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TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ TAEKWON-DO



Fun at the
NATIONAL TRAINING CAMP 2008

ALSO IN THIS ISSUE:

Summer School • Giving it to the Aussies • World Champs Logo Finalists

Plus: Midlands Camp, ITFNZ's New Self Defence Training Method, Make your Black Belt Grading More Comfortable and much more!

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Send a one page application by email to taekwon-dotalk@itfnz.org.nz. Include your full name, the position you seek, a brief summary of your skills, and any other information you think we should know. **Applications must be received by 31 May 2008.**

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Editorial

Welcome to the shiny April 2008 issue of *Taekwon-Do Talk*.

A breath of fresh air

You will notice a few changes in this issue. A flash of style. Some of the pages display layouts that are fresh and exciting. And *full colour!*

There are two reasons for this. First, we welcome three new graphic designers to the team: Sharlene Clark, Anna Hall and Adam Siwerski.

Foremost, is the touch of Kirsty Irvine, currently Co-editor, and soon to be Editor. Miss Irvine edited the majority of this issue, leaving me with but a day or two of work to do at the end of it all.

Thank you for your great work, Miss Irvine! And thank you Mr Siwerski for your support!

With the help of many, I achieved a lot with *Taekwon-Do Talk* over seven years as Co-editor with Mr Breen, Editor, and Co-editor with Miss Irvine. I look forward leaving the magazine with Miss Irvine for its next move forward. This issue clearly shows *Taekwon-Do Talk* will be in good hands!

A packed issue!

When Miss Irvine emailed me the nearly complete magazine, I couldn't believe the amount of content she managed to pack into it. I hope you enjoy reading it as much as I will!

We need articles and photographs

As always, we need your articles and photographs to make your magazine happen. Email your content to us at taekwon-dotalk@itfnz.org.nz.

Mark Banicevich
Co-editor

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About the Cover



This issues cover is from the National Camp held at Tui Ridge, Rotorua, in February. Photo by Master Paul McPhail.

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Letters to the Editor

Dear *Taekwon-Do Talk*

Auckland Taekwon-Do Academy

At the Auckland Taekwon-Do Academy black belt class we're now entering our sixth month of training. As you can see below we've had a heck of a lot of fun, learning, laughing and sweating, and we've trained with some of ITFNZ's best instructors; with instructors from Jujitsu, Balintawak and Protect Self Defence; and a with real live stuntman! I highly recommend the classes to any black belts in the region or visitors passing through. So if you're in Auckland and you feel like an 8th degree in *saju makgi* but a white belt in your own syllabus, you know where to go...

- 4th September – Master McPhail, 7th dan
 - Low front, low inward and circular blocks
 - 1st & 2nd dan Tul
- 11th September – Mr Breen, 5th dan
 - Tul tips for sharpness
- 18th September – Mr Banicevich, 5th dan
 - Ground techniques
- 25th September – Mr Graham, 4th dan
 - Stretching
- 2nd October – Mr Pellow, 6th dan, and Brent, Rob and Lee
 - Jujitsu
- 9th October – Mr Breen, 5th dan
 - Flying techniques
- 16th October – Mr Raukura, 4th dan
 - Self defence: knives
- 23rd October – Mr Bhana, 6th dan
 - Tul: hip twist, sine wave, applications, relaxing & breath control
- 30th October – Mr Tolley, 5th dan
 - Kicks
 - Tul: relaxing and speed
- 6th November – Mr McQuillan, 4th dan & professional stuntman
 - Tul
 - Boxing
 - Strength
 - Step sparring
 - Basics
 - Stretching
 - Jayu matsogi
 - NZ Taekwon-Do history
- 13th November – Mr Pellow, 6th dan, and Brent, Rob and Lee
 - Balintawak: stick fighting defence
- 20th November – Mr Breen, 5th dan
 - 3-, 2- and 1-step sparring
 - Mobum matsogi
 - 2:1 jayu matsogi
 - 3:2 jayu matsogi
 - Tul
- 27th November – Mr Breen, 5th dan
 - Tul: individual advice
- 5th December – Mr Breen, 5th dan
 - Flying double/triple, consecutive, combination, two/three/four direction kick destructions
- 11th December – Master McPhail, 7th dan
 - Elbows
 - 1st and 2nd dan Tul

- 18th December – Mr Breen, 5th dan
 - Hooking blocks
 - Upward and scooping blocks
 - Hooking, crescent and vertical kicks
- 21st December – Mr Trotter, 4th dan and Mr van Roon, 2nd dan
 - Stretching
 - Flying
- 8th January – Dr Snelling, 4th dan
 - Astanga Yoga
- 15th January – Mr Banicevich, 5th dan
 - Training notebook
 - Setting goals
 - Teaching Tul
- 22nd January – Mr Breen, 5th dan
 - Tul: yobap and gutja makgi, sang soopyong taerigi
 - Reverse turning kick: execution and destructions
- 29th January – Mr Phil Thompson and Mrs Athena Thompson
 - Protect Self Defence: dynamic knife
- 5th February – Mr Breen, 5th dan
 - Tul: discussion about executing front punch from the hip
- Brendan Doogan, 3rd dan
 Auckland Taekwon-Do Academy

Directory Updates

New Schools

Jungshin Whangaparaoa
 Instructor: Mr Vince Pygott IV dan
 Assistant Instructor: Mr Peter Casale II dan
 Whangaparaoa College Delshaw Ave,
 Whangaparaoa
 Monday 7:00 - 8:30pm
 Key Fitness Gym Karepiro Drive, Whangaparaoa
 Wednesday 7:30 - 8:45pm

Master D ITF Cambridge
 Instructor: Master Evan Davidson VII dan
 Assistant Instructor: Mr Gregory Dyson III dan
 Senior Citizens Hall, Commerce Street,
 Cambridge
 Mondays & Thursdays - 6:00 to 7:30pm

Feilding Taekwon-Do Academy
 Manchester Street School
 Tuesday and Thursday, 6:30 - 8:00pm
 Instructor: Mr Dave Ballard, IV dan

Time, Venue and Instructor Changes

Hurupaki
 Hurupaki Primary School,
 Monday and Wednesday 5:50 - 8:15pm,
 Thursday, Kids 7-12 yrs: 6:00 - 7:00pm
 Friday, dan only: 6:00 - 8:00pm
 One Tree Point Primary School,
 Tuesday 6:00 - 8:00pm

Ji Shin Keri Keri
 Keri Keri Primary School Hall
 Mon & Wed kids 6 - 7, adlt 6 - 7.30pm

Jungshin Red Beach
 Instructor Mrs Shirley Pygott II dan Assistant Mr Vince Pygott IV dan
 Red Beach Primary School Hall
 Monday, <7yrs: 5:00 - 5:30pm
 >7yrs: 5:30- 6:30 (kids only)

Jungshin Glenfield
 Instructor: Mr Matt Davey II dan
 Assistant Instructor: Mr Vince Pygott IV dan
 Windy Ridge Primary, Seaview Rd, Glenfield
 Monday and Thursday, 6:30 - 8:30pm

Paul M Glendowie
 Churchill Park School
 Tuesday and Thursday, 6:15 - 7:45pm

Impact Kingsland
 Auckland Martial Arts Academy
 Tuesday 7:45 - 9:30pm, Sunday 4:45 - 7:00pm

Hwa Rang Academy Rotorua
 Rotorua Primary School Hall
 Tuesday and Thursday, 5:30 - 7:00pm

Waikeria Hawkes closed
 ITFNZ would like to thank Mr Ross Campbell for his hard work and dedication as Waikeria Hawkes instructor.

Hwa Rang Academy
 Bellevue Primary School, 20 Princess Road,
 Monday and Wednesday 7:45am - 8:45am
 Tauranga Intermediate School, 18th Avenue,
 Tauranga, Tuesdays 3:15pm - 4:15pm

BOP Taekwon-Do Academy, Tauranga
 Greenpark School, Lumsden Street
 (turn up Argyll Road opposite the racecourse then right into Lumsden Street), Tauranga
 Tuesday and Thursdays 6:00 - 7:30pm

Phoenix Taekwon-Do Gisborne
 Gisborne Girls High School
 Tuesday and Thursday, 5:30 - 7:15pm

Taekwon-Do Cubs
 Waiopahu college
 Monday, Kids beginners class: 4:00 - 5:00pm
 Adults: 6:00 - 7:30pm
 Cubs dojang, 412 Arapaepae Rd
 Wednesday, coloured belts 5:30-7:30pm

United (from 29th April)
 Maidstone Intermediate Gym Upper Hutt
 Tuesday and Thursday, 6:00 - 7:30pm

Spirit Taekwon-Do Brooklyn
 Vogelmorn Hall
 Thursday 6:30 - 8:30pm, Sunday 4:30 - 6:30pm
 Children's Classes: Thursday 5:00 - 6:15pm,
 Sunday 3:00 - 4:15pm

Miramar Taekwon-Do
 St Patricks College Main Hall, Evans Bay Parade
 Kilbirnie
 Monday and Thursday, Juniors: 5:30 - 6:30pm
 Seniors: 6:30 - 8:00pm

Thorndon now *Spirit Taekwon-Do Thorndon*

Dunedin
 Lodge hall, 9 Shore Street, Dunedin
 Tuesday and Thursday, 6:00 - 8:00pm

Congratulations to the following instructors who graded recently:

- Mr Lawrence Mantjika V dan, Milson
- Mr Dave Ballard V dan, PNTA
- Dr Thu Thach IV dan, Tamaki
- Mr Ian Walton IV dan, Berhampore
- Mr Rene Kunz IV dan, Miramar
- Mr Darren Andrews III dan, Dragons Spirit Wanganui
- Ms Louise Chan III dan, Spirit Taekwon-Do Brooklyn
- Mrs Helen Kettings III dan, Dunedin
- Mr Robert Ireland II dan, Avondale
- Mr Carl van Roon II dan, Impact Kingsland
- Mr Brett Kimberly II dan, Ji Shin Maretai
- Mr Greg Christie II dan, Waikanae
- Mr Ian Leitch II dan, Kapiti

Summer School

by Craig Burrows, 1 dan
Brooklyn



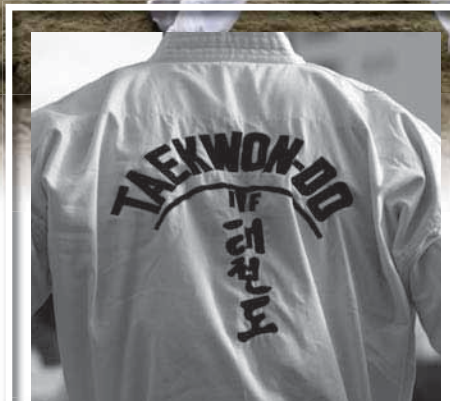
Don't you wish you could train over the Christmas break, instead of tucking into that last piece of the Christmas ham or that whole bag of Russian fudge...?

Thanks to Mr Burns, who organised four training sessions spread over the three Wellington locations over the January month, this year we could!

Waitangi Park, Lyall Bay Beach and the Brooklyn Taekwon-Do club hall at Vennell Street were the sites selected for this year's Summer School. With all of us keen as a bean and dressed in our *doboks*, we caused quite a stir around the capital.

These weren't your usual training sessions; they were jam-packed with fun games and activities which you don't normally find at training, like firing out four direction punch waist-deep in the ocean at beach training, or running the gauntlet trying to defend yourself while a line of attacks keeps flying towards you at Waitangi Park!

We had a great time but Mr Burns saved the best for last. The day of destruction held at Vogelhorn Hall was the session I was looking forward to the most. Five hundred boards were ordered and at the ready, and the challenge was on.



Ms Christine Morton showed us how it's done with her back flip break, Mr Shane Oliver executed an impressive five-board back kick break and Mr John Raptis performed a five-board elbow break!

The highlight of the night was Mr Burns' eight-board side kick – a personal record for Mr Burns and something we all will aspire to!

All of us tried our hardest to power through the boards, unleashing our attacking tools left, right and centre but unfortunately we met our match and couldn't get through them all.

That's all right, more for next year's Summer School 2009!

So if you had enough of watching the telly, the junk food and couldn't face a whole month off Taekwon-Do training, keep an eye out for the next Summer School and come along for the fun. I know I am, so see you there!



Midlands Camp

by Kevin Cale, I dan
Instructor, Phoenix Taekwon-Do Gisborne

Phoenix Taekwon-Do Gisborne is a school that thrives on challenges. Having been in operation only a year, we decided that the best way to make our mark was to put up our collective hand and offer to host the 2008 Midlands' Regional Camp. We knew it would test our resources and resolve but we knew we were up for it.

We set our sights high and the first person we invited as a guest instructor was Master Davidson. As soon as he said yes, we knew we were off to a great start. Mr James Rimmer, Mr Richard Burr, Mr Mike Yates, Mr Ian Campbell and Mr Gwyn Brown also came on board, and we knew that with such a great team, we could overcome any obstacle.

The camp began with an unusual challenge for the students: they were issued the music and lyrics to The General's TKD anthem. It's right there in the encyclopaedia, but who has ever thought to learn it? Each team was given twenty four hours to learn the song, before they had to stand before Master Davidson and sing. Tuneful it wasn't, but we were sure the General would have been proud of the effort.

The camp had a distinctively Gisborne feel to it, and full advantage was taken of the natural resources, including finishing the early morning warm up with a waist-high dip in the surf while reciting the student oath.

The Saturday training flew by with students rotating around the instructors, and there were plenty of wide eyed children when they saw all the weapons Mr Burr and Mr Yates had brought along, to demonstrate some real life self defense scenarios. Talk about Defense against the Dark Arts! A local fitness instructor took a combat class and with the loud music and some familiar techniques everyone came away puffing and panting (and looking for the deodorant can).

By mid afternoon those wide eyed children were yawning and rubbing their eyes and when we got back to camp they had a well earned break at the

Olympic Pools swimming complex.

The students were rewarded for their hard day's work with a tremendous meal complete with freshly cooked waffles and chocolate sauce, after which the evening's fun and games began.

The anthem was sung (and I use the verb 'sung', loosely) and after a great deal of cheering and laughter we moved onto a pre-prepared quiz and charades challenge. The night ended with all the younger students going off to bed without having to be told twice and soon the only noise was the adults catching up with friends and swapping stories.

Sunday was no surprise as most people rose to the sound of moans and groans; tiredness and sore muscles tried desperately to pull people back to the warmth of their beds. The most common statement seemed to be, "Just five more minutes, please Sir."

Master D got everyone awake with his warm up and this time it was into the surf up to chest level to recite the meaning of the student's respective pattern. By the time the morning training began everyone was ready for the final training session right on the beach. With a smile on Master D's face and one long line of students along the beach with their backs to the surf everyone knew they were going to get wet.

The weekend's final challenge was to make a stretcher from just newspaper, Sellotape and string. Laughter rained for the next twenty minutes and then came the big carry, where each group was required to carry an instructor up the beach, across the road and back to the camp. Group one carried Mr Brown who started out at 85 kg (but by the time it was all over and the stories had started, he had some how put on an extra 25 kg...). Group two managed a whopping 100 kg carry and although they stopped a couple of times they made it back, carried ably by the ladies of the team. Team three managed to carry a very wet and somewhat worried Mr Rimmer, so it was lucky they had water-proofed

their stretcher with the whole reel of Sellotape. Group four carried the smallest student and she looked in danger from the moment they set off!

The final events of the camp were Master D and Mr Rimmer putting on a demonstration of So-san, and then Master D using a reverse knife hand to strike a watermelon on the head of a student. Mr Rimmer, not to be outdone, followed this by using a reverse turning kick to kick an apple that was held in Mr Brown's mouth.

Miss Anna Hall and Miss Sheri Jane Lander then stepped forward. With a watermelon on their heads Mr Sam Campbell and Mr Greg Dyson both performing jump reverse turning kicks made splitting the fruit look easy. Everyone watching was completely absorbed and the applause was almost deafening.

As people left I could hear them talking about what they had enjoyed and how they couldn't wait to get back to training so they could practice what they had learnt and tell their friends what they had done.

By Sunday night when I had made it home myself I found myself thinking about how we might do it again! But don't tell the team as I want it to be a nice surprise!

Top: camp participants pose in the Gisborne sun.
Middle: some very interesting exercises on the beach.
Bottom: beach training with Master Davidson.



itfnz.org.nz/news/index.html

National Camp 2008

Helen Caley, 2nd gup
Riccarton



Tui Ridge was full to capacity for the 2008 National Camp. How great would it be if every school was this size or bigger!

It was the end of a long journey which had begun with a flight out of Christchurch, finding our rental car, and then the drive from Auckland to the Tui Ridge camp with only one or two wrong turns along the way. When we walked around the corner and saw the gym that was to be our do jang for the weekend, I nearly fell over. It was huge! Three basketball courts long and shiny and new. It was to be the place where 160 members of ITFNZ ranging from our very own masters to two keen 10th gups were preparing to form up for the start of the first ITFNZ National Camp in almost ten years.

The camp commenced with the open session of the senior Dan grading where we were able to see the four candidates being put through their paces in patterns, sparring, model sparring, breaking, and self defence. I was reassured by how similar this seemed to be to the coloured belt gradings I am familiar with. However then came the part when the examiners sprang a surprise on the unsuspecting candidates and requested demonstrations of surprise coloured belt self defense techniques. Then came the request for a random break from each of the candidates such as executing a grasping kick to break a board or an overhead kick over four people. I was shaking in my seat just imagining what it must be like to attempt a break for the first time in front of the examiners and an audience. Soon the examiners adjourned to discuss the results of the grading, and after congratulating the candidates on their performances the audience adjourned as well, meeting in the dining hall of the Tui Ridge Camp to catch up with old acquaintances and make some new ones, and discuss the weekend to come.

Bright and early the next morning (far too early for a Saturday) we arose, dressed ourselves in running gear and made our way outside. I know several people at least who were relieved to discover that the early morning run we had been promised seemed to be more like team building exercises that might even be fun. However we were soon dismayed to find that what had looked like fun was actually a sneaky way for Mr. Brown

to make us do 100 press-ups before breakfast on a Saturday morning.

After being served breakfast by the camp caterers and not even having to wash the dishes (what luxury!) we all formed up for the first time in that fabulous do jang ready for a master class run by Master McPhail and Master Davidson. After several hours of stretching, line work, and patterns with the Masters I was well aware of how long the Christmas break had been and how all my muscles seemed to have evaporated over the summer. I was just beginning to wonder how I was going to survive the rest of the weekend when it was finally time for lunch.



Master McPhail captivated the contingent with his fundamental movements class.

Now I would guess that there are many people who participated in the camp who would never have guessed that the food was all vegetarian. The nachos that we had for lunch looked exactly like meat, they even tasted good, and I'm sure that wasn't just because we were all so hungry.

Rested and revived after the lunch break we were all ready to head back down to that fabulous do jang and certainly ready for one of the highlights of the weekend – the unveiling of the new self defense syllabus. We all listened carefully as the 15 new

attacks in the syllabus were explained, and watched in awe as Mr. Pellow made his victims, large and small, succumb to his will. Then it was our turn to try, and we found that it was (almost) as easy as Mr. Pellow had made it look, and that we too could make our partners squeak and wriggle when we bent their wrist in the right way. One hour was far too short to cover the whole of the coloured belt syllabus and at the end we were all ready for more, and itching to try out the different techniques we had seen demonstrated.



Mr Pellow demonstrates the new self defence syllabus, and everyone from Miss Carolina Dillen to Mr Ian Walton falls before him.

During the afternoon we also had two sessions on patterns, one with Mr. Rimmer, and one with Mr. Bhana. After working on those tricky things like sine wave and breathing all together as a group Mr. Bhana had us split off and partnered a senior coloured belt with someone of a lower rank.



Mr Craig Hannah remembers the brilliant National Camps of the past, and made it happen again in 2008.

Their task was to help the lower ranked person with their pattern, which was a learning experience for both people.

At the end of the day's training those with energy to spare headed off on a mission to find the camp's confidence course. Those who didn't have a good appetite before, certainly did after balancing on balance beams, scaling high walls, climbing down sewer pipes (complete with muddy water in the bottom) and swinging across monkey bars.

After dinner many of the instructors headed out for a question and answer session with Mr. Pellow on the new self defense syllabus and to learn the details of the restructure of ITFNZ. However the

remainder were glad to settle down for something that exercised the mind rather than the body.

Mr. Hannah made a very good quiz master and the quiz contained some very tricky questions that we couldn't answer even with the help of the black belts who straggled in close to the end. The contingent from Berhampore who were announced as the winners got a parcel of goodies and were allowed to choose the DVD for everyone to watch for the rest of the evening.

The next morning my muscles were protesting strongly as I attempted to make them prise my body out of my sleeping bag, and I was glad to hear that from the sound of the people around me they felt in a similar way. Mr. Hannah lead a (mercifully) quick fitness session, followed by a short run to the do jang where we unloaded boards that would be used for that day's breaking elective.

Electives began straight after breakfast. Everyone at the camp had to choose two out of three electives to participate in. We had the choice of power with Mrs. Walton, sparring with Mr. Trotter, or special technique with Mr. van Roon. I had great difficulty choosing between the three options – should I do power and special because I enjoy them, or sparring because it is probably my weakest aspect in Taekwon-Do and one of the others? All of them sounded good for one reason or another. No matter

which of the two options I had chosen I believe I would have enjoyed them. As exciting as my own electives were, I kept having to take peeks at the group down the other end of the do jang who were learning power with Mrs. Walton and doing exciting things like putting out candles with a punch or kick without touching the candle. If people had been peeking at the electives I was in they would have seen Mr. van Roon demonstrating amazing jumps before running us through each of the kicks that are done in special technique, and Mr. Trotter answering millions of questions on sparring before teaching us some sneaky tricks for sparring.

When the electives were over, the red belts discovered the down side of having such a fantastic big do jang – it takes a very, very long time to sweep with only two brooms!

After lunch all that remained to be done was say the "thank you"s and to travel home. I would like to say those "thank you"s again, especially to Mr. Craig Hannah and Mr. Glen Harding who organised such a fantastic camp, and to the fantastic instructors who taught us. I had been looking forward to this camp ever since I found out about it, and it certainly lived up to my expectations. Hopefully another will be held soon, much sooner than in another ten years time. 🐱



Top row, left to right: Mr Mark Trotter, carded athlete and Co-coach of Auckland Taekwon-Do Academy Athletes, demonstrates free sparring drills with Mr Jeremy Hanna • Ever seen this in the encyclopaedia of Taekwon-Do? Ever tried extinguishing a candle without touching the flame? Don't try it unsupervised! • Mrs Lena Walton hosts a formidable breaking class, and shows why she is a former champion in this event!

Bottom row, left to right: Mr Carl van Roon demonstrates why he is thrice World Champion in special technique, and "New Zealand's Flying Dutchman" ("Dutch-descent-man")? • Our President, Master Evan Davidson, continues to share his wealth of knowledge with ITFNZ Taekwon-Do from around the country • What better after a hard session's training, than a wee massage?

itfnz.org.nz/events/camps/2008_national_camp/index.html

by
Shirley Pygott
II dan



*That'll do Donkey,
that'll do!*

Kicks for Kids

Welcome to Kicks for Kids
issue #21.

There was something very Shrek-ish about the Kids Camp in November, and we have a report from the last U18's tournament in 2007, thanks to Nathanael de Boer. There is also a special look beyond the sidelines at the PreTeen tournament in Auckland last month. Our address if you have something to put on these pages is: PO Box 457 Silverdale Whangaparaoa 0944 or email taekwon-dotalk@itfnz.org.nz.

SHREK-SPECTATIONS AT NATIONAL KIDS' CAMP



The thing about camps is you never quite know what to expect (Mr Brown goes out of his way to make sure no-one knows exactly what will happen next, not even himself sometimes.) This is very true for the kids camps, and especially so last November.

The pegs were back, and the usual crop of abandoned pegs nearly always belonged to the boys. *We expected* the boys to be terrible singers, but this year some of them were very good, even impressive! *We expected* the girls' teams to be much better than the boys, but one girl's team in particular had some real problems getting themselves organised, especially in the morning.



In fact one boys' team was so good they won the best overall team for the weekend. They were awesome! The kids *expected* a horrible menu posted on the walls, but received yummy food on the tables. That was fine until Saturday night, where they were offered tasty treats like pig's head, tripe (sheep's stomach) and brains. And some of them even enjoyed it! *We expected* it to rain, but for the first time in 4 years it was warm and sunny enough to go swimming. Mr Banicevich *expected* Silla to win at war games, but they didn't - at least not until some serious tactics were organised by Mr B!



And what was so Shrekish about the camp? Well apart from the fear-factor food, it turned out that Adam Law, a rather quiet, shy young fellow from Jungshin Red Beach had a secret talent. He is an awesome Shrek impersonator! (Helped no doubt by his quite genuine scottish accent.) Between the skits on the Saturday evening he got up and entertained the whole camp. He even bartered with Mr Brown for more team points before he would do an encore. He was the entertainment highlight of the whole camp! 🐉



Hot Action at the Under 18's

It was hot. Too hot on this sunny Sunday, but the Tournament had to start, hot or not.

The Epson Under 18 Tournament was to be held at Tauranga Girls' High. Buzz and excitement flew around the room as the tournament began. This was the last Epson Tournament for the year so everybody had to give it their all. There was a mix of ages and heights, ranging from white belt to black belt.



First was patterns. It was very tough competition. The power was sharp, the moves were strong and I think the judges had a hard time deciding who was to win. But everyone gave it their best shot, hoping to win the huge trophies at the end.

Next came sparring. A battle between two Taekwon-Do warriors



raged in every ring. There were wild flying kicks and punches being thrown. It was fantastic. Most people gave this a go and I'm sure everybody had a good time.

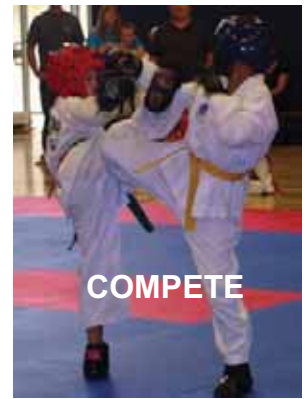
Finally came special technique. This was very difficult as we were all tired after the sparring and patterns. But everyone did their best and we all had a good time. So all in all, I think everyone will be looking forward to the next one. Thank you very much to Mrs Breen and to all the seniors and advisors who made the tournament a fun and exciting day.

By Nathanael deBoer 4th Gup

WHAT DO KIDS REALLY DO AT PRE-TEEN TOURNAMENTS?



WATCH



COMPETE



PUT GEAR ON



JUDGE



RECOVER



LISTEN



WIN



EAT SWEETS?



WHAT THE?

Pattern Puzzle

Use the pattern names below to solve the puzzle

				T					
				A					
				E					
				K					
				W					
				O					
				N					
				D					
				O					

- Chon-Ji
- Dan-Gun
- Do-San
- Won-Hyo
- Yul-Gok
- Joong-Gun
- Toi-Gae
- Hwa-Rang
- Choong-Moo

ITFNZ's New Self Defence Training Method

by Master Paul McPhail, VII dan
Technical Director

"Just slowly... like this..." yeah right we are all thinking to ourselves as Mr Pellow calmly devourers his opponents at twice our speed, which he calls slow. "Just slip in some attacks as it feels natural to do so, here... and here...". Easier said than done, as Instructors throughout the Country found out at the Training Courses run in February.

Mr Pellow and I had been working on the new syllabus for some time, which was approved by the Technical Committee at the Stripes 1 to 1 seminar in Taupo, November 2007. My aim was to create a new syllabus that was easy to learn and teach, that covered the basics of releasing and locking - an important part of low level self defence. I got more than I bargained on as Mr Pellow developed a method of learning the techniques that can be built on progressively, and can become very advanced at senior level. It was also a privilege to see Mr Pellow himself move to a new level of expertise after many hours of practice on live volunteers around the Country.

As we mentioned at the courses, this is the beginning of a re-vamp of the entire gup and dan syllabus. The gup syllabus is based on learning basic skills that can be used in a situation when you are grabbed. It is the first line of defence. It is something that children in particular can use to get themselves out of a physical confrontation. By the time a person tests for first degree black belt, they should be able to react naturally from any of the 15 grabs, and be starting to be able to apply striking or kicking techniques in the mix as well. This should be able to be performed with any partner in an un-prearranged fashion.

The black belt syllabus will be developed in the future, I hope to the point where our black belts can be confident in their ability to handle themselves in a variety of situations ranging from the ground to against a weapon attack. For this to happen, we need to be more realistic in our self defence training. It will require specialist training in realistic scenarios. We also need to learn how to deal with the physical and psychological aspects of real street confrontations to learn how to use our Taekwon-Do techniques in reality. With the assistance of our friends Phil and Athena Thompson at at "Protect Self Defence", this is an exciting challenge we face but one I am confident we can achieve. 🐯



Uma Goodyer trying to strangle Mr Pellow with Mr Ballard already on the deck.



Two onto one self defence



A typical site through the courses – enjoyment all 'round.



Mr James Rimmer turning the tables on self defence expert Mr Ian Campbell.



Mr Grant Eccles working with Ms Christine Young on the closed eyes exercise.



Mr Pellow explaining the inward lock with the assistance of 3rd dan Anna Hall.



One of best sports of the tour – Mr David Kan, about to receive a Pellowing.



Mr Kraiger discovering Mr Lorantos's ticklish spot.

We received a lot of great feedback from the courses and the new syllabus, and one Instructor emailed me with these comments:

“What I learned today was that Taekwon-Do does indeed have all I am looking for. It’s just that I’ve never seen it really in action before. Today I saw press finger, finger pincers, thumb, inward pressing kick, double fingertip thrust, elbow thrust, bow wrist, upset fingertip thrust and many many more techniques that I’ve always promoted to my students as a part of Taekwon-Do, but never really knew how to put them into effect.”

“Today it became obvious!

“And the approach to training far exceeds our existing methods. I think it was very evident during the training that we’ve for so long been ‘hard out’. It was certainly a struggle for people to adapt.”

“I believe that this new syllabus will work. I also believe it will transfer into other parts of the syllabus.”

“Well done to you and Mr Pellow. I think this will be a major turning point in ITFNZ’s development.”

Eight Simple Rules for Running a Successful Tournament

by Sue Breen
Counties Manukau Regional Director

ITFNZ members want, need, and expect ITFNZ events to run smoothly.

This requires an event to be presented in a professional manner, to start on time, to finish at a reasonable hour, and to appear to be running to a plan, a timetable, an organised schedule.

Often, ITFNZ tournaments succeed in fooling the general population.

I liken a well-run tournament to a duck swimming on a lake.

Above the surface the duck appears to be floating – gliding on the water without a care in the world.

Under the water's surface, however, is a totally different scene – with both of the duck's webbed feet continuously paddling at an incredible speed. (The casual appearance above the water is all "smoke and mirrors".)

There are many things that can cause participants or spectators to peer under the "lake's surface" and notice the duck's frenetic motion.

Most of these are avoidable with planning. Hence my "eight simple rules".

1: Venue

The venue can "make or break" public perception. It needs to be large enough for the number of rings required PLUS areas for spectators to have a good view and have an area for competitors to warm up.

(Note: A 10m x 10m set of mats needs to go into a space of 11m x 13m minimum to give a space where the seconds' chairs go and to allow Jury table on one side and the Marshal/waiting competitors area on the other.)

2: Management of entries

A comprehensive entry form is essential.

One missing piece of information on the form (eg, rank) leads to many phone calls or emails to entrants.

The draws need to be produced and checked ahead of time.

Often getting someone else to run their eye over the draws before the day means picking up an error or two and saving precious time on the day.

3: Officials

Plenty of qualified officials need to be personally invited beforehand.

These people are giving up their weekend – a personal phone call is a nice touch.

You need to have organised a strong, confident (and adequately senior) officials' organiser. Someone with enough authority to place officials into a particular ring and to hurry them along at the start of the day (and after lunch), and to monitor how the action is unfolding in the rings and make adjustments if necessary.

Officials who need to be organised for the day include everyone from the Tournament Director, Arbiter, Tournament "opener", Refs, Judges, Jury,

Ring Marshals, Floor Manager right through to the bell ringers and toilet monitors.

4: Contact

Keep it light. Keep it light. Keep it light!

Jury have a very important role here

Light touch contact makes for a group of happy entrants keen to attend the next tournament

Heavy contact often means we have students who have just entered their *last* tournament.

They may even stop training.

5: First Aid

Needs to be organised well ahead of time. St Johns people are often trying to cover dozens of events on the same day. Booking early is important. It is necessary to have independent people as First Aid for a tournament. No-one outranks them.

6: Food

If everything else is falling apart then ensuring people are well fed can often help to recover or even alter people's perceptions of the day.

Having free food available for officials creates goodwill and having food for sale to competitors is especially helpful for those who have travelled a long way and don't know their way around – or have no transport – or the time to travel away from the venue.

7: Equipment

A reasonable number of reliable people are required to set up beforehand and pull down afterwards.

Rings of mats need to be organised. Special Techniques and Power machines need to be sourced.

Ring requirements (bells, stopwatches, pens, score sheets etc) and consumables (rubbish bags, latex gloves, paper towels, janola wipes, extra toilet paper etc) need to have been organised.

Ample headgear needs to be available. (Borrow from anywhere!) It is helpful to ask competitors

for help. They could bring their own if they have it, borrow from friends or borrow from their club or from their Region.

Extra gloves and boots that competitors may borrow is good if it can be organised. This is especially true for peevee or beginner tournaments.

It is also amazing how many people find they have left their mouth guard behind. If your food stall is interested they could have some of these for sale on the day.

8: "Thank You"

Cannot be said often enough to those who give up their time over and over and over again.

A specific time should be set aside at the start of the tournament - or at the end of the tournament to specifically thank the officials and helpers. Small tokens are a nice touch - but are not essential. A simple acknowledgement goes a long way.

Of course there are a myriad of underlying administrative principles and details not included in the above: A workable budget, promotion of the event, organisation of medal and/or certificates are all needed.

At the end of the day a successful event will have:

- entrants leaving wanting to attend another tournament ASAP
- family happy that they are involved with ITFNZ
- officials feeling they are appreciated by ITFNZ
- organisers happy to organise another event for ITFNZ
- a slight profit from the event and
- the first aid people sitting and watching for the whole day – but never having to leave their seats except to go to lunch.

Happy organising! 🦶



Neil and Sue Breen in action

Giving it to the Aussies

by Mark Banicevich, V dan
Co-editor, *Taekwon-Do Talk*

If you were at the 2008 Oceania Championships, presented by Top Ten and Epson at ASB Stadium, Kohimarama, Auckland on 29-30 March, you may ask how I wrote the article when I missed half of the tournament. If only you had written one...

Well, I'll do my best. I won't mention Master McPhail's scaring Mrs Breen, with a telephone call from the airport wondering where she was. I won't mention the extreme shortage of umpires, except to give my sincere thanks to those umpires and other officials who gave up their weekend for the benefit of over 200 competitors from New Zealand and Australia.

I will mention the tremendous work of Mrs Breen and Mrs Iotua, and their wonderful team of helpers for making such a great weekend happen.

I also thank our Australian guests for making this tournament such a great international event. Thank you Mr Birch and Mr Christiansen, and your teams. And thank you to competitors who traveled from all over New Zealand to participate, compete and help.

The competition itself was fierce. Saturday was a day of individual patterns and coloured belt free sparring. It was amazing to see some of our top athletes competing, including all of our carded athletes.

Saturday night was a quiet night for many, although Mr Christiansen and his team were kind enough to let a bunch of us from Wellington and the South Island join them for Thai in Mission Bay. It was a great evening!

On Sunday, things got really exciting. We witnessed the black belt free sparring, and there was some amazing action. The speed of DJ Thompson is awe-inspiring, and Carl van Roon's spiral kick scoring two points against Luke Thompson was stunning! It's very hard to get past that man's reach!

Mark Trotter and Luke Thompson showed why they are World Champions in pre-arranged free sparring, with an incredible performance involving stunning acrobatics, beautiful techniques, and amazing focus.

Team patterns and team free sparring were the next highlight for many. It was exciting to watch the Australian teams compete against the New Zealand teams in free sparring. Although New Zealand took all of these events, the Australian competitors sparred strongly, and their Junior Male Team very nearly toppled the Kiwis.

It was very surprising that few coloured belts returned on Sunday to watch the exciting black belt action. When I was a coloured belt, there was no way in the world I would have missed it. They certainly missed the highlights of the tournament!

The tournament finished around 4pm, giving many of us time for a celebratory beverage or ice cream in Mission Bay before friends departed for their various domiciles.

The 2010 Oceania Championships will be hosted in Australia. Start saving now so we can take a huge team, and take it to the Aussies on their home turf! See you there! 🦘



Dr Jake Pearson performs Moon-Moo in 4th-6th dan patterns.



Some amazing action in coloured belt free sparring!



Erica Germain gave Carolina Dillen a strong challenge in Senior Female Lightweight Free Sparring.



This Australian gentleman took Luke Thompson to a number of tie-breakers before taking silver in Senior Male Power Test.



The New Zealand Senior Male Team performed a stunning Ge-Baek, designed only days before the event!



Above: Luke Thompson (left) and Mark Trotter, World Champions in pre-arranged free sparring.

Right: the New Zealand Junior Male Team were elated and relieved to take the final bout against Australia, and the title.



Different Technique, Many Attacks

Three Principles for Releasing Techniques, part 8

by Mark Banicevich, V dan
Instructor, Paul M Glendowie

Over the past seven issues, we discussed three principles for releasing techniques and applied the principles using *nikyo* in various situations. Our new syllabus calls *nikyo* an “inward wrist turn”.

This is the final instalment in this series. We apply the three principles for releasing techniques to *kotogaishi*, the “outward wrist turn”.

First, we learn how to perform an outward wrist turn. Then we learn how to apply the three principles to one common grab using the outward wrist turn. Finally, we learn how to get into position for an outward wrist turn from various grabs.

Learning the Outward Wrist Turn

Mr Pellow has a great way to learn the outward wrist turn.

1. Hold your partner's right hand in a handshake position.
2. Put your left thumb on the back of your partner's hand, between the bones of their ring finger and little finger, with your fingers closing over the fleshy part of their thumb.
3. Rotate both of your hands towards the sky, so your partner's fingers point to the sky, and get a good grip on their hand with your left hand.
4. Release your right hand, and use it to apply forward pressure in an outward circle to your partner's knuckles.



Three principles for releasing techniques

1. Use your mass and breathing
 - a. Relax and use breathing
 - b. Use hip then hand to move large muscles then small
2. Maintain your centre
 - a. Elbows in and keep technique in your centre
 - b. Keep centre of gravity between your feet
3. Use the angles
 - a. Move off the line to avoid attack
 - b. Use your opponent's third point to break their balance

Practising the Outward Wrist Turn

Here's how to perform the basic technique of outward wrist turn against a same side grab.

1. Your partner grabs your left wrist with his right hand.
2. Circle your left palm up to your face. With your right hand, reach beneath your partner's hand, place your thumb on the back of his hand, and grab the fleshy part of his thumb with your fingers.
3. Twist your left hand out of the opponent's grip. Place your left hand on your partner's knuckles, and apply pressure downward at an angle with both hands. (Alternatively, grip your partner's fingers with your left hand.)



Using the three principles

Once you have the basic technique, start applying the three principles you developed over the past two years.

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

1. Grab the opponent's right wrist with your left hand.

Rule 1b. Step your right foot back to form a right 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 right L-stance facing your opponent.

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

2. Circle your left palm up to your face. With your right hand, reach beneath your partner's hand, place your thumb on the back of his hand, and grab the fleshy part of his thumb with your fingers.

Rule 2a. As you perform step 2, keep your elbows in close to your body.

Rule 1a. While performing steps 2 to 4, execute a slow controlled breath as you control your opponent.

3. Twist your left hand out of the opponent's grip. Place your left hand on your partner's knuckles, and apply pressure downward at an angle with both hands. (Alternatively, grip your partner's fingers with your left hand.)

Rule 1b. Use the power of your hip to add strength to the movement.

Rule 3b. Pull the opponent in a downward arc towards his or her third point, and he or she will fall to the ground.

Rule 2b. Keep your body upright, and bend your legs or lengthen your stance to get closer to the ground. Otherwise when the opponent falls, you may lose balance.

4. Move your rear foot in an arc clockwise, maintaining a right L-stance but changing your direction. The opponent, as the larger cog, will sprawl to the ground.

Rule 2b. Keep your body upright, and bend your legs or lengthen your stance to get closer to the ground.

Rule 3b. You move in a small circle, and your opponent falls along the arc of a large circle.



Applying it to other attacks

To apply the outward wrist turn to other grabs and attacks, you must discover how to move from the attacked position, into a position where you can grab the opponent's hand for an outer wrist turn.

A number of examples are shown to the right. Work gently with a partner to see if you can discover others. What about a grab to the hair, or two hands grabbing two hands? What about a straight punch, or a crescent punch? Can you apply the outward wrist turn to your partner's kicking foot? Be very careful!

Work together and practise, then try grabs and attacks that are not prearranged.

It has taken over two years to complete the journey of the three principles of releasing techniques. Practise them regularly, and see whether you can identify any principles I missed. Please let me know!

If you missed any instalments, download back issues of Taekwon-Do Talk from www.itfnz.org.nz/taekwon-dotalk/backissues.html



Avoidance

by Phil Thompson
Protect Self Defence

This month

we discuss what we, at Protect, consider the first stage of real self defence and personal protection. This first stage is avoidance and is achieved through awareness and intuition.

Often in our industry there is a lot of lip service paid to avoidance and awareness, but not too many people really understand the depth of what this means or just how really vital is this aspect of training. This is self defence in its purest form. There is no way we can cover anywhere near the full scope of this topic in two short pages. So the aim of this article is to get you thinking a little deeper on the subject and encourage you to seek out the information for yourselves.

Avoidance starts with acceptance. Acceptance that violence in all of its many forms is real, prevalent and happens to anybody, at any time, regardless of age, gender or social status.

It is an unfortunate reality that most people live their lives in complete apathy when it comes to the subject of learning to protect themselves. Apathy is the attitude of "it will never happen to me", "my boyfriend will protect me", "I don't need training, I'll just set the dog on them", "I live in a safe neighbourhood".



Sound familiar? Hospitals, sexual assault centres and cemeteries are full of people who lived their life with this attitude of indifference. Violence can and does happen to them. When it does, and they are not prepared for it, their reaction is denial. The first thing that goes through their mind in that crucial moment is "I can't believe this is happening to me". While they are going through this thought process, their attacker is capitalising on their inaction and things get very bad, very fast.

So often people come to us for training after they have already faced violent situations, and so often we hear them say the same thing: "I wish I had known this information before". We tell people that our training is just like another form of insurance, you may never need it, but if you do you'll be real glad you have it.

Awareness is the first element of defence. The majority of victims are caught completely unaware. But how do you maintain a constant state of

awareness? After all, life happens around us and we get caught up in our daily lives. At the same time we don't want to become paranoid, nervous wrecks expecting someone to jump on us every second of every day, as that is no way to live life.

At Protect we utilise a specially designed 'colour-coded risk evaluation guide' to help our students determine which mindset they need to be in dependent on the situation. This helps to create clarity in the moment as they go about their day to day lives, keeping them sharp, and ensuring that their state of awareness is relevant to the situation they are in (time, place, environment, people etc). It is a very simple system which has excellent benefits. In future issues I may explain this further as space does not allow in this article, or you can attend a 'Get Real' or 'Safe for life' seminar where it is explained fully. We have several testimonials from people we have trained showing that this one concept alone has saved them from potentially serious or life threatening violence.

A big part of avoidance is understanding the criminal mind and how attackers choose their victims. One of the simplest strategies that should be implemented all of the time is that of making your self a "hard target". Understand that prey behaviour attracts predatory interest. Any 10 year old who watches *Animal Planet* knows this, but so often people are unknowingly attracting unwanted criminal interest by the way they behave.

What do I mean by this? Well, one example is body language. It accounts for at least 60% of communication yet most people are completely oblivious to the effects of the way they carry their body. Let's look at an example of two separate girls walking alone through a park. The first is walking at a slow, meandering pace. She has her ipod on and her head down while she texts on her cell phone. She looks like the perfect victim.

The second is walking at a brisk pace and looking as if she absolutely has a place to go. Her head is up, shoulders back and she is obviously aware of her surroundings. If you were a would-be mugger, rapist or attacker which of the two girls would you attack? The answer is obvious, the "weak" one right? The one who clearly has no situational awareness, doesn't look at all confident or aware, and really transmits the signals of an easy target. This applies to both guys and girls.

If an attacker perceives that you are too much of a hard target they will move on to an easier prey. Three things an attacker (on a criminal level) absolutely doesn't want are: a) to be hurt; b) to have attention drawn to the situation; or c) to be caught. If you appear a hard target who could potentially risk any or all of these things to the attacker they will move on to someone else.

Another example of avoidance strategies in action is developing an understanding of the pre-contact stages of a violent confrontation. Do you know how to spot a set-up when it is happening to you? Do you know what the most common "sucker punch" attacks are? I am not referring to the physical attack itself as that is irrelevant, I am talking about what happens before the physical attack is made.

Do you know how to read pre-contact indicators in an attacker? How to identify if the attacker



Have you ever stopped to ask yourself “if I was an attacker, where would I attack me?” That is a really useful question to ask yourself. Understand that there is usually a stalking stage to an attack. That could take place over a matter of months, weeks, days, hours or just minutes. The problem is that most of us live our life by routine. We tend to do the same things everyday, get up at the same time, same morning routine, make our way to work or to school the same way. If a stalker has you in their sights it is not hard for them to work out the weak spots in your routine. So if you can identify them beforehand you can modify them. It is about being proactive. This is self defence. These are just a couple of examples of avoidance strategies. These are in addition to the myriad of safety and personal security strategies which should simply be part of your day to day routine.

has a concealed weapon? How to survey an environment to identify potential threats, exits, natural weapons, environmental variables? How to know if you are being followed and if you think you are how to handle that situation? Ladies, do you know how most date rapes happen?

Or what the most common date rape drugs are, how they are used and how to avoid them?

These are all things that we cover as part of our seminars, but I mention them here to get you thinking. If you don't know what I am talking about, and you are serious about self defence, you'd better learn and learn fast. I don't care how good you are physically with your techniques, if you don't understand the behavioural aspects of violence, your physical techniques will mean stuff all. Apart from having first hand experience at this, we have had 7th degree black belts and every dan level below that, champion grapplers, golden gloves boxers and many others train with us and we have proven this every time without fail. Those of you who have done our “Get REAL” seminar know what I am talking about. Physical skill means nothing if you can't apply it.

Another extremely important aspect to awareness is the control of our own ego. This is a whole article on it own so I will just point out that a huge percentage of fights are ego-driven. Those who truly understand the real impact of violence, realise that getting ego under control to assist in avoidance is absolutely vital.

I don't have space here to get heavy on intuition but understand that one commonality in almost every



surviving victim ever interviewed after a violent confrontation was that they all said something along the lines of “I just had a feeling something was wrong”. Your intuition is like your guardian angel. Trust it. As Gavin De Becker states, “It always has your best interests at heart.” 🐦



The purpose of this article is to get you thinking and questioning. Thank you to everyone who emailed questions and comments on my last article, please keep them coming. If there is a specific topic you would like to see covered, let me know and I'll do my best to get it out in future issues. Email me at phil@protectselfdefence.co.nz

Take care
and stay safe

————— Phil

Regional Roundup

Auckland North

Auckland North had their first regional meeting in that 100% of for the year in January and it was a great success if all clubs had a representative at the meeting. This was a first that I know of in the seven-odd years I have been involved in ITFNZ, fantastic!

A number of items were ticked off:

- Date set for our regional tournament 1st of June.
- Auckland North regional coach selected along with sub-coaches and manager.
- I advised officially that I was standing down from the position of Auckland North RD
- The April and August grading rounds were agreed upon and have been entered on the ITFNZ website calendar
- We discussed the new structure for ITFNZ and a great debate was played out as each person had something to say – be it negative or positive. We achieved clarity that was needed going forward into March when the votes for or against would be tallied at the EGM. 100% of all AN clubs backed the idea.

In February, Auckland North gained another 4th dan black belt. Dr. Thu Thach was successful in her grading which was part of this year's National Camp held at Tui Ridge Park, Rotorua.

The rest of February was made up of this year's instructors courses that were rolled out Nationally covering the new self-defence syllabus. The first Auckland North session was a combined course along with Counties Manukau held at Paul M Papakura. I, like everyone else who attended the course agreed this was well worth waiting for and we all look forward to enhancing our new self defence techniques as we progress further with our Taekwon-Do training.

March saw Auckland North clubs competing at the first Pee Wee tournament for the year hosted by Counties Manukau and feedback from all I have spoken to is excellent. I believe these tournaments are a great way for our younger students to have a go in a more controlled environment aimed at developing what will become our future stars.

Talking of stars, the Stars Series kicked off in Levin with a small contingent going down from Auckland North. I myself did not attend but it was great to see Mr Mark Trotter and Mr Carl Van Roon in attendance and competing. These two gentlemen offer great moral

support for our upcoming younger students who wish to develop the sports side of their training. In regards to Mr Trotter, I do not know how he does it; I believe there is not a weekend that goes by that he is not involved with either teaching at a seminar or a camp or competing somewhere in New Zealand.

Auckland North had three students – Amy Reeder, Gary Sawyer and Kim Sawyer – go to Slovenia. They competed well while they were away and part of the trip was a number of training sessions with Tomaz Barada at his dojang. Amy got gold in patterns and silver in her sparring division.

The EGM was held in March and saw a new leaf turn over as the vote came in in favour of the ITFNZ's new structure. So going forward and in my words as I sign off as Auckland North Regional director, "Remember that we have a great organisation the envy of the ITF Taekwon-Do world. For us to maintain that status, help out at your club, in your region and nationally where you can".

I would like to take this opportunity to welcome Mr Breon Gravatt as he takes on the role of Auckland North Regional Director. Well done Sir and I look forward to the development as you add a new look and a new ear to ITFNZ at the regional and national level.

Lastly to the executive thank you all for putting up with me over the last two years, it has been interesting watching and listening to you all. For those of you who stay on and become part of the new structure all the very best, by for now.

George Konia
Auckland North Regional Director

Counties Manukau

2008 has started off well for Counties Manukau with a large number attending the National Camp, an Instructor Training Course, a Regional Meeting, a Peewee Tournament and a First Aid Course. All of this happening within the first nine weeks of the year.

We are busily planning for the 4th Oceania Championship (which will all be over by the time you read this) and planning is going on behind the scenes to incorporate the region this year. Instructors and students are getting ready for both gup and black belt gradings and we are looking at a number of our instructors grading this year.

Onward to Star Series Tournament #2, our

Regional Tournament, Umpire courses and the National Tournament hosted by Midlands.

Before we know it another very busy and very successful year will be over. It is nice to stop, take a breath, and realise that there are a lot of benefits to being part of this amazing region. A great big "thank you" to the organised, hard workers and the fantastic seniors who keep the Counties Manukau region 'ticking over'.

Sue Breen
Counties Manukau Regional Director

Central Districts

2007 ended on a high note for Central Districts with their Black Belt grading in December, hosted by PNTA at IPC. In total, 33 students presented themselves for grading, and of the 22 students from Central Districts, all of them passed; with 5 students (Aramai Tahau, Kane Baigent, Charlotte Feehan, Amy Bullen and Wade Salton) achieving A passes, which is a fantastic result. So don't be alarmed by the low rumbling coming from Central Districts – that's not sudden seismic activity, it's just proud instructors patting themselves (and their successful students) on the backs.

After a chance to catch our breath over the Christmas/New Year holidays, Central Districts clubs are already working hard, with both students and instructors eager to carry over the momentum from last year and keep it building. Moving into 2008, the momentum definitely seems to be climbing as clubs around the region gear themselves up not only for Relay For Life in March, which students (and instructors!) are keenly encouraged to get involved with (keep an eye out for the PNTA pirates on the track!), but also for the first round of the Epson Top Ten Series which they have the honour of hosting in Levin on March 16th.

And finally, as if all that wasn't exciting enough, Central Districts is pleased to support local 2nd Dan Kane Baigent who will be jetting over to Slovenia in order to compete in the Open Tournament being staged there in late February.

Looking at just how much is happening over the next few months, I find myself inclined to agree with my instructor; 2008 is going to be a very big year!

Caitlin Cunningham
Westend Taekwon-Do



Midlands

The end of last year saw a return to running his own club for our, and NZ's, most senior member as well as ITFNZ's President, Master Davidson. Master D has opened a new club in Cambridge, appropriately titled Master D ITF Cambridge. He had a great opening night with some 25 students on the floor, so whoever said there was no rural demand for clubs is very much wrong. Silla Taekwon-Do in Te Puna is also starting to find the same situation as is Mr Rimmer in Papamoa. So there is definitely growth in Midlands. Unfortunately we have also lost a club, with Waikeria closing and the students there merging with Te Awamutu.

This year is a big one for Midlands. We are hosting the upcoming Nationals and also the IIC, as well as having just hosted the recent National Camp, which was very well run by

ex-midlands student Mr Craig Hannah and current black belt, Mr Glen Harding.

For those of you who remember the Midlands Nationals 12 years ago, we are holding this year's Nationals in the same place, the Queen Elizabeth Youth Centre, which has recently been renovated. We will also be picking up the torch that Counties held and moving the competition level closer in line with the world champs. For example, each team member will be required to submit a digital photo of themselves for photo ID cards. No card, no compete! This will also apply to all officials, coaches, managers...everyone. Just a small taste of this year's Nationals.

We look forward to seeing many of you at the IIC and later in the year at the Nationals.

Mr Gwyn Brown
Midlands Regional Director

Wellington

Wellington are currently in the planning phase of a Regional Camp set to coincide with the August grading round – information to be released soon! Those interested in helping out with organisation, please refer to the Wellington Regional Director: wellington@itfnz.org.nz Upcoming events include: Combined training on 3rd May with members of the 2007 Worlds Team and the Wellington Regional Tournament has been set for Saturday, 7th June – information on both events out soon! Finally, congratulations to Mr Ian Walton and Mr Rene Kunz for achieving their IV dan at the recent senior dan grading at the National Camp.

Nick Lourantos
Wellington Regional Director

South Island

The South Island has aligned its strategy with the ITFNZ strategy of growth in an effort to provide more and improved events and resources to the members of the Region.

The first initiative for growth is to improve the recruitment process for new members through the introduction of beginners' courses with a centralised online registration on the regional website. Advertising throughout the region will all be directed towards registration for these courses which will enable us to measure how many people try Taekwon-Do versus how many join a school. We will also be able to survey the course attendees online to find out why they did or did not join a school.

The gup grading is coming up fast; the South Island will be one of the first regions around the country to hold their gup grading this year, and after spending an enjoyable day with Master McPhail and Mr Pellow getting to grips with the new self defence syllabus all the instructors are working hard on passing it on to their students.

Our Regional Championship competition is also coming up in May in Blenheim, and hopefully we will get a good number of competitors making the long trip from Alexandra and Dunedin. This year we are trailing online entries to cut down on the administration across the largest region in the country.

Kris Herbison
South Island Regional Director



The Side Piercing Kick

by Master Paul McPhail, VII dan
Technical Director

The ITF side piercing kick is a kick you can spend a lifetime perfecting. There is nothing quite like it in any other martial art, and many of the world champion patterns competitors take great pride in the execution of the kick.

One of the most common faults I see with the kick is the improper attacking tool. Be sure to use your footsword, with your foot pulled back as much as possible. Try not to point your foot forward.



The footsword position used for the side piercing kick



I suggest practising the kick in slow motion, and even with some light ankle weights to develop your strength and technique. Once you have developed the correct kicking action then work on power with the use of pads and the kick bag. Here are some of the key points to help you:

- Start the kick from a bending ready stance A, then lift your knee and rotate your foot as you extend your leg. This kick is like a punch, so the attacking tool should rotate. Your hips should be rotating too.
- To achieve the hip rotation, the stationary foot must pivot away from the kick so that the toes point in the opposite direction. This is the key to getting the body in the right position.
- Keep the toes of the kicking foot pointed slightly downwards at the moment of impact (see photo above).
- For balance, and especially when you are going for maximum height, lean the body away from the kick.
- Hold the kick fully extended for about half a second (for patterns). In sparring, use more of a snapping action so that your leg is not grabbed.
- When performing a middle side piercing kick, execute a high punch at the same time. This helps to keep your body in a good position and also can be used as a counter attack if the kick is not landed successfully.
- Finally, do lots of stretching and keep working on your side piercing kick. It will help all your other kicks too. 🐱



Photo showing the leg moving from the bending stance position and up as the knee lifts before the kick.



World Champs Logo Finalists

Congratulations to our seven finalists in the World Champs Logo Competition. The competition was launched last year and over thirty entries were received. The judges were very impressed with the standard of all the entries and the finalist will be announced on the ITF NZ website soon.



ENTRY BY:

Angela Tse – New Zealand



ITF TAEKWON-DO
WORLD CHAMPIONSHIPS
NEW ZEALAND 2011
AUCKLAND, MARCH __TH - __TH

ENTRY BY:

Stephanie Senf – Germany



ITF TAEKWON-DO
WORLD CHAMPIONSHIPS 2011
AUCKLAND · NEW ZEALAND

ENTRY BY:

Sharlene Clark – New Zealand

“This logo was created with simplicity in mind. A strong symbol that can be reduced in size (or embroidered for example) and still be recognised. A twin knifehand block represents the beauty of Taekwon-Do technique. The figure is surrounded by a koru and fronds of the fern – images iconic to New Zealand.”



ENTRY BY:

Jeremy Hanna – New Zealand

“The symbol comprises two parts; primarily a human figure performing a high reverse hooking kick, secondly the silver fern which is incorporated into the kicking leg. Both of these forms are stylised to create a strongly dynamic logo.

“The text beneath provides a strong graphic base for the logo, however it will also work well independently in applications where the text is not required.

“The black and silver colour scheme is well recognised as representing New Zealand in competitive sport internationally. Alternative colour schemes have been developed using red, black and white – and also reversed out of a darker background (eg, white on black).

“It is also possible to include the words “New Zealand” at the base of the logo. Overall the logo conveys a dynamic, energetic quality which accurately represents an ITF Taekwon-Do World Championships.”

ENTRY BY:

Dave Sauvage – New Zealand



“This icon reflects the Taekwon-Do practitioner in a flying side kick position illustrated with stylised shapes depicting the New Zealand Koru. The logo is energetic yet uncluttered ensuring it will be distinctive and memorable.”

ENTRY BY:

Dave Sauvage – New Zealand



“The symbol depicts the ‘Heaven Hand’ from the first black belt pattern. The symbol also depicts the stylised Maori Koru shape. As well as representing new beginnings, it also represents purity, peace, tranquility and strength which links to the tenets of Taekwon-Do.

“The green is a fresh, New Zealand colour and when used alongside the black (All Blacks colour) gives a strong link to our national identity.

“The logo is a clean, fresh and modern solution which will translate well across all mediums, from print collateral through to apparel and television.”

ENTRY BY:

Maciej Ksiazek – Poland



“My proposition is inspired by traditional Maori art – bone carvings and tattoos. For people around the world their mysterious beauty is often associated with maori warrior traditions. On the other side – the stylized Taekwon-Do master performs [a] jumping kick technique – it is a popular “trademark” of Taekwon-Do [that is] instantly recognisable by people not very familiar with martial arts.

“My first proposition has colors based on the Koru Flag. It is independent from the text so it can be positioned on its side forming a nice header or banner although the square part may be used separately. Enlarged silhouette gives it a more dynamic look.

“My second proposition contains symbols of four Taekwon-Do disciplines – power test, patterns, special techniques and sparring. Their colors represent Taekwon-Do student grades while the central one represent master grade and generally world championships.”

National Junior Camp

by Kara Timmer, 7th gup
West End

The day had finally arrived, but first I had to go to school, go swimming and finish packing. We finally arrived about half an hour after departure. I then took my baking in and registered, got my peg and my bed number. Everyone got a peg which you had to have with you all the time otherwise your team lost points unless you sung for it. I went to the dorm to find my bed, got it ready to sleep in, then went to find my friends. We walked around the camp site and found some more friends who had a tennis ball so we started playing hand ball. In no time it was getting dark and we had to go to the hall for the briefing, where we found out parents' names, that we had to do a skit the next night to entertain the adults, and that for mascots this year we had pumpkins and we had to decorate them with glue, paint, feathers, masks and stickers. From there we went and had supper in the dinner room and then went to get ready for bed.

In the morning we got up at 6am and went out to the field to have our morning run. We ran a few laps of the field and then we played a few games for points. After our morning fitness we went and got ready for breakfast. For breakfast there was a choice of cereal and toast with jam, marmite or peanut butter. Now for the serious stuff, our first training. This was with Mr Banicevich who took us for self defence. He showed us new and different ways of releasing from same side grab, opposite side grab and two hand grab. We learnt heaps and it was a lot of fun. After our training we went and got changed for morning tea. We then had to change again for our second training. This was with Mr Brown, who took us for special technique. We learnt the high kick, the flying turning kick, the double back kick and the double front snap kick. It was great and Mr Brown was fantastic. We then had lunch and a little bit of time before our last training of the day. Most people chose to decide what they were going to do for their skit, and start working on them.

After our spare time we went back to the hall for our last training of the day. We had Mr Trotter and Miss Dillen take us for sparring. We went through a few drills and then we got into sparring. We learnt a lot of drills and also we got a lot of tips from Mr Trotter. After the training we had afternoon tea and got ready to go down to the water hole. It was

about a 15 minute walk down to the water hole and it was very hot so it was a perfect time to go for a swim but when you got in the water it was freezing! At the water hole there was a mini waterfall that people would slide off like a water slide. Now we only had about 4 hours left of the day and about half of that was preparing for the skits and having dinner. When the time came to present the skits everyone was prepared and ready to do it. After we had gone through all the skits the judges went outside to discuss the winner. "Congratulations team 7 your skit was very entertaining" said Mr Banicevich. Now we moved on to Preparation H where a team of instructors had to verse the teams at eating the most disgusting things you can think of, like sheep brains, chicken hearts, cow stomachs and some other horrible stuff I can't remember. What they did was choose a team member and then they would pick a piece of paper and what number it read determined what food they would eat. After preparation H was over we went and had supper then went to bed for another full-on day on Sunday.

At 6 o'clock in the morning we were up for our morning run. This time we did a few warm up activities with Mr Skedgewell then we went for a run to the end of the road. We stopped and stretched and then ran all the way back for breakfast. After breakfast we went and got changed for our last training session of the weekend. For this training we had breaking! We learnt the proper technique for a side kick, turning kick, front snap kick and elbow strike. We had a lot of fun breaking boards and some even got to have a go at breaking clay tiles this year. It was very helpful knowing the proper technique. After morning tea, the last session was the war games. It was a whole lot of fun and challenging at the same time. After our fun it was time to pack up and get ready for home but first we had to see who won in points to determine who cleans what. In first place was team 7 and they got the easy job of cleaning the grounds, picking up rubbish. When we had finished we had lunch then the certificates were handed out and then we could go home. The weekend was fantastic and a whole lot of fun.



Photos clockwise from top:

Use your head! Is Kozmo Pool for real? General Choi said, "Head for thinking. Break board with head, get headache."

Break stuff! Breaking boards is a popular event at every Juniors' Camp.

Taking the plunge! For the first time in years, the weather allowed us to venture to the swimming hole!

Bring it on! Taekwon-Do War Games is a new favourite. Silla! Silla! Silla!

Kicks for Kids! Mr Mark Trotter and Miss Carolina Dillen mesmerised the crowd with free sparring drills and exercises.



itfnz.org.nz/kids/action/national_camp_2007.html





Above: Dunedin's full equipped Threshold dojang is the South Island's only full-time training facility and it was perfect for hosting Master Davidson's seminar
 Below, left to right: Master Davidson has a captive audience in Dunedin; revisiting bending ready stance; exploring the new ITF/NZ self defence syllabus

On a sunny, Dunedin Saturday in late January, Threshold club and instructor Mr Hayden Breese had the pleasure of hosting Master Davidson for his first-ever solo seminar held in Dunedin. With attendees from Threshold, Dunedin, Mosgiel and Central Otago clubs, we were surely in for a treat.

The morning kicked off with a "traditional" warm-up to get the heart pumping, consisting of running in a circle with the calls of one, two, and so on. Despite being a reasonably warm day (yes, in Dunedin), Master Davidson cautioned us not to rely on the temperature to ensure we were sufficiently warmed up before calling upon our bodies to perform, as this wouldn't be enough to get the blood pumping around the body.

While the primary focus of the seminar was on self-defence, we began by looking at the correct execution of the four main kicks learnt

by beginning students, namely front snap kick, turning kick, side piercing kick, and back kick. As many have found, after even a few short years of training it is easy to let incorrect execution of these techniques form bad habits, so this was a perfect opportunity to iron out any kinks.

We then moved on to the focus of the seminar, self-defence. This comprised not of the usual "grab and release" techniques, but rather real world application such as warding off an approaching aggressor before they have actually performed an attack. For example, the method of placing one hand on top of the other, open-palmed above the head and forming a triangle with the shoulders. This enables one to generate leverage to step forward into the assailant's path and push them backwards [under their chin].

Before breaking for lunch Master Davidson gave a concise explanation of the origins of directional

markers A, B, C and D. This is something most Taekwon-Do are likely to have contemplated at some stage, most likely whilst trying to remember which letter meant which way!

After a break for lunch, the seminar resumed for senior students, with an introduction to the new self-defence syllabus. Master Davidson demonstrated the various holds that would be part of the syllabus. This sneak-peak ahead of instructors' courses held in February gave everyone a good idea of the basic principles of the syllabus, leaving all those involved eager to learn more.

The day ended with a BBQ at Mr Breese's house, which by all accounts was the perfect end to the day. All of the attendees wish to thank Master Davidson for giving his time to travel to Dunedin to share his knowledge with us, and Mr Breese for all of his time and effort spent in organising this event.



Sports Awards

by Sue Breen
Counties Manukau Regional Director



Recipients of Counties Manukau Sports Awards in 2007: Miss Kristy Leong, Junior Sportswoman of the Year; Mr Luke Thompson, Sportsman of the Year; and Mrs Sue Breen, Administrator of the Year.

The New Zealand public are becoming more aware of ITFNZ and Taekwon-Do.

This is important to all ITFNZ current and future members as we move forward.

Counties Manukau is proving effective in ensuring that Taekwon-Do achievements in the sporting arena are recognised.

Over the last five years ITFNZ has won many awards at the annual Counties Manukau Sporting Excellence Awards.

At the 2007 Awards ITFNZ Counties Manukau had twelve finalists in the 14 categories (this had the effect that "Taekwon-Do" was mentioned fourteen times over the evening).

Although Counties Manukau is not the only region to submit nominations for annual sporting awards, we have been the most successful in gaining finalists to the awards and we have had many winners. The fact that two ITFNZ members have won the coveted 'Sportsman of the Year' is testament to this. In 2007 three of our members were category winners. Mr Luke Thompson won the McEntee Hire Sportsman of the Year, Miss Kristy Leong won the MIT Junior Sportswoman of the Year and I was named Deed Printing Administrator of the Year.

(As well as these Counties Manukau Sporting Excellence Awards successes in 2007, Mr Luke Thompson was a finalist in the Maori Sports

Awards. He was also presented with a Maori World Champions Award. Miss Alisa Parker from Paul M Taekwon-Do Papakura won the Junior Sportswoman of the Year at the Samoa Sports Association (NZ) Awards.)

Why we do all this is obvious. *How* we do this is simple. We look at people within the region (or who are connected to the region in some way) who have been successful or helped others to be successful, and we put together a comprehensive list of their achievements. We look at the athletes, the coaches, the clubs, the "behind the scenes" workers and the instructors and ask them to list everything they have done within the last twelve months. Often students are involved in a number of activities that include Taekwon-Do. We list all their achievements. We have found that this can often mean the difference between being chosen as a finalist and being passed over.

To find out about all of an ITFNZ member's non-Taekwon-Do activities we need to ask them to put together a comprehensive list of these activities and achievements. They often can't remember all their Taekwon-Do achievements – fortunately our website is very comprehensive and tournament results etc are easy to confirm.

My task is to then wrap these lists of facts in a cocoon of adjectives! It is important to expand on simple facts. Anything that is not written down cannot be taken

into account when the judging panel is making their decision on the potential finalists.

There is nothing "quick" about putting together nominations for these sporting awards. The time has to be put in and there is no guarantee that our members will make the finalists list. It is guaranteed that they will not be finalists if they are not entered, however.

If each region asks members to write about their achievements (Taekwon-Do- and non-Taekwon-Do-related) then choosing a few to expand for submitting is much easier.

I have found that ITFNZ members are not very good at "waxing eloquent" about their own achievements. That has been my task. Their task has been to provide me with the facts.

Counties Manukau will continue to nominate their members for these awards.

Whenever an ITFNZ member is up on stage as a finalist or as the winner of a sporting award, Taekwon-Do is being portrayed as *the* martial art. Taekwon-Do is being portrayed in a positive light and our members as role models for NZ youth.

We need to ensure that every successful ITFNZ member is given their 'moment' under the spotlight by submitting nominations for every annual sporting award they are eligible to enter.

itfnz.org.nz/about/awards/awards_counties.html

Tips to Make your Black Belt Grading More Comfortable

by Sonya Robinson, II dan
Meadowbank

You've trained hard and prepared your body and mind for one of the bigger challenges of your Taekwon-Do career. Here are a few practical tips to make the big weekend go just that little bit better. If you have any of your own tips, please email them to taekwon-dotalk@itfnz.org.nz.

- Once you know where the grading is going to be, if you haven't been there before try and train there a couple of times beforehand so that you are familiar with your surroundings and know how to get there.
- If you can find out the running route in advance at least drive around it so that you will know if it has ups and downs or if you're lucky and it's level.
- Make sure that you (or your transport) have plenty of petrol in the car the day before and all the tires are good.
- Pack your bag(s) the day before so that you can pretty much have breakfast, clean your teeth, get going and know you won't be late.
- Don't be late for form-up on the first day. Get off to a good start by arriving early.
- Have two *doboks*. On the first day you will be absolutely sodden by lunchtime and it is way more comfortable being in a fresh dry *dobok*. Same goes for your underwear – believe me it will all be sodden if you are working yourself as hard as you should be.
- Take your own food, water and sports drinks. Sometimes it's supplied or easy to get but why add the stress of having to do that when you can have it with you and know what you've got and are familiar with it.
- Take more rather than less water and sports drinks. Because you will be training for a sustained period of time I would suggest that you have around 1.5ltrs of water for the first hour and then a 750ml sports drink (one that you have tried before so you can stand the flavour) for the next hour, drop to 750mls per hour after that, alternating between water and your sports drink. The first training day could be from 9.00am to 6.00pm so prepare accordingly. It's a fine balance between keeping hydrated without losing too many salts, and having the sports drinks (which are essentially liquid food) take



- energy away from your muscles and cramp up your stomach, as they still have to go through your gut before being available to your body.
- Pack plasters, tape, any sports creams that you may have used leading up to your grading and an ice pack.
- Take a chilly bag to put your ice pack and drinks in, to keep them as cool as possible.
- Take money, just in case you run out of anything or are craving something that you didn't bring with you on the drive home.
- Have a massage at the end of the first day. I wouldn't recommend a proper sports massage, as they are pretty tough on the body unless you have them regularly. However, a gentle therapeutic massage done by someone who knows what they're doing is a great way to reward your body for a day of hard work. As you may finish quite late you need to check that this person will be available. A massage student or home-based massage therapist will often be more accommodating so you will need to pre-arrange it. However, it's worth it and so are you.
- Chill out at the end of the first day. Yes, it's been a long one but by having a swim in a cool pool or cold shower you are reducing the inflammation and muscle soreness. You will probably experience this anyway, but you can at least reduce it.

- Reflect positively on what you know you did well and don't stress on what didn't go as well as you'd hoped. After all, tomorrow is another day so it's another opportunity to do your best. As long as you do your best you can't ask for more from yourself.
- Take care and grade well.

In summary:

- Know where you are going in advance and be familiar with the dojang
- Pack the day before and check your transport is hassle-free
- Be on time to start
- Have two *doboks*
- Bring all your supplies – and plenty of them
- Treat yourself well at the end of the first day. 🐱



Top: be afraid, be very afraid • Bottom: Auckland black belt grading, December 2006
Right: Miss Natasha Kettings performing the dreaded fitness test.



How Taekwon-Do Training Can Influence One's Outlook on Life

by Norman Ng, IV dan

Pioneer of Taekwon-Do in New Zealand

Part 2 of 2

The following is a transcript of part of Mr Norman Ng's final talk to Black Belts in Palmerston North, December 1995. It was originally published in Taekwon-Do Talk in 1996, and we felt it was worth re-publishing in this issue. Mr Ng continues to be a strong supporter of ITFNZ and again we thank him for all his years of service to the art and to our organisation.

Next I want to talk a little bit about the power of your WORDS. Your words are the representative of your heart. The way you speak to people represents what's in your mind and in your heart. What you say is your responsibility and yours alone, and you must be careful that what you say is what you really mean to say. Sometimes what you say may not have the same meaning to the other person who hears it. So you say I really meant that, but the other person took it with a different meaning. If you lose your temper or say something unforgivable without thinking, it is not enough just to say you are sorry, and you didn't mean it. Often it displays your character, your mind, your heart, and others will see you in a different way. You may have a friend and one day you get into an argument, you abuse him and say a lot of things you didn't dream possible. The next day you say sorry, I didn't mean it, I don't know what came over me. Superficially your friend will say don't worry about it, but in his heart he becomes vigilant against you, he can no longer treat you as a true friend because you said some things which hurt so much he cannot forgive you in his heart. I'm sure you have experienced something like that. So think before you say something, and when you get into arguments with your girlfriends, brothers, sisters, fathers, whoever, just walk away for a few minutes and say nothing, then come back. Because that's the best way to deal with the situation. Otherwise you keep arguing, shouting louder, and where do you stop. Don't just walk away, say please excuse me for a minute, I got to do something. Go and calm yourself down and then come back, that is the best way.

So we must learn to control and choose our words with care. Particularly in a sensitive situation and when we are most upset. Precision with words comes only with practice, so therefore you should practise what you are trying to say. That's why we have oral tests in our gradings – to see whether you can express yourselves intelligently.

STIFFNESS. During training, when the instructors come along and curse you by striking you or something like that, you will tense up and become stiff to resist that strike. This is the stiffness of your body. You can feel the pain and the tightness of your muscles, you can feel your physical stiffness. How do you know about stiffness of your mind? With Taekwon-Do training you can overcome the stiffness of your body. But do you take the same care with your mind by maintaining good balance and harmony?

During Taekwon-Do training you must also try to overcome your mental stiffness by taking care of your mind. To achieve this you need to practise the tenets of Taekwon-Do, and I believe the tenets of Taekwon-Do is what is stiffness between Taekwon-Do and many other martial arts. Practise courtesy, integrity, perseverance, self-control and

indomitable spirit, inside and outside the dojang. It is so important to practise that. If you practise it over the years from now on, even if you haven't done it before you start from now on, until you go to the grave, the tenets of Taekwon-Do will be true to you.

Ask yourself, am I always courteous to my juniors, to my seniors, to my friends, relatives and parents? Or do you always argue or sneer at each other? Be honest. Can you overcome the temptation? If you found a wallet, would you take it to the police or would you keep it? Particularly, if there was a couple of hundred dollars in there. Nobody knows you have found it. That's your integrity and your conscience. Do you give your training 100 percent, trying to excel, or are you just going through the motions? A lot of us do that, just go through the motions. Even in your jobs, do you just stay there for evermore because you had no motivation to improve yourself and be a little bit more ambitious. Are you at harmony with your daily life? Are you worried about material things, envious of others, always finding fault in others and saying bad things about your friends, particularly behind their backs? If you do, you are discontented and you have a really stiff and inflexible mental attitude and we need to overcome that.

HARMONY. There are religious prayers, people who with prayer bring harmony to themselves. And there is the prayer which longs for the heart to merge with the mind to give us the meaning of harmony. We can be harmonious without having religion. That's why religion is so powerful because it brings harmony and gives the immortality of when I die I am going to be good.

When we continue with our Taekwon-Do training we try to improve our physical skills. But we must also be trying to improve our mental discipline, to help us grow in stature and personal development. When we follow the tenets and try extremely hard for full commitment we are relaxing our minds, cleansing the tiredness and stress from it. I have enjoyed Taekwon-Do over the years, particularly when I was in managerial positions at work. That was sometimes very stressful, and by going to Taekwon-Do that reduced stress a lot. I don't know whether you do or not but sometimes I went to Taekwon-Do, my head would be aching and all that. After two hours in the gym I would come home at nine o'clock and the stress was gone. No more headache, fresh as a daisy. I have experienced that week after week and that's beautiful, so I hope you've experienced that too. If we can lift our wellbeing into a good balance we have achieved harmony.

This same commitment should be taken into your daily life so that you will try to strive for harmony. If you can achieve part of the way then your Taekwon-Do training will have been worthwhile. It is not the ranking that is important, but the way you have achieved the goals and the way you have practised your tenets which are of paramount importance. Just remember that. Whether you get a black belt or not doesn't matter, but if Taekwon-Do has taught you the way to achieve your goals and practise the tenets it is much better, because that is more permanent than having a black belt.



HAPPINESS. We all want to live a happy life, don't we? How do we define happiness? To you happiness could be – I spent an hour with my girlfriend. To me it could be – I'm driving a Mercedes. And to you – I spent a couple of hours in the casino. So happiness is relative and different for different people. Generally we look outside ourselves as if to some goals, and if we achieve those goals then we are happy. For example, most of you will say today, if pass my black belt then will be really happy, I'm going to celebrate. And some of us, the older ones, when I become manager of the corporation I will be happy. But don't kill yourself; if you start to worry too much you won't be happy at all.

Sometimes when you are happy you get drunk. Perhaps just before you get married you go out to a stag party and you get drunk. Ask yourself, do you get drunk to be happy? That is the difference.

Let's take a lighthouse as an analogy. The beacon in the lighthouse gives guidance around 360 degrees for all the passing vessels. But even the lighthouse has a blind spot where the vicinity is dark. This also applies to happiness. We think there is happiness all around, but sometimes there is a blind spot there. You should all be happy right now. You look healthy, strong, and you can train in Taekwon-Do for a long time without discomfort or pain. You are lucky; a lot of other people have disabilities and there are those people who under doctors orders are unable to exercise. You will hear a lot of people complain about this and about that, and dwell on the negatives. Accept the bad weather. There is always bad weather around. Today it is such a beautiful day; we should enjoy the sunshine, which enhances the beauty all around us.

The Tenets of Taekwon-Do

by Kane Raukura, IV dan
Director of Standards and Discipline

So why should we dwell on the negative? You will find that a person who can spread happiness is a person who is bright and cheerful, they don't worry about the negative side. We compare our jobs, our bosses, our friends and instructors. But our job provides a decent means of self-respect and support. Our friends are there to provide us with social company and also to comfort us in times of need. And our instructors are there to give the necessary training to improve the physical and mental skills that you require in your gradings. Shouldn't we be happy to have a job, to have friends, and a supportive family? Ask yourself that.

Today we have a diverse group of people here. You are all Taekwon-Do exponents coming together. Shouldn't you be happy to meet each other, to talk to each other, to befriend each other and to motivate each other at this time? You shouldn't be worried about whether he is going to pass or I am going to pass. You should always help each other to achieve the goal, it doesn't matter whether or not you achieve it today. But be happy for those who have achieved it. Be happy when you can generate happiness for others, for that is important. If you can do that then you have learned something. If you feel envious if someone has something and you have not got it then you are really in trouble. And there are a lot of people out there like that. That's terrible. We should not feel that way. There are millions and millions of people who are richer than us, who drive a better car, who have a better house. Are we going to be envious of them?

But do you know that these same people experience unhappiness? Why? Because they might have experienced a tragedy in life. They may have a vacuum in their life of one type or another. Often we think the grass is greener in the other paddock and forget to be thankful for what we really have.

So I don't think anybody can claim 100 percent happiness. We have got to develop our outlook, appreciate the beauty and richness that surrounds each and every one of us, and realise that happiness is not something you should wait to be delivered to you. You've got to enjoy your happiness right now, you've got to generate your own happiness wherever you go, but you don't have to be silly over it of course and get drunk. Don't be cynical, don't complain too much, don't aim too far into the future and too high for happiness. Keep it simple. Don't be blinded by temptation and materialistic things. You should be thankful that you have a car to drive; don't worry that it isn't a Rolls Royce. Just simply focus on some light nearer home, because if you do that you'll be surprised how much happiness you can find around you. Even just walk on the beach, go into the garden to see the colours.

So on this note I would like to wish you all a good day, and end with this saying from Confucius. "Learning without thought is labour lost, and thought without learning is dangerous."

Thank you very much.

When a stranger walks in off the street, likes what they see at your club and decides to give this thing called Taekwon-Do a go, they are entering a new world of not just physical training and technique but are confronted with a certain amount of mental discipline. Now, of course this will vary from club to club or from instructor to instructor, nonetheless though they will be challenged to live by a new set of rules. General Choi called these the Tenets of Taekwon-Do and meant for them to be guiding principles within a person's life. Not just in the *dojang*, but throughout their everyday affairs and personal relationships.

The Tenets of Taekwon-Do are first listed in our Coloured Belt Handbook on the page for White Belts. This means that a freshman student is going to meet the five tenets very early on. I wonder how well these are explained to students. It is really important that these five simple principles are understood near the beginning of a Taekwon-Do student's career and not left till 3rd Gup when their meanings become a theory requirement for grading. Why is this? The tenets encompass simple ideas that can make your personal life more fulfilling and when you possess them they can generate true respect from your peers.

So, do you remember what the five Tenets of Taekwon-Do are? They are Courtesy (Ye Ui), Integrity (Yom Chi), Perseverance (In Nae), Self Control (Guk Gi) and Indomitable Spirit (Baekjul Boolgool). In this article I will focus on the first two tenets – courtesy and integrity. Courtesy is defined as excellence of manners or social conduct; or polite behaviour (see www.dictionary.com). The Condensed Encyclopaedia of Taekwon-Do though contains the following definition for courtesy:

"It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can further be, the ultimate criterion required of a mortal." – Gen. Choi Hong Hi.

Wow! What a mouthful! The real point I believe General Choi was making is that when we are courteous to one another and take the time out to be patient, understanding and thoughtful in our actions, the whole world would just be a better place to be in.

In the Condensed Encyclopaedia of Taekwon-Do, he lists the following elements of courtesy as a way of building noble character and to ensure that during training proceedings are conducted in an orderly manner as well.

1. To promote the spirit of mutual concessions (acceptable give and take between parties)
2. To be ashamed of one's vices, contempting those of others
3. To be polite to one another (good manners)
4. To encourage a sense of justice and humanity (compassion and forbearance)
5. To distinguish instructor from student, senior from junior, and elder from younger (respecting experience and age)
6. To behave oneself according to etiquette

(decorum or correct social behaviour)

7. To respect others' possessions (no thievery or unlawful damage)
8. To handle matters with fairness and sincerity (open-minded and active listening)
9. To refrain from giving or accepting a gift when in doubt

The next tenet to contemplate is integrity, which is defined simply as a firm adherence to a code of especially moral or artistic values (see www.merriam-webster.com/dictionary/integrity). General Choi describes it as where one must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Listed below are some examples where integrity is lacking in a person:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations
3. The instructor who camouflages bad technique with luxurious training halls and false flattery to his students
4. The student who requests ranks from an instructor, or attempts to purchase it
5. The student who gains rank for ego purposes or the feeling of power
6. The instructor who teaches and promotes his art for materialistic gains
7. The students whose actions do not live up to his words
8. The student who feels ashamed to seek opinions from his juniors

Integrity is summed up in one word: honesty – with yourself and with others.

In the next issue – Perseverance and Self Control. Until then, take this time to teach someone something about courtesy or integrity at your branch and encourage some real respect in your *dojang*.

Jewellery and You

It has come to my attention through a number of instructors that jewellery is starting to creep in again at club level and at other ITFNZ events. Whether instructor, black belt or general student it is one rule for all please – no exceptions! I refer you to the Rules of Conduct: Dress for training – Remove all accessories e.g. hats, headbands, rings, necklaces, watches, earrings and anything else dangerous. This rule is there for the safety of those around you as well as yourself. Instructors and seniors, enforce this rule please and always set an example. Thank you.

itfnz.org.nz/taekwon-dotalk/key.html

PEG (Performance Enhancement Grant) Recipient Profiles

by Carl van Roon, II dan
Co-instructor, Impact Taekwon-Do

In an exciting development, the New Zealand government has made a bid to support a select group of athletes from ITFNZ with their sporting Taekwon-Do goals.

As a part of this group, my mind was racing at the potential benefit that this opportunity could bring to our athletes after hearing that we would be substantially supported as athletes for the first time since ITFNZ was created in 1980.

Not only would this give us a chance at making the most of our current training resources and opportunities, it would also give us the chance to address the isolation that had prevented New Zealanders from embracing our potential as consistent and dedicated leading athletes in the world of competitive ITF Taekwon-Do. This year, governmental support will allow our athletes greater access than ever before to world class competition and training opportunities required to compete at the highest level in our sport.

This support from the New Zealand government came through our National governing body for sport and recreation: "SPARC". PEGs (Performance Enhancement Grants) are valid for 12 months and are provided to National Sports Organisations (NSOs) such as ITFNZ to enable their 'results-capable' athletes to dedicate time to training and competing in order to maximize their sporting potential. The PEG programme is also designed to reduce the financial burden associated with being an elite athlete and ultimately retain athletes in elite sport longer.

The main requirements set out by SPARC for PEG recipients include:

- To be engaged in regular international competition
- To be committed to performance excellence
- To be results-capable (i.e. capable of performances that place you amongst the world's best in your chosen discipline)
- To adhere to the SPARC anti-doping policy
- To conduct yourself in a manner befitting a high-profile public figure.

As part of the group that has received a PEG, I feel passionately obligated and more motivated than ever to pave the way for a younger generation of competitors who deserve access to the same opportunities that we are given now. My fellow recipients and I are currently piecing together our own IPPs (Individual Performance Plans) in order to maximise the resources we have been given access to. I have great faith in both the physical ability and competitive spirit of our team and look forward to making the most of the year ahead.

I would like to take this opportunity to introduce ITFNZ to our (your!) team and give you an idea of where each of us has been and where we are headed in relation to our competitive Taekwon-Do careers.

Mark 'Trovito' Trotter

Age 23
Weight..... 54 kg (male microweight)
Height..... 168 cm
Belt degree 4th dan

Disciplines:

- 4th Dan patterns
- Pre-arranged sparring
- Microweight sparring

Competitive highlights:

- Silver medal in team special technique at the Junior World Championships in Puerto Rico 2002
- Gold medal in 3rd Dan patterns at the Junior World Championships in Puerto Rico 2002
- Gold medal in pre-arranged sparring at the World Championships in Quebec 2007
- Silver medal in 4th Dan patterns at the World Championships in Quebec 2007
- Gold medal in team special technique at the World Championships in Quebec 2007
- Junior New Zealand Team Captain Pyongyang, North Korea 2000, Puerto Rico 2002
- Senior New Zealand Team Captain 2007.

Coaching experience:

Auckland North Regional team coach 2006, 2007.
Assistant Coach 1998, 1999, 2000.

Junior New Zealand Team Assistant coach 2006.

Short term goal for 2008: Gold medals in patterns and pre-arranged sparring at this year's World Cup and a medal placing in microweight sparring. Gold medals in patterns, pre-arranged sparring and individual sparring at the 2008 Oceania Championships.

Long Term goal: Gold medals at the 2009 and 2011 World Championships in 4th Dan patterns. To be 3 time World Champion in Pre-Arranged Sparring. A gold medal in -54kg microweight sparring at the 2009 and 2011 World Championships.

Plans for this Year

Oceania Championships 2008 in Auckland. Attending a training camp in Poland and training in England in June / July.

2008 World Cup in Italy followed by a training trip to Argentina in October / November.

Richard "Codpiece" Lavin

Age 24
Weight..... 74 kg
Height..... 175 cm
Belt Degree 3rd dan

Discipline:

- 3rd Dan patterns

Competitive highlights:

- Bronze medal in 3rd Dan patterns at the World Championships in Quebec 2007
- 2002 Nationals team sparring.

Favourite quote:

"Nobody ever drowned in sweat"

What keeps you motivated?

Being able to compete against the best competitors in the world.

What will you use the grant for?

Mainly for travel costs for tournaments. But also for training equipment.

Luke "Juggernaut" Thompson

Age 26
Weight..... 102 kg
Height..... 178 cm
Belt Degree 2nd dan

Disciplines:

- Power breaking
- Pre-arranged sparring

Competitive highlights:

- Silver medal in power breaking at the World Championships in Dortmund, Germany 2005.
- Gold medal in power breaking at the World Championships in Quebec City, Canada 2007.
- Gold medal in pre-arranged sparring at the World Championships in Quebec City, Canada 2007.

Favourite quote:

"I'm gonna uppercut you" ;)

What keeps you motivated?

Knowing I can do better and someone is out there training harder to beat me.

Daniel "DJ" Thompson

Age 21
Weight..... 70.5 kg (male middleweight)
Height..... 183 cm
Belt Degree 2nd dan

Discipline:

- Middleweight sparring

Competitive highlights:

- Silver medal in team special technique at the Junior World Championships in Puerto Rico. 2002.
- Gold medal in team special technique at the World Championships in Quebec City, Canada. 2007.
- Bronze medal in team power-breaking at the World Championships in Quebec City, Canada. 2007.
- 5th place equal in middle-weight sparring at the World Championships in Quebec City, Canada. 2007.

Favourite quote:

"Keep your face towards the sun so you don't see the shadows."

Carolina Dillen

Age 24

Weight..... 58 kg (female lightweight)

Height..... 164 cm

Belt Degree 1st dan

Competitive highlights:

- World Championships, Canada:
- Bronze Medal in 1st Dan Patterns at the World Championships in Quebec City, Canada. 2007.
- Reaching the quarterfinals in lightweight Sparring at the World Championships in Quebec City Canada. 2007.
- Bronze Medals in team patterns and Special Technique at the World Championships in Quebec City, Canada. 2007.

Favourite quotes:

“The real contest is always between what you’ve done and what you’re capable of doing...You measure yourself against yourself and nobody else”

“I did then the best I could and when I knew better, I did better...”

What keeps you motivated?

For me this is a very personal question. My motivation is related to my fundamental desire to be better... a better athlete, competitor, martial artist... ultimately a better person. This combined with just the pure and simple joy of training itself and training with good friends keeps me very motivated! Something else that has helped to keep me motivated over the years is, ironically, the very thing that has kept me away from training for long periods of time—injuries which kept me from being able to compete at the World Champs in Italy in 2001 and trial for the World Champs in Germany in 2005. These obstacles made me change the way I think, to never take the ability to train for granted, and to hold my goals close to my heart and work towards them at every available opportunity.

Plans for this year:

To competing at the 2008 World Cup in Italy. I plan to use this PEG to help me get there and also to help me prepare optimally for this major event. I am also planning to travel to Europe mid-year to train in Poland and England, to make sure that my training is progressing at the required international standard.

How do you think that will assist you and ITFNZ in terms of overall development?

The PEG will assist me greatly by removing financial barriers which have kept me from training and competing internationally in the past. I have no doubt that by making good use of the PEG, my performance will improve. In terms of how it will assist ITFNZ’s overall development, initially I hope it will increase Taekwon-Do’s profile, both in New Zealand and internationally. Also, I believe it will assist ITFNZ in terms of the knowledge and experience which we will be able to pass on. Currently, four PEG recipients, Mark Trotter, Luke Thompson, Carl van Roon and I run and teach a weekly Athlete’s Class, under the Auckland Taekwon-Do Academy. This is our way of being able to give back to ITFNZ, by teaching others what we have learned. On a larger scale, my hope is that we are only the first group to receive PEGs, and that there will be many more after us. It could be something that anyone could aim towards

and would bring down a lot of financial barriers, enabling us as a country to have a higher standard of international competitors, which in turn would help increase numbers and Taekwon-Do’s popularity.

Kaine Baigent

Age 19

Weight: 63 kg (male lightweight)

Height: 175 cm

Belt degree: 2nd dan

Competitive Highlights:

- Bronze medal - 1st Dan Patterns Honduras 2006
- USA Open 2007 - Florida.

Favourite Quote:

“Don’t hate the player, hate the game...”

What keeps you motivated?

The passion for the sport and desire to represent New Zealand.

Carl ‘MP’ van Roon

Age 24

Weight..... 80 kg (male heavyweight)

Height..... 189 cm

Belt degree 2nd dan

Competitive Highlights:

- Bronze medal in heavyweight sparring at the World Championships in Quebec 2007.
- Gold medal in special technique at the World Championships in Warsaw, Poland. 2003.
- Gold medal in special technique at the World Championships in Dortmund, Germany. 2005.
- Gold medal in special technique at the World Championships in Quebec City, Canada. 2007.
- Gold medal in team Special Technique at the World Championships in Dortmund, Germany. 2005.
- Gold medal in team Special Technique at the World Championships Quebec City, Canada. 2007.

Favorite Quotes:

“I find that the harder I work, the more luck I seem to have.” - *Thomas Jefferson (1743-1826)*

“Success usually comes to those who are too busy to be looking for it” - *Henry David Thoreau (1817-1862)*

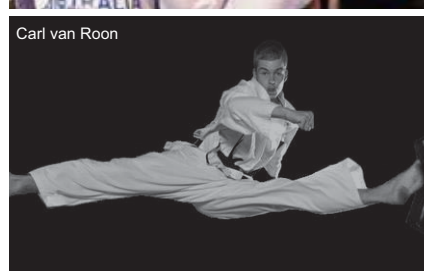
“The best way to predict the future is to invent it.” - *Alan Kay*

What keeps you motivated?

“At a basic level, just being passionate about the training keeps me very motivated. No matter what happens in a competitive environment I always know I can go back to simply enjoying the challenge and growth that comes from spending time in the dojang. I think that is the key for me. Socially, seeing my peers as excited about upcoming events as I am and putting that team energy to use in a training situation is something that I feel motivates us all.”

Plans for this year:

- March: Oceania Championships in Auckland
- Mid-year: Training camp in Poland / England
- October: World Cup in Italy
- November: Training in Argentina.



Mr Vince Pygott, IV dan

by Mrs Shirley Pygott, II dan
Instructor, Jungshin Stanmore Bay

- 4th dan
- International Instructor
- Premiere Umpire (ITFNZ)
- A Grade Umpire (ITF)
- Past member of Marketing Committee
- Past Director of Standards & Discipline
- National Secretary ITFNZ 1998 – 2008
- Secretary OTF
- Member of Techniques Committee
- Regional Examiner
- ITFNZ Life Member

How and where did you get started in Taekwon-Do?

When I was at Auckland University in the early 1980's I was really fit, and enjoyed playing a lot of social soccer, but unfortunately during the annual soccer match between the University Field club and Tramping club I got a really bad knee injury, which put me out of action for a long time. The doctors told me 'no more contact sport', and with the way I liked to play this meant that I couldn't participate in soccer any more. By 1985 I was pretty unfit, and I wanted to do something about it. Shirley was working at Farm Cove Intermediate, and we attended a staff function. I got to talking to the husband of one of her fellow teachers, who just happened to teach Taekwon-Do at the school. He was none other than Rocky Rounthwaite (now Master Rounthwaite, ITF Thailand) and at that time was the II Dan Head Instructor of the Pakuranga Club (now Eastern ITF Pakuranga). He convinced me to give Taekwon-Do a try, as it would get me fit and help strengthen up my knee. So I gave it a go and haven't looked back since. My first grading was in December 1985.

How was Taekwon-Do then different from what we do now?

It certainly was less comprehensive: to go for your coloured belt gradings all you needed to know was your patterns and step sparring, and free sparring for green belts and above. No self defence, no breaks, and definitely no theory. In fact most of us only ever said the student oath at a grading, and consequently most of us did not know it very well. Breaks were only done for black belt gradings and tournaments were full contact (my doctors' advice

to take up 'strictly non-contact' sport conveniently forgotten). You never heard a 'Yes Sir' and patterns were performed much faster. Po-Eun in particular was spectacularly impressive with the hands almost blurring from one movement to the next. Camps and special training days were training and social highlights; I could never bear to miss a single one!

When did you receive your 1st dan black belt?

In August 1989. In those days you sat your black belt with everyone else at coloured belt gradings, so it was all over in an evening. You got your result the next day. Shirley missed seeing me grade, but since she was in hospital, having just given birth the week before to our first child, Thomas, I figured she had a good excuse!

When did you start instructing, and at which club?

Even before I gained my 1st Dan I had helped to establish and assist at two new clubs in 1988: one at Mt Albert Grammar where I was a teacher, and one in Waitakere. The Mt Albert Club is still going strong, now as Nibun Central, and the Waitakere club helped form the beginnings of the present day Avondale Club. I wanted to start my own club though, and in February 1991 I opened the Hibiscus Coast Club in the Silverdale Hall. Over the years we have also changed venues and names, establishing the 'Jungshin' group of clubs some years ago. There are now five clubs in the group; Red Beach, Stanmore Bay, Whangaparaoa, Rosmini and Glenfield.

What are the highlights of your Taekwon-Do career?

Attending Camp Colorado in 1990: A large kiwi contingent spent two weeks in Colorado, training under Master Chuck Serreff, and fostering relationships with our then sister organisation the USTF. It was the experience of a lifetime.

Gaining my 4th Dan in 2001: From the time I first put on a dobok I wanted to be a 4th Dan. At that stage there were no 4th Dans in New Zealand, so it was a pretty lofty goal, but I never wavered from it.



Newly promoted to 4th Dan 2001

Becoming the secretary of ITFNZ: Right from the beginning I also wanted to be part of the bigger picture, and was the national secretary for the last 10 years.

Becoming a Life Member of ITFNZ in 2005: 20 years seemed like a long way away at the beginning but now it seems just a moment ago.

What are the highlights of your instructing career?

- My first student to pass his black belt (Chas Burton)
- My first student to take up instructing (Matthew Davey)
- My whole family becoming black belts, first Shirley in 1990, Thomas in 2005 and Emma in 2007.
- Having a student chosen to represent NZ (Thomas Pygott)
- Having someone I introduced to Taekwon-Do go on to coach NZ teams to top three world standard (Mr Andrew Niven)

What is your most disappointing Taekwon-Do moment?

Failing my 2nd dan in 1991 the first time around due to a dislocated shoulder. (My self-defence partner got a bit carried away). However my proudest moment was 6 months later in 1992 when I re-sat and passed the grading.

What are your personal goals for the future?

To establish Jungshin Taekwon-Do throughout the North Shore in Auckland, and to reach the rank of Master.

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

To help ITFNZ become a popular recreational activity throughout New Zealand, with NZQA or equivalent recognised qualifications.



5 board destruction 4th Dan Grading 2001

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

Master Paul McPhail, for his talent, modesty, involvement and the way he deals with people; combining the highest of standards with great empathy.

What are your memories of General Choi?

I have trained or spent time with the late General Choi on at least six separate occasions, including all the International Instructor Courses since 1990. There will never be anything to compare with having your patterns picked apart in front of a room full of Black Belts by the Founder of Taekwon-Do himself!

I can clearly remember the sight of him in 1991 at Mount Albert Grammar School pounding the support poles outside the Gymnasium with his hands. He was making the whole building shudder with his conditioning exercise, and he continued until his hands were red. It was his lunchtime relaxation routine!

I also have a great memory from a harbour cruise just after the same IIC. I sat talking to the General as we cruised the harbour, and he held my then 18 month old son, Thomas, on his lap. I don't recall what we talked about, but during the conversation Thomas innocently helped himself to the contents of the General's pocket, and the General never skipped a beat.

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

Someone who is always striving to be better, both physically and mentally. Someone who shows humility, good discipline and etiquette, and loyalty. Someone who willingly gets involved in club events and in the community.

In your view how has Taekwon-Do changed in NZ in the last few years?

ITFNZ has become more sport orientated, and there is less attention to etiquette. I think the Art has been lost a little in the glamour of competition.

There is a much higher participation of younger people these days, and the skill level is certainly much improved from when I first began.

What is it about Taekwon-Do that has kept you interested for so long?

The beauty of Taekwon-Do is that you can set individual or personal goals and achieve them. You don't need to be a medal winner at tournaments, or the best at patterns or indeed any one area of Taekwon-Do to get immense enjoyment and satisfaction from the Art. I think it is very important to get involved and give back all that has been given to you through Taekwon-Do. Everyone has the potential to give back and play an important role at club level and in the wider ITFNZ community. I have personally found it very sad when senior students have left for 'greener pastures', as they



Blue belt 1987

have obviously not grasped the 'giving back' message that I hold so dear. A lot of enjoyment and satisfaction is gained by helping others get better by improving techniques, gaining self confidence, developing self discipline and improving their physical, mental and emotional skills, and you don't have to be the best at anything in particular to do it. You just need a genuine desire to be the best you can be, and to help others do the same. To me, that is what Taekwon-Do is all about.

What of the future?

Now that I have stepped down as ITFNZ's secretary I will take a bit of a break from the political scene, concentrate on my family, my teaching (work), my own training, my students' training, the development of the Jungshin schools, and see if I can do something about those goals I mentioned earlier.



Auckland Regional Camp Mototapu Island , 1989



OTF Delegates, Melbourne 2002



Seminar with Gen Choi 1991

itfnz.org.nz/taekwon-dotalk/key.html

President's Corner

2008 will be another big and exciting year for ITF NZ and for our clubs/schools and members. A restructuring of the organisation is underway, which has full support of, and assistance from, Sport and Recreation New Zealand (SPARC). This change will bring us in line with the structures of many other NZ sporting and recreation organisations. As I mentioned at the 2008 National Camp in Tui Ridge, our core business of learning and teaching ITF Taekwon-Do will not change. We will not sacrifice quality. We will maintain the high standard of ITF Taekwon-Do and leadership which is envied by many overseas countries. Your full support for this new initiative and change is most essential. I see a bigger and stronger ITF NZ as a result of this change with access to increased funding and resources.

Our National Training Camp at Tui Ridge kicked off the year and it was good to see such a tremendous turnout. Thanks for your attendance and also many thanks to Mr Craig Hannah and Glen Harding who planned and organised this event.

A revamped self-defence syllabus is currently being rolled out to our instructors. This syllabus has been put together by Master McPhail and Mr Steve Pellow. "Thanks guys."

For those instructors and assistants who have already completed the introductory sessions, I'm sure you will agree our close quarter self-defence system will be much easier and more enjoyable to teach and learn. Don't rush it. Take it quietly and develop the strong fundamentals skills presented.

Once again a big thanks to Mr Mark Banicevich and Mr Carl Matthews for their great effort and extensive time in putting ITF NZ on our television screens. Their work with Sky and Triangle Television has certainly created a higher profile for ITF Taekwon-Do in New Zealand.

Keep up your dedicated training in ITF Taekwon-Do. I will, no doubt will catch up with many of you throughout the remainder of the year.

Master Evan Davidson, VII dan
President of ITF NZ



Meeting Snippets

12 January 2008

ITF NZ acknowledges the passing away of Sir Edmund Hillary and commiserates with the Hillary family at the death of such a great man who was (and will remain) an inspiration to so many.

1. The final copy of the SmokeFree policy should now be up on the website.
2. Mr Herbison has completed ITF NZ's Business plan. This is very important as it gives us more credibility with SPARC and helps ITF NZ to follow a path towards growth and development, making Taekwon-Do better for all the members.
3. Some of our members have received Performance Enhancement Grants from SPARC and of those a couple were awarded with the Prime Minister's Athlete Scholarship as well. This will enable the recipients to dedicate more time into pursuing their goal of winning gold at World and International events.
4. The Tournament committee are continuing to update an operations manual for the organising and smooth running of our National tournament.
5. A new protective garment will have just been approved by the Tournament Committee and it will be able to be worn underneath the dobok as an option for sparring either in tournaments or club.
6. We still need a Marketing director and committee members. The director can be any one with good organising skills and ideally have a background in marketing. This is a very important role and the successful applicant will have a team of people to do the tasks necessary to help ITF NZ achieve its goals.
7. ITF NZ still needs a patron. If anybody has someone in mind then let your RD know. A patron needs to have influence or business/organisation knowledge (preferably both).
8. ITF NZ banks balances continue to look healthy.
9. There will be an Umpires Course at the International Instructors Course this year. This is a very important event in which we will want all of our current Premier and A grade umpires to attend. B grade umpires will be welcome.

We need to get as many people ITF qualified as possible in preparation for the World Champs 2011.

10. The ITF World Championship 2011 organisation is coming along well with the formation of a company and with the usual people working hard to secure a venue. We need more people to put the names forward to help. Go to the Website and contact Master McPhail if you are willing to help.
11. The restructuring of ITF NZ is being investigated very thoroughly and your instructors will be given an overview of the proposed structure for ITF NZ at their next Regional meeting. It is very exciting and the proposed new structure will not only open the doors to SPARC (and hence finances) but will mean improvements for all members. Blackbelts will be able to have their say on the forum very shortly when a forum topic is put up. This new restructuring and the formation of the World Champs company will see ITF NZ making great forward steps in the eyes of SPARC which will lead to more funding from SPARC and better times ahead for every member of ITF NZ.
12. The ITF Tree and ITF logo are being trade marked.
13. Organisers of sponsored ITF NZ events need to be aware of the sponsorship arrangements when organising who can and who cannot have a stall at the event. The Sponsorship & Funding committee, in conjunction with the Tournament and Technical Committees, will be looking at which tournaments/seminars are occurring during the year as well as the terms for sponsoring these events.
14. Event Management policy is being reviewed and amendments made which will state where the money received for the event will be distributed.
15. Organisers of tournaments may look at adding a \$5 levy on entry fees that will go in a 2011 World Champs fund.

Vince Pygott, IV dan
ITF NZ Secretary



What's wrong with this ad?

If you can write a better ad, you are just the sort of person we need on the ITF NZ Marketing Committee!

ITF NZ isn't marketing, because we have nobody leading the charge.

We need a Director of Marketing, and members of the Marketing Committee. Perhaps ITF NZ can help you to a great career in marketing!

Email your CV and your ideas about marketing ITF NZ to secretary@itfnz.org.nz by 31 May 2008!



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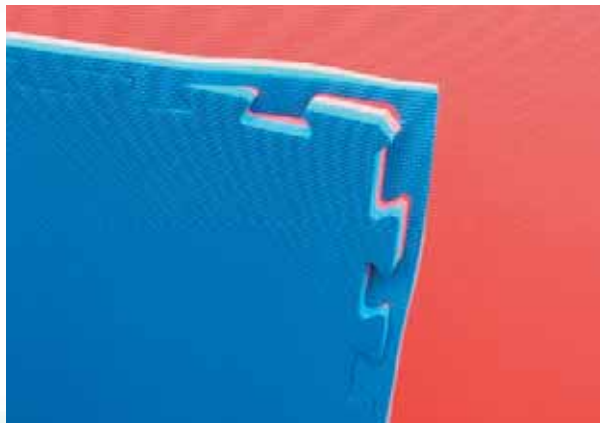
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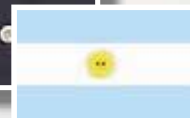
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