparing ourselves for patterns.

The patterns were very sharp and well done. Competition was tough and, unfortunately, by the end of that session the Counties Manukau team didn't seem to be doing so well. After each round of patterns, they gave out the medals (which looked pretty awesome) and went straight into the next division. This was an efficient and well organised way of keeping the tournament running smoothly. Auckland North kicked off with an impressive (almost military like) team pattern. They executed this well and took well-deserved gold in both the male and female team patterns.

After patterns were concluded, the sparring started... and so did the cheering. Counties Manukau brought out the drums and whistles, and were chanting as loudly as ever. They were soon joined by other teams, yelling support to their team members. The sparring was absolutely awesome. Everybody was really into it, putting in their best effort. The pressure was definitely on in the centre ring, with cameras watching every move. It upped the performance, and you could tell by watching that everyone was determined to do the best for their team, and themselves.

A highlight of the tournament was undoubtedly the presence of Grand Master Sereff from the USA. He is an impressive man who spoke with integrity about the benefits of Taekwon-Do. And he and Mrs Sereff were very generous with their time, pleasing all the little kids (and not so little kids) with autographs and photographs.

Another highlight of the day was the well-executed





Photographs courtesy of Doug Hanna

## RESULT HIGHLIGHTS

### BEST BELTS

Yellow	Nicola Winskill	Wellington
Green	Rees Skiff	Counties Man.
Blue	Chayse Gorton	Midlands
Red	Kunihiko Kaneko	Central Districts
Junior Black	Jeremy Hanna	Auckland North
Black	Gray Patterson	Wellington

### BEST TEAMS

<b>Best female team</b>	Central Districts
<b>Best male team</b>	Auckland North

### BEST REGION

Counties Man.	172
Auckland North	172
Central Districts	155
Wellington	140
Midlands	90
South Island	63

### TEAM EVENT

<b>Female team patterns</b>		
Auckland North	Wellington	Counties Man.
<b>Female team power</b>		
Central Districts	Auckland North	Wellington
<b>Female team sparring</b>		
Central Districts	Wellington	Auckland North
<b>Female team special</b>		
Central Districts	Counties Man.	
<b>Male team patterns</b>		
Auckland North	Counties Man.	Wellington
<b>Male team power</b>		
Auckland North	Midlands	South Island
<b>Male team sparring</b>		
Auckland North	South Island	Counties Man.
<b>Male team special</b>		
Auckland North	Midlands	South Island

demonstrations at lunchtime, including an amazing exhibition by Master McPhail and Master Davidson. This skillful and precise rendition of an historical pattern was inspiring to us all, and held the attention of all in the arena. The Masters expertly arrived at a predetermined place in the pattern, to each break two solid bricks with a downward punch. The spectators were impressed too, with few, if any, moving off to their long-awaited lunch. Oh and the food was good there too!

Other demonstrations of self defence were entertaining. Obviously fitness was sharp and the rolls and dives looked really cool. In fact it was difficult to fit lunch in while such riveting things were happening in and around the centre ring.

Anyhow on with the really great stuff... sparring. Saturday saw a few preliminary bouts to find the finalists for Sunday. We knew we hadn't done so well in the patterns and had some ground to make up. However chanting fired up, CMers had a few good wins and we were back on track with the only sparring gold from Saturday afternoon going to Georgia Kendall. A great motivation for the big come-back on Sunday (we hoped!)

Dinner on Saturday night was a pleasant surprise. A few of the kids hadn't been too keen on Chinese, but once the food started coming it didn't seem to stop. There was a good variety too and I think everyone had something there they liked...certainly there wasn't much left at our table. We were extremely proud of Mr Jackson, winning best dan student when the awards were announced. The

competition was strong but we knew how much Mr Jackson had given to Taekwon Do this year and it seemed really well deserved. Other awards came the way of Counties Manukau (we'll claim them too) in the Club of the Year (Dragon Spirit). Two of their students also received awards: Courtney Meleisea was best junior student of the year, and her father, Afi Meleisea, received best gup student of the year. We were proud of these two being such excellent role models in Taekwon-Do leadership. In fact it would be fair to say that Mr Meleisea is the role model of quite a few of the CM team! He's especially great with the kids!

It was an enjoyable dinner which saw us return late once more to the backpackers. Unfortunately for some, the bar downstairs thumped music until the early hours! Otherwise we had a good night and were resetting ourselves to fight back for the Best Team title on Sunday.

And fight back we did. After a not-so-successful start we seemed to have a place in many finals, and often two places! Chanting got louder all over the arena as each team had success. Central Districts once more showed their might in the women's team events, taking out first place! Toni Moki from Central Districts (but originally from CM!) did a fantastic job, as she always does. We were even kind of forced to chant for her!

The whole tournament seemed to run very smoothly with specialty and power entertaining us on Sunday, along with the sparring finals. Counties Manukau got louder as the day wore on; those on

the floor tell us Auckland North got louder too. Each of us seemed confident we had done enough to take out the big Best Team award... but would you know it, after all that build up and waiting... it was a TIE! No more rounds, no blue or red flag sudden death... no, a TIE!

What can you say about that after all the preparation and dedication from both teams? This tournament was the finale for a lot of World Junior members and coaches and other team members who had sacrificed with pleasure several days, nights and afternoons for months! Everyone had undoubtedly given all they had and were exhausted. I guess the real message to take home here is that the competition is close, and that's much better than the opposite scenario! Oh, and that we're joint winners! Yayar!

Probably the best part of the whole weekend for me, is seeing all the good friends I've made from all over the country (and winning was pretty awesome too). Taekwon-Do has given me so much enjoyment; so many good friends and so many great times... roll on the Juniors' Camp!

We were once again very grateful for the hard work put in by the tournament organisers and officials. We all know this can be a thankless job, so from Counties Manukau... thank you! We will certainly be looking to return the hospitality next year. It'll be a tough job to make the tournament as impressive as this year!

<http://itfnz.org.nz/events/tournaments/nats2006/index.html>

# NATIONALS RESULTS



## PATTERNS

Male 4th dan+  
Female 4th dan+  
Male 3rd dan  
Female 3rd dan  
Male 2nd dan adult  
Female 2nd dan  
Male 1st dan adult  
Female 1st dan adult  
Male 2nd dan junior  
Male 1st dan junior  
Female 1st dan junior  
Male red belt adult  
Female red belt adult  
Male red belt junior  
Female red belt junior  
Male blue belt adult  
Female blue belt adult  
Male blue belt junior  
Female blue belt junior  
Male green belt adult  
Female green belt adult  
Male green belt junior  
Female green belt junior  
Male yellow belt adult  
Female yellow belt adult  
Male yellow belt junior  
Female yellow belt junior

## FREE SPARRING

Mens dan hyper+  
Mens dan hyper  
Mens dan heavy  
Mens dan middle  
Mens red-black light  
Womens red/black hyper+  
Womens dan hyper  
Womens dan heavy  
Womens dan middle  
Womens dan light  
Womens dan micro  
Veteran mens dan hyper+  
Veteran mens dan hyper  
Veteran mens dan heavy  
Veteran mens dan middle  
Junior boys dan hyper+  
Int/junior boys dan hyper  
Junior boys dan heavy  
Junior boys dan middle  
Junior boys blue/black light  
Int/junior girls dan hyper  
Junior girls dan heavy  
Junior girls red/black middle  
Int boys dan heavy  
Int boys dan middle  
Int boys dan light  
Int girls dan heavy  
Int girls dan middle  
Mens 1-4 gup hyper+  
Mens 1-4 gup hyper  
Mens 1-4 gup heavy  
Mens 1-4 gup middle  
Womens 1-4 gup hyper  
Womens 1-4 gup heavy  
Womens 1-4 gup middle  
Womens 1-4 gup light  
Veteran mens 1-4 gup hyper+  
Veteran mens 1-4 gup hyper  
Veteran mens 1-4 gup middle  
Veteran mens 1-4 gup light  
Veteran womens 1-4 gup hyper+  
Junior boys 1-4 gup hyper+  
Int/junior boys 1-4 gup hyper  
Junior boys 1-4 gup heavy  
Junior boys 1-4 gup middle  
Junior girls 1-4 gup hyper+  
Junior girls 1-4 gup heavy/hyper  
Int boys 1-4 gup hyper  
Int boys 1-4 gup heavy  
Int boys 1-4 gup middle  
Int boys 1-4 gup light  
Int girls 1-4 gup hyper  
Int girls 1-4 gup heavy  
Int girls 1-4 gup middle  
Int girls 1-4 gup micro/light  
Peewee boys 1-5 gup heavy+  
Peewee boys 1-4 gup middle  
Peewee/int boys 1-4 gup light  
Mens 5-8 gup hyper+  
Mens 5-8 gup hyper  
Mens 5-8 gup heavy  
Mens 5-8 gup light/middle  
Womens 5-8 gup hyper+  
Womens 5-8 gup hyper  
Womens 5-8 gup heavy  
Womens 5-8 gup middle  
Womens 5-8 gup micro/light  
Veteran mens 5-8 gup hyper  
Veteran mens 5-8 gup heavy  
Veteran womens 5-8 gup hyper  
Junior boys 5-8 gup heavy/hyper  
Junior boys 5-8 gup middle  
Junior girls 5-8 gup hyper+  
Junior girls 5-8 gup middle/heavy  
Int boys 5-8 gup heavy/hyper  
Int boys 5-8 gup middle  
Int boys 5-8 gup light  
Int girls 5-8 gup hyper  
Int girls 5-8 gup heavy  
Int girls 5-8 gup middle  
Peewee/int girls 5-8 gup light  
Peewee boys 5-8 gup heavy  
Peewee boys 5-8 gup middle  
Peewee boys 5-8 gup light  
Peewee boys/girls 4-8 gup micro  
Peewee girls 5-8 gup light

## SPECIAL TECHNIQUE

Mens black belt  
Womens black belt  
Junior mens black belt  
Junior womens black belt  
Int mens black belt  
Int womens black belt

## POWER

Mens black belt  
Womens black belt

## GOLD

Gray Patterson, WN  
Lena Walton, WN  
Richard Lavin, SI  
Thu Thach, AN  
Jon Sawden, AN  
Chanthie Thach, AN  
Chris Broughton, AN  
Sharlene Clark, WN  
Jeremy Hanna, AN  
Ryan Stevens, ML  
Jessie Walker, CD  
Kunihiko Kaneko, CD  
Lisa Jack, AN  
Michael Fox, WN  
Miho Saikyo, AN  
Lou Horua, ML  
Erica Germain, AN  
Chayse Gorton, ML  
Charlotte Feehan, CD  
Petr Lebl, SI  
Lee Sartorelli, WN  
Rees Skiff, CM  
Kirsty Sullivan, WN  
Simon Thompson, WN  
Nicola Winkill, WN  
Minhan Bai, CM  
Hannah Rush, ML

## GOLD

Luke Thompson, CM  
Gray Patterson, WN  
Carl Van Roon, AN  
Chris Broughton, AN  
Kunihiko Kaneko, CD  
Sarah McCardle, WN  
Rose Te Hau, CM  
Cara Harrison, CM  
Carolina Dillen, AN  
Suzanne Main, WN  
Estelle Speirs, SI  
Mark Turner, AN  
Ian Walton, WN  
Shaun Tolley, CM  
Steve Pellow, CM  
Tom Walker, CD  
Shane Black, ML  
Jeremy Hanna, AN  
Stuart Maden, WN  
Chayse Gorton, ML  
Candice Millar, CM  
Jessie Walker, CD  
Rebecca Walthall, AN  
Callum McNaughton, AN  
Mathew Brunton, WN  
Ethan Parker, CM  
Courtney Meleisea, CM  
Melissa Timperley, CM  
Peter Gupitll, CM  
Peter Parata, CD  
Mitch Rae, CM  
Daniel Harris, CM  
Lizzie Fa'afili, CM  
Laura Wilson-Sims, AN  
Lisa Jack, AN  
Erica Germain, AN  
Greg Clencie, CM  
Don Leong, CM  
Paul Easton, CM  
Terry Edwards, CM  
Mera Horton, CM  
Edon Hoppener, WN  
Ross Black, ML  
Luke Daborn, ML  
Philip Murray, CD  
Adele Tohiari, CD  
Rebecca Logan, ML  
Hamish Duncan, SI  
Joseph Coffey, CM  
TI Taru, CD  
Michael Davis, ML  
Claire Kendall, CM  
Umakihau Goodyer, CD  
Jessica Harris, AN  
Sam Couling, AN  
Alex White, CD  
Alex Wright, AN  
Robert Meleisea, CM  
Andrew Craig, WN  
Jason Bown, CM  
Yousef Al-Aaraji, AN  
Mathew Siwerski, SI  
Anna-Maria Federico, WN  
Tania Ostick, CM  
Lisa McFarlane, CD  
Lydia Garratt, AN  
Freya Thomson, CD  
Terry Harkin, WN  
Ross Tiepa, CD  
Nicola Winkill, WN  
Rees Skiff, CM  
Alex Niu, CM  
Robyn Grundmann, CD  
Emma Gilman, WN  
Jess Campbell, ML  
Luka Goy, CM  
Oliver Peskey, CM  
Oscar Veale, CD  
Cee-Jay Joyce, SI  
Emma Young, CD  
Miriamia Platt, SI  
Hannah Rush, ML  
Jordon Govenor, WN  
Timothy Tato, WN  
Jack Veale, CD  
Morgan Searle, CD  
Georgia Kendall, CM

## GOLD

Carl Van Roon, AN  
Nikki Galpin, CD  
David Burr, CD  
Cori-Jean Topia, CM  
Shane Black, ML  
Amy Reeder, AN  
Gray Patterson, WN  
Lena Walton, WN

## SILVER

Matthew Breen, AN  
Jeanette Trilford, WN  
Mark Trotter, AN  
Rose Cherrington, CD  
Matthew Davey, AN  
Bernice Ng, AN  
Carl Van Roon, AN  
Rebecca Johnson, WN  
Mark Hanna, AN  
Johs Van Pierce, AN  
Rebecca Walthall, AN  
Michael Hoy, AN  
Danielle Drylie, AN  
James Wright, AN  
Umakihau Goodyer, CD  
Michael Tran, CM  
Sophie Melchior, WN  
Michael Davies, SI  
Amy Bullen, CD  
Mathew Siwerski, SI  
Helen Caley, SI  
Dean-Michael Down, CD  
Georgina Thompson, CD  
Ross Tiepa, CD  
Victoria Landers, CM  
Devon Walton, WN  
Samantha Rush, ML

## SILVER

Bruce Harrison, CM  
Cameron Snelling, AN  
Chai Lim, AN  
Daniel Thompson, CM  
Kewen Kueh, SI  
Alison Roma, WN  
Rose Cherrington, CD  
Helen Kettings, SI  
Nikki Galpin, CD  
Thu Thach, AN  
Rachel Lim, AN  
Peter Chapman, WN  
Dave Ballard, CD  
Greg Christie, CD  
Richard Burr, CD  
Thomas Pygott, AN  
Johs Van Pierce, AN  
Ryan Stevens, ML  
Carlos Macdiarmid, ML  
Cameron Casson, ML  
Amy Reeder, AN  
Cori-Jean Topia, CM  
Alisa Parker, CM  
Ethan Brind, CD  
Aramai Tahau, CD  
Waka Clencie, CM  
Christine Topia, CM  
Paige Moki, CM  
Afi Meleisea, CM  
Michael Hoy, AN  
Michael Tran, CM  
Romano Wannyn, ML  
Jessica Lewis, AN  
Chris Morton, WN  
Anita Ferner, AN  
Danielle Drylie, AN  
Fritz Niu, CM  
Mark Hinge, AN  
Teio Teio, WN  
Andrew McNaughton, AN  
Merrylle Millar, CM  
Michael Fox, WN  
Rani Pene, CM  
Shiloh Walsh, SI  
Michael Davies, SI  
Jean Chapman, WN  
Clementine Hicks, AN  
Duncan Chisholm, ML  
David Westren, CM  
Jason Teio, WN  
Iain Abel, AN  
Rosa Polaschek, WN  
Charlotte Feehan, CD  
Annaliese Burr, CD  
Bronte Marquet, CD  
Cameron Hinge, AN  
Anthony Phai, WN  
Mitchell Leong, CM  
Wayne Burt, SI  
Petr Lebl, SI  
Graeme Ritchie, CD  
Denish Gandhi, WN  
Victoria Landers, CM  
Amelia Perry, CM  
Lee Sartorelli, WN  
Chanel Taylor, SI  
Helen Caley, SI  
Wayne Tureia, CM  
Brian Birchall, CM  
Annie Ransfield-Taipari, AN  
Ben Gower, CD  
Donal Bray, CM  
Kirsty Sullivan, WN  
Georgina Thompson, CD  
Christa Ting, AN  
Kyle Birchall, CM  
Temau Waho, CD  
Craig Chisholm, ML  
Sian Horua, ML  
Phillipa Henry, CM  
Sarah Crawford, WN  
Jaimee Horua, ML  
Caleb Watt, CD  
Ice Adams-Hunt, ML  
Luke Cherrington, CD  
Tatai Taru, CD  
Lucy Rush, ML

## SILVER

Jon Sawden, AN  
Estelle Speirs, SI  
Carlos Macdiarmid, ML  
Aramai Tahau, CD  
Melissa Timperley, CM  
Gray Evans, SI  
Rose Cherrington, CD

## BRONZE

Kris Herbison, SI  
Cameron Snelling, AN  
Suzanne Main, WN  
Luke Thompson, CM  
Anna Hall, ML  
Chris Clencie, CM  
Carolina Dillen, AN  
Carlos Macdiarmid, ML  
Hayden Stevens, ML  
Melissa Timperley, CM  
Don Leong, CM  
Sheri Lander, ML  
Philip Murray, CD  
Patrina Gupitll, CM  
Peter Parata, CD  
Melonie Harrison, CD  
Krystal Hanson, WN  
Graeme Ritchie, CD  
Freya Taylor, SI  
Alex Niu, CM  
Jaimee Horua, ML  
Terry Harkin, WN  
Amelia Perry, CM  
James Harkin, WN  
Georgia Kendall, CM

## BRONZE

Walter Hitchens, ML  
Dafydd Sanders, AN  
Campbell Gold, SI  
Daniel McMillan, CM  
Tracy Walker, CD  
Nicola Tse, AN  
Mereana Kajavala, WN  
Karl Finlayson, AN  
Jon Sawden, AN  
Byron Cummins, WN  
Lance Brunton, WN  
Hayden Stevens, ML  
Bradley Wickman, CM  
Kristy Leong, CM  
Chanthie Thach, AN

## BRONZE

Yu Yin Kueh, SI  
Lou Horua, ML  
Elie Assaf, WN  
Steven Adams, WN  
Tessa Gyde, AN  
Miriam Adams, WN  
Jasmine King, ML  
John Rosser, ML  
Nick Lee, WN  
Ross Gulliver, ML  
Gareth Hopkins, SI  
Lauren Wing, AN  
Sam Ricketts, ML  
Simon Davis, ML  
Ryan Harris, AN  
Hayley Rosser, ML  
Hanna Kendall, CM  
Amy Bullen, CD  
Luke Jackson, SI  
Mana Williams-Eade, SI  
Matt Donaldson, ML  
Matt McQuallan, WN  
Vienna Parker, CM  
Charlotte Everett, AN

## BRONZE

Michael Archer, CM  
Donna Maree Edwards, CM  
Jared Kelsen, CM  
Gary Zhang, CD  
Michaela Jowett, SI  
Dean-Michael Down, CD  
Tim Plaisted, CD  
Samantha Rush, ML  
Wayne (Jnr) Tureia, CM  
Joshua Jamieson, AN

## BRONZE

Clint King, ML  
Sandi Galpin, CD  
Stuart Maden, WN  
Ethan Parker, CM  
Paige Moki, CM  
Clint King, ML  
Alison Roma, WN

## BRONZE

Grant Evans, SI  
Russell Stuart, SI  
Toni Moki, CD  
Nick Eley, CD  
Nikki Galpin, CD  
Daniel McMillan, CM  
Estelle Speirs, SI  
Waka Clencie, CM  
Paige Moki, CM  
Mitch Rae, CM  
Miriam Adams, WN  
Mitchell Leong, CM  
Hanna Kendall, CM  
Mark Hinge, AN  
Katie Enmon, CM  
Jason Teio, WN  
Lauren Wing, AN  
Denish Gandhi, WN  
Chanel Taylor, SI  
Gary Zhang, CD  
Robyn Grundmann, CD  
Annie Ransfield-Taipari, AN  
Donal Bray, CM  
Anita Federico, WN

## BRONZE

Stuart Mayes, SI  
Nick Eley, CD  
Rene Kunz, WN  
Gary Fyfe, AN

## BRONZE

Andrew Ogle, CD  
Alois Vogt, WN  
Rob Braakhuis, WN  
Mark Hanna, AN  
David Burr, CD  
Xian Konia, AN  
Steven Pussell, ML  
Alex Sims, SI  
Sean Hammond, CD  
Sophie Melchior, WN

## BRONZE

Amber-Rose Edwardson, CD  
Craig Pincham, CM  
Eliza Buckland, CD  
Aaron Clode, ML  
Mitchell Craig, WN  
Kera Adams, ML  
Krystal Hanson, WN  
Jaime Teasdale, ML

## BRONZE

Jamie Searle, CD  
Sam Iversen, SI  
Tyson Inglis, ML  
Harlan Johnson, CD

## BRONZE

Isabel Bridgeman, AN  
Sebastian Halikias, WN  
Ontreal Tutaka, WN





## Special Guests, Special Night

### ITFZN Nationals Dinner 2006

by **Richard Burr, II dan**  
Instructor, West End

The 2006 ITFZN Awards Dinner was an exceptional affair honouring outstanding individuals and clubs, and hosting some very special guests. Wellington region initially arranged to host the dinner at a smaller venue, but due to the number of people (350) wanting to attend it was moved to the larger Grand Century Chinese Restaurant – and even this was sold out! Perhaps it was the attraction of our special guests?

All attendees rose for the entrance of our VIP seniors: ITFZN Masters Davidson and McPhail, past ITFZN Vice-president Mr Steve Mulholland, President of Bai Rui Taekwon-Do and President of AITF Mr Charles Birch, and our very special visitors from Colorado Grand Master Charles “Chuck” Sereff and his wife Kimberley Sereff. With a wave of acknowledgement from Grand Master Sereff, all took their seats for the start of the banquet.

The food was delicious, more so for the short wait as the poor waiters and waitresses squeezed between tightly packed tables, expertly avoiding spilling rice and spicy beef down the front (or back!) of their appreciative patrons. Various dishes kept coming... and coming... and coming!

As the tables were cleared presentations began. Firstly ITF certificates were presented to three of the four successful candidates of the senior dan grading held at the last Instructors' Conference. Dan grading certificates were presented to Matthew Breen (NZ-5-15), Mark Banicevich (NZ-5-14) and Kris Herbison (NZ-4-41). I would like to say at this point I am inspired by witnessing a number of senior promotions within New Zealand to 4th, 5th, 6th and 7th dan over the last couple of years. Proof positive that Taekwon-Do is alive and growing from strength to strength – just as I believe General Choi wished to achieve.

Next followed the ITFZN Awards to outstanding students, instructors and clubs – all presented by Grand Master Sereff.



Row 1 from left to right: Grand Master Sereff presents the following awards...Webworld Gup Student of the Year, Afi Meleisea. Paul M Taekwon-Do Dan Student of the Year, Dan Jackson. Nibun ITF Junior Student of the Year, Courtney Meleisea.

Row 2 from left to right: Martial Arts Apparel Club of the Year, Dragon Spirit. President's Award for Outstanding Contribution to Furthering ITFZN Taekwon-Do, Neil Breen. Master Davidson presents dan grading certificates to Kris Herbison, Mark Banicevich and Matthew Breen.

Our special guest, Grand Master Sereff addressed the congregation of Taekwon-Doin, sharing a couple of stories from his long career. The first happy one was a tale of limousines, traffic jams and the General's desire to visit “The Colonel” No, not a military colleague. Think chicken. The second was more sombre. After the ITF congress in Italy the General expressed to Grand Master Sereff his dismay at the disorder within ITF. Grand Master Sereff arranged for the General to visit the United States for a seminar: “Come to Denver, where the people love you.” When General Choi arrived, Grand Master Sereff was shocked to see him in a wheelchair and in poor health, but the General insisted that the seminar was to continue. As students applauded his arrival, this frail man looked up, rose from his chair, walked to the stage and began teaching. Grand Master Sereff was close to tears as he told of the class of around 150 4th dan and above – the last class ever – and the belief and trust that the General placed in him. Everyone was moved by Grand Master Sereff's memories of his last minutes with our Art's founder and his loyalty to the single master.

The festive mood returned as the night finished with the screening of a series of film clips of Grand Master Sereff in action – “Tribute to a Grand Master” – compiled and produced by Master McPhail. Heads nodded in appreciation of moments of humility, smiles cracked as he hammed it up for the camera. A fantastic night with the best company you could seek. I am sure that New Zealand will see more of Grand Master “Chuck” Sereff and his “bad ass cowboys”, hopefully in the near future.

### 2006 ITFZN Taekwon-Do Awards

WEBWORLD GUP STUDENT OF THE YEAR presented to an outstanding coloured belt student who is actively involved in ITFZN Taekwon-Do. *Nominees: Nick Lee, Andrew McLeod, James Wright, Peter Parata*

**Winner: Afi Meleisea.** Afi in one word is “amazing”. Since his involvement with Taekwon-Do, ITFZN and Dragons Spirit his contributions have been on-going and very enthusiastic. Afi is seen at every demonstration, every seminar, every fundraiser and every expo. Afi is truly one of a kind.

PAUL M TKD DAN STUDENT OF THE YEAR presented to an outstanding black belt student who is actively involved in ITFZN Taekwon-Do. *Nominees: Sharlene Clarke, Ben O'Sullivan, Mark Trotter*

**Winner: Dan Jackson.** Mr Jackson is a motivated coach, transporting his students all around the country to attend Under 18 tournaments. After competing in Germany at the World Champs, Mr Jackson was an assistant coach for the Junior Team to Honduras. Immediately after returning he accepted the position as Coach for the Counties Manukau Team again for this year's Nationals. Now that is dedication!

NIBUN ITF JUNIOR STUDENT OF THE YEAR is awarded to an outstanding student who is under 18 years of age and actively involved in ITFZN Taekwon-Do. *Nominees: Amy Bullen, Natasha Kettings, Rebecca Walthall*

**Winner: Courtney Meleisea.** Courtney was asked to list the ITFZN activities she had been involved in during the last twelve months and her list covered a full page of single line entries! It included competing in the U18 series, 2005 Nationals, 3rd Oceania and Epson Open; six Dragons Spirit demos, three fundraisers and a Christmas parade; attending Stripes on Tour, a First Aid course, combined trainings; helping at black belt grading, Epson Open and Regionals.

EPSON NEW ZEALAND INSTRUCTOR OF THE YEAR recognises the outstanding instructor, reflected by the success of his or her students, their strong moral character and demonstration of the tenets of Taekwon-Do. *Nominees: Neil Kettings, Brett Kraiger, Thu Thach*

**Winner: Ross Campbell.** Mr Campbell is the Instructor of the Waikeria Hawks. Mr Campbell suffered a motorcycle accident several years ago and lost the lower part of his leg. Despite this major setback, Mr Campbell showed the true meaning of perseverance, and continues to teach Taekwon-Do – and to a very high level. At the last grading his students scored an 87% A pass rate. He is a key member of ITFZN, always willing to contribute, and is always a key force behind getting things done in his region.

MARTIAL ARTS APPAREL CLUB OF THE YEAR recognises the culture, atmosphere and involvement of the outstanding club. *Nominees: Dunedin and Hurupaki*

**Winner: Dragons Spirit for the second time.** Dragons Spirit are a very dedicated group of members that truly embody the tenets that our martial art holds paramount. The culture within the club is very tight in the sense of belonging, all heading in the same direction to become better Taekwon-Do practitioners and caring for each other, respect for each other within club, and respect for all with whom they come into contact. Each Monday and Thursday, there are 45 - 60 members training. They invest considerable time into volunteer work and involvement in the local community. Dragons Spirit Papatoetoe was a finalist for “Top Club” at the Counties Manukau Sports Awards.

PRESIDENT'S AWARD FOR OUTSTANDING CONTRIBUTION TO FURTHERING ITFZN TKD is a special award recognising those people that form the backbone of a successful organisation. They are often the unsung heroes that quietly and consistently just get on and ‘do it’. *Nominees: Kris Herbison, Mark Trotter, Ian and Lena Walton*

**Winner: Neil Breen.** In the last year, Mr Neil Breen continued to provide services to the ITFZN membership on a national and regional level, as he has done for many years, with the webpage, database, tournament organisation and journalism. A lot of what Neil does is related to computing - much of his work would not be obvious to the average member. In the last twelve months he has continued to provide new features in the database, such as the umpires export for the webpage, plus support for the transition of the database to a new membership administrator, and to a new dan grading administrator. Being asked to do the Wellington Nationals this year completes the set – having presided over 10 Nationals in the last 13 years the Breens have had the call from every ITFZN Region – most twice.

Photographs courtesy of Mr Neil Breen

[http://www.itfzn.org.nz/about/awards\\_2006.html](http://www.itfzn.org.nz/about/awards_2006.html)

# It's a Tough Job...

by Master Paul McPhail, VII dan  
and Mark Banicevich, V dan

It is interesting that both the ITF and ITFNFZ are at crossroads. Both defined strategies to envision the way forward. And in many ways, the strategies are similar. It is a credit to the ITFNFZ Executive that they sent two senior members of ITFNFZ to the 2nd World Cup in Benidorm, Spain to identify synergies between our strategies. We are those ambassadors, and this is our story.

A key element of our strategy is to develop our instructors, and our Technical Committee recently released their implementation plan to achieve it. The 2nd World Cup was preceded by the 2nd ITF Leadership Camp and the 1st Workshop on Teaching the Do, therefore the Executive decided to send representatives to this important event. And if we managed to make the odd plug about our bid for the 17th ITF World Championships, all the better!

We were pleased to have a day to recover from the thirty-six hour commute, but we had little trouble adjusting to the time zone. We spent our first day walking along the beach – a kind of Spanish retirement village – into the old town.

## The 2nd Leadership Camp

On Sunday 22 October, the three day Leadership Camp began with Master Tran explaining its objectives to the fifteen leaders and representatives of various national organisations. (It seems strange having a “camp” in a five star hotel, although after the first week of the same food, we were pining for camp Milo.)

Each day was broadly separated into the physical morning session, and the theoretical afternoon session. The first morning session started the event with a bang, as Master Trajtenberg led a number of creative warm up exercises. The theme: keep your classes interesting to keep your members! Imagine fifteen students from 4th to 7th dan, walking randomly around the do jang looking straight ahead, and attacking others with their hands at whim. Master Trajtenberg also covered sine wave, backward motion, step sparring and free sparring.

The first theory session focused on making teaching Taekwon-Do a successful career – a key theme of the camp. Master Tran outlined a number of strategies, such as targeted classes for different market segments, and suggested how the ITF could



Leadership Camp Participants

help. He also outlined the strategy of the ITF; its key was sustainable growth. Master Trajtenberg offered his thoughts on the subject, including the two hats of the instructor – teacher and businessman – and how the two should co-exist.

At this time, those on the Leadership Camp (and a handful of the tournament organising team) were the only ones present, so we bonded quickly. By day two, we were like old friends (although a few of us were already old friends!).

We approached Master Tran's self defence class with interest. It began focused on teaching self defence to women, and its strength was its use of techniques from Taekwon-Do patterns. It quickly became more advanced, including difficult releasing techniques and ground work. We split into groups of four and randomly attacked one member from the front and behind, to practise improvised defence. Interestingly, we progressed to psychological defence, discussing scenarios where physical techniques might not be usable, such as threats with a gun.

In the afternoon there was a cursory outline of Confucius on leadership, and then Master Tran detailed the organisation of the Quebec World Championships – in particular the structure of his project team. Be sure we did not miss this opportunity to plug our bid for the 2011 World Championships.

Master Trajtenberg followed with a great presentation on building a Taekwon-Do school. Pointers included how to encourage new students to join, never bad-mouth the competition, analyse your enquiries and those who join, and ensure your gym is always well-presented and clean. Our Technical Director will share these ideas at upcoming instructor training courses.

By day three we felt a bit sore, so we were apprehensive about the free sparring session. Master Clint Norman, however,

taught a brilliant class of sparring drills and techniques, leaving us yearning for more. The afternoon brought free sparring theory and a discussion of the ITF tournament rules.

Master Tran outlined a couple of gems in his free sparring theory class. The first was his nine legal target areas, at least two of which will always be uncovered. The second was his two free sparring evaluation forms, which are a fantastic teaching and learning aid. Mr Ottesen of Canada taught the tournament rules, using a detailed presentation and book he produced – a great teaching resource.

By the end of the third day, our heads swelled with valuable information – both from our peers and the facilitators. (We learned from one of our group that Poland record and analyse tournament bouts to identify which techniques work in which situations.) Some of the course would benefit from less lecture and more interaction, but a key strength of our leadership team is their openness to feedback. This means future courses will be even more valuable, and we recommend them highly.

## 1st Workshop on Teaching the Do

At the International Instructors Course in August, Master Tran shared a much more structured syllabus for teaching the Do to ITF instructors and students. So we entered the room on our fifth day in Benidorm with piqued interest.

Master Tran introduced the course facilitators: Professor Janel Gautier, 3rd dan and lecturer of behavioural psychology, and Ms Joliette Tran, 5th dan and Master of Health Psychology. The seminar was certainly strongly academically founded.

The syllabus is certainly ambitious. It is based on the five tenets of Taekwon-Do, and separated into three levels, so there will be fifteen seminars on teaching the Do – and perhaps another fifteen on teaching the Do to children! I wonder how they will get the world's instructors to 30 one day workshops!

[www.itfnz.org.nz/events/tournaments/worldcup/2006.html](http://www.itfnz.org.nz/events/tournaments/worldcup/2006.html)

Taekwon-Do Talk, 2006 Issue 3



Master Per Anderson (centre) runs a very impressive organisation in Norway.

Photo courtesy of Mariusz Steckiewicz

Photo courtesy of Paul McPhail



Photo courtesy of Mark Banicevich



II ITF World Cup Opening Ceremony

This, first workshop, was self control level I. Dr Gautier outlined the framework for each workshop, and emphasised that the Socratic journey to discover the truth is far more valuable than telling students the answer.

It is certainly a strong framework. We began with a couple of anecdotes (stories to illustrate self control), and we discussed the presence and absence of self control in each story. We then tried to create a definition of self control – alone, and then as a group. Of course, Dr Gautier and Ms Tran were expertly guiding us to a strong and full definition.

We went on to discuss the signs of self control (or a lack of it), good reasons to have it, and determinants of it. We then worked through a number of exercises to practise strategies to improve self control. The workshop included a number of fun activities and exercises to guide us on the journey. Mr Banicevich will always be known henceforth as the troublemaker in the class, thanks to his amazing acting skills.

The course came with a detailed course book, including how to teach the course to others! We look forward to future workshops on the other tenets!

### The 2nd World Cup and other matters

By the third day of the Leadership Camp, teams started to arrive and excitement started to build. There were about 800 competitors from around 40 countries, so it was a big tournament.

More old friends arrived. It was great to meet with Master Nunez, Mr Dunbar, Master Sutherland, Mr (later Master) van de Mortel, Mr Niven, Mr Chin and many others.

The tournament itself was three days of solid work – most unenviably so for Master Bos and



Masters McPhail and Nunez...old friends on the Jury

his team. It became obvious on the first day that major problems occurred the previous night. Master McPhail was assigned as Jury President, and Mr B as Centre Referee in another ring. There were long delays with the draws, and after about six bouts Mr B was swapped into another ring as Jury President to solve problems. It is a credit to the Committee that we still managed to get through all desired events before lunch. Master Marano and Master Katz were amazing!

After lunch free sparring began, and (much to Mr B's surprise) we were both assigned as Jury Presidents. This is where we remained for the rest of the tournament (although Mr B got a few bouts in the centre). It was busy work – the Jury had to reconcile lists to draws, marshal competitors, lend equipment, check ID cards, run the draw, and oversee the bouts! And we only got a five minute break in six hours!



Mr Banicevich checking out the German electronic system

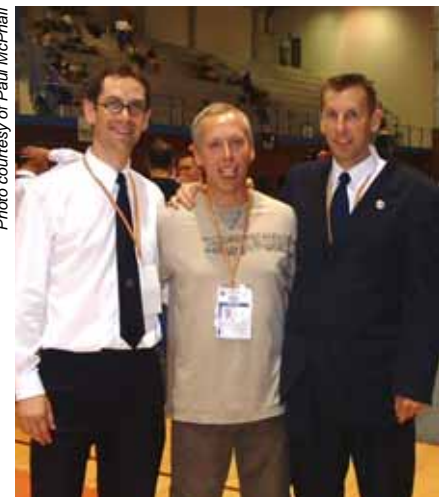
Despite the intensity of work, we managed to have loads of fun and catch up with many friends. Had Master McPhail and Master Nunez been in school, they would have been separated! Mr B caught up with a number of friends he hadn't seen in eleven years! It was brilliant!

We were privileged to see the German electronic scoring system in action. On the last day of the tournament, they completed 37 bouts in under 2.5 hours! Perhaps its only drawback is the customised hardware. They presently have enough for four rings. The Jury President can see all corner umpires' scores in real time, and the audience sees results as soon as the match is over.

But wait, there's more! Mr Ottesen from Canada kindly provided us with years of his work on a syllabus for children. (He is an amazing instructor!) Such a syllabus has been on our agenda for some time, and this will put us forward considerably!

After the tournament, and farewells, we popped down to Grenada for a couple of days of well-deserved rest. A valuable diversion, for on the journey back to Valencia, we discussed and recorded a number of strong ideas for the betterment of ITFNZ Taekwon-Do.

There is much more to come on our road to success. We hope you enjoy the journey.

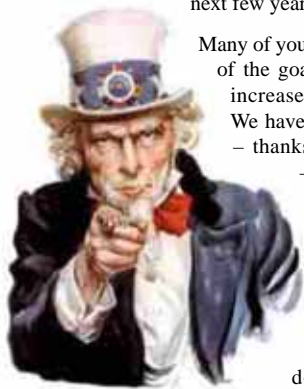


Kiwis congratulating the new "Master" Willie van de Mortel

# We Want You

by Master Paul McPhail, VII dan  
ITFNZ Technical Director

Although not really on a technical subject, this issue of "Technical Tips" highlights what the main thrust of the ITFNZ Technical Committee will be over the next few years.



Many of you are aware that one of the goals of ITFNZ is to increase our membership. We have a great martial art – thanks to General Choi – and currently around eighty great instructors. There are many other martial arts organisations out there, and some of them are doing a better job than us at promoting their art and increasing their membership. We want ITFNZ Taekwon-Do to be a well known and credible organisation, and for this reason we need to expand.

Our National Tournament this year set the organisational standard for the years to come, and now we need to grow to the point where we are truly a recognised sport and martial art within New Zealand. Much of the responsibility to fulfil this goal has been put on the shoulders of the Technical Committee.

"Instructor development" was singled out as perhaps the most important element to make this happen. We need more schools throughout New Zealand, and we need larger numbers in our existing schools. How will we achieve this?

## Here is the Technical Committee plan:

(1) *Re-define what being an instructor is* and get more of our seniors (3rd dans and above) involved in teaching.

(2) *Provide you with regular training courses* so you feel more confident with the syllabus and in yourselves. This will help to grow numbers in the long run.

(3) *Provide you with personal advice and tuition* as and when you need it, by way of an *Instructor Development Officer*.

(4) *Develop a special Children's Syllabus*.

## The plan explained

(1) *Re-define what being an instructor is*

Firstly, we need to be able to change the way we traditionally think about a club and an instructor.

Instructing doesn't have to be a marriage to Taekwon-Do – offering flexible options and looking outside the traditional model of an instructor and club would be more realistic and achievable.

Hopefully this approach will change the 'mindset' and 'perception' of our black belts and encourage them to explore these and other options in becoming an instructor.

Some examples that could be explored and developed are:

- A club (or school) can be set up on a weekend just for kids. The children's market in New Zealand is *huge*, and it is certainly the key to growing our numbers. The same idea could be applied to the adult and teenage markets.
- After school classes, early evening and once-a-week classes.
- Teach Taekwon-Do at the local gym or local community centre or teach work colleagues.
- Instruct at an existing ITFNZ club venue on a different day of the week or an existing club could expand under the same club name into different locations, eg, Paul M Taekwon-Do, Nibun ITF, Jungshin – similar to the concept of franchising.
- A 4th dan could take on the role of managing a group of black belts in his or her area or region and oversee the running of a school or a Taekwon-Do Training Centre. It's not necessary that he or she be at every training session. They can also be mentors to these black belts.
- A club could be set up as a business and generate a part time income.

These are just some ideas that can be developed. We believe that this flexible approach would not incur a huge personal time commitment and would greatly benefit ITFNZ – making it a 'win-win' situation.

## (2) *Provide instructors with training*

We are introducing a new, half-day, "ITFNZ Instructors' Training course". These will be open firstly to Instructors and Assistant Instructors, then to other black belts to make up numbers if required. They will cover technical updates such as patterns, but may also concentrate on other areas of the syllabus or instructing. These will be planned and co-ordinated to achieve the desired technical goals, perhaps focusing on what Examiners' feedback indicates is required in each region.

## (3) *Instructor Development Officers*

These new positions are created to maintain regular contact with ITFNZ instructors throughout the country and give one-on-one tuition, assist instructors with their current syllabus, offer feedback on instructing methods, offer alternative methods of teaching, up-skill and offer technical training, encourage instructors to continue their training and gain more knowledge, and encourage instructors to grade to their next level.

This role is not designed to police instructors; rather it is offering ITFNZ instructors an additional resource. The service is optional to instructors.

Why is the role needed?

Typically most instructors are left to fend for themselves and often miss out on their own training or training with senior instructors and often get very little feedback. The role of the Instructor Development Officer provides a solution and offers a link between instructors and ITFNZ's Technical Committee. This will help to motivate instructors to continue improving their skills and raise the overall standard of ITFNZ instructors.



Master Marano teaching at the International Instructors' Course on the Gold Coast earlier this year.

We see the key responsibilities of the Instructor Development Officers are to:

- Provide one-on-one training.
- Offer constructive feedback and suggestions to instructors on teaching methods.
- Offer constructive and corrective feedback regarding Taekwon-Do technique.
- Deal with any instructing related issues that may be raised and deal with them in an appropriate manner.
- Offer assistance to instructors who want to grade to their next level.
- Motivate instructors.
- Take on the role of 'mentor'.

## (4) *Develop a special Children's Syllabus*.

We would like to move towards a more simplified grading syllabus just for kids, making it more realistic for them to achieve in ITFNZ. One way to achieve this is to split the grades into "mini-grade" parts for our younger members.

One of the ideas we have is to have a special kids' theory booklet. We would re-write the theory in words they can understand and easily learn. We want to make it look fun and appealing for children.

If anyone has any ideas for this, please let us know. For those black belts who would like to know more about becoming an instructor, have a look on the ITFNZ website at:

[www.itfnz.org.nz/events/courses/instructors/become\\_an\\_instructor.html](http://www.itfnz.org.nz/events/courses/instructors/become_an_instructor.html)

We would love to hear from you.



## More Quick Counters

by Christine Young, IV dan and Roman Chirtoca, IV dan  
Instructors, Hwa Rang Taekwon-Do

In this issue, Mr Chirtoca demonstrates a counter attack against a turning kick, and a block and counter attack against a downward kick. It is important to practise with little or no delay between the block and the counter attack.



Face off for free sparring



Ms Young attacks with turning kick



Anticipating the attack Mr Chirtoca immediately executes reverse turning kick.



Face off for free sparring



Ms Young attacks with downward kick



Mr Chirtoca steps forward and blocks with straight arm, be sure to move quickly to avoid the back heel in your face



Mr Chirtoca counters with high punch.

<http://www.itfnz.org.nz/taekwon-dotalk/key.html>



# Kicks for Kids

by  
Shirley Pygott  
II dan

Welcome to Kicks for Kids issue #17.

Back in issue #13 (2005 issue 2) we featured snow training. By the time you get this it will almost be summer, so here are some tips on training in the sun and on the sand. There is a quiz on the early life of General Choi, and a report from the Peewee/Junior tournament hosted by the Paul M Botany school recently. Contributions to Kicks for Kids can be posted to PO Box 457 Silverdale Auckland 0944 or e-mailed to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz)

## The Secrets of Summer Training

Try these next time you are in the sun. Remember though, no amount of Taekwon-Do training will protect you from the burning UV rays, so SLIP on a shirt, SLOP on lots of sunscreen, SLAP on a hat, WRAP on your sunnies, and always have someone looking after you when you are in or near water!

General Choi said:



*A calm mind can help you endure even the hottest summer heat...*

*...and a large sombrero or a nice leafy tree would help as well!*



Practise your power techniques on large sandcastles (not someone else's!).



Try doing your flying kicks into or over the top of breaking waves. No worries about landing, but hold your breath or water might go up your nose!

Hold a pose in the sun while someone draws in chalk around your shadow to make cool pictures on the concrete



**Do your patterns in the water for the ultimate in resistance training!!**

You might want to leave the flippers off though. They won't help you make good stances.



Philosopher Zhan Tzu said:



*As an empty room admits much sunshine, an empty mind is cultivated better.*

In other words, you will learn new things better if you don't clutter up your brain with unnecessary thoughts about other things.

## Something to think about:

If you think you are hopeless and you can't cope, you probably won't.

If you think you are dumb and will always mess up, you probably will.

BUT

If you think you are worth something,

If you think you can be something, or do something,

You've got a very good chance of being or doing just that.

( King Solomon said this more than 3,000 years ago)





# Meet the Founder... Quiz (Parts 1 - 7)

Over the last 7 issues, we learned about the early life of the the founder of Taekwon-Do, General Choi Hong Hi, and discovered how he got involved in martial arts, and his problems with the Japanese Army in Korea. All of the answers can be found in the issues from 2004 onwards, but if you don't have them, don't worry because the information will be on the kids section of the ITFNZ website very soon. Check out <http://itfnz.org.nz/kids/index.htm> for details. The kids section is having an extreme makeover right NOW, so watch that space. Answers at the bottom of the page.

## 1. Where was General Choi born?

- In the city of Seoul in South Korea
- In the mountain village of Ha-Ga-Myun in North Korea
- In America



## 2. Why was his mother so worried about him?

- He was small for his age
- He was always sick
- He was a weakling
- All of the above

## 3. What did he become really good at after he was expelled from school for taking part in a protest?

- Calligraphy
- Sitting around doing nothing
- Singing



## 4. Choi Hong Hi had a big argument with a bully called Mr Huh. What did he learn for four years so that he could defend himself?

- Judo
- Kung Fu
- Karate

## 5. What did he punch and kick every time he went out in the street to get ready to face Mr Huh the bully?

- As many strangers as he could find
- All the power poles along the street
- A large kick-bag hanging in the yard

## 6. Why did Choi Hong Hi hate the Japanese Army so much?

- They had taken over his country
- They treated the Korean people badly
- They made him fight in their war
- All of the above
- None of the above, he loved them.



## 7. Why did Choi Hong Hi dislike the army horses?

### Horses Rule!



- They were treated better than the Koreans
- They bit him when he tried to clean them
- One of them kicked him in the ribs
- Both answers a and c.

## 8. How did he find out how the other Koreans felt about the army?

- By getting 2nd place in a singing contest
- By writing them secret messages
- By challenging them to karate fights

## 9. The unhappy Korean soldiers planned to destroy the Japanese army from the inside, and made careful plans to hide out in the mountains until the time was right. What went wrong?

- They couldn't find enough guns to take with them
- Some of them got scared and changed their minds
- General Choi had an accident and hurt his leg badly.

## 10. General Choi and his friends found themselves in prison. It was very strict, but after 6 months something amazing was happening. What was it?

- The Japanese guards all ran away.
- All of the guards were learning karate from their prisoner, Choi Hong Hi.
- The war was over, and they were freed.



# Peewee/Junior Tournament

By Blaine Oelofse (age 11) Paul M Botany School.

On Sunday 24 September 2006, Paul M Botany held a peewee and junior tournament. There were four disciplines that you could sign up for. These were board breaking, patterns, sparring and special technique.

The technique that you had to use for the board breaking was a side piercing kick. You got two turns to break the board. If you didn't manage to break the board you were eliminated. If you were successful, then you could advance to the next round. The winner was the person who completed the most breaks.



The special techniques were: flying high kick, flying turning kick and flying overhead kick. We started with a kick at 1.3m. If you achieved this height then you moved into the next round. The pad gradually got higher as you progressed through the rounds. 1.4m was the starting distance for flying overhead kick.

By the end of the day we were all exhausted but got a cool surprise when we were told that Counties Manukau had donated trophies to be awarded to the top three contestants in each division.

For anyone under the age of 14 who wants to give tournaments a go, the Peewee/Junior Tournaments are an exciting beginning. Thank you to Mr Butchers for all his hard work organising the tournament.

# The 2006 New Zealand Open

by Michael Hoy, 1st gup  
Nibun Central



Men from South Auckland Taekwon-Do perform a haka.

On an overcast Labour Weekend Sunday, some 60 or so competing Taekwon-Do students and the associated cohort of officials and supporters, converged on the Auckland Netball Centre in Mt Wellington, Auckland, for the 2006 New Zealand Open tournament. The Open, hosted by ITF NZ since 2000, is open to all styles of Taekwon-Do and similar martial arts. In past years this drew some interesting martial arts styles and uniforms, this year 25 of the 75 competitors were from non-ITF NZ organisations. One noteworthy exception was Gary Sawyer's red and green Wales representative dobok; he certainly stood out in a sea of white.

The Auckland Netball Centre resembles an aircraft hangar – the place is huge! There were two sparring rings and a special technique setup spaced liberally along the length of the hall's concrete floor. Some power breaking machines were lined up in the far corner, with scared-looking polar boards sitting nearby. There was plenty of room for competitors to warm up and for supporters to watch from ringside, as well as seats looking down from above for anyone looking for a better view – or perhaps a nap.



Mark Trotter vs Jeremy Hanna in the patterns competition.

The morning form up was a relatively simple exercise, without the usual confusion of students looking for their place. This was possibly due to many late arrivals – the form up at the end of the day seemed a lot larger! There was good attendance from students of all ranks, however some weight divisions were short and had to be merged, making for some interesting match ups in sparring matches later in the day. Many entrants were in fighting spirit, having taken on the big fish at Nationals a fortnight earlier; some still looked a little fatigued for the same reason.

The day opened with the patterns competition across both rings. For two hours the atmosphere was heavy with concentration and anxiety, with the sound of feet on sparring mats and controlled breathing interspersed with the occasional burst of applause, accompanied by whoops of support as finals were won. As the competition progressed through each knockout draw, performances improved as competitors got into their comfort zone. Tight competition characterised the black belt divisions, with strong performances from Courtney Meleisea and Mark Trotter.

As the sparring competition started in the late



A kick like that under your chin would take your head off!

morning the atmosphere became energized with cheers of support from team mates and supporters. Piles of competitors clustered ring-side, with determined-looking contestants picking their way through, gathering headgear, mouthguards and seconds ready for an upcoming match. There were a number of close matches, some going to three rounds. Some very impressive action was to be seen in the men's dan middleweight division, eventually taken out by Shane Black from Tauranga. Adherence to the rules was generally good, with few fouls granted, and the St Johns crew spent almost the whole day with nothing to do, which made them very happy indeed.

The open tournament format allowed coloured belts the opportunity to enter power and special technique events. Many gave it a shot for the first time, and although this led several power entrants to the St John's table to ask for an ice pack, it gave most a good idea of what to expect were they to enter these competitions at black belt level. There were an impressive number of entrants for both events, not at all limited to the higher ranks or more experienced students – white belt Andrew Pelvin took out second in the special technique competition.

The tournament was well organised and the day moved quickly. Medals were presented straight after each event, which saved everyone from the long and butt-breaking medal ceremonies that came at the end of past tournaments. Final form up saw the presentation of best black belts – to Sarah Noomara of South Auckland Taekwon-Do and



The breaking competition allowed gup students to try their skills.

Shane Black, all the way up from Tauranga – and best colour belts – Erica Germaine and Michael Hoy of Auckland North.

The final word of the day was from Mr Mahesh Bhana. He expressed his gratitude to the attendance of the competitors and their supporters, and for the great performances he had seen over a day of Taekwon-Do. He had great thanks for the team of officials, and most of all for the tournament organizers Mr Neil Breen and Mrs Sue Breen. Without the efforts of these people, great tournaments like this would not be able to happen, which is something that all competitors need to keep in mind. And so, with a spirited haka



Best overall winners, with their big shiny trophies.

performed by several competitors and officials from South Auckland Taekwon-Do, the 2006 Epson NZ Open drew to a close and the competitors left to prepare for the next challenge – many sporting shiny new medals and trophies to add to their collections.





**ITF NZ**

# Taekwon-Do

0800 800 495

*itfnz.org.nz*

## Auckland North Region

### Northland

Keri Keri, *Ji Shin Keri Keri*

Mr Tim Couling I dan  
Keri Keri High School, Hone Heke Rd  
Keri Keri.

Mon and Tues Kids 6:00 - 7:00pm

Adults 6:00 - 7:30pm

Sun, 5th gup+ 9:30 - 11:30am

Whangarei, *Chang Hun Raumanga*

Mr Derek Coradine I dan  
Manaia View School, Murdoch Cres  
Otaika. Wed 5:45 - 8:00pm  
Thurs and Fri 6:00 - 8:00pm

Whangarei, *Hurupaki*

Mr George Konia III dan  
Hurupaki Primary School, 20 Dip Rd,  
Kamo. Mon and Wed 6:00 - 8:00pm  
Thurs, Kids 7-12yrs: 6:00 - 7:00pm  
Power, Thurs 7:00 - 8:00pm  
Fri, dan only 6:00 - 8:30pm  
One Tree Point Primary School, RD 1,  
Ruakaka. Tues 6:00 - 8:00pm

Whangarei, *Chang Hun Maunu*

Mrs Sar Coradine I dan  
Maunu Primary School gym  
Austins Rd, Maunu  
Mon and Tues 5:45 - 7:30pm

Whangarei, *Tikipunga*

Mr Mike Smith I dan  
Tikipunga High School, Kiripaka Rd  
Tikipunga  
Tues and Thurs, 6:00 - 7:30pm

### Rodney

Orewa, *Nibun ITF Orewa*

Mr Francis Fong II dan  
Orewa Primary School Hall, Maire Rd  
Orewa  
Tues and Thurs 7:00 - 8:30 pm

Whangaparaoa, *Jungshin Red Beach*

Mr Vince Pygott IV dan  
Red Beach Primary School Hall  
Albert Hall Dr, Red Beach  
Whangaparaoa  
7-12yrs: Mon 5:30 - 6:30pm  
13+yrs: Mon and Thurs, 6:30 - 8:00pm

Stanmore Bay, *Jungshin Stanmore Bay*

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

### Shore City

*Glenfield*

Mr Vince Pygott IV dan  
Windy Ridge Primary, Seaview Rd  
Glenfield  
Mon and Thurs, 6:30 - 8:30pm

Rosmini, *Jungshin Rosmini*

Mr Vince Pygott IV dan  
Rosmini College, Catchaside Building  
36 Dominion Rd, Takapuna  
Tues and Fri, 3:30 - 5:00pm

### Waitakere

*Avondale*

Mr Robert Ireland I dan  
Waterview Primary, Herdman St  
Waterview  
Tues and Thurs, 6:30 - 8:00pm

### Auckland City

Auckland Grammar,  
*Nibun ITF Auckland Grammar*

Mr Francis Fong II dan  
Auckland Grammar School Gym  
Mountain Road, Epsom  
Mon and Wed 7:00 - 8:30pm

Baradene, *Nibun ITF Baradene*

Miss Renee Richardson II dan  
Baradene School, Victoria Ave,  
Remuera  
Wed and Fri, 7:00 - 8:15am (internal  
school club - please obtain permission  
before visiting this branch)

Diocesan, *Nibun ITF Diocesan*

Miss Hannah Warren I dan  
Diocesan School, Margot St, Epsom  
Tues and Thurs, 7:00 - 8:15am  
Visiting students please obtain  
permission before visiting this branch.

Epsom, *Nibun ITF Central*

Mr Francis Fong II dan  
Auckland Grammar School  
Mountain Rd, Epsom  
Mon and Wed, 7:00 - 8:30pm

Glendowie, *Paul M Glendowie*

Mr Mark Banicevich V dan  
Churchill Park School, Kinsale Ave  
Glendowie  
Tues and Thurs, 6:00 - 7:30pm

Kingsland, *Impact Kingsland*

Mr Mark Trotter III dan  
399 Great North Rd, Kingsland  
Tues 8:00 - 9:30pm  
Sun 5:00 - 7:00pm

Mt Wellington, *Tamaki*

Dr Thu Thach III dan  
Sylvia Park School, Longford St  
Mt Wellington  
Mon and Thurs, 6:30 - 8:00pm

Remuera, *Meadowbank*

Mr Peter Graham IV dan  
Victoria Ave School, Victoria Ave,  
Remuera  
Tues and Thurs, 6:30 - 8:00pm

Royal Oak, *Ji Shin Royal Oak*

Mr Hung Nguyen II dan  
Royal Oak School, Manuaku Road,  
Royal Oak  
Mon and Wed, 6:00 - 7:30pm

## Counties Manukau Region

### East Auckland

Botany, *Paul M Botany*

Mr Dave Butchers II dan  
Botany Downs School, Mirrabooka Ave  
Howick  
Mon and Thurs, 6:15 - 8:00pm

Howick, *Eastern ITF Howick*

Mr Shaun Tolley IV dan  
Howick Intermediate, Botany Rd  
Howick  
Tues and Thurs, 6:30 - 8:00pm

Maraetai, *Ji Shin Maraetai*

Mr Brett Kimberley I dan  
Maraetai School, Maraetai Dr,  
Maraetai  
Tues and Thurs, Kids 6:00 - 7:00pm  
Adults 7:00 - 8:00pm

Pakuranga, *Eastern ITF Pakuranga*

Mr Mahesh Bhana VI dan  
New Gym, Farmcove Intermediate,  
Butley Dr, Pakuranga  
Mon and Wed, 6:30 - 8:00pm

### Manukau South and Papakura

*Ardmore*

Mrs Angela Dunn II dan  
Ardmore School, Clevedon Rd, RD2  
Ardmore, Mon and Wed, 6:00 - 7:30pm

Mangere, *Wairua-Do*

Mr John Harrison II dan  
Southern Cross Community Centre  
Ngatapuwai College, Mangere  
Mon and Wed, Kids 6:00 - 7:00pm  
Adults 6:00 - 7:30pm

Manurewa, *Ji Shin Manurewa*

Mr Brett Agnew I dan  
The Gardens School  
Charles Provost Dr, The Gardens  
Tues and Thurs, 6:00 - 7:00pm

Otahuhu, *Tribal*

Mr Richard Lotua II dan  
Otahuhu Primary School Hall,  
41 Station Rd,  
Mon and Thurs, 6:00 - 8:00pm

Papakura, *Paul M Papakura*

Master Paul McPhail  
Papakura Normal School Gym  
cnr Porchester and Walters Rds  
Papakura  
Mon and Wed, 6:30 - 8:00pm  
Kids, Wed 5:30 - 6:30pm

Papakura, *Infinity Papakura*

Mr Steve Pellow VI dan  
Kelvin Rd Primary School, Kelvin Rd  
Papakura  
Tues and Thurs, Kids: 5:00 - 6:15pm

Papatoetoe, *Dragons Spirit Papatoetoe*

Mr Kane Raukura IV dan  
Papatoetoe High School gym  
Carlie St, Papatoetoe (right gate)  
Mon and Thurs, 6:30 - 8:30pm  
Papatoetoe Intermediate  
Motatau Rd. Sun 9:30am - 11:30am  
Visitors please obtain permission before  
attending Sun session; \$2 donation.

### Franklin and Counties

Tuakau, *Xtreme*

Mr Luke Thompson II dan  
Harrisville Hall, Harrisville Rd  
Pukekohe  
Mon and Wed, 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 Rd  
Waiau Pa  
Tues and Thurs, 6:30pm - 8:00pm

*Waiuku*

Mr Phil Dunn II dan  
Sandspit School, Sandspit Rd, Waiuku  
Tues and Thurs, 6:30 - 8:00pm

## Midlands Region

### Waikato

*Hamilton*

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

Rotorua, *Hwa Rang Rotorua*

Ms Christine Young IV dan  
Rotorua Primary School Hall, Cnr  
Arawa & Rangiuru Sts, Rotorua  
Tues and Thurs, Jnr 4:30 - 5:30pm  
Snr 5:30 - 7:00pm

*Te Awamutu*

Mr Ian Campbell IV dan  
The Martial Arts Centre, 350 Bond Rd  
Te Awamutu, Sun 5:00 - 6:30pm  
Wed 6:30 - 8:00pm

*Waikeria*

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

### Bay Of Plenty

Otumoetai, *Hwa Rang Otumoetai*

Mr Roman Chirtoca, IV dan  
Otumoetai Action Centre, Windsor Rd,  
Otumoetai  
Kids Mon 4:00 - 5:00pm, Wed 4:30  
- 5:30pm, All 5:30 - 6:30pm

*Tauranga*

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

*Hwa Rang Tauranga*

Ms Christine Young IV dan  
Pillans Point School hall  
Mon and Thurs, 5:30 - 6:30pm

### Poverty Bay

Gisborne, *Gisborne RTR*

Mr Kim Bull II dan  
Gisborne Girls High School  
Gladstone Rd  
Tues and Thurs, 5:00 - 7:30pm

## Central Districts Region

### Hawkes Bay

*Napier*

Mr Andrew Ogle I dan  
Tamatea Intermediate School  
Freyberg Ave, Napier  
Mon and Wed 6:15 - 8:00pm

### Taranaki

*Bell Block*

Mr Krishna Reddy III dan  
Bell Block School Hall, Devon St  
Bell Block  
Tues and Thurs, 5:30 - 7:00pm

*Stratford*

Ms Natasha Bibby I dan  
and Mr Jarred Toopi I dan  
Stratford Primary School Hall  
Regan St, Stratford  
Tues and Thurs, 6:00 - 7:30pm

### Wanganui

Wanganui, *Dragons Spirit Wanganui*

Mr Darren Andrews II dan  
Wanganui East School, Patapu St  
Wanganui  
Tues and Thurs, 6:00 - 8:00pm

### Palmerston North

*Cloverlea*

Mr Richard Burr II dan  
Cloverlea Primary School, Herbert Rd  
Tues and Thurs, 5:30 - 7:00pm

*International Pacific College*

IPC Recreation Centre  
57 Aokautere Dve  
Tues 6:30 - 8:30pm, Sat 2:00 - 4:00pm

*Milson*

Mr Lawrence Mantjika IV dan  
Milson School Hall, Rutland Pl  
Wed and Wed, 5:30 - 7:30pm



Winner of the 2006 FujiMAE Taekwon-Do Talk Photo Competition:  
Mathew Rybinski (10yrs old) of Kapiti Coast Taekwon-Do with his newly achieved yellow belt, practising his new pattern at Raumati Beach near sunset with Kapiti Island in the background. Photo by Jeanette Rybinski.

*Proudly sponsored by*



# 2007 Event Calendar

## January

20-21 Technical Committee Seminar

## February

2-4 ITFNZ National Camp and Senior Dan Grading, Massey University  
NZ Senior Team Trials in Palmerston North  
9-11 World Champs Camp (Juniors)  
17 Umpires Course, Counties Manukau  
18 Pee Wee Tournament, Counties Manukau  
late Feb Instructor Training Courses throughout New Zealand

## March

2-4 World Champs Camp (Juniors)  
9-11 World Champs Camp (Seniors)  
Midlands Camp 2007, Karakiriki Christian Camp, near Hamilton  
17 Umpires Course, Counties Manukau  
18 Under 18 Tournament 1, Counties Manukau  
25 ITFNZ Adult Tournament 1, host TBA

## April

1 Grading Round Begins (Regional Examiners)  
— My grading is at \_\_\_\_\_  
13-15 World Champs Camp (Juniors).  
20-22 World Champs Camp (Seniors).  
29 Under 18 Tournament 2, host TBA

## May

5-6 Black Belt Gradings, Auckland and CD/Wgtn  
11-13 World Champs Camp (Juniors and Seniors).  
31 15th ITF Senior and Junior World Champs, Quebec, Canada

## June

23 Umpires Course, Counties Manukau  
24 Regional Tournament, Counties Manukau

## July

8 ITFNZ Adult Tournament 2, host TBA  
22 Under 18 Tournament 3, host TBA

## August

1 Grading Round Begins (Chief Examiner)  
— My grading is at \_\_\_\_\_

## September

2 Under 18 Tournament 4, host TBA

## October

6-7 ITFNZ National Tournament, Counties Manukau  
21 NZ Open Tournament, Counties Manukau

## November

1 Grading Round Begins (Regional Examiners)  
— My grading is at \_\_\_\_\_  
mid Nov National Junior Camp (date TBA)  
25 Under 18 Tournament 5, Auckland North

## December

1-2 Black Belt Gradings, Auckland and Sth Is (CD/Wgtn if enough)  
9 ITFNZ Adult Tournament 3, host TBA

### Palmerston North Academy

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

### Palmerston North, *Tiger*

Mr Michael Lowe IV dan  
Boys' High School Gym  
Featherston St, Palmerston North  
Mon and Wed, 6:00 - 7:30pm

### West End

Mr Richard Burr II dan  
West End School, cnr College St  
and Botanical Rd, Palmerston North  
Mon and Thurs, 6:00 - 7:30pm

### Horowhenua

#### Horowhenua

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

#### Levin, *Taekwon-Do Cubs*

Mrs Rose Cherrington III dan  
Waiopahu College Gym  
Bartholomew Rd, Levin  
Mon, Kids 10th-9th gup 4:00 - 5:00pm  
8th gup+ 5:00 - 6:30pm  
Fri, Adults 6:30 - 8:00pm  
Sun, dan 2:00 - 4:00pm

### Rangitikei

#### Marton, *Ngatawa Girls Diocese*

Mr Daniel Motu II dan  
Ngatawa Girls Diocese, Events Centre  
Calico Line, Marton  
Thurs, 6:30 - 8:00pm

#### Marton, *Rangitikei Dragons*

Mr Daniel Motu II dan  
Marton Wrestling Gym, Wilson Park  
Marton. Mon and Wed, 6:00 - 7:30pm

### Waikanae

#### Waikanae

Mr Greg Christie I dan  
Waikanae School Hall, Seddon St,  
Waikanae. Weds & Sun, 6:30 - 8:30pm

## Wellington Region

### Paraparaumu

#### Kapiti Coast

Mr Greg Trillford II dan  
Memorial Hall, Tennis Court Rd  
Raumati South  
Tues and Thurs, Kids 5:00 - 6:00pm  
Adults 7:00 - 9:00pm

### Porirua

#### Porirua

Mr Peter Chapman II dan  
Cannons Creek School, Warspite Ave  
Cannons Creek  
Tues and Fri, 6:00 - 8:00pm

### Upper and Lower Hutt

#### Avalon

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

#### Lower Hutt Academy

Mr Wayne Ebert III dan  
Dyer St School Hall, Dyer St  
Lower Hutt  
Mon and Wed, Jnr 6:00 - 7:00pm  
Snr 6:00 - 8:00pm

#### Upper Hutt, *United*

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

### Wellington

#### Berhampore

Mrs Lena Walton IV dan and  
Mr Ian Walton III dan  
Berhampore School, 106 Britomart St  
Berhampore  
Mon and Wed, 6:30 - 8:00pm

#### Brooklyn

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

#### Khandallah

Mr Graham Patterson V dan  
Onslow College New Gym, Burma Rd  
Johnsonville  
Mon and Weds, 6:30 - 8:00pm

#### Miramar

Mr René Kunz III dan  
Miramar South School, Kauri St  
Miramar  
Mon and Thurs, Jnr 5:30 - 6:30pm  
Snr 6:30 - 8:00pm

#### North Wellington

Mrs Beryl Pimblott III dan  
West Park School, Broderick Rd  
Johnsonville  
Tues and Thurs, Jnr 5:30 - 6:30pm  
Snr 6:00 - 7:30pm

### Thorndon

Mr Don Martin I dan and  
Mr Alisdair Hamblyn II dan  
Thorndon School, Hobson Cres  
Thorndon  
Mon and Thurs, 6:30 - 8:30pm

## South Island Region

### Marlborough

#### Blenheim, *Redwoodtown*

Mr Shane Eade III dan  
Redwoodtown Hall, cnr Cleghorn St  
and Weld St, Redwoodtown, Blenheim  
Tues and Thurs, 6:00 - 7:30pm

#### Nelson, *Mauriora*

Mr Rana Moanaroa I dan  
Clifton Terrace School Hall  
888 Atawhai Dr, Nelson  
Mon and Wed < 12yrs 5:00 - 6:00pm  
Adults 6:00 - 8:00pm

### Canterbury

#### Riccarton

Mr David Oliver II dan  
Villa Maria College, Peer St  
Upper Riccarton  
Mon and Wed, 6:30 - 8:00pm

### Alexandra

#### Central

Mr Nigel Patterson I dan  
St Garadise School Hall  
2 Station Street, Alexandra  
Tues & Thurs, 6:00 - 8:00pm

### Dunedin

#### Dunedin Central, *Threshold*

Mr Hayden Breese, III dan  
Level 2, 169 High St, Dunedin  
Mon and Wed, 6:00 - 7:30pm

#### Dunedin

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

#### Mosgiel

Mrs Teresa Allen II dan  
Taieri High School Gym, Church St  
Mosgiel  
Mon and Wed, 6:00 - 8:00pm

#### Otago University

Mr Russell Stuart III dan and  
Mr Richard Lavin III dan  
Clubs and Societies Building, Albany St  
Activities Hall, Mon 4:00 - 5:30pm  
Fri 4:00 - 6:00pm



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

### - Executive Committee -

*President:* Master Evan Davidson, 161 Ohaupo Rd, Te Awamutu 3800, 07 871 3627, 021 299 4872, [president@itfnz.org.nz](mailto:president@itfnz.org.nz)  
*Secretary:* Mr Vince Pygott, PO Box 457, Silverdale, Auckland 0944, 09 424 2741, 027 496 5947, [secretary@itfnz.org.nz](mailto:secretary@itfnz.org.nz)  
*Treasurer:* Mrs Helen Miller, 148 Moxham Ave, Hataitai, Wellington, 04 386 3741, [treasurer@itfnz.org.nz](mailto:treasurer@itfnz.org.nz)  
*Auckland North Regional Director:* Mr George Konia, 106 Three Mile Bush Rd, Kamo, Whangarei, 09 435 0177, 027 499 0875, [aucklandnorth@itfnz.org.nz](mailto:aucklandnorth@itfnz.org.nz)  
*Counties Manukau Regional Director:* Mrs Sue Breen, 26 Merton Rd, St Johns 1072, 09 521 3244, 025 277 9210, [countiesmanukau@itfnz.org.nz](mailto:countiesmanukau@itfnz.org.nz)  
*Midlands Regional Director:* Mr Gwyn Brown, 60 Inverness Dr, Pyes Pa, Tauranga, 07 571 4554, 027 458 7871, [midlands@itfnz.org.nz](mailto:midlands@itfnz.org.nz)  
*Central Districts Regional Director:* Mr Wayne Kessell, 43 Hokio Beach Rd, Levin, 06 368 4567, 021 539 563, [centraldistricts@itfnz.org.nz](mailto:centraldistricts@itfnz.org.nz)  
*Wellington Regional Director:* Mr Nick Lourantos, 37 Ashleigh Cres, Miramar, Wellington, 04 388 9871, 021 439 482, [wellington@itfnz.org.nz](mailto:wellington@itfnz.org.nz)  
*South Island Regional Director:* Mr Kris Herbison, 37C Glenharrow Ave, Avonhead, Christchurch, 03 342 8808, 021 424 012, [southisland@itfnz.org.nz](mailto:southisland@itfnz.org.nz)

### - Subcommittees -

*Technical:* Master Paul McPhail (Director), PO Box 75-549 Manurewa, Auckland, 09 268 8552, [techniques@itfnz.org.nz](mailto:techniques@itfnz.org.nz)  
Master Evan Davidson, Mr James Rimmer, Mr Mahesh Bhana, Mr Andrew Salton, Mr Gray Patterson, Mr Peter Graham, Mr Mike Lowe  
*Standards & Discipline:* Mr Kane Raukura (Director), 120 Carruth Rd, Papatoetoe, Auckland, 09 279 0307, 021 232 7041, [standards@itfnz.org.nz](mailto:standards@itfnz.org.nz)  
Mr Kane Raukura (AN, CM), Mr Shaun Skedgwell (ML, CD), Mrs Lena Walton (WN, SI)  
*Marketing:* Mr Hayden Breese (Director), PO Box: 1349, Dunedin, 03 479 2461, 021 485 050, [marketing@itfnz.org.nz](mailto:marketing@itfnz.org.nz)  
Miss Thu Thach (AN), Mrs Natasha Iotua (CM), Miss Anna Hall (ML), vacant (CD) Mrs Lena Walton (WN), Mr Jake Pearson, vacant (SI)  
*Sponsorship and Funding:* Mr Carl Matthews (Director), PO Box 38 260, Howick, Auckland, 09 534 9187, 021 737 727, [sponsorship@itfnz.org.nz](mailto:sponsorship@itfnz.org.nz)  
Mr Carl Matthews (AN), vacant (CM), Ms Carmel Kendrick (ML), vacant (CD), Mr Peter Chapman (WN), Mr Kris Herbison (SI)  
*Tournaments:* Mr Grant Eccles (Director), 653a Ngaurawahia Rd, RD 8, Te Kowhai, 07 829 7800, 021 677 085, [tournaments@itfnz.org.nz](mailto:tournaments@itfnz.org.nz)  
Mr Kevin Joe, Mr Lawrence Mantjika, Mr Darren Ward, Mr Kris Herbison  
*Coaching and Selection:* Mr Greg Skinner (Director), 96E Manukau Road, Epsom, Auckland, 09 524 0220, 021 948 486, [coaching@itfnz.org.nz](mailto:coaching@itfnz.org.nz)



# Grant's Grading Story

by Grant Evans, IV dan  
Riccarton

Hearing Master Trần Triều Quân, ITF President, reading out the promotion to 6th dan black belt awarded to Mr Steve Pellow and promotion to 4th dan black belt to myself (with a little extra test needed to be performed at a later stage for certification) was a surreal feeling for both of us. Master Tran was one of the examiners making up the grading panel in front of us. He was joined by Master Hector Marano, Master Pablo Trajtenberg and Master Wim Bos. It was a feeling of relief, joy and the end of the anxiety which had been part of our long and hard training regimes. I would like to tell you a story, starting at the start and ending at the finish of my side of that regime.

## The Start.

Late 2005 when I was struggling to cut my toenails, I realised I was struggling because I needed to further my physical condition and level in Taekwon-Do. So with that in mind, as well as a large incentive from all my training buddies saying I should test for grading, I looked down at my toenails and said, "Nails, I will never neglect you again."

Stage one of the preparation was to naturally find out an estimated date for grading. What came back was the word of a possible grading at the end of the International Instructors' Course (IIC) scheduled for August. Now with a date in mind the physical and mental work for stage two could begin, so with a month leading into Christmas I focused heavily on mental preparation. A lot of beer and food helped me select a topic to research for my thesis – 'Dehydration in Taekwon-Do'. Most of the basic notes were made around this time and later put together with other facts and tests two months before grading.

The first week of January was time to increase the training from the standard one to two times a week to an extra Taekwon-Do session and an extra short run or fitness test. During the next three months, training was kept to that standard level, except I realised how far behind I was with theory study. So, beginning with the basics for relearning as much theory as possible, I began with fifteen minutes per night and would then revise in my head the next day when riding my bike to work. It is amazing how many cars you play a game of chicken with when you are reciting the meaning of Juche over and over again.

Stage three started in the good old fashioned Canterbury winter. Just going out for long runs in the weather is an excellent way of warming up down these parts. Fitness work was greatly increased: a standard week would consist of two Taekwon-Do classes, two ITFNZ fitness tests, extra running, pattern work outs, half an hour theory study per night and working with Mr Kris Herbison who graciously stepped forward for partner work for model sparring and throwing and falling techniques. So with the training that was being carried out I was now finding cutting the toenails easier. This was assisted by my wife Nicky McCarthy (who is a dietician) helping with the diet and fluid intake as well as proof reading my thesis towards stage four.

Early June approached and I received an email from none other than Mr Steve Pellow saying he



Mr Steve Pellow and Mr Grant Evans perform step sparring during their grading.

was the only other soldier grading, which was perfect because stage four began by him telling me he would meet me there at the senior dan grading, Palmerston North, 7 August at twelve noon. One month before the grading Master McPhail informed us that we had met the requirements and our applications had been accepted by the ITF, so I couldn't back out now. So with a few helpful information requests from Mr Mahesh Bhana and Mr Dave Ballard, I set forward at full pace. Stage four training of heavier fitness, more technical training, theory and the introduction of yoga classes to help my flexibility, 'til the training ceasefire date of Tuesday 1 August.

Mr Herbison, Nicky and I flew up on the Friday, met by other Team South members later that night. The festivities were enjoyed by all, catching up with ITFNZ friends. Naturally I consumed no alcohol, which was a tough blow to the morale!

All those who attended the course would all agree that the seminar was fantastic; it was a great way to get in the mood for the big step-up on Monday. Sunday night, after Mr Richard Burr had checked up on everything that Mr Pellow and I required such as boards and mats (thanks, Richard), Steve and I sat down and re-discussed our plan – it hadn't changed: *go hard!*

Monday the 7th, D-Day minus none, all the hard work had finally got me there and I think I managed to avoid the Masters figuring out who the 3rd dan grading was. After the seminar and a few photo shoots we had time to get changed, have a couple of nervous toilet trips and then stand at the ready before Masters Hector Marano, Trần Triều Quân, Pablo Trajtenberg and Wim Bos. Master Marano and Master Trần were the official examiners. Master Trajtenberg and Master Bos helped out with various other aspects during the festivities. It was quite an overwhelming experience at first, to be examined by such an important cast. The nerves were pumping while we were wondering what they were about to throw our way, but knowing that Master McPhail and Master Davidson, who were also in front of us alongside the examiners, had prepped them on the ITFNZ syllabus, the worries soon eased.

I drew the short straw and was up first. The nerves had been stored at a different location at that stage. Out rolled 3rd dan patterns and one 2nd dan pattern. These seemed to go to plan – I think I even got back to my spot for one of them. Steve rolled up next and delivered his patterns. We moved to the side and wondered what would be next. Without further ado we found ourselves partnered for a series of one step to three step sparring with requested attacks

from our examiners. This was a little bit confusing for the boys as nothing was rehearsed. Very quickly we were moved onto model sparring, which felt a bit better since we had prepared for that. Both of us were hanging out for free sparring. Our wish was granted and we gracefully danced in a tangled mass of arms and legs. During this interlude of our favourite past time some well enjoyed connections were sampled by both parties involved. This was a great build up to our next event: self defence.

Mr Herbison stepped up to the plate for what we had been working towards. The mats came out and we were into it. Ten throwing and falling techniques that went to plan, including Kris landing on his head. This was the introduction to what Mr Pellow was about to perform. It was my favourite part of the grading: his non-prearranged multiple opponent defence. I would like to mention the names of the four gentlemen who were attacking but they were being chopped and diced so many ways I couldn't tell who was who.

Once the battlefield was cleared away, destructions were up. Me first and that part didn't quite go how I had been practising. All three breaks, with only one break going well. I had to swallow my pride and keep the old game plan switched on knowing it wasn't all over. Steve jumped up and rocked through his power hand, power foot and his combination flying reverse turning and pick shape kick taking care of a nice quantity of wood. We waited for the next event, which was theory. Steve was questioned by Masters Trần and Marano; I was questioned by Masters Trajtenberg and Bos, hoping I would get asked questions like how do you spell the word "red"? This wasn't the case. The questions were varied across a wide spectrum of Taekwon-Do subjects that they wished to test us on.

Waiting at the side all the nerves and emotions were brewing as I wondered if I had done alright. It turns out all the hard work had paid off after all. Master Trần stood and read out promotion to 4th dan under ITF. Coming from the mouth of the President of the ITF those were relieving words to my wife Nicky and me. And that wasn't all – Mr Steve Pellow was promoted to 6th dan under the ITF. I know this was a great feeling for Steve and his family.

## The Finish.

Photos courtesy of Craig Hannah.

[http://www.itfnz.org.nz/events/courses/2006\\_icc/index.html](http://www.itfnz.org.nz/events/courses/2006_icc/index.html)

# Putting it All Together

## Three Principles for Releasing Techniques, part 5

by Mark Banicevich, V dan  
Instructor, Paul M Glendowie

In the first part of this series, I introduced the three principles of releasing techniques and the releasing technique called *nikyo*. In the next three parts, I discussed the three principles and illustrated exercises to practise them. In this issue, I show you how to apply *nikyo* against a cross grab while applying the three principles. First, let's recap the principles.

### Three principles for releasing techniques

#### 1. Use your mass and breathing.

- a. Relax and use breathing.

Relax your muscles while performing releasing techniques – be water to the strong rock of your opponent. Exhale in a slow, controlled fashion, while applying the technique.

- b. Use hip then hand to move large muscles then small.

Step away from your opponent, jerk your hip and then jerk your hand (or whatever body part is grabbed) to change from zero to maximum force in an instant. This pulls your opponent off balance.

#### 2. Maintain your centre.

- a. Elbows in and keep technique in your centre.

During the release, keep your elbows close to your sides. Draw the opponent's hand (or whatever body part you are working) to your navel for maximum impact.

- b. Keep centre of gravity between your feet.

As you maintain the correct angle and distance between you and your opponent, move your feet and use your Taekwon-Do stances to keep your

centre of balance between your feet. Keep your torso upright – do not lean.

#### 3. Use the angles.

- a. Move off the line to avoid attack.

As the opponent attacks, and you pull him or her off balance, move slightly away from the attacker's direction of attack. Do this to avoid the attack, and also to divert and control the attacker's force.

- b. Use your opponent's third point to break their balance.

While applying the technique, direct the opponent into positions where he or she loses balance. Stances are weakest at their third point – the angle in the centre of the heels or the toes.

### Release from a cross grab using *nikyo*



Step 1. Stand facing your opponent, both standing in parallel stance. Opponent grabs your right wrist with his or her right wrist.



Step 2. Place your left hand upon your opponent's right hand, to stop the opponent from releasing his or her grip.



Rule 1b. Step your left foot back to form a left L-stance, jerk your hip back, then jerk your hands back, to pull your opponent off balance.

Rule 1a. While performing this movement, execute a short, sharp breath as you jerk your opponent off balance.

Rule 3b. We are pulling the opponent towards their third point. If the attacker is in walking stance, we pull them in the direction between their toes.

Rule 3a. When the opponent falls toward you, move slightly towards your left, and change your angle so you maintain a left L-stance facing your opponent.

Rule 2b. Moving your feet in this way retains your centre of gravity between your feet.





*Nikyo is applied. Most people feel intense pain in the wrist, and their knees often collapse beneath them to relieve the pressure.*



Step 3. Circle your right hand clockwise under your opponent's arm, then up towards his or her face. This bends your opponent's arm about 90° as required for *nikyo*.

Rule 2a. As you perform steps 3 and 4, keep your elbows in close to your body.

Rule 1a. While performing steps 3 to 5, execute a slow controlled breath as you control your opponent.



Step 4. Complete the arc with your right palm facing outwards before your partner's face. This bends your opponent's wrist about 90° as required for *nikyo*.



Step 5. Maintain your grip on the opponent's right hand with your left hand. Rotate your right hand forward and over your opponent's wrist, pushing your right knifehand diagonally into his or her right wrist joint. This applies pressure to the opponent's hand towards his or her wrist, and twists his or her hand upwards towards the ceiling.

Rule 2a. While performing steps 4 and 5, draw your hands towards your body, so that they are positioned in front of your navel.



*Continue nikyo to pin your opponent securely*

Step 6. Grab your opponent's right wrist with your right hand. Release your left hand from trapping your opponent's hand, and place it on the underside of your opponent's right triceps near the elbow.



Step 7. Step your left foot slightly closer to your opponent, while simultaneously circling the opponent's wrist clockwise downward with your right hand, and circling his or her triceps and elbow clockwise upward.

Rule 2a. Keep your elbows close to your body, so that your hands are positioned close to your navel.



Step 8. Step your right foot in a circle clockwise as you gently press the triceps towards the ground. Keep the opponent's wrist higher than the elbow. The opponent's arm will straighten slightly. Keep the opponent stretched forward and off balance, and taking him or her to the ground prone (on his or her stomach).

Rule 2b. When taking your opponent to the ground, it is very important to lower your body by bending your legs and using your stances. Do not lean forward, bending at the waist. If your opponent falls quickly, you will lose balance and fall to the ground.



Step 9. Kneel beside the opponent with your right knee on or close to the opponent's neck and the left knee against the opponent's side under the arm. Slip your left hand to the opponent's shoulder, and with your right hand place the opponent's right forearm across your left biceps. Circle gently clockwise, so the opponent's wrist moves towards his or her head.

Rule 1a. While performing steps 8 and 9, execute a slow controlled breath as you control your opponent.

If the opponent grabs and pulls you away before you have a chance to react, move towards them then divert their pulling force to break their balance rather than trying to oppose their force.

#### Using *nikyo* to release from other attacks

In the next issue of *Taekwon-Do Talk*, I will illustrate how *nikyo* can be used to release from other grabs or defend against other attacks.

Remember from the first instalment of this series (*Taekwon-Do Talk* August 2005) that *nikyo* refers to the controlling position of the opponent's wrist. Using *nikyo* against other attacks simply requires us to manipulate the opponent's wrist into this position!

## Return of a friend

by James Rimmer, VI dan  
Instructor, Tauranga

You may ask yourself that when two aging rock 'n' rollers, whilst on a train in Sydney going to a \$500 concert to see a 57 year old man dressed in leather and wearing make-up, stumble upon the idea of bringing a friend to New Zealand... that something was *seriously* wrong! Not at all... why do you even bother to ask?

And so it was that the wheels were set in motion for a return visit to New Zealand for Grand Master Sereff and his wife Kimberley. After many e-mails and timetable suggestions touchdown was arranged for 2 October 2006, and cleverly designed to coincide with the ITFNZ National Tournament. Master McPhail, Mr Bhana, Mr Graham and myself hot-footed it down to Auckland Airport for the arrival.

It was great to meet Grand Master Sereff once again, and re-acquaint myself with Mrs Sereff, whom I had met once before in Brisbane. This was her first visit to New Zealand. The ever reliable Mr Bhana drove the Sereffs to the Novotel Hotel. After they had settled in we took them for dinner at Hammerheads on Mission Bay, Grand Master Sereff being a very keen fisherman. I recommended the John Dory and was relieved when the verdict came back in that familiar deep American accent "Jim ... you did good ..."

Day two saw us leave Auckland and head for Tauranga via the Waikato, stopping off in Cambridge for lunch and visiting some wonderful sights along the way.

They marvelled at the countryside, even if the weather was less than desirable. I feel this photo I took at the top of the Kaimai Ranges perfectly portrays Grand Master Sereff as a man of immense history in deep reflection.

After checking into the Hotel on Devonport in Tauranga the Sereffs had the afternoon to themselves. Later that evening we had dinner with some senior members from Tauranga. I recommended the Lamb Shanks and was relieved when the verdict came back in that familiar deep American accent "Jim ... you did good ..."

Day three saw us on our way to Taupo via Rotorua. Both Grand Master and Mrs Sereff were keen to visit the thermal area of our country as were my wife Sandy and I. We had not been there for years, and it's only 40 minutes away! First stop was Rainbow Springs where Grand Master Sereff behaved like a kid in a candy store! He visited the trout pools twice! We also had a fascinating tour through the Kiwi Encounter area. This is a full scale facility where they incubate Kiwi eggs in an attempt to save our national bird.

From there we had lunch in Rotorua and moved on to Te Puia and Waiotapu for plenty of *mud*! Special mention must go to Bernie for her organisation of this part of the tour and the favours she called on ... xxoo.

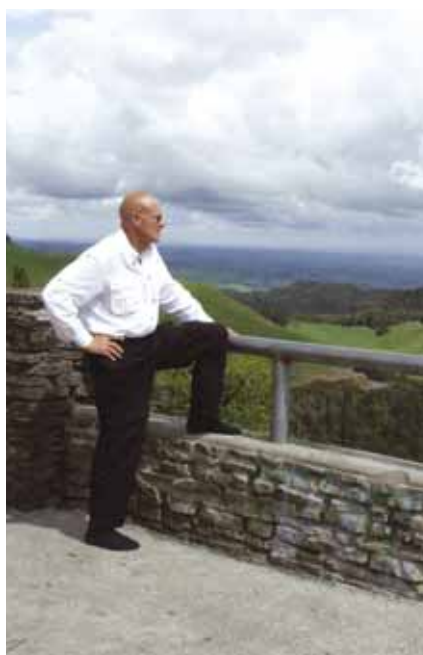
We stopped off at Huka Falls before arriving in Taupo, where Grand Master Sereff was able to reflect on his visit there with General Choi in 1990. After checking into the Great Lake Hotel, I suggested that we grab a rotisserie chicken, some fresh bread rolls, salad, perhaps a wine and eat in ... so off we went to Pak 'n' Save with Mrs Sereff. She



thought it was fantastic! And why wouldn't she? Gotta' be worth a 12 hour plane flight, right? Mr Steve Mulholland came around and we had a great eat-in dinner, and I was relieved when the verdict came back in that familiar deep American accent "Jim ... you did good ...". In fact Grand Master Sereff enjoyed it more than the restaurants!

On Thursday I left the Sereffs in Taupo for a fishing trip, in the capable hands of Mr Steve Mulholland. Grand Master Sereff caught three trout. Steve and I set about filleting a rather healthy looking trout for the Sereffs to cook up in their unit later that evening. Grand Master Sereff was a very happy man! And I understand the dinner was divine. At this point I'd like to thank Steve for his input into this visit. I know Grand Master Sereff was very pleased to catch up with Steve once again. When Steve came to the unit, Grand Master Sereff said "... come on up here old man ... you still knockin' around ..."

On Friday, Master Davidson met us in Taupo and drove the Sereffs down to Wellington. They were

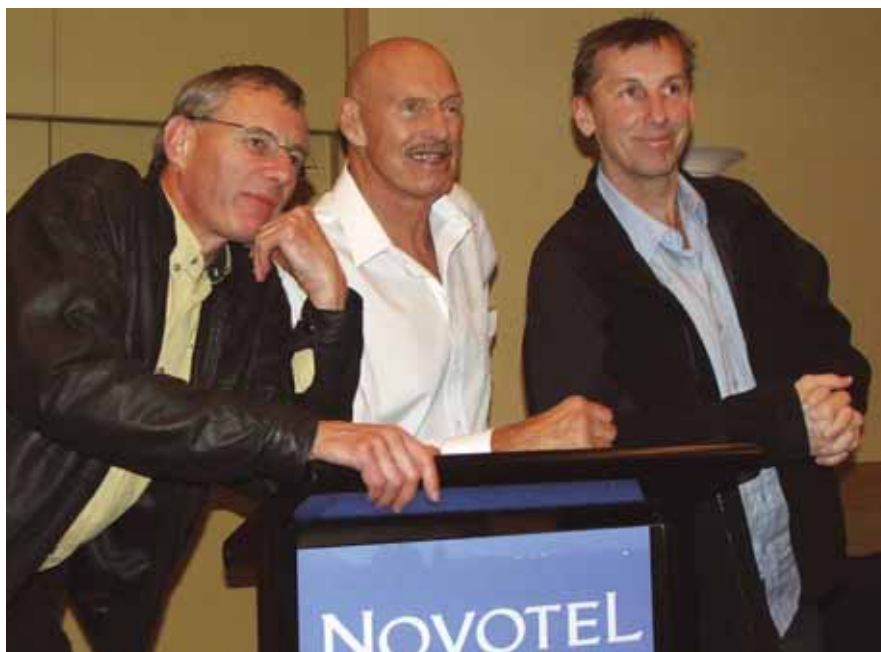






Left page clockwise from top:  
Master McPhail and Mr James Rimmer with the 57 year old man dressed in leather pants. Grand Master Sereff at the top of the Kaimai Ranges. Grand Master and Mrs Sereff at Waiotapu. Grand Master Sereff visiting the trout pools at Rainbow Springs. Grand Master Sereff with Mr James Rimmer at the trout pools.

This page clockwise from top row:  
A demonstration from our own masters – Master Davidson and Master McPhail. Grand Master Sereff was the guest speaker at the awards dinner with Master Davidson and Master McPhail. Grand Master Sereff lending a hand at presentation time with award for Mr Ross Campbell. Grand Master and Mrs Sereff with hosts James and Sandy Rimmer.



lucky with the snow on the Desert Road. I sent Master Davidson a text asking how he was doing and his reply was '... cops always get thru'...' and true to form he did. Master Davidson also took the Sereffs to the Waiouru Army Museum on the way. Finally, the Taupo contingent arrived safely in Wellington, set to attend the largest event on the ITFZN calendar and one of the largest Nationals staged in our history! Grand Master Sereff and Mrs Sereff spent most of Saturday afternoon at the national tournament witnessing some great competition along with a demonstration from our own masters! Later that evening during the most formal of ITFZN events, the awards dinner, Grand Master Sereff gave a moving account of his last days with General Choi.

Sunday was day two of competition and once again the Sereffs were guests for the afternoon with Grand Master Sereff lending a hand at presentation time.

Special mention time again ... thanks to Mr Nick


Laurantos for his input into this visit. Not only did he do a superb job with the tournament but was invaluable with his assistance... thanks Nick.

Monday saw the Sereffs off to Queenstown, but not before a quick jaunt in the Wellington cable car. The weather was lousy to say the least.

In five visits to New Zealand, Grand Master Sereff had never been to the South Island and he was on a mission! The fishing wasn't so good, apparently, but Mrs Sereff managed to put her faith in a total stranger and jump off a bridge ... as you do! They loved Queenstown. I suggested that whilst in Queenstown they try the whitebait fritters. So I had to ask the question when they arrived back in Auckland, and was relieved when the verdict came back in that familiar deep American accent "Jim ... you did good ..."

Finally it was Sunday 15 October and the Sereffs last day in New Zealand. We took Mrs Sereff to Kelly Tarltons for the afternoon. Later that evening

Grand Master Sereff was the guest speaker at a dinner organised by Mr Bhana. There he amused diners with a little gem which went way back and involved another fishing trip in Taupo with the General. After a stunning multi course dinner and several speeches and gift presentations, the evening drew to a close. We saw Grand Master and Mrs Sereff to their room, said our goodbyes and drove off to Tauranga leaving Mark and Michelle at the venue... Oh yes, that's right, we drove them *to* the venue! Thanks again to Mr Bhana for most of the footwork that went into this dinner event, and to the support of those that attended.

The invitation has been made. I feel sure that whenever anyone from ITFZN is in the USA, there will always be a friend in Colorado. Thanks to Grand Master and Mrs Sereff for sharing their fortnight with us. They did good. 

*Photographs courtesy of Mr James Rimmer*

<http://www.itfnz.org.nz/events/tournaments/nats2006/gms.html>

# The Masters Return

by Kris Herbison, IV dan, David Oliver, II dan and Natalie Ewen, II dan  
Riccarton



The opportunity to participate at this course arose through Mr Herbison, South Island Regional Director obtaining funding through local charities, enabling four members from the Riccarton Taekwon-Do club to attend. The two of us not having attended an International Instructors' Course before were apprehensive about what to expect.

Upon arrival into Palmerston North, having checked in at the hotel, we joined other Seminar participants for a meal. This was a great opportunity to meet new practitioners from around the country, make new friends and catch-up with old ones that we don't get to see very often, except at events like this. We felt honoured to be able to go out to dinner with Master Rocky Rounthwaite from Thailand. Master Rounthwaite had recently visited and instructed at the Riccarton club during Master and Mrs Rounthwaite's tour of the South Island.

Saturday began by getting up nice and early so we could all arrive at the venue and be formed up in time for the Masters to arrive. There were over 90 participants on the course, showing that a course like this can be held anywhere in the country, with several from overseas, Master Michael Daher, 7th dan, from Australia, Master Rocky Rounthwaite, 7th dan, from Thailand, Mr Ridzwan Abu Hassan, 6th dan the president of ITF Malaysia, Mr Yngne Tabergson, 3rd dan, from Norway, also Dr Stephen Young a 1st dan, from Australia. When the Masters arrived we welcomed them with excitement looking forward to the great seminar they were to take. The official part of the seminar then proceeded with the introduction of all the Masters followed by Master Trần welcoming all the participants and officially opening this International Instructors Course.

The Saturday morning session then began with Master Bos taking a warm-up. This was a high intensity session consisting of sparring drills, which definitely had us all puffing and sweating! Master Trajtenberg then took over and gave an overview of the course and told us that "The aim of ITF Technical Committee is to have everyone in the world move more or less the same; with the adaption of your own body" although it is important to have a qualified instructor to help adapt movements, which is why this course is important.

Master Trajtenberg then discussed the different motions of movements, and the associated method of breathing. "You must breathe properly, if you breathe long then your technique will be slow, you need to breathe short to make your technique



fast". We were told that normal motion is when a technique is performed in a 'natural motion'. Performing techniques naturally is very important to ensure maximum effectiveness and power is gained. The speed and power of normal motion techniques should be relevant to the purpose of the technique, and the breathing adjusted accordingly.

Next was fast motion, this is performed when you don't have time to do two full sine waves, so only a half sine wave is used on the second movement, as you can use the impulse of the first movement rather than needing to create it with a full sine wave, and the breathing should be short and sharp. In continuous motion there is continuous breathing, and continuous full sine waves except when there are more than two movements. So in Ge-Baek (move 37-38) you perform two full sine waves but in Po-Eun and Yoo-Sin you only perform half sine waves. Finally the breathing in connecting in motion is not audible on the first movement, only on the second.

Following this Master Marano took over beginning with a session on stance measurements on a white board, where the awe of Master Marano's presence even affected the memory of peoples parallel stance measurements! Master Marano said that "the measures [in the encyclopaedia] are only a guide, you [the instructor] need to adapt them to the student's body."

Then we began going through the patterns where Master Marano emphasised: "Before you learn pattern, need to learn the movement, then the application of the movement". Too often students are taught a pattern without really understanding the purpose of the movements, which stands out at gradings and is difficult to correct later. Also performing movements naturally in a fluid motion was again emphasised, especially with intermediate positions "You must always move through here [the intermediate position] never stop here".

Over the weekend we soon learnt that we had to put our inhibitions aside as you were expected to participate and were randomly picked to demonstrate patterns, which were subsequently dissected in front of everyone! Although you did get to have your errors corrected by an 8th dan everyone else got to watch. This began with an especially fortunate first dan who was picked to perform Chon-Ji for us all, and did very well under such a stressful encounter. After going through Chon-Ji to Do-San it was time to break for lunch.



Upon coming back from lunch Master Trân presented to us the development of the teaching of the "Do" aspect of Taekwon-Do, which also gave us some more time for digestion. Master Trân discussed with us the importance of teaching all the aspects of Taekwon-Do. "If we teach Taekwon-Do as a sport we may miss the essence of the art, that is why the self-defence is so important; it is important to understand that sport and self-defence are very different". Originally Taekwon-Do was written as three separate words (Tae Kwon Do) but now they are written correctly as Taekwon-Do so that instructors realise "that there are two parts, the physical and the mental but linked" and that the Do means the teaching of moral culture. Over the next few years the ITF will be introducing ethical and moral culture aspects into the grading syllabus to ensure the art of Taekwon-Do continues to be taught. Following this Master Marano completed the afternoon going over the remaining gup patterns.



The second day of the seminar began less formally and it was kicked off by Master Daher taking us through a warm up. The class was then divided up for patterns, with the black belts going with Master Marano and the coloured belts with Masters Bos and Daher, of which there were only 18 coloured belts, lucky! During this session we covered more on hip twist, most importantly you should only use hip twist when the movement allows it easily, you should not perform additional movements to create hip twist. You should also be relaxed and move naturally to properly create sine wave and hip twist. Master Davidson also asked about the angle of half facing, and there is no set angle and similar to the stances it should be adapted to individuals by a qualified instructor. Then Master Marano took the 1st dans to further improve their patterns while Master Trajtenberg continued on with the 2nd dans and above for Eui-Am to Juche.

The last class before lunch Master Bos held a discussion about how to go about organising a World Championships as New Zealand is going to bid to host the 2011 World Champs. After lunch Master Bos then discussed with us recent changes to the tournament rules as well as proposed ones for next year, and new procedures for umpires. This included the new event of pre-arranged sparring. We were then given only a few minutes with a partner to come up with some routines that had to be demonstrated in front of everyone! Despite this time pressure there were some very impressive displays given at the end of the allowed time.

Then the last of the junior dan patterns were covered by Master Trajtenberg with the 3rd dans and above, while the 2nd dans and below received more fine-tuning on their patterns from Master Marano. Master Bos took the final session of the day beginning with several quite difficult games and strength exercises, involving shoes and chairs and having to do press-ups in pairs with a hand on each other's shoulder!

Then Master Bos taught some self-defence techniques, that were both relatively simple to teach and effective in a range of situations, as well as fitting into the ITFNZ self-defence syllabus nicely. One of the most effective parts was how to take your opponent down. If you push someone across the chest they are hard to move but if you push them on the head they are easy to move, especially at the top of the head and while covering the eyes with the palm. Try this example in your club – an opponent throws a right punch, respond by stepping outside the punch while blocking and then pushing them back with your other hand in those different areas and notice the difference in effectiveness.

The final day began with a closed session for 4th degrees and above, where they covered the senior dan patterns and other advanced training and technical items, followed by a general session taken by Master Bos where we were worked out hard with more sparring drills! At midday was the senior dan grading, which featured Mr Steve Pellow grading for 6th degree and Mr Grant Evans going for 4th degree. It is interesting to see a senior dan grading, particularly in front of 90 people – also the examiners were the most senior in the world. Mr Pellow performed a very impressive non-prearranged self-defence display against four

people. We were particularly proud to witness our own Mr Grant Evans grade to 4th degree; we all flinched when Mr Evans performed the three board punch twice. Congratulations Mr Pellow and Mr Evans on being promoted.

Thank you to Mr Ballard and his team for organising and hosting a great seminar, especially after only just returning from the Junior World Championships.



[http://www.itfnz.org.nz/events/courses/2006\\_icc/index.html](http://www.itfnz.org.nz/events/courses/2006_icc/index.html)

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



**PRINT LIMITED**

*Personal, Friendly, Reliable Service*

Printing - Full Colour or Black & White

Design & Typesetting Service Available

Brochures, Letterheads, Pamphlets, Envelopes,  
Business Cards, Invoice Books, Order Books,  
Flyers, Self Adhesive Labels, Order Forms...

*RIGHT, ON TIME - IT'S OUR MISSION*

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

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



# What is Moral Culture?

by Kane Raukura, IV dan  
Director of Standards and Discipline

In the full version of the encyclopedia by our Founder, General Choi Hong Hi and in the condensed version used by many instructors and students throughout the world there is a large section entitled 'Moral Culture'. Much to the dismay of many a student testing for higher dans, this material is not the easiest to learn due to the way it has been structured and presented. Nevertheless, the information provides a path or guide to life. Many of the various aspects of Moral Culture can be integrated into our training and therefore we are not just developing physically in the do jang but also mentally.



"The generous person has no enemy"

In this final article for 2006, I hope to share with you and simplify what I believe to be some of the more important points encompassed by the ideas outlined in Moral Culture.

Firstly, we should define what moral culture actually is, which in itself is no small task. While Moral Culture is a large part of Eastern teachings and philosophy, it is not entrenched in our own Western belief system. People of the orient grow up with the teachings of Confucius and others, so the ideals of Moral Culture become firmly ingrained.

Reduced to its bare bones, it is essentially about becoming a good person and developing the respect of others through your actions. This type of person is said to have a good moral character. How can we, living in a real time of change, become a person with good moral character?

Outlined in General Choi's writings on Moral Culture are a number of aspects that may give us some clues. The first two commentaries you come across are entitled 'Return to the basic nature' and 'Be virtuous'.

Returning to basic nature relates to the fact that everyone is basically good, even though people's behaviours may sometimes obscure what is hidden underneath. General Choi provides the following analogy by Mencius (a famous oriental philosopher): "Even a ruthless robber, coming upon an innocent child about to fall into a well, will

try to save the child, forgetting for the moment, his intention to rob the house. This good nature becomes obscured or completely lost by greed for money and power."

So, if we take this analogy and apply it to ourselves, we all have "good" inside of us. The problem with today's society is that it provides continual stresses, strains and concerns that often make doing the good thing difficult. It is a shame that it sometimes remains too well hidden in many people.

Like cultivating a successful crop, we must also cultivate our own moral character. General Choi lists many ways in which students of Taekwon-Do can strive to achieve this. When read, they stand out as characteristics that we have all experienced or have been taught, by our parents, while at school and within our communities. As you read the following list, consider how many you believe you achieve on a regular basis.

Being humble, the ability to self-criticise, respecting your elders, respecting others' rights, being just, being discreet, letting your actions speak for themselves, being firm of mind and being devoted.

Are there some you could work on more? Are you successful in many? Think about this carefully, maybe you could set some personal goals over Christmas for 2007.

Let's look at being virtuous next. General Choi explains this as a state that an individual develops throughout life by attempting to live by five virtues or qualities. These virtues are humanity, righteousness, propriety, wisdom and trust.

These five words have heavy connotations, if we study the meaning of each we uncover the secret of being a virtuous person:

## Humanity (In)

The ability to show sorrow and compassion for those who may be less fortunate than you. It is rooted in the idea of sharing with others and treating everyone equally.

## Righteousness (Ui)

Confucius believed that this was the most important of the five virtues. It is the ability to feel ashamed after committing a wrong doing and the individual's willingness to perform their duty to others.

## Propriety (Ye)

This can be described as having the correct behaviour or decorum in various social settings. Being modest, respectful and polite are all integral parts of propriety.

## Wisdom (Ji)

The ability to judge right from wrong within yourself and the decisions you make. General Choi quotes this saying from an ancient wise-man called Yu Bee, "No matter how small it is you should not do what you realise is wrong. On the other hand you must do what is right no matter how small it may seem."

## Trust (Shin)

To show honesty and integrity to all around you, not just those you know. General Choi explains that to lose the trust of others is to lose your dignity and self-respect.

General Choi emphasises in his writings that these virtues do not come automatically and do not persist when learnt but must remain a constant focus throughout life. Place in your mind's eye someone you respect, honour and follow. Consider their lives and how they behave and act. Most likely they fit many of the virtuous descriptions listed above.

Confucius said: "Virtue is like the north star. All the stars revolve around it in an orderly fashion".

This is why General Choi states that the people who surround the virtuous person naturally act for the betterment of the society they are in. This, ultimately, is what Moral Culture is all about.

Developing the whole person, creating individuals who have strong character and good self-esteem and who are considered trustworthy and respectful.

Taekwon-Do and Moral Culture go hand in hand, in the do jang it promotes humility, respect for our peers and elders and a strong belief in one's self.

On the behalf of the Standards and Discipline Committee, I would like to wish everyone a safe and very happy Christmas and New Year.

For further information on Moral Culture:  
[www.itfnz.org.nz/what/what\\_moral-culture.html](http://www.itfnz.org.nz/what/what_moral-culture.html)



Left: "Lofty virtue is like a deep valley"  
Centre: General Choi giving orientation to Taekwon-Do Instructors on Moral Culture, from Choi, Hong Hi, 1983, Taekwon-Do, p15.  
Right: "Educate the young to produce heroic leaders"



# Master Ung Kim Lan, VIII dan

by Andrew Niven, V dan

Taekwon-Do Talk European Correspondent

Those who have not been to a World Championships may not know Master Lan. In competition circles his reputation is well known and he continues to be one of the top coaches in the world. A friend to General Choi Hong Hi and his partner on many seminars, Master Lan has a long Taekwon-Do career. He was hand-picked by Master Trần Triều Quân (ITF President) to teach at the forthcoming "Do" seminars.

by a committee of five Korean Masters.

## Can you tell us about when you become a Master?

General Choi awarded me my 7th dan in Toronto, Canada, in 1996. He announced it during a banquet after an International Instructors' Seminar. It was the beginning of a new chapter in my life. I had to learn things more precisely, and I met a lot more

for me to be his partner for many seminars. He really took time to correct me especially, as during this time I was not familiar with the new system of sine wave. I will always be grateful for that. I do miss his strong and inspiring presence.

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

I competed myself in sparring and tul and those remain my favourite disciplines. However now I also start to learn and enjoy breaking technique, mostly with Andrew Niven (former National Coach of New Zealand).

## You have an impressive record as a coach. Have you held any national or international titles for yourself?

Free sparring:

- International Champion of Germany, 1974, 1976 (WTF)
- International Champion of Holland, 1974 (WTF)
- German Champion and Vice European Champion in Kickboxing, full contact, 1977 (WAKO)
- German Champion in semi contact, 1982, 1987 (International Budo Federation, IBF)
- European Champion in semi contact, 1982, 1984, 1985 (IBF)
- International Champion in Kickboxing, 1985 (WAKO)

Tul and Kata:

- German and International German Champion, 1983, 1984
- World Champion in Free Style Kata, 1984, 1986 and European Champion 1987



Clockwise from top: Seminar with General Choi in Cologne 1995 • Recent photo of Master Lan performing a side piercing kick • Master Lan's first Taekwon-Do club in Germany 1972 (Budokan Düsseldorf) • Full contact kick boxing 1974 • 1973 as a student

## When did you start training and what do you remember?

I started Taekwon-Do in 1965, in Vietnam. My first instructors were Master Dang Huy Duc (9th dan) and Master Khue. They both live in America now. In those days there were only eight coloured belt ranks rather than the ten we have now. I trained

people. I felt I took on a lot more responsibility. I have to be more careful about what I say or do. I'm no more a child, I'm a little bit older and wiser, but despite my best efforts I still make mistakes.

## What are your most memorable moments in Taekwon-Do?

The most beautiful and remarkable moments are still the seminars with General Choi. Nor can I forget the joy I felt last year, during the World Championships in Germany, when one of our National Team members, the only girl so far without a medal, won 3rd place in power breaking on the very last day of competition.

## What do you enjoy most about teaching Taekwon-Do?

I am really happy when I see that my students succeed in Taekwon-Do and in their private lives. Many started training with me as children and keep loyal to me as adults, too. This would make any trainer happy.

## What can you tell us about your meetings with General Choi Hong Hi?

I first remember meeting General Choi in Vietnam, but that was only for a brief moment. I met him again when I completed my 2nd dan in Germany in 1974. This was the first opportunity to talk with him. I got to know him well and it was an honour



Master Lan teaching students at his gym.

everyday except Sundays; early every morning at 6:30am before going to school. I completed my first grading after two years, in 1967, and gained my 1st dan in 1972. I don't remember much about my 1st dan grading, except that it was conducted



Master Lan coaching European Champion Krycia Lopez.

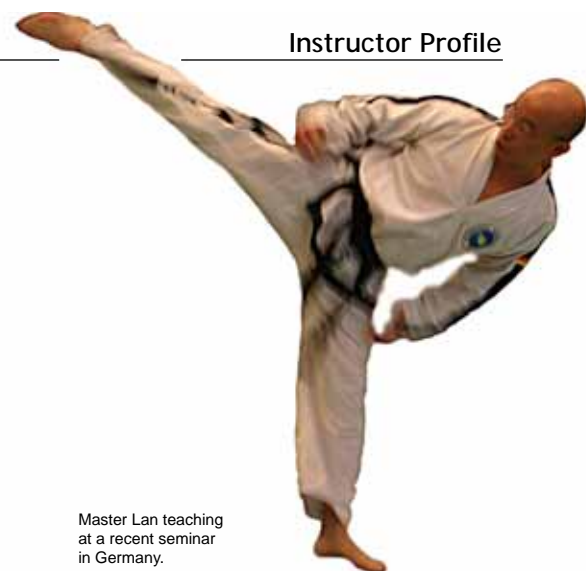
## How did you end up as the German National Coach?

I came to Germany in 1969 to study. In 1975 I successfully finished my Mechanical Engineering studies. In the early days it was very hard in Germany, as there were very few good Taekwon-Do schools. Mostly I trained on my own, teaching myself. Then in 1992 I coached the German ITF team for the first time. The world championships were in North Korea. It was an amazing start, and one of my most memorable moments coaching





Photos from the Senior World Championships in Dortmund, Germany, 2005.  
Top: female team patterns. Bottom: female -58kg free sparring final, Krycia Lopez vs Julia Cross.



Master Lan teaching at a recent seminar in Germany.

I think your team is very well organised and fostered. They are disciplined, familiar and friendly. What you need is a little bit of luck and more experience – but that's just a matter of time.

**Do you have any tips for up and coming New Zealand athletes who wish to be World Champion?**

I should give you some advice? You have many good trainers and talented people. Carry on like this and be patient. Believe in yourselves and you'll be strong. Success in martial arts doesn't come only through the techniques (training) and tactics. Moreover, it has to do with your heart. You only have to want with all your heart and you'll succeed.

Keep on learning Taekwon-Do and enjoy your training. Try to contact other Taekwon-Do people, communicate with each other and exchange ideas. Develop your willingness to help and be friendly. Taekwon-Do is not only a martial way to fight an opponent or to participate in competitions. It is an art to fight yourselves (when necessary) and also a way to live, provided with clearness, strength and understanding. The more you practise Taekwon-Do, the better you'll discover what Taekwon-Do means, especially what "Do" (Way of Life) means. There are many roads we can take in life. Some are good, some are bad. But we have to search and find only the right ones. Taekwon-Do is a martial art. Therefore we experience both victories and defeats. Victories are great but defeats are also good. They help a good Taekwon-Do student to discover his or her mistakes and to correct them for the next challenge. I also lost, many times, especially against myself. But I always tried to stand upright again, find out what I did wrong and correct it. It's no shame when we lose. Only if you fight you can get defeated. If you don't fight, you have lost already. When I have to fight, there is just one thought in my mind: It's me who's going to win, not my opponent. He should give up first, not me.

But I don't want to get too philosophical, because every person has his or her particular way of thinking.

I just wanted to tell you why somebody like me keeps practising Taekwon-Do for such a long time still enjoys it tremendously.

Taekwon and lots of Do.



Photographs courtesy of Master Ung Kim Lan.

<http://www.itfnz.org.nz/taekwon-dotalk/key.html>

was that our female team – although competing for the first time – made it all the way to the finals. They finished in 2nd to North Korea. I have many other wonderful and unforgettable memories at World and European Championships. I enjoyed making a lot of new friendships and had wonderful experiences in many countries all over the world.

**Do you have a favourite athlete in Sparring or Tul?**

My favourite competitor is the one who happens to be in front of me in the ring – each one of them – participating in a World or European Championship: he or she is one of the best in his or her country. Or else they wouldn't be there.

**What do you think of the New Zealand Taekwon-Do Team?**

To be honest, I noticed the National Team of New Zealand first in 2003, during the World Championships in Poland and then in 2004 at the Junior World Championship in Italy, due to their successes. Since the World Championships in Poland in 2003, I regularly visit the ITFNZ website. I think you've made good progress, in such a short time, with not so many members. I'm learning a lot from your website. It's the best one there is.

In power test and special technique you already have many good people. Only in sparring and tul, especially in senior team and female, there are things to improve.



Master Lan with the hugely successful German female team at the World Championships in Dortmund, 2005.

## President's Corner

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



Master Evan Davidson  
President of ITFNZ Taekwon-Do

The last three months certainly have been busy and amazing for ITF Taekwon-Do in New Zealand.

A big thanks to Mr Dave Ballard and his CD team who organised the International Instructors' Course in August. The three ITF Masters from the ITF Technical Committee, Masters Hector Marano, Pablo Trajtenberg and Wim Bos, as well as the President of the ITF Master Trần Triều Quân, wholeheartedly appreciated our organisation and the Kiwi hospitality afforded to them during their stay in Palmerston North. Well done and thank-you Central Districts.

During the IIC Master Bos suggested to our seniors that New Zealand needs to have some representation at the ITF 2nd World Cup in Benidorm, Spain in late October. Not only to attend the Tournament and seminars, but also to set ITFNZ up to host the ITF World Champs in 2011. Some lobbying is needed to assist in our bid for the 2011 Champs as this bid is to be voted on at the 2007 Congress in Quebec, Canada, next year.

To this end ITFNZ sent two of our most senior members to Spain. Master McPhail and Mr Banicevich attended and assisted as Umpires. They also attended the 2nd Leadership Seminar and the first International Workshop on Teaching the Do. What they experience, learn and bring back to New Zealand will be of great value to ITFNZ. Good luck to them both and we await their full report.

Master McPhail recently completed the August/September gup grading round. A total of 771 members graded which was slightly down on the same time last year. Congratulations to Midlands and CD for getting the best two regions for the second time running, and to the Horowhenua Club with highest points again. Not to forget Hurupaki who had the most students grade: 44!

We invited Grand Master Charles 'Chuck' Sereff, 9th dan of the USTF, back to NZ. It was back in October 1985 when GM Sereff first touched our shores. Since then, he and his organisation, the USTF, have been an integral part of developing ITF Taekwon-Do in New Zealand. His wife Kimberly also visited, and it was an honour to escort them

to the 2006 National Champs in Wellington. GM Sereff had many great things to say about New Zealand and ITFNZ, and indicated how far we have come since 1985. He even took away some of our current tournament methods and operation, which he will introduce to his own organisation. Mr Rimmer and Mr Bhana did a marvellous job arranging and planning their tour, which went like clockwork. Thank-you both.

I will also mention the attendance at the Nationals of Mr Steve Mulholland, former Vice President and a life member of ITFNZ. Mr Mulholland was with ITF Taekwon-Do back in the late 70s through the Stokes Valley school. It was great to catch up.

The 2006 Nationals in Wellington was a sight to behold. Great city, great venue and great organisation. Thank you Mr Lourantos, Mr Fox and the Wellington team for presenting such a well oiled and professionally run tournament. Your special skills and effort have made ITF Taekwon-Do and ITFNZ look good. This, I am certain, will help our bid towards hosting the ITF World Champs in 2011.

Remember that ITFNZ is a democratic organisation, and your Executive Committee exists to represent you.

If you have any ideas, comments, criticisms or any other matter you would like considered, talk to your Regional Director.

ITFNZ runs thanks to the work of people like you who love Taekwon-Do.

If you would like to be involved in any way, talk to your Regional Director.

Contact details for all Regional Directors can be found on the ITFNZ Directory, page 20.

## Meeting Snippets

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

Executive Meeting, 23 September 2006

1. There are new grading forms on the ITFNZ website for all instructors to download and use at the next grading round.
2. The Instructors' Bonus Scheme was changed. Now \$5 per student grading is paid into the regional account. The Instructors of the region will decide how the money is allocated.
3. ITFNZ Sales is looking into on-line ordering.
4. The Senior and Junior World Championships Teams will each receive \$10,000 towards their costs from ITFNZ.
5. The ITF World Championship Umpires and Reporter will be subsidised by ITFNZ via the Tournament and Marketing Committees respectively.

6. Our organisation is now officially known as the International Taekwon-Do Foundation of New Zealand Incorporated. Updated Certificate of Incorporation can be obtained from [www.societies.govt.nz](http://www.societies.govt.nz).

7. In an attempt to project a more serious educational image, the website is now using the term "schools" rather than "clubs". The term "school" has a different connotation to "club". RDs will suggest that schools in their region add "ITF" and consider changing from "club" to "school". For example, Jungshin ITF Taekwon-Do School, Eastern ITF Taekwon-Do School, Paul M ITF Taekwon-Do School, etc.

8. ITF Korea are offering to house and feed a 1st, 2nd or 3rd dan in exchange for instructing for a three month period. For more details contact Mr Pygott.



Mr Vince Pygott  
Secretary of ITFNZ Taekwon-Do

**There is only one way to write "Taekwon-Do". Taekwon-Do.**

As Editor I receive many incorrect variations. ~~Tae Kwon Do~~ ~~Taekwon Do~~ ~~Tae Kwon-Do~~ ~~Taekwon-Do~~ ~~Taekwon-do~~ ~~Taekwon Do~~ ~~TaekwonDo~~ ~~TaekwonD~~ ~~TKD~~ ~~TK-D~~

When General Choi suggested the name in 1955, it was written as three separate words to help people learn it: Tae Kwon Do. Later he changed it to Taekwon-Do, to symbolise that the body – "Taekwon" – and the way of life – "Do" – are equally important. This is why the ITF are presently working hard to create a syllabus for teaching the "Do".





# Approved Supplier of Sparring Gear and Uniforms to ITFNZ



- ITFNZ approved  
Champion Line Head Guard  
ID 21616  
Available in Red, Blue & Black

# FUJI

# MAE

## NEW ZEALAND



- Body Shield Pad  
ID 30307



- Single Kick Mitt  
ID 30115

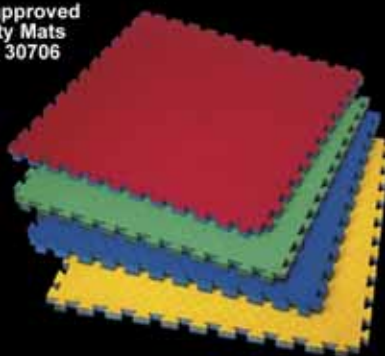


- Fuji Re-Breakable Boards  
Available in 3 different strengths  
\*Same type as the Official ITF World Championships re-breakable boards



- Taekwon-Do Training Shoes  
Adult Size ID 30822  
Junior Size ID 30802  
Junior size available in  
Red & Black stripe colour

- ITF approved  
Safety Mats  
ID 30706



- Dipped Foam  
Shin Guards  
ID 20124



- ITFNZ approved  
Open Gloves (Semi Contact)  
Adult Size ID 20185  
Junior Size ID 20184  
Available in Red, Blue & Black



- Anatomical  
Groin Guard  
ID 20233



We supply Fully Embroidered Dan & Kup uniforms



Our uniforms come in 3 different options:  
Black Belt - Ribbed Cotton  
Kup - Ribbed Cotton  
Kup - 100% Cotton  
\*All have ITF and ITFNZ badges sewn on



We have our uniform sizes from T/00  
(120cm) to T/7 (200cm) Tall



Guaranteed **next day delivery in North Island & 2 days for South Island**



Wholesale prices for Clubs  
- register on  
[www.fujimae.co.nz/mainsite/SignUp](http://www.fujimae.co.nz/mainsite/SignUp)

- ITFNZ approved  
Complete Foot Protector  
Adult Size ID 21703  
Junior Size ID 21704  
Available in Red, Blue & Black

- ITFNZ approved Embroidered  
Do-Bok  
Kup Student ID 10221 / 10222  
Dan Student ID 10223  
4th Dan over ID 10224



- Mechanical Leg  
Stretcher  
ID 31507

# www.fujimae.co.nz

# FujiMAE Taekwon-Do Talk Photo Competition

This year's winner's are (counter clockwise from top):

- 1<sup>st</sup> : Mathew Rybinski (10yrs old) of Kapiti Coast Taekwon-Do with his newly achieved yellow belt, practising his new pattern at Raumati Beach near sunset with Kapiti Island in the background. Photo by Jeanette Rybinski.
- 2<sup>nd</sup> : Mathew Rybinski (10yrs old) of Kapiti Coast Taekwon-Do with his newly achieved yellow belt, performs sitting stance punch at Raumati Beach near sunset with Kapiti Island in the background. Photo by Jeanette Rybinski.
- 3<sup>rd</sup> : Craig Hannah performs a front snap kick at the Grand Canyon.

Congratulations to our winners. Thank you to FujiMAE New Zealand for their support of the competition.

FujiMAE New Zealand will contact winners by email, so their prizes can be sent directly to them in time for Christmas.



## Next Issue

You want me to think about next issue already? I am not even over this one! Well, okay...

### National Juniors' Camp

A highlight of the year for many – why? What is so great about the National Juniors' Camp? Does it keep getting better? What crazy activities does Mr Brown have in store for everyone this year?

### Under 18 Series Winners

Who will win the coveted titles for 2006, the latest in a growing history of Taekwon-Do stars? What do they eat for breakfast? What are their favourite movies? How did they get so *good*?

### National Camp

It's been many years since we have had one. Will the 2007 National Camp be as glorious as its fore runners? It will be at Massey University, home of the legendary National Camps of the '80s and '90s, so that's a great start. Who will be there? Who won't be there?

### Plus more of our great regulars...

What sparring tips next from our National Senior Coach? What will the creative genius of Mrs Pygott produce in Kicks for Kids? Find out in the next issue of *Taekwon-Do Talk*!

We also eagerly await your letters, articles and high resolution photographs. Please email your files to [taekwon-dotalk@itfnz.org.nz](mailto:taekwon-dotalk@itfnz.org.nz).

Articles are printed at the Editor's discretion, and may be edited for content and length. A one page article is about 750 words; a two page article about 1500 words. One or two page articles must include photographs or diagrams. Letters to the Editor can be any length up to 500 words. Photographs as jpgs must be at least 300KB to be suitable for printing.





# Buy your Christmas gifts right here!

## GREAT GIFT IDEAS!

### **TAEKWON-DO TELEVISION**

**Available for the first time on DVD...**

2006 National Tournament... own the 2 hour SKY Sport special plus all 8 Triangle TV episodes on a 3 DVD set! Pre-order now for Christmas... *strictly limited release!*

Only \$50



Special

**Discover the beauty and simplicity of Taekwon-Do**  
342 pages of patterns, step sparring, self defence and breaking in Grand Master Leong Wai Meng's syllabus and grading manual  
Only \$30 each, or two for \$50!



2007 edition

New **black belt syllabus** handbook.  
\$16.50 each



Only \$25

**See the syllabus** performed and explained.  
The coloured belt and black belt syllabus DVDs are a must for any serious practitioner.



Only \$30

### **PLUS**

Coloured belt techniques syllabus and theory CD	\$10
Condensed encyclopaedia	\$200
General Choi's memoirs	\$90
Legacy CD-ROM	\$230
Beginners Training Manual	\$20
ITF NZ tie	\$20

*Prices include postage within New Zealand*  
**Contact Mrs Wendy Konia, ITF NZ Sales**  
**telephone 09 435 0177 or 027 499 0875**  
**email [merchandise@itfnz.org.nz](mailto:merchandise@itfnz.org.nz)**  
**[www.itfnz.org.nz/merchandise](http://www.itfnz.org.nz/merchandise)**



**ITF NZ**

# Taekwon-Do NATIONAL CAMP

Sparring, self defence, kicking, water bomb fights... and more!  
Watch the senior dan grading at the amazing Massey University campus.  
All meals prepared for you and own room accommodation.

2-4 February 2007  
Massey University  
Palmerston North  
Details out soon!

