

www.itfnz.org.nz/taekwon-dotalk

TAEKWON-DO TALK

THE OFFICIAL MAGAZINE of ITFNZ Taekwon-do



ALSO IN THIS ISSUE:

2008 International Instructors' Course • Carolina Dillen on Summer Camp in Poland • Kicks for Kids •
Ace Press-ups and Sit-ups at your Black Belt Grading • Instructor Profile: Kris Herbison... *and more!*

Need the perfect gift?

Buy Taekwon-do Television **2007** on DVD!
Own the **2 hour SKY Sport** special plus all
8 Triangle TV episodes on a **3 DVD set!**
Add this to your Taekwon-do Collection now!



Now
only
\$40 !

TAEKWON-DO TELEVISION

Available from Paul M Taekwon-do
www.paulm.co.nz/tkd
or email mechandise@paulm.co.nz

Buy 2006 and 2007 for only \$65 – and **save over 15%!**

For

QUALITY

SERVICE

VALUE



WEB-SHOP OPEN 24/7

AT LAST THE WAIT IS OVER!

THE ULTRA ELITE SPARRING DOBOK IS HERE!

DESIGNED FOR COLOURED BELT STUDENTS!

FEEL THE UNIQUE DIFFERENCE!



VISIT www.toppro.co.nz or e-mail sales@toppro.co.nz

Phone: 07 571 0866 or 07 579 5845 Mobile: 021 718 310 or 021 980 878

TOP PRO ... YOUR FIRST CHOICE IN QUALITY!

Editorial

I was asked to write the Editorial for this second and final issue of Taekwon-Do Talk for 2008 and it is my privilege to do so.

This issue is the first with Miss Kirsty Irvine as Editor, having been handed the reins by our long standing Editor-in-Chief Mr Banicevich. Mr B started as co-editor in mid 2001 and a few issues later, he was the man in charge. He did a truly amazing job over the past seven years, almost single-handedly being responsibly for raising the standard of the publication from what was basically a big newsletter into what is now a full colour magazine. His work capacity is stunning, and if I were to list the other things he was involved with at the same time, it would humble most of us.

Mark is my student and I am very proud of his achievements, not the least of which is being a 5th dan. He is now taking on roles internationally as is part of the ITF Development Committee. We wish him all the best with that role over the coming years.

Back to Kirsty then – and it is fair to say I don't think she quite realised what she was getting herself into! The Editor of this magazine largely involves chasing people for articles and photos, and it is very time consuming. Please spare a thought for Kirsty and send something for the next issue. No matter how insignificant it may seem – she will really appreciate it. Photos, letters, articles, ...

Finally, I hope it is appropriate for me that thank everyone again for supporting my family following the loss of Portia in April. On Portia's Birthday in November we received cards, flowers and gifts – and it all helps.

It has been a tough year for Counties Manukau Taekwon-Do, in particular this year we lost Portia, Kaitie Powles and more recently Jack Bebbington. I thought, having been through it myself, it may be easier to visit Jack's Mum and Dad, but I found it very difficult to do so. Know that the simple act of doing something to try to help others is what is important. This is the basis of Taekwon-Do philosophy. Don't underestimate what even a single word can mean to someone.

And realise this; no matter what tragedy comes our way in this life, we always have the freedom to choose our attitude.

Master Paul McPhail
Taekwon-Do Talk Team

About the Cover



Master Mahesh Bhana performs a back piercing kick during his senior dan grading in Tauranga as part of the International Instructors' Course, July 2008. Photo taken by Rose Cherrington.

Features

- 4 On Tour For a Pellinging**
Mark Banicevich
- 8 Master No. 3 and the Senior dan Grading**
Sonya Robinson
- 12 2008 International Instructors' Course**
Sonya Robinson
- 14 Grading Guide to Press-ups and Sit-ups**
Sonya Robinson
- 15 Development Camp**
Chris Morton
- 20 13th Central Summer Camp in Nowa Ruda, Poland**
Carolina Dillen
- 22 World Famous in Wellington**
Alana Inglis
- 26 South Island Regionals**
Holly Eades

Regulars

- 3 Editorial**
- 6 Protect Self Defence: De-escalation and Diffusion**
- 10 Regional Roundup**
- 16 Instructor Profile: Mr Kris Herbison**
- 19 Standards and Discipline**
- 23 Technical Tips**
- 24 Kicks for Kids**
- 27 Executive Update**

p4



p8



p16



p20



ITFNZ

Taekwon-Do

0800 800 495

itfnz.org.nz

Disciplined Body

Focused Mind

Pure Spirit

Sponsors of Taekwon-do Talk



Sponsor of the ITFNZ Taekwon-do website



The Taekwon-do Talk Team

Editor

Kirsty Irvine

Desktop Publishing

Master Paul McPhail
Kirsty Irvine
Anna Hall
Megan Matsuoka

Staff Writers

Master Paul McPhail
Shirley Pygott
Kane Raukura
Sonya Robinson
Phil Thompson

Proofing

Mark Banicevich
Breon Gravatt
Florinda Petterson
Tim Couling
John Coll
Brendan Doogan

CTP Plates

Paul M Ltd

Printing

Artech Print Ltd

Distribution

Tribal Taekwon-do

On Tour For a Pellowing

by Mark Banicevich, V dan
Instructor, Paul M Glendowie



I've known Mr Pellow for about fifteen years and have always found him to be an awe-inspiring martial artist as well as a nice guy. He is also an incredible instructor and a self defence legend. So when Mr Herbison suggested that Mr Pellow and I tour the South Island this year as "Stripes on Tour" I jumped at the chance.

The focus of our tour was the new self defence syllabus. Mr Pellow, of course, had something more in store – a new approach to ground work in the first degree syllabus.

We flew to Blenheim on a crisp Tuesday morning in mid-May (thank you Mrs Pellow for the ride to the airport) hot in anticipation of a fantastic trip. The two hour flight flashed by as we discussed many aspects of Taekwon-do.

After Mr Pellow kindly walked around town while I worked around Blenheim, we made our way to Mrs Eade's house to prepare for the seminar. We had 16 students for the seminar, about half of whom made the journey across from Nelson. Mr Pellow skilfully worked his way through various releasing techniques exercises, gradually increasing the difficulty. Of course, I was there to get a Pellowing. It's amazing how much you learn while being prodded and poked, smacked and whacked, thrashed and thrown, by one such as Mr Pellow.

By the end of the seminar, many of the students had become quite fluid in their defences. Then the black belts worked about an hour on ground work. Students begin learning to move on the ground, followed by kicking pads from various angles. It's amazing how much power you can get launching

both feet at your opponent from the ground. After working with their basic kicks from the ground, students started trying different sweeps and throws, then defences against kicks and other attacks. It was a barrel of fun and we hope their seniors are inspired to continue practising these techniques.

Wednesday morning Mr Pellow and I faced the long drive to Dunedin. Entertainment on the trip included variously, conversation, music and listening to Roman history on my iPod. Isn't technology great! We made Christchurch in time

for lunch with Mr Herbison and then continued on to Dunners.

We arrived at Mr Breese's house in time for a quick rest before the seminar and then travelled on to Mosgiel. Numbers were less than expected (come on Dunners – show Mr Kettings your spirit!) however we had a great time throwing each other around and I received yet another another Pellowing.

Thursday was a day's work and a quick skip across to Alexandra. They breed 'em hard in the south, I



Photos Courtesy Mr Chunhong Yoon



Above & Facing: Mr Steve Pellow and Mr Mark Banicevich demonstrate the new ITFNZ self defence syllabus. *Below:* Captive audience. *Opposite, below:* Students get a chance to practice the techniques amongst each other



suspect the regular subzero temperatures are partly responsible. We had a few more punters than in Dunedin and some very talented students. One of the highlights was when Mr Pellow cut the lights... I got a Pellowing.

We drove to Christchurch on Friday and took the night off. After Mr and Mrs Thompson's flight was delayed there wasn't time for festivities. On Saturday we rose early for "Protect" Seminars. Mr

Pellow took Saturday off to visit friends, while I played dummy for Mr Thompson. And I thought getting a Pellowing was an experience! (Okay, I exaggerate – it was my sixth or seventh "Get Real" seminar, so I've been there before. The bruises were new, of course.)

Having a three hour "Cutting Edge" seminar immediately after "Get Real" was someone's idea of a good idea. It was a very full day. Mr Pellow

was smarter and arrived in time for "Cutting Edge". Saturday night was little more than a couple of quite glasses of wine and a chat.

If there is one thing harder than being Mr Thompson's guinea pig for "Get Real", it's being guinea pig for "Safe for Life". I collected a shiner from Mae... good work, lass! If you haven't done a Protect Self Defence course yet, do one. It's a brilliant compliment to your Taekwon-do training.

Our final seminar of the tour was Monday evening in Christchurch – by far the largest seminar of the tour. It was a fantastic night. Most of the crowd did at least one (and up to three) Protect courses over the weekend; Mr Thompson and Mr Pellow explained their cohesion smoothly. The nicest thing about this seminar was I didn't get a Pellowing. Mr Pellow knew I needed some recovery time and picked new victims – I mean volunteers.

Tuesday afternoon we returned to Auckland buzzing, if a little sore. Mrs Muirson collected us from the airport and she and Mr Pellow kindly fed me before my 4pm meeting. It was a wonderful trip and one I wouldn't hesitate to do again – perhaps in November.

Thank you to Mr Herbison and Miss Caley for organising the trip and for your hospitality. Thank you to Mr and Mrs Eade and Mr and Mrs Breese also for your hospitality. Thanks also to all the instructors for their support, thank you Mr and Mrs Thompson, for your expertise and finally, thank you Mr Pellow, as always, for everything. 🐔

De-escalation and Diffusion

by Phil Thompson
Protect Self Defence



“Body language is at least 60% of communication”

In the last issue we talked about the first stage of self-defence: avoidance through awareness and intuition. In this issue we discuss another vital aspect to Protect’s self defence training: de-escalation and verbal diffusion.

De-escalation strategies are predominantly used at the point where the aggressor is intimidating you, shoving you around, verbally abusing you etc prior to the situation escalating to physical violence. The ability to understand and to be able to control the process at this stage is vitally important as it offers you the chance to either talk your way out of the situation, or buy time to position yourself strategically for a pre-emptive or defensive response should one be required.

There are two main aspects to de-escalation: “choice speech” and body language.

“Choice speech” refers to the things that we say to

an aggressor and, just as important, the things that we definitely don’t want to say to an aggressor to avoid the situation escalating to physical violence. Now, obviously we live in a real world and some situations just can’t be diffused for many reasons, but this is about loading the dice in your favour and doing whatever it takes to avoid a physical altercation if possible.

Body language is at least 60% of communication and it is important to understand how to position our bodies to send the right message to the aggressor while at the same time providing maximum protection and an ability to respond quickly and efficiently should it be required.

Let’s look at choice speech first. Let’s be clear here, we never teach “scripts” or any kind of pre-rehearsed verbal routine because that concept is ridiculous to say the least. What we are talking

about here is knowing what types of things tend to escalate situations and what types of things tend to de-escalate them when you say them to an aggressor.

One of the important things at this stage is to know what the aggressor wants. Are they attacking you from an ego level or a criminal level? The two are similar in some ways but have distinct differences which can alter the outcome drastically.

There are three types of things that an aggressor can possibly want from you:

- your valuables (money, iPod, keys, handbag, shoes, etc);
- your body (they want to beat you, rape you, humiliate you, kidnap you, etc); or
- your life.

Understanding what the aggressor wants is imperative because it offers you the opportunity to manipulate the situation to your advantage by asking questions and offering solutions to the specific need.

Also while you are diffusing, you are buying yourself time to assess some important variables, such as:

- what is my environment and how can that work for/against me?
- what is my situation? (eg, am I alone or with friends/family, am I drunk, against the wall, sitting down, in enclosed space, etc);
- who am I dealing with? (eg, is he alone or with friends, sociopath, does he have a concealed weapon, etc); and
- do I have any limitations? (eg, am I sick, drunk, high, injured, etc).

One of the main things we encourage people to do at this stage of the process is to listen. Hardly anyone listens to each other any more. So often our initial response to an aggressor is one of anger and/or violence, whereas many situations can be diffused by simply listening to the person and looking for a peaceful solution. People who have attended our "Get REAL" seminar know what I mean by that and the importance of it.

The second aspect is body language. It is vital that the messages you are sending with your body are congruent with the words and tone you are using. There is no point in saying "I don't want any trouble, lets talk about this," to an aggressor while you are standing one foot away from them in a fighting stance, with a look on your face like you are about to eat them! That is incongruent behaviour that will probably not have a happy ending.

The position of your body must also provide you with maximum protection against any type of attack, including the sucker punch, and allow you to deliver whatever level of physical retaliation you deem necessary in the moment.

Other aspects to body positioning include sending the right messages to witnesses, maintaining strategic proximity to your aggressor, and eliminating attack ranges by placing psychological barriers in place.

For those of you who have attended one of our seminars, you have experienced and worked with our "passive stance" and more importantly the psychology behind that stance, and you have seen first hand the benefits it delivers in a real situation.

Martial artists often have a hard time accepting that de-escalation *is* self defence, because martial arts deal with a purely physical delivery system. My opinion is vastly different and I am qualified to give this opinion given the amount of violence I have experienced and seen in my life. Avoidance and de-escalation is absolutely self defence in its truest form. The physical bit is the absolute last resort when all other aspects of your self defence fail and you are left with no other option.



If you have a problem with the concept of avoidance and de-escalation in the first instance, instead favouring a purely physical response, I suggest that you have emotional or self control issues or a gap in your training which needs to be addressed quickly. That attitude is usually borne out of insecurities, fears, self-doubts and limiting self beliefs controlling you. These things are leading you to a dark place that will only bring you pain.

If you feel that you have to impose your skills upon someone, then your ego is in control and you are going to learn some very hard lessons. Real power comes from getting out of the situation, knowing that you could have beaten the other person, but you didn't need to because you controlled the situation. You can feel good about it because you potentially just saved somebody a lot of hurt, and at the same time you no longer have the aftermath to deal with. Believe me, dealing with the aftermath of real, serious violence is hell. It is a place that you absolutely do not want to be. As I have said many times, no-one wins a street fight. You may survive it, but you don't win it. Nobody does.

We have a saying at Protect; "To engage is to enrage". If you don't engage the aggressor (unless of course you have no choice), if you become detached from your ego-related responses and feel no need to defend a point of view that cannot in any way have a positive outcome given the situation, then there is nothing left to attack. When you reach this stage of the confrontation, very often you will find the situation diffused. After all, it is hard for someone to continually attack your point of view when you are agreeing with them or giving them what they want.

Also, remember that in most situations it is very important to leave a person with a way out, that is, letting them "save face". Ego is one of the main catalysts of all fights. Unless you give the person the chance to leave with his or her ego intact (if not inflated) then the chances are they will not go anywhere and the situation will escalate into physical violence.

Of course this is all contextual and depends on what the person wants, but when you understand how this works you will find yourself in a true position of power where you can control many situations long before they ever become physically violent. This is self defence.

And why bother with all this stuff? Why not just "knock 'em out"? Just ask someone who has faced really serious violence, or attended one of our seminars, and they will answer that for you.

Dealing with real violence is not about the courageous, honourable, cool, flashy stuff that is glorified through the media, movies and some martial arts. It is brutal, chaotic, scary, emotionally traumatic, and never, ever simple. You have to take into account multiple attackers, weapons, gang mentality, drug influence, retaliation against you and even your loved ones, emotional trauma to you and your families, the law, the list goes on and on. It is not a place you want to be, and if it is I suggest you seek help for that because the only possible outcome to that attitude is pain to yourself and those you love.

After all, you cannot fight fire with fire. You cannot beat violence with more violence. There is an expression that we use: "When you dance with the devil, the devil doesn't change". That is so true. Where possible, fight fire with water. Beat violence with patience, empathy, understanding and come at it from a place of light, rather than where violence grows from, a place that is very dark.

Of course, there are times when there is no choice but to engage physically, and we will discuss our physical defence training in an upcoming issue.

As always, I welcome all feedback, comments, criticisms or suggestions. Feel free to email me at phil@protectselfdefence.co.nz

Stay safe.



Master no. 3 and the Senior dan Grading

by Sonya Robinson, II dan
Meadowbank

Just after 4.00pm on the Saturday afternoon of the IIC we gathered to watch the Senior dan Grading. Eight practitioners, including Mr Mahesh Bhana going for his VII dan – awesome!

It started with those going for IV dan – Mr John Matsuoka, Mr George Konia and Ms Sandi Galpin demonstrating their top patterns – Sam-il (33 movements), Yoo-Sin (68 movements), Choi-Yong (46 movements) and then Ge-baek (44 movements).

Then those going for V dan – Ms Christine Young, Mr Kane Raukura and Mr Peter Graham performed Yon-Gae (49 movements), Ul-Ji (42 movements), Moon-Moo (61 movements) and then Sam-il (33 movements).

Mr Andrew Salton and Mr Mahesh Bhana performed Se-Jong (only 24 movements but each one is different) and So-San (72 movements!). Then the Masters asked Mr Bhana to watch Mr Salton perform Yul-Gok and tell them what corrections he would ask him to make, based on what he had seen.

Those going for IV dan were then asked to demonstrate their model sparring – about five or six pre-arranged routines done in normal motion and

then slow motion or vice versa. This really showed the strengths, agility and skills of those grading, as well as demonstrating the correct application of each movement. It was obvious that a lot of thought and preparation had gone into this, making it great to watch.

Those going for V dan were then asked to demonstrate various forms of pre-arranged sparring and this was dynamic and exciting as, again, the preparation was evident – we had a slick crew here!

Mr Salton did a two-on-one pre-arranged sparring demonstration leaving no doubts as to his athletic skills and Taekwon-do abilities. It must have taken many hours to get this looking as exciting as it did.

The first group then demonstrated throwing and ground self defence and then the next group showed us self-defence routines of their own making showing us just how dangerous they can be.

You can be excused for thinking that Ms Young, being as small as she is, could be a target, but not after you saw what she can do to someone. Mr Raukura is pretty proficient when knives and bats are waved around, and you would wish that you

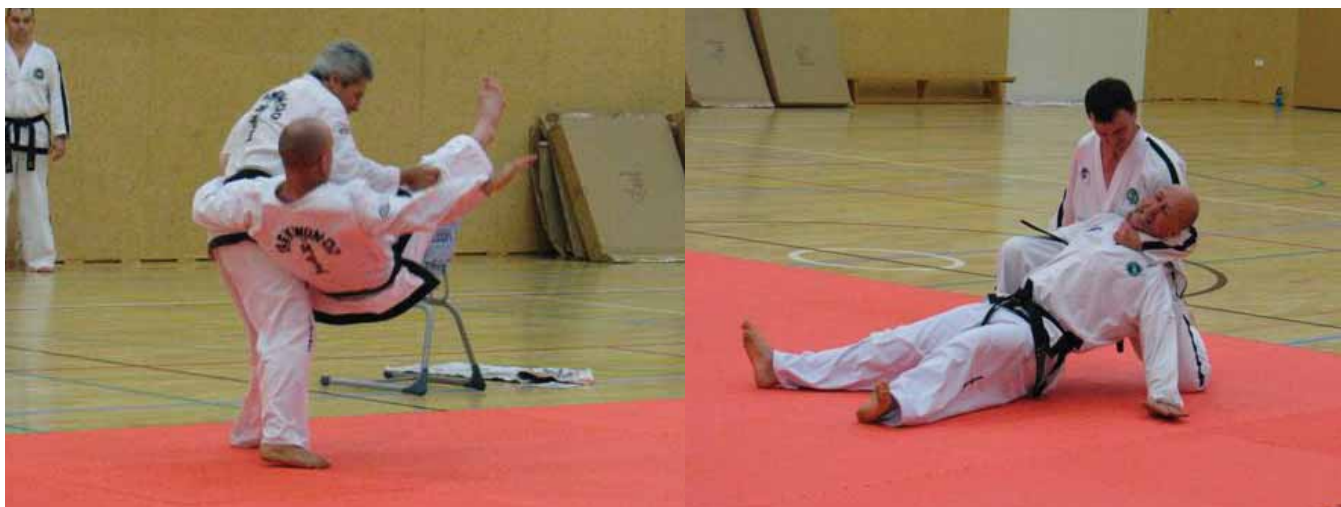
had left your man-bits at home if you were silly enough to try to accost Mr Graham!

Mr Salton then demonstrated his self defence against knives, one of the harder skills to demonstrate successfully – however there was no doubt that the pain was not inflicted upon himself, either.

Then everybody was up for three lively rounds of free-sparring where a great variety of techniques and clever timing reminded us that these people have been practising this art for more than a few years.

Then came the breaks! Some were spectacular. Ms Young climbed walls, tiles were broken from all sorts of angles using all sorts of techniques – Mr Raukura's reverse knife-hand, Mr Graham's downward kick into the splits (quite something), Ms Young breaking a board with a flying back kick blindfolded (yes, blindfolded) – and some great hand, elbow and various foot techniques were displayed. Accuracy and speed was very evident! These people had power.

Then everyone was called in to the Masters one or two at a time and asked some technical questions to answer off the cuff.



Above: Mr George Konia and Mr Andrew Salton demonstrate self defence. Below: Ms Christine Young and Mr Andrew Salton perform destructions while their peers and students look on.



After some consultations of notes, paper ruffling, and conversation amongst the visiting Masters, they stood up and announced that Mr John Matsuoka, Mr George Konia and Ms Sandi Galpin were now IV dans, Ms Christine Young, Mr Kane

Raukura and Mr Peter Graham were now V dans, Mr Andrew Salton was now a VI dan and Mr Mahesh Bhana was awarded his VII dan – ITFNZ's 3rd Master. Now that is truly awesome!

So congratulations to you all – you did yourselves and ITFNZ, as a vibrant rapidly progressing organisation, *proud*.

Below: Mr Mahesh Bhana (now Master) being tested in patterns; Mr Kane Raukura drops his opponent with ease



Below: Mr John Matsuoka makes his twisting kick look easy; the stands are packed with supportive onlookers



Below left: Mr Bhana having his technical knowledge tested; grading participants & examiners: (back row, l-r) Mr Andrew Salton and Masters Paul McPhail, Clint Norman, Pablo Trajtenberg, Hector Marano, Mahesh Bhana and Evan Davidson; (front row, l-r) Mr George Konia, Ms Christine Young, Mr Peter Graham, Mr Kane Raukura, Mr John Matsuoka, Ms Sandi Galpin



www.itfnz.org.nz/events/courses/2008_iic/index.html

Photos courtesy Rose Cherrington

Regional Roundup

SOUTH ISLAND

The South Island Regional Championships were held in Blenheim in May. The event was a great success, with Riccarton School taking out Best Overall School. The Annual General Meeting was held at the conclusion of the tournament, while the majority of the school delegates were present. No business of note was raised at the meeting, allowing everyone to get away early to begin the long journey home.

At the end of May the region was lucky to have two awesome seminar series. Mr Steve Pellow and Mr Mark Banicevich travelled around the region as part of the Stripes on Tour seminars teaching more on the new self defence syllabus. In Christchurch at the Riccarton School they also held a training session on ground self defence for the black belts who attended. It was great to have another demonstration of the syllabus from Mr Pellow himself – I'm sure that many of us would have been happy to stand and watch him destroying his opponents with ease all night, although his opponents might not have been so happy about that!

The following weekend Athena and Phil Thompson from Protect made the trip down to Christchurch to deliver a full-on weekend of training. They held their Get Real and On the Cutting Edge seminars back to back on Saturday, which was a long and intense but extremely interesting day of training. Then 16 women, many of them weary and sore from protecting themselves from attackers the previous day, attended the Safe for Life seminar on Sunday.

Some of our senior black belts attended the International Instructor's Course; this will be great for our instructor development. Since then we have enjoyed the grading in August and the National Tournament in October following regional trainings that began in August.

Helen Caley, Regional Secretary
Holly Eades
Riccarton

CENTRAL DISTRICTS

Central Districts would firstly like to offer congratulations to the six students who presented themselves for the Black Belt Grading in May, hosted in Wellington. All six were successful in their grading and a special congratulations go out to Annaliese Kerkvliet, who received an A pass. Well done. Central Districts would also like to welcome back Jessie Walker to top level competition. She has been out of training due to injury suffered shortly before the World Champs in Canada.

Recently, the Chinese Association held an open day in the Square of Palmerston North, which included a demonstration by Dave Ballard and Sandi Galpin of Palmerston North Taekwon-do Academy. Ms Galpin also started running a Saturday morning club at PNTA aimed at anyone wishing to improve their general fitness and Taekwon-do skills. PNTA hosts a monthly training for black belts on the first Monday of every month to allow black belts in the district the opportunity to come together and learn off one another. It has been greeted with great enthusiasm.

Also, in the spirit of cooperation between districts, a carload of officials from Central Districts went down to Wellington to help out at their regional tournament. It was a long day for them, but one that went smoothly. Another cooperative event is the Black Belt Trainings started by Mr Salton of Horowhenua. The first of these was held in Kapiti on Saturday 9th August and is open to all black belts who are interested.

Caitlin Cunningham, 6th gup
West End

AUCKLAND NORTH

Here are a few items of interest from Auckland North:

1. The May coloured belt grading round came and went. Pleasing numbers graded and the overall standard expected from our students maintained.
2. A number of our more senior students participated in the May black belt grading. Congratulations to those who were successful and thanks to Waiuku for organising this.
3. Our regional tournament was held on Sunday 7 July at the excellent netball facility in Mt Wellington. Over 120 competitors participated on the day, which went very smoothly thanks to the efforts of Dr Thach, so many thanks to her for her organisation of the tournament. Congratulations to all who are participated, and thanks to all the officials, without whom the tournament could not have taken place.
4. Mark Trotter, Carl van Roon and Carolina Dillen have recently been training overseas, mainly in Poland. Many of you probably followed their progress on the ITFNZ website, and their remarkable photographs.

We held trials for the regional team for the National Tournament, a special techniques seminar by three time world champion Carl van Roon, and the August coloured belt grading round. If that's not enough to keep people busy, then I don't know what will be!

Breon Gravatt
Auckland North Regional Director

WELLINGTON

June was a busy month with a very successful Regional Tournament of over 140 competitors – a very special "thank you" to Mr Nick Lee for taking up the lead organiser role. We were very privileged to host for the second time Phil and Athena Thompson from Protect. We all looked forward to the Women's Self Defence and The Cutting Edge seminars on 18 October.

The Wellington Region has been busy with organisation for events held locally over July, August and September. Events included umpires courses on the day before the Star Series Tournament on Sunday 3rd August at the NZ Police Training College at Porirua.

The biannual August Camp/Grading on the weekend of the 15–17th August featured Master McPhail and his Master Classes! Check out the Wellington Region website at www.itfnz.wellington.net.nz for details.

Nationals trainings were held every Sunday from 11am to 1pm at Wellington College Old Boys Gym.

Nick Lourantos,
Wellington Regional Director



MIDLANDS

The regional tournament was held at Te Awamutu on 7 June and was a great success. There was a great atmosphere and many new faces. It was so good to see so many giving all they had.

With this over, the region's eyes turned to the next event on the busy midlands calendar.

22 June, Taupo – Development Camp

This was run by Mr Ballard (V dan), Mr Pellow (VI dan) and Ms Young (IV dan). This filled fast and looks like it will be of huge benefit to all who attended.

18–20 July, Tauranga – International Instructors' Course

Held at the Queen Elizabeth Youth Center and the Aquinas Action Center. This event drew people from all over NZ and even some from abroad. This was definitely an opportunity not to be missed.

23 August, Tauranga – gup grading

This event gave the region the chance to get together and saw a huge number of students grade. It was a long day for some but well worth the experience.

4 & 5 October – ITFNZ Nationals

This year's event proved to be a challenge well worth training hard for. I enjoyed meeting many new friends at this event and hope I saw you there, too.

Kevin Cale
Midlands Regional Director

COUNTIES MANUKAU

CM pulled together as a region to support Master McPhail as he tries to come to terms with the loss of his daughter, Portia.

We also lost a valued member and assistant instructor at Waiuku when Katie was killed in a car collision.

~

Counties Manukau hosted the ITFNZ AGM this year – the last AGM under the old structure. The food for the whole day was organised by Dragon's Spirit members. A fantastic spread for both lunch and for dinner. Thank you.

The Counties Manukau Regional Tournament was a very successful event with a large number competing and attending. Many officials made the day run especially smoothly. The officials' lunch was awesome (thank you Tash) and Waiau Pa put on a great selection of food for spectators and competitors.

People who attended the Umpire Seminar the day before were able to put their new skills to good use. Thanks to Mr Eccles for a very successful and informative day.

Instructors and Students prepared hard for the National Tournament hosted by Midlands. Regional Trainings began early. Thanks to Mr Harrison (coach) and Mrs Iotua (manager) for getting behind the Regional Team.

Two of CM's most senior Instructors, Mr Bhana and Mr Raukura, graded at the International Instructors' Course. I didn't need to say "good luck" – they worked really hard towards a positive result.

Thank you to all Instructors and their members for working so hard for our Region.

Sue Breen
Counties Manukau Regional Director

Directory Updates

Management Changes:

Auckland North Regional Director:
Sonya Robinson

Midlands Regional Director:
Kevin Cale

ITFNZ Secretary:
Shaun Tolley

For all the recent updates to our schools, see the new Schools section of the ITFNZ website. Thanks to Mr Mike Peetz for the design and template build. As you will see, your school has a photo of the instructor plus there is a brief profile if you hold your mouse over the photo. There are small icons that take you to a map of the club location and also its website (if there is one).



2008 International Instructors' Course

by Sonya Robinson, II dan
Meadowbank

Bienvenida, Bienvenu, it was a drizzly welcome to Tauranga's Armitage Hotel to pick up the Conference Pack and register before meeting at the Queen Elizabeth Youth Centre on the Friday afternoon for the first of four sessions with our three visiting Masters – Master Hector Marano, VIII dan, Master Pablo Trajtenberg VIII dan both from Argentina and Master Clint Norman VII dan from Canada.

It took a long time to form up as there were over 100 participants and after a lot of “charyot”, “kyong ye” and clapping Master Norman started us off with a brisk warm-up before Master Trajtenberg gave us a session about “How do we generate more mass to get the power?” For example practicing in pairs, 1st punch focusing on speed, 2nd punch putting in our mass and then a 3rd punch trying to come up with a combination of both and swap. Ouch and interesting results.

Also, why do we go down? So that we can go up! Why do we go up? So that we can go down! Sinewave. We must demonstrate the sinewave so that we can generate the power. Down, up, down! (Love the accent.)

Master Marano then looked at patterns from Chon-Ji up to Toi-Gye. He split us into two groups down the hall then had one side demonstrate a pattern in their own time before selecting a couple of practitioners to go through the pattern call by call. We were all asked to “help him out” by correcting their techniques, asking us to first look at the movement of the body, then the stance and then the technique. Not many of us came up with suggestions so it was hard work for Master Marano who was asking “please, help me out here” whilst bringing to our attention a lot of the common mistakes that are made in each pattern as well as the corrections the individuals selected required.

He would often ask one of those on the spot what the application of the technique they were demonstrating was and then say “Come, show us the application, how many opponents do you need, one? Or two?” He also often had us all pair up, take those same techniques and put them into one step sparring. This was great as it meant that we were constantly learning through observation with just enough physical activity and thinking to keep us all on our toes.

Master Marano encouraged us to ask questions, he asked us questions and often reminded us that as well as making the movement as “natural” as possible, we were to keep our elbows down to protect the body between each technique and be “relaxed” before we strike (love his accent too). It was an excellent mix of theory and practice.

Master Norman then gave us a fairly vigorous warm down leaving us in no doubt that his sparring session tomorrow would have us sweating and when we finished up I thought, “Cool. We are going to be going through a lot over the next two days, fantastic.”

There was a meet and greet the Masters held at the Trinity Wharf Sebel Hotel in the Piano Bar before the Masters were off to dinner that evening. It was nice to see some familiar faces and have a brief



Photo courtesy of Melanie Brown

catch up but with a big day ahead most of us took it pretty quietly.

The next morning we formed up twelve across at the Aquinas Action Centre for Session Two. Master Norman had us partnered up doing jumping punches forwards, backwards, forwards and then moving in just to mix it all up and confuse your opponent and get us warmed up. Then he showed us a very effective way of getting more distance out of our downwards kicks, so expect to see a few more of those in tournaments soon. Turning kicks whilst moving backwards doing a quick switch (well, trying to be quick) then building on this by moving sideways and punching as an immediate follow-up. Countering turning kicks with a switching turning kick or a switching back kick, then mixing it up for variety, one does a step in and turning kick while the other steps in and punches then swaps. He was after cleaner footwork from us with not too much dancing around. His speed, energy and enthusiasm kept us moving and just when we were getting a little tired he got Mark Trotter and then Carl van Roon who were probably really tired on account of just getting back from hard out training ten days straight (check out blogs on ITFNZ website) to show us all what real tournament sparring looks like. Thanks Mark and Carl, the rest of us enjoyed the break.

After lunch Master Trajtenberg spoke to us as a group about the spiritual values of Taekwon-do and how important courtesy and empathy are. Just as we train our body and mind so we should train our spirit.

Master Norman then took the 3rd dans and above away to do their patterns, while Master Trajtenberg worked with the gups and Master Marano took the rest of us through our patterns starting at Hwa-Rang call by call. He would describe the areas or small things that we need to be aware of

in each pattern as we went through it then would get us to think about the corrections we needed to make to our own patterns before doing the pattern again in our own time. Master Marano can recall the number of any movement in any pattern and match it to any other pattern with the same movement in it – truly amazing.

Master Trajtenberg next called us all in to look at one step sparring. He liked to see us use something other than a punch as the initial attack and would get the attacker to state what they were going to do to give the defender a quick chance to come up with an appropriate counter, then both sides would swap. And another, and keep it going, don't stop, check the distance and also the timing. Then one attack with the defender doing one, two or three counters then swap.

This was followed by foot techniques, with the comment that we need to spend 70% of our training on the foot because we use our hands all the time. He had people in pairs attacking and countering with foot techniques only – hands behind the back, and many other drills.

We then practised two step sparring – two attacks, so two blocks before the counter as Master Trajtenberg said two step is not as realistic as one step but great for fostering imagination and using the techniques as per the patterns.

He then had us practicing back fists and reverse movements, which meant that we had to be careful and we had to be close, before the side-pressing kick – a very effective self defence, highly effective on the street.

Finally we did three step sparring – three foot attacks with your partner trying three foot blocks and then a counter. A quick look at model sparring. Then free sparring with a partner using only your left hand to attack, then left foot and left hand



Photos courtesy of Melanie Brown

only, and free sparring in slow motion, then getting faster and faster then everybody walking around the room kicking as you go past someone, then using hands and feet. People were having lots of fun (I retired early to take these notes and nurse some sore ribs).

The idea that Master Trajtenberg was demonstrating to us was that we can be attacked by more than one person at a time and that we may not always have the use of everything to protect ourselves with, eg a sore hand.

During this session those grading for their senior dans were taken away for a short time before the grading (see article page 8).

The next morning 4th dans and above were asked to come at 9.00am for their patterns.

Just before 10.00am the rest of us formed up, the 5th dans and above went away for time with Master Marano and the rest of us were with Master Trajtenberg and Master Norman.

A quick, vibrant warm-up punching and kicking, partner up for a side piercing kick, a double punch counter. Master Trajtenberg talked about using Taekwon-do techniques instead of what we see in movies or elsewhere and about how we have a toolbox of techniques for long, middle and close distance attacks and defences. He asked people to walk around the room grabbing each other and defending. We looked at "nelson" neck grabs, how the floor is not a place you want to end up so we must react with more urgency sooner and go for those vital spots. He asked us all to use the knife-hand in more imaginative ways and the elbow, and even sweeps!

But wait – there was more. Master Norman wasn't finished with us yet.

He started with many of the drills we did already and then built onto them or broke them down so there was never a dull moment. He loves those switching back kicks and those fast turning kicks whilst travelling backwards and it's obvious that

he loves to train hard. He had some excellent drills building up fitness, team and spirit.

To finish there were four "teams" who demonstrated some really fun sparring drill races and then it really was time to wrap up.

Master Bhana was presented with his new belt, the Masters were presented with parting gifts, thanks were given and then it was photo time before the weary journey home.

Mr James Rimmer and Ms Christine Young did a fantastic job organising the Conference, making it an awesome weekend and our own Masters looked after the visiting Masters – it really was an experience. If you couldn't make this one make sure you make the next one.


www.itsnz.org.nz/events/courses/2008_iic

Press-ups and sit-ups - How to do them correctly and get 4 out of 4 at your Black Belt Grading

by Sonya Robinson, II dan
Meadowbank

As a group exercise Instructor I regard the almighty press-up as a “king” or “queen” of upper body exercises. There’s no machinery required, you can do them anywhere, and it’s a closed kinetic chain exercise (meaning that some part of your body is always in contact with the floor, therefore low impact) and that means very little risk of injury.

When you do them with the correct technique you are working (a) your shoulder muscles – predominately the front or anterior deltoids, (b) your chest or “pecs”, specifically the pectoralis major, (c) the triceps brachii or triceps – a very popular area for women to tone up to avoid the dreaded “laundry arm” (watch the back of your Mum’s arms next time she hangs the laundry out) and (d) when your back is in good alignment you will work your “abs” or core muscles as well.

There are three main positions for a press-up.

The beginner’s version starts on hands and knees but hinges from the hips with the back straight so that the arms take only the upper body weight. Almost all of you are well past this version but if you want to focus on your alignment or haven’t done press-ups for ages then start here.

The next is a “ladies” or on your knees press-up. Now your back is straight, your tummy drawn in and your bottom is in line with your shoulders, so that when your arms are straight you should feel the muscles in your torso engaged.

The full press-up is on your toes with your feet together or very slightly spread. When you are doing these press-ups your arms, chest and torso are taking almost all of your body weight, which is why this version is more challenging.

If your lower back starts getting sore during full press-ups then double check that your back is straight and tummy drawn in, or go back to the knee press-up (version two) and get stronger before going back to the full length version.

It is better to have the right technique doing them on your knees and benefiting from the exercise, than doing them incorrectly and putting yourself at risk of injury.

In all versions your palms are flat on the floor, (unless your Instructor asks you to be on your knuckles which will condition your wrists and forearms at the same time) and your hands shoulder-width or slightly wider. Your shoulders are drawn back and down away from the ears, your neck is relaxed and your head is in line with your spine.

Inhale and bend your elbows to bring your body close to the floor, keeping your body – particularly your spine – in line. Push yourself up and back to an arms-extended position, exhaling as you complete the movement.

Variations

You can work your triceps harder by bringing your elbows close to your body and keeping them close, or work your chest harder by taking a very wide stance with your hands.

Elevating your feet (i.e. on a bench or Swiss ball)

puts more workload on the upper chest, swap it around and this puts more workload on the lower chest.

Press-ups and Sit-ups – Getting 8 out of 8 or 100%

Now let’s talk about nailing 50 at once – the requirement for 4 out of 4 in the press-up section of the fitness test for black belt gradings. I found that this method works well for the sit-up section as well, but a bit about that aspect later. Luckily neither press-ups nor sit-ups take very long to do, so “going for gold” is quite realistic and manageable even when you are busy. Given that we know in advance what the requirements for both of these sections are, we can and should plan to succeed.

100% success for press-ups is 50 press-ups completed without pausing for longer than one second. Hands should be a shoulder width apart. Arms straighten fully – don’t lock them, it’s neither necessary nor kind to your elbow joint – and lower the body until the elbows bend 90 degrees. Your body has to be straight throughout the exercise or press-ups may be deducted from the final tally. Women can place the knees on the floor, so if you are a woman it makes sense to take advantage!

Once you decide that you are going for your black belt I suggest that after training one night (or a run) when you are a little tired already, you drop down and see just how many press-ups you can do without stopping. Do them at a steady pace and slower rather than faster to really test your strength and endurance. Music can often be helpful to give you a steady beat but if it’s distracting then leave it out and just count in seconds or “and one, and two, and three” etc....

How many did you do before you had to stop? Say it was about 20 – you have an awful lot of work to do and need to get onto it straight away. 40 is good but that’s still not 50, so you still have some work to do! Whatever your first number was, *that* is your starting point and there is no going back or doing fewer than that ever again. Work out how many weeks away from grading you are, and that will give you an idea of how many more each week you must do to be consistently doing 50 press-ups in one go at least one week (preferably 2, 3 or 4 weeks) before your grading.

For example, if 20 is your first number then Monday to Friday do your 20 press-ups and tick it off in your diary so that you can see that you’ve done it five times that week. If it gets to Saturday and you missed a day then do them Saturday (or if you missed two days do it Sunday as well). Basically once you have done them on five days you can have the rest of the week off. Remember they don’t take long and you’ll feel better for doing them. The next week you must do 25 – same deal, the week after 30, then 35, then 40 etc... in only seven weeks you have gone from 20 to 50, and consistently too.

I strongly recommend that you do your press-ups (and your sit-ups) either after your taekwon-do training, after your training run or first thing in the morning/last thing at night. You need to get used to doing them when you’re already partly fatigued

Beginner press-up



Ladies’ press-up



Full press-up



because you are going to be really tired when you finally get to do them on the day. This way you can be confident that you can do it because you know you've already done it before when you're tired.

If you get to 50 well before the grading is approaching then excellent, because this gives you more time to focus on other aspects of your grading. Now all you have to do is maintain and retain your 50. Doing your 50 press-ups 2 to 3 times a week is maintenance.

For sit-ups I suggest that you try the following approach. It really worked for me.

As per the Black Belt Techniques Syllabus to get 100% success in this area, if you are a junior or adult male you need to do 80 sit ups in two minutes. If you're a male and aged 40 or over, 60 in two minutes. Female juniors and adults need to do 70, and females aged 40 or over only have to do 50.

For the purposes of this test you lie on your back, knees bent, feet flat on the floor, arms crossed with hands on your shoulders. Sit up, touch the legs (anywhere, does not have to be the knees) with your elbows and lay back. Do not let the hands lift off your shoulders or sit ups can be deducted from

the final tally. Try not to let the feet come off the floor as this slows you down. You must complete as many sit-ups as you can in the two minute period and your feet are not held.

In training I recommend that you tuck your chin in and keep it there, so that your head does not rock but is still, that you press your hands down into your shoulders to keep them there and that you suck your gut in and get going as fast as you can, because there is no easy way to do these sit ups. You've just got to do them.

It also makes a difference if the surface you are doing them on is hard or soft so start with soft (the bed is good!) but go for a hard surface every now and then and pray that the Examiners will be kind enough to let you do it on a mat on the day. When you practice this style of sit-up on a hard surface you may need to use 3B or Vaseline or else you can end up with nasty blisters in the crack of your sitting tool!

Instead of seeing how many sit-ups you can do without stopping, time how long it takes you to do 100, take a note of how many you had done at the two minute mark and compare that with your 4

out of 4 goal. To begin with you may find that 100 sit-ups could take up to 4 minutes – do this 5 times a week and usually after training or your run.

You will find that you get a lot faster very quickly. By the time you are approaching your grading weekend you should find that you are able to do 100 sit-ups in two and a half minutes or less, depending on how tired you are and the surface you're using etc...but you must be able to do at least your required number of sit-ups (aim for one and a half times your target) within the two minutes with seconds to spare.

You now have some proven methods to get 8 out of 8 or 100% – it's very attainable – you just need to actually *do* it. So get to it, because I know you can and you'll get a great deal of satisfaction when you know that you have 8 out of 8 or 100%.

References: Strength Training Anatomy by Frederic Delavier; Pilates, the complete body system by Michael King and Yolande Green; and the Black Belt Techniques Syllabus Handbook.



Regional News

Development Camp

by Chris Morton, I dan Miramar

Just recently (20–22 June) I partook of the opportunity to attend the Development Camp organised by PNTA for those students looking to lift their game and head towards both the World Cup this year, and those students aiming for selections for World Championships next year. I thought I might provide some feedback and encouragement to you and through you to ITF NZ about the wonderful job that was done, and the hope that we can see many more of these to come.

Mr Mike Yates arranged a venue, three of the coaches from last year's New Zealand teams (Mr Pellow, Mr Ballard and Ms Young), and a number of last year's team to be available for the weekend so that we could focus on putting in the hard work and concentration into our training and getting as much knowledge and feedback as possible from those people who had either been or had created some of our nation's World Champions.

Friday night saw the venue open from 7pm for arrivals from all over New Zealand. We were based at Taupo College which I understand is a regular training venue for these events. It was a great turnout and very quickly people were catching up with friends or making new ones.

Lights out on Friday night led to a fantastic breakfast of toasts, cereals and Mr Burr's coffee before heading off for the morning training. Mr Ballard got us warmed up and working on our sparring drills, starting from the basics to give us a solid foundation to build on.

Mid-morning saw us split into three groups – those who were part of a Worlds campaign before (with Mr Ballard), coloured belt patterns (with Ms Young), and those of us left over who were setting out on our first campaign run (with Mr Pellow). Within Mr Pellow's group we had the opportunity to build on the drills with which Mr Ballard had started our morning, the "re-campaigner's" certainly looked like they were being put through

their paces, and I heard that the coloured belts gained some great feedback from Ms Young in the other hall.

Lunchtime saw us all trying to cram the energy back in to our bodies. Let me say that the food over the weekend was fabulous. Meat and salad rolls for lunch on Saturday, roast pork with loads of veggies and gravy followed by ice-cream for dinner on Saturday night, cereals and toast and leftovers for breakfasts. We certainly didn't have any complaints! And we all had cause to say a big *thank you* to Suzanne Tahau and Debbie Kerkvliet without whom I think our food intake would have been greatly reduced both in quantity and quality.

Saturday afternoon saw us continue with the amazing opportunity of being able to choose from a number of workshops run by last year's team coaches and some of our World Champions. Patterns with Ms Young, sparring with Mr Pellow, specialty with Mr van Roon and power with Mr Thompson. Wow! Talk about drawing on some serious experience!

And just to ensure we remembered that we were there to put some serious effort in we finished the day with a beginning round of fitness – just to give us a tiny taste of things to come if we were seriously considering trialling for New Zealand representative teams...

Sunday saw a number of us trying to get sore muscles and bodies to work, but it didn't dampen our enthusiasm and we were raring to go when Mr Ballard, Ms Young and Mr Pellow announced that Sunday was going to be run as a mini-tournament. Last year's coaches and our World Champions mentioned that one of the most difficult things about competitions of this level wasn't necessarily the physical side of things, but the mental, and this was an opportunity for us to change our mindset under pressure, and also for us to receive some

feedback individually from the coaches on our performances, gaps and things to work on.

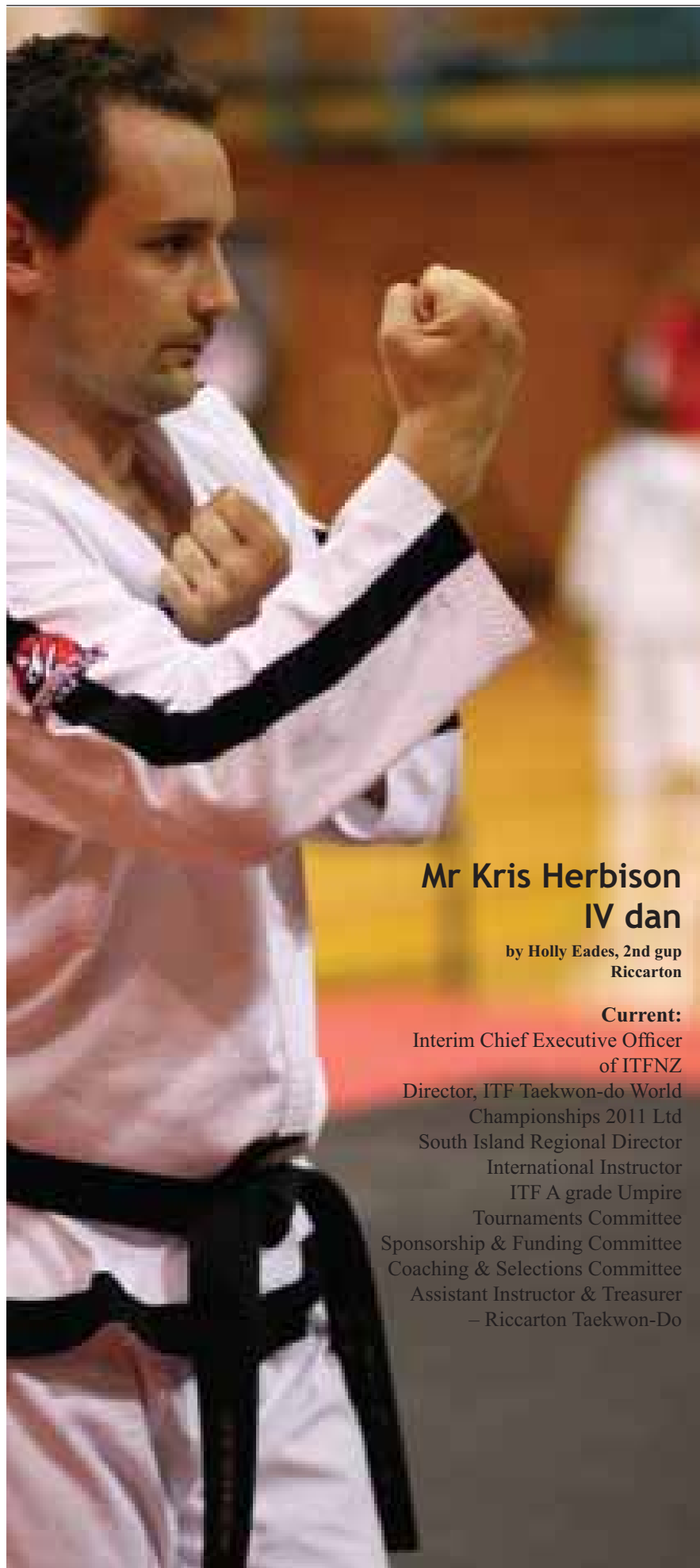
Midday saw training draw to a close, with most of us feeling tired, drained, but at the same time inspired and excited about the future, our training, and the opportunity to train with people willing to put in their own time to help us with our own dreams and aspirations.

I would like to thank:

- Mike Yates and the PNTA for their amazing work putting this together.
- The three coaches of last year's World Championships teams for sacrificing their weekend for us.
- Suzanne Tahau and Debbie Kerkvliet for their amazing work in the kitchen.
- Mr Burr for his time, experience, his team's equipment (mats, pads, breaking machines and boards), and last but not least his coffee machine and barista skills.
- Mr Mark Trotter, Mr Luke Thompson and Mr Carl Van Roon for their time, patience and sharing their knowledge and experience with us.
- All of the participants and support crew (parents, caregivers, chaperones, transport providers) for everyone coming together and making such a supportive, positive and friendly environment.

I (and those people who travelled with us) had an amazing weekend. We've received some fantastic feedback, tools and training tips, and we're looking forward to the next camp to continue with our development.





Mr Kris Herbison IV dan

by Holly Eades, 2nd gup
Riccarton

Current:

Interim Chief Executive Officer
of ITFNZ
Director, ITF Taekwon-do World
Championships 2011 Ltd
South Island Regional Director
International Instructor
ITF A grade Umpire
Tournaments Committee
Sponsorship & Funding Committee
Coaching & Selections Committee
Assistant Instructor & Treasurer
– Riccarton Taekwon-Do

Past:

Marketing Committee
Manager – 2003 National Championships
Instructor – Otago University Taekwon-Do
School of the Year – Otago University 2003

How did you get started in Taekwon-do?

I was interested in learning a martial art for a while and when I started an after school job at 15 I met Mr Lyndon Gold, a I dan at the Mosgiel school, who took me along to training. There I met some great people, such as Mr Grant Evans and Dr Jake Pearson, who are still friends of mine, and it all started from there.

When did you receive your first dan?

I graded to I dan in December 1997 in Hamner Springs, where my instructors Mr Evans and Dr Pearson were also grading to III dan. Before that we had a gruelling, old school style Pain Weekend in Alexandra, where I spent the weekend carrying a heavy rock above my head everywhere we went. (Note for North Islanders: 'Pain Weekend' takes place about a month before a dan grading. It is a South Island tradition where hopefuls are subjected to exhausting physical and mental training in order to prepare them for the dan grading. Theory: if you can survive Pain Weekend, you can survive anything.)

When did you start instructing, and at which school?

As a blue belt I attended an instructor course taught by Mr Mike Lowe, and helped out at training where I could, often teaching small groups. As a I dan I then became Assistant Instructor at both the Mosgiel and Dunedin schools during 1998–1999. After I gained my II dan I opened the Otago University school in 2000.

What do you think is most important in a school?

The people – a school will thrive with enthusiastic and committed members who give training their all and attend many events, which creates a strong bond between members and relationships with others around the country. A good social environment is important as well – having a circle of friends at training works wonders for school spirit and motivation. These friendships, both at regular training and throughout the rest of the Taekwon-do community, are what make ITFNZ Taekwon-do such a great organisation of which to be a part.



What kept you involved for so long?

I still really enjoy the training and being involved with the organisation; and in particular the people in the organisation. I made numerous good friends around the country.

Who inspires you in Taekwon-do?

Many people in the organisation inspire me. A couple that come to mind immediately are Mr Grant Evans and Dr Jake Pearson. They are always willing to help, are dedicated and they persevere in their training. They also show great commitment in getting to events all over the place. Back in the good old days, we would travel to camps all over the South Island, driving up to 10 or 12 hours each way and we would often get home to Dunedin at 3 or 4 am on a Monday morning. Mark Banicevich also deserves a mention for the amount of work he does for ITFNZ.

What are your favourite hand and foot techniques?

My favourite foot technique would be turning kick, hand technique is front punch.

What is your most embarrassing Taekwon-do moment?

I don't have a particularly embarrassing one, but there is a funny one I remember very fondly. I was attending the last of General Choi's seminars in New Zealand in 1998, just after I was promoted

to 1 dan, and just after I demonstrated a pattern in front of everyone he patted me on the shoulder and said "You too skinny! Who your instructor?" and I said "Mr Pearson, sir," (as he was then) and Mr Jake Pearson stood up. He was also quite lean, and General Choi turned to him and said "He too skinny – you teach him better!" to the amusement of most at the course.

What are your most memorable moments in Taekwon-do?

There are many, although the main ones are surviving three Pain Weekends, achieving my I and IV dans, opening my own school, meeting General Choi at the 1998 International Instructors' Course, and seeing my first students grade to 1 dan.

In your view, how has ITFNZ changed in the last few years?

Etiquette and commitment have been dropping off. There are the same core, committed group of people at ITFNZ events. We have about 2,500 members but there are always the same faces attending camps and courses and events. It would be great to see a wider range of people taking advantage of what's offer.

What are your personal goals for the future?

I want to help develop ITFNZ as an organisation and share Taekwon-do with as many people as possible, and to run the 2011 World Champs.

The other major focus will be to continue my training and development as both a practitioner of Taekwon-do and as an instructor. As my skills and training continue I would one day like to reach the level of Master.

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

I would like to see ITFNZ Taekwon-do spread throughout the country, bringing people the benefits of Taekwon-do. I believe that our art has a lot to offer New Zealand, not just in terms of physical well being and self-defence, but also in terms of moral culture, etiquette and friendships.





Official Supplier of Sparring Gear, Uniforms, Books and CD-ROMs/DVDs to International Taekwon-Do Federation



SALE

20% off all Martial Arts clothing (exclude uniforms)



FUJI



Single Kick Mitt
ID 30115 Price \$45



ITFNZ approved
Champion Line Head Guard
ID 21616 Price \$95
Available in Red, Blue & Black



BUY NOW!
Taekwon-Do
Condensed
Encyclopaedia
ONLY 19 NEW
BOOKS LEFT IN
THE WORLD!

MAE

New ZEALAND

New pad work kick
shield developed &
tested locally for
ITFNZ
requirements

- 20 years
Workmanship
Guarantee

Body Shield Pad
ID EVPROL Price \$140

**New
Generation
Do-Bok**

*No more badges
*All logos are now
embroidered **DIRECT**
onto the Do-Bok

ITFNZ approved
sparring Gloves

Adult Size ID 20185
Junior Size ID 20184
Price \$70

Available in Red, Blue & Black



Anatomical
Groin Guard
ID 20233 Price \$45

SPECIAL

All sparring gear
hands & feet

\$70

*For a limited time only

ITFNZ approved
sparring Foot Protector

Adult Size ID 21703
Junior Size ID 21704
Price \$70

Available in Red, Blue & Black

ITFNZ approved Embroidered Do-Bok
Kup Student ID 10221 Price \$75 All Sizes
Dan Student ID 10223 Price \$99 All Sizes
4th Dan over ID 10224 Price \$125 All Sizes

Mechanical Leg
Stretcher
ID 31507
Price \$610



All uniforms are Fully Embroidered with the finest quality material in the market.

All uniforms have both ITFNZ and ITF logos directly embroidered on left & right breast. Knee level "ITF" directly embroidered on legs.

We sell the most accurate to ITFNZ standards uniform in the market.

Our uniforms come in 3 different options:

Black Belt - Ribbed Poly/Cotton**
Kup - Ribbed Poly/Cotton
Kup - Poly/Cotton

**If you have a preference for a NON-Ribbed Black Belt uniform then we are more than happy to supply.

Guaranteed **NEXT DAY** delivery in North Island & 2 Days for South Island

Wholesale pricing available for Clubs - register on

www.fujimae.co.nz/mainsite/SignUp

www.fujimae.co.nz

Retail: 52A Cleveland Street, Brooklyn, Wellington Tel: (04) 9398071 Email: fujimae@paradise.net.nz

The Tenets of Taekwon-do: Part Two

by Kane Raukura, V dan
Director of Standards and Discipline

In the last issue, I focused on the first two tenets of Taekwon-do: Courtesy and Integrity. This time round we see how much you know about **In Nae** and **Guk Gi**.

In Nae or perseverance is one of the most important tenets General Choi prescribed. Why do I make such a statement? Perseverance is quoted in the dictionary as:

“A steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.”
www.dictionary.com

A large number of words also spring to mind when you mention the word perseverance – constancy, continuance, commitment, dedication, determination, diligence, drive, endurance, grit, insistence, patience, persistence, resolution, spunk, stamina, steadfastness, tenacity.

Perseverance is truly a tenet that we can apply to all aspects of our lives, not just our Taekwon-Do training. There are times that every one of us is challenged either mentally or physically. It is at these times that a choice must be made; do we bend and break, or do we stand tall and look adversity in the eye? Making the right choice can often be very difficult, the decision an individual makes can depend on the challenge, the complexity it poses, the upbringing they had, peer pressure, the environment they are in and their internal belief system (the “can I, can’t I” complex). Napoleon Bonaparte said “Victory belongs to the most persevering.” It is this that we must try to remember, all good things come in time and with a little hard work. The saying “Rome wasn’t built in day,” is a very good analogy.

General Choi shares the following insights into Perseverance with us:

There is an old Oriental saying, “Patience leads to virtue or merit, one can make a peaceful home by being patient for 100 times.” Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere.

Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-do is to overcome every difficulty by perseverance. Confucius said, “One who is impatient in trivial matters can seldom achieve success in matters of great importance.”

So next time the going gets tough, whether it be at work, home, training or life in general. Just think – In Nae. Can I summon up the mental toughness, the courage to get it done? Break the challenge into baby steps or portions you can handle. And if possible, delay stressful tasks till a later date, to be able to better mentally work through the situation and to give you time to unpack the issues.

Guk Gi or Self Control plays a dominant part within human evolution. It is one of the key factors that distinguish man from beast. It is the ability to put aside our basic instincts of anger and fear and to allow reason and logic to make our decisions for us instead. The dictionary definition of self control is given as “the control or restraint of oneself or one’s actions, feelings, etc.” www.dictionary.com. Dale Carnegie, famous American author and lecturer once said:

“Any fool can criticize, condemn, and complain but it takes character and self control to be understanding and forgiving.”

Self control comes easily for some and with great difficulty for others. Our changing society and the dissolution of the nuclear family as a norm has significantly impacted on the upbringing of many in Generation X, and Generation Y (those currently in school) will sadly fare even worse. Isn’t it interesting that the government recognised this need in society, with the introduction into the 2007 New Zealand School Curriculum for the first time in print: values?

Why do parents choose to place their children in a martial art? Many respond “it provides my son/daughter with discipline; it teaches them respect for others and self control.” Obviously, self control is considered to be an important value to all of us. General Choi believed it was so important he made it a tenet for all Taekwon-do practitioners to aspire to.

General Choi left us with these words in relation to self control:

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one’s personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one’s capability or sphere is also a lack of self-control.

According to Lao-Tzu “the term of stronger is the person who wins over oneself rather than someone else.”

The development of self control within the individual can be greatly influenced by positive self affirmation. This promotes confidence in one’s own abilities and therefore makes you more secure, less confrontational and relaxed in times of stress. I leave you with an oldie, but a goodie! When met with a challenging situation that tests your self

control, slowly count to ten backwards and take the time to reassess, calm down and return to logic.

Reference: General Choi Hong Hi, Taekwon-Do: The Condensed Encyclopedia. Fifth Edition 1999. Copyright, 1999 General Choi, Hong Hi.

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

News in Brief: NZ Taekwon-do Team Members Get the Blues

NZ Taekwon-do team members Carl van Roon (II dan) and Carolina Dillen (I dan) were awarded University of Auckland Blue Awards at the University’s Sports and Cultural Awards Dinner on Friday 19 September. The University of Auckland Blue is the highest sporting and cultural accolade attainable at University level. Sporting Blues are part of a tradition dating back to 1922 in New Zealand and earlier in England, where the colours of Oxford and Cambridge Universities came to symbolise excellence in sport. Carl and Carolina were nominated for their performances at last year’s National Championships, this year’s Oceania Championships and for the more recent Czech and London Open results.

The pair were eligible to be nominated for a 2009 NZ University Blue Award. The NZU Blue is similar but recognises nominees from Universities across the country who had successful performances whilst representing New Zealand at the annual pinnacle event of their sport as well as successfully progressing with their academic studies. While at a training camp in Europe, the 2008 NZU Blue Awards were held at North Harbour Stadium, featuring former Olympic Champion danyon Loader as the keynote speaker. Carolina was awarded an NZU Blue in absentia based on her results from the 2007 World Championships in Canada. Carl and Carolina are both undertaking postgraduate studies at the Department of Sport and Exercise Science; Masters in Sports Psychology and Honours in Human Movement Neuroscience, respectively.



13th Central Summer Camp in Nowa Ruda Poland

by Carolina Dillen, 1 dan
Impact Kingsland



Clockwise from above: Ms Carolina Dillen and a talented student from Poland; Messers Mark Trotter, DJ Thompson & Carl van Roon pose for the camera with a Czech National Guard; the contingent from New Zealand on the final day of camp; Prague Castle; Mr Trotter and Mr Jaroslaw Suska.

take people from New Zealand who would value this sort of opportunity and who wanted to improve their knowledge and skills with some amazing, world class instructors. With the funding we received from SPARC, a small group of us were able to travel to Poland to attend the latest camp held from 30 June to 9 July. From watching and talking to the representatives from New Zealand I believe that each of them got something extremely worthwhile and different out of it, which I'm sure they will pass on to their students and other Taekwon-do practitioners back home. I feel very

privileged to have attended with such an amazing and talented group of people. Thank you to ITFNZ and SPARC for the opportunity and to Mark, Luke, DJ and Carl for giving 100% and making this wish of mine come true.

Deciding to go to camp was easy...getting there was a bit trickier and surviving it was definitely the hardest part! Aside from the obvious long haul journey to Europe, we had an additional flight from London to Wroclaw in Poland where we meet up with a large contingent from Ireland. The group from Belgium experienced some difficulties in Berlin, so we proceeded without them on a long bus journey to Nowa Ruda. Upon arrival we were joyously greeted by Master Tadeusz Loboda at our accommodation. Master Loboda was previously the Polish National Team Coach and is the instructor of several current National Team members. He is also the President of the Polish Taekwon-do Association as well as of the All Europe Taekwon-do Federation (AETF). You would expect him to be really serious, which I'm sure he can be, but he has an amazing sense of humour. I visited his club before in Lublin but had not previously joined any sessions taken by him at camps. Master Loboda is a master of motivation. When your body hurts, your feet are sore and it takes an hour to mentally prepare yourself to get up to go to the training hall, his amazing spirit and enthusiasm lift you up and you don't even notice you are training hard again as you are having so much fun. His classes consisted of many different coordination exercises, sparring drills with lots of footwork, and self defense, which Carl was lucky enough to experience first hand – ask him about it! He has a lot of talented black belt girls at his club and it was cool to see them demonstrating many of the drills.

Just to backtrack and set the scene a little bit, our accommodation was a large four storey hotel style building. We had double rooms and bathrooms between every two rooms. A few minutes walk from the hotel were the sporting facilities which consisted of a soccer field, running track, an indoor Aquatic Centre complete with an Olympic sized pool and slide. There was a large training hall for the senior classes, a smaller hall for the kids and a large dinning room on the upper level. All meals were served in a buffet style fashion and there was always something to please everyone. Of course the things that remain foremost in our memories are those that were unusual for us, such as cucumber

In 2004 Mr. Tom Denis from England invited me to attend my first summer camp in Poland. I really had no idea what it would be like other than the stories from Tom and his students of how hard the sessions were (which is why he made his sessions twice as hard leading up to camp!) and of how people who asked for extra help were kept up until the early hours of the next morning. As it turned out, they were not exaggerating in the slightest! I remember just like it was yesterday how incredible it felt to be there training with hundreds of people who loved Taekwon-do and were so dedicated and passionate about it.

Although Taekwon-do techniques are more or less practised the same around the world, all the drills and exercises were new and here we were training several times a day for ten days, I was over



the moon! I was fortunate enough to attend two more camps during my OE in Europe. However, despite my best attempts it was always a struggle to bring ideas back and convey that information to others, so it was always my hope to be able to

for breakfast and black sausages at supper. All I will say is that our boys got lucky as at a previous camp we were served things like pigeon hearts! Lunch was a three course meal and it soon became obvious it was the main meal of the day. For those of us not used to this there was a pizza restaurant and a supermarket just down the road. Finally there was a nightclub literally in front of our hotel. When we arrived the lads from Ireland warned us it was dodgy and under the right circumstances even dangerous in that there was guaranteed to be a fight every night. Needless to say we didn't want to hang around there and concentrated on our reason for being at camp – training.

Master Jerzy Jedut took us for the majority of our classes. He has an incredible knowledge accumulated over many years of devotion to training and teaching students, improving the level of Taekwon-do not only in Poland but in many other countries. He attended a mere total of 14 General Choi courses and coached many past and present World Champions. Among his many roles, he is in charge of technical matters for the Polish Taekwon-do Association and Secretary General of the AETF. I am eternally grateful to Master Jedut because he has been such an awesome role model and inspiration to me over the years.

His classes consisted of lots of creative warm-up exercises and games, sparring drills, leg strength exercises and pad work. In total there were three adult groups which were split up according to rank and each group had two compulsory sessions a day based on a rotating roster. In the evening there was also a third optional session where you could practice self-defence in one hall or approach an instructor of your choice for some one on one help. It was a real honour for us Kiwis when students from other countries approached us for help. For those of us who went to camp with the intention of working on patterns, a real highlight was being able to go through them on several occasions with Master Jedut and also with Mr. Suska, who would be in the training hall until all hours of the night. Along with corrections and insightful advice for improvements Master Jedut had very complementary things to say about the NZ contingent, which meant a lot to us as Master Jedut is extremely honest and to the point and was lovingly dubbed by the New Zealand group as 'the Simon Cowell of Taekwon-do'. We witnessed a very good example of this at the grading which was held at the end of the camp. To be eligible to grade, students first had to attend all training sessions at the camp. Two groups graded including white and yellow belts under Mr. Suska and the remaining coloured belts under Master Jedut. The



Clockwise from top: Combined training led by Master Tadeusz Loboda; Master Jedut poses with the New Zealand team after their final training session together; Master Jerzy Jedut, Master Tadeusz Loboda and Mr Jaroslaw Suska.

level was really very high. All students were on the floor demonstrating their skill in all elements of Taekwon-do for several hours, reminiscent of a black belt grading. At the end of the testing, students received a thorough verbal summary of how they had performed in each section, what they did well in and what specifically they needed to work on and told whether or not they had passed. The first group had only a 30% pass rate and the second was slightly more successful with about 50%!

Last but certainly not least, we had one group session with Mr. Jaroslaw Suska who is three times World Champion in 4th–6th Degree patterns and 16 times European Champion, known as the best Taekwon-do practitioner in Poland. I don't think any of us really knew what to expect...the session got off to a brilliant start... you can't imagine how many different ways there are to do Chon-Ji. It was a lot of fun... And then the leg control started... It was very entertaining to look over at Mark at the front. He still reckons that it was the hardest session of the whole camp and no wonder, Mr. Suska was watching him like a hawk. He asked Mark to demonstrate almost everything and you could tell Mark was giving 110 per cent. We also went through many of the black belt patterns, focusing on particularly difficult parts.

There were several extra activities planned for the camp including day trips to Wroclaw, The Rock City, Kłodzko City and Prague, all in the Czech Republic, the Mine Museum in Nowa Ruda and the mountains of Sowia Gora. Midway through the camp we took the opportunity to visit Prague. We were lead on a whirlwind guided tour throughout the most famous sites of the city, including Prague Castle, Charles Bridge and a really interesting Miniatures Museum. So much for what we thought would be a rest day! Another really wonderful thing about camp was there was plenty of time to meet and get to know people from other countries. There were 230 participants from nine countries including large groups from Ireland, Belgium, the Netherlands and Russia and students from England, Lithuania, Canada, of course us from New Zealand and practitioners from many clubs around Poland. We really enjoyed training with everyone and made some lifelong friends. A big thank you to all the students and our three incredible instructors, Master Loboda, Master Jedut and Mr. Suska; also to Margosia, Agnieszka and all the people involved with organising the camp for their hard work and for allowing us to be a part of it. Next stop: World Cup.

World Famous in Wellington: A New Way of Promoting Taekwon-do

by Alana Inglis, 1 gup
Berhampore Taekwon-do



Above: School children from the Wellington region gathered at the Cake Tin for a dose of ITF Taekwon-Do, thanks to Wellington Regional Director Nick Lourantos and teaching from Berhampore instructor Ian Walton, Assistant Instructor Alois Vogt, student Alana Inglis and Khandallah member and former World Champs competitor, Richard Lavin

It began as a normal Wellington day. The wind was in full force, the clouds were grey and the Cake Tin was pumping. Bus load after bus load of school children arrived one after the other and filed into the stands. The pitch had lost its white line boundaries, sponsorship signs and goal posts, to be replaced by colourful cones, balls, sticks, flags, nets, and breaker boards.

Sport Wellington approached Nick Lourantos (Wellington Regional Director) earlier that week to invite ITF NZ to The Pelorus Trust Sports Festival, a sports convention held for children aged seven to nine attending schools from the outer Wellington region. The event was held at the Westpac Stadium on Tuesday 11 March. The idea of the Festival was to expose children to new sports and open their minds to exercise in a fun and interesting way. Seeing this event as a great chance to promote Taekwon-do, Mr Lourantos jumped at the opportunity. The next step was to find the right people for the job!

Mr Ian Walton, 4th dan and Co-instructor of the Berhampore Taekwon-do Club was the perfect candidate. He is a great teacher and ambassador, was not afraid to take on a class of thirty kids all at once, and would never turn down an opportunity to do any Taekwon-do related event! But Mr Walton, being the sensible man that he is, knew that he would not be able to handle a total of five school classes (that's 150 children!) without the support of his right hand man, Mr Alois Vogt, 2nd dan and Berhampore's Assistant Instructor. With Mr Vogt's experience in self defence and his great enthusiasm he was a perfect addition to the team. Mr Richard Lavin, 3rd dan from Khandallah, the 'semi-professional Taekwon-doin', had experience with kids, teaching the kids classes at Khandallah, and was happy to take time out from his busy schedule to lend a hand on the day. And finally me! Alana Inglis, 1st gup Berhampore student. Now you may be thinking that all I wanted was a day off school,

but I love doing Taekwon-Do, enjoy being around kids and I was keen for a chance to try something new (plus I needed the contribution credits for my black belt!) So, Mr Walton, Mr Vogt, Mr Lavin and I set up on our section of the pitch and waited for the first batch to arrive.

Surrounding us were organisers from eleven other sports ranging from Aerobics to Ripper Rugby, Gymnastics to Hockey, Badminton to Ultimate Frisbee. This meant we had a limited space and needed to be cautious of any rugby balls or hockey sticks that might be flying in our direction.

The first group of children came from Pauatahanui School. They were hyped with excitement, (which prevented them from sitting still) and quick to ask when they could punch something (or someone!) Knowing that we had a challenge ahead of us we set to work.

Mr Walton took the first class. He began by getting the kids to scream the name of their school so loud that it echoed over the entire stadium. Although it was a great way to get the kids out of breath and lose a fraction of their excitement, my ear drums paid the price. We had decided at the beginning to stick to the basics, allowing the kids a small, fun, simple taste of Taekwon-do, and giving them the opportunity to take their experiences further by joining a club near them if they wished. We began with a light warm up, racing the kids across the width of our patch of field; forwards, backwards, sideways and to finish, the crab walk (which by the end of the day was taking its toll on our arms and shoulders). After the warm up we assembled the students into four lines (with difficulty) and took them through some leg raises, then taught them the basic kicks: front kick, side kick, and turning kick. This was followed by a demonstration of breaking, showing those three techniques on wooden boards. Amongst the 'ooohs' and 'ahhhs' that followed, we noticed an improvement in their listening skills!

Whether this was because they had become more impressed or more frightened I couldn't tell.

Once we explained the fundamentals of the technique we allowed the kids to practise the kicks against pads and pegged breaker boards. Naturally at first some of the children were nervous about the breaker boards but after a few of them broke, the rest followed along with enthusiasm. Although a few wanted to practise punching we steered clear of it. We thought it safer and more appropriate to focus on kicking techniques. The final part of the class was to teach some basic self defence. We started with the one hand releasing techniques from the new syllabus, teaching the importance of working together with your partner so that everyone can learn the techniques properly, then moved on to two hands, teaching with emphasis on movement. After the class we put aside some time for questions. This was the perfect time for us to encourage the kids to continue Taekwon-do. We handed pamphlets to the teachers. I strongly recommend this form of promotion to other regions throughout New Zealand. It doesn't command a lot of people's time or energy, and is a simple way to attract new members to your region by simply enquiring about opportunities in your area.

The Festival was a great opportunity for Wellington to promote Taekwon-do to a younger generation, reach different areas of the Wellington region and have lots of fun with a great bunch of kids! Overall, all of the children we taught were happy to listen, watch, learn and take part in our class. This made the day go much smoother and certainly made it easier for us to share something we loved with others. Some highlights of the day at the stadium would have to be training on the same field as the Hurricanes, promoting Taekwon-do in a new way and the flattery of being asked to sign autographs, making three black belts and one first gup 'World Famous in Wellington' (well, in their eyes anyway...!)

Free Sparring at Club and at Gradings

by Master Paul McPhail, VII dan
Technical Director

Although tournaments are very popular, most ITFNZ members do not compete. Free sparring is something we do mainly at club and at gradings.

There are several differences to consider between sparring at a grading compared to at a tournament, and competitors should be aware of them.

The most obvious difference is that at a grading there is no protective equipment. Therefore special care needs to be taken so that sparring is well controlled and safe. No gloves also means you can use more variety of hand weapons, such as knifehand and backfist.

Tournament sparring has its own set of rules and skills, and of course requires a "winning" attitude. Sparring for gradings is slightly different, in that the goal is not to win, it is to pass. You should have more of a "give and take" attitude, working with your opponent so you are both able to demonstrate your skills. The aim of free sparring in gradings is to demonstrate that you can use your Taekwon-do techniques in a non-prearranged situation.

This however does not mean sparring should be soft. You should always use power and speed. Free sparring should also be a serious activity, both at gradings and at your club. There should be no talking (other than perhaps briefly assisting

someone) and no laughing or mucking about. One of the goals of free sparring is to increase courage. From time to time you come up against someone you don't enjoy sparring... that's all part of it.

In tournaments you sometimes see both competitors hanging back, not wanting to leave any openings and give up points – or very messy and scrappy sparring, with both competitors going full pace in each other's faces. At a grading – similar to the new self defence syllabus – your partner is not just your opponent, out to beat you, but more your opportunity to demonstrate your techniques.

As far as the techniques you use, there are some differences too. While the best tools to score points might be a steep-angle turning kick and a straight punch, continual repetition of the same combination isn't really appropriate to grading sparring. You should attempt to demonstrate a variety of techniques at different distances, aiming for appropriate vital spots... and you aren't limited to front and above the belt.

Grasping techniques and sweeping kicks are not forbidden, though it's probably best not to overuse these either. The main thing is to be controlled and ensure the safety of your fellow student.

With the scoring system in tournaments these days, it's rarely of benefit to use a flying kick. In grading sparring, particularly at black belt level, flying kicks should at least make an appearance.

In tournaments, much of the defence comes from either covering or dodging/footwork; there's very little active blocking. In grading sparring, you can try to demonstrate some of your blocking techniques as well as attacking techniques.

Good luck with your sparring. If it is something you don't enjoy too much... hang in there. It can sometimes take years to become more comfortable with free sparring to the point where you start to enjoy it.



Photos by Master Paul McPhail

by
Shirley Pygott
II dan

Kicks for Kids

Welcome to Kicks for Kids
Issue #22



This is a powerful issue! We are all trying to think of ways to save power, but in Taekwon-Do we always want to know how we can get more of it. I asked Stanmore Bay Kids about Courtesy and we have the next chapter in the life of General Choi Hong Hi. Our address if you have something to put on these pages is: PO Box 457 Silverdale Whangaparaoa 0944 or e-mail taekwon-dotalk@itfnz.org.nz.

Get the Power!

How many times has your instructor told you that you need to show more power? But where does your power come from? What can help you produce more of it? And how do we know if we have it or not?

It would make sense that big people have big muscles, and big muscles mean more power. Interestingly, having big muscles is not enough, and even small people are able to generate a lot of power if they do the techniques properly. Keeping your eye on the target helps, and so does heaps of positive thinking.

Did You know...

New Zealand makes some of the best Taekwon-do power in the world? The New Zealand Team has consistently won medals at World Champs for over 10 years, winning 9 bronze, 9 Silver and 8 fantastic Gold medals in power test since 1997. That's an AWESOME 26 MEDALS!

Kids Trying to Find their Power at the National Junior's Camp 2007



General Choi had a Theory of Power which tells us the things we need to do to make our techniques more powerful.



1. **Use Reaction Force** by pulling your offhand to your hip.
2. **Concentrate your power** in a small area by using the correct attacking tool.
3. Make sure you have good **equilibrium** or balance as you do the technique.
4. **Speed** is important. The closer you get, the faster you should go.
5. Correct **breath control** is important. Breathe out as you hit the target.
6. Use your body weight or **mass**, by using great sine wave action.

Most importantly of all, **PRACTICE, PRACTICE AND MORE PRACTICE**, but remember kids, destructions should always be supervised by an instructor or adult senior. Safety First!

Kid Kicks is Here!

It's brand new, and it's coming to a computer near YOU! It's on the ITF website, and it's just for kids. Each issue will have pictures of Taekwon-Do kids from around the world, puzzles, information and articles. Follow the link on the main ITF web page

www.tkd-itf.org/pub_web

and check it out! Some of the illustrations may even look a little familiar :-)

Meet the Founder, part 10

A strange kind of welcome



Choi Hong Hi and his fellow patriots had spent seven terrible months in a Japanese prison, and were almost executed. At the time the defeated Japanese army left Korea, the prisoners were in an awful state.

They were terribly weak and thin from hunger, and covered in sores from nasty skin diseases. But they were finally free. As they left the prison on the road to Seoul, many people came to cheer them on, clapping and offering them food. But the further away from the prison they got, the stranger the welcome became. At one point they had to run and hide, because there was a rumour that some of the Japanese were out to get revenge. They were so tired and weak they didn't get far, but luckily no revengeful Japanese found them.

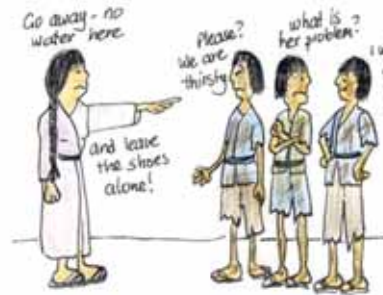
The next day they got on a really crowded train going to Seoul. All the other passengers avoided them and wouldn't go near them, because they looked like they were covered in Poison Ivy. It wasn't a nice way to be treated at all, but it did mean they had enough room to stretch out and relax.



When they finally got to Seoul, it was just as bad. No-one knew they were heroes, and wouldn't help them because they looked like homeless beggars. One young woman wouldn't even give them water to drink. Why?

- A. She was afraid they would steal her shoes
- B. She only had enough water for herself
- C. She was grumpy, mean and nasty

She thought they were so poor that if she turned away to get the water



they would steal the shoes that were by the door. Of course they couldn't have cared less about the shoes – all they wanted was a drink of water.

Finally they were looked after by someone who knew who they were and what they had suffered for their beloved Korea. At last they got the welcome they deserved!

General Choi later said that he needed to go through all the pain and hardship so that he could build up the invincible power needed to found Taekwon-do, and encourage its spread all over the world. If he hadn't been in prison, there probably would not be Taekwon-do at all!

From Taekwon-do and I, The Memoirs of Choi Hong-Hi, the Founder of Taekwon-Do Book 1, Part 4

Courtesy is Cool!

Courtesy is very important in the dojang. We bow to each other before and after we work together, we say Yes Sir and Ma'am, we let adults and seniors in or out of the door first, and we respect our instructor and seniors. But what about when we are not at training?

I have been asking Mini-Kids class at the Jungshin Stanmore Bay Club all about courtesy. Here are some of the ways they thought they could practise this very important tenet outside the dojang:



At Home	At School
Say Please and Thank You	Use manners when I want something
Be nice to Mum and Dad	Taking turns with your friends
Use good manners	Share with everyone
Listen carefully	Let others go first

What other ways can you think of to practise courtesy outside the dojang?



South Island Regionals

by Holly Eades, 3rd gup
Riccarton



This year's tournament was held in Blenheim, meaning a long trip on Friday for those from Christchurch and Dunedin. Road trips are an excellent opportunity to socialise, however. Mrs Claudette Herbison is a Taekwon-do road trip veteran who knows plenty of interesting games to help pass the time.

The event was held in the brand new conference centre – a nice facility with just enough room to run the competition. After form up on the Saturday morning, Day One comprised of individual events, starting with patterns. Needless to say, Ring Three was rather busy with its 20 green belt patterns competitors! Rings One and Two made their way through the remaining divisions. A good handful of participants either forgot the moves or neglected to learn some of their patterns altogether!

After the conclusion of patterns competition came sparring, power breaking and specialty. As usual there were plenty of interesting bouts for the spectators to enjoy. There was some club rivalry and the competitors received lots of support from their fellow club members. One of the awesome things about taekwon-do here on the mainland, however, is the spirit that the region

shares – everybody knows everybody else and we all encourage one another. The technicolour medals were handed out after each final again this year, making the whole process very efficient and leaving only one individual final over on Sunday. Saturday evening saw everybody squash into the Springlands Tavern for a buffet dinner, a lot of socialising, and a quiz.

Day Two consisted of all team events, pre-arranged free sparring and the final presentations. Everyone gathered to watch as the club teams practised or frantically worked out their patterns up to the last minute (Riccarton!). After patterns came specialty – the resulting tie in Male Team for bronze between Riccarton and Redwoodtown/Mauriora led to a thrilling mid-air kick play-off between Mr Gareth Hopkins and Mr Shane Eade. The ribbons were moved further and further apart until Mr Hopkins ultimately faltered and Mr Eade took the medal for his team.

In sparring, a bit of luck and some great tactics saw the Riccarton Female Team's *gup* students defeat the black belts from the Dunedin/Otago Uni/Redwoodtown team to take out the gold medal. It goes to show just how important it is to put the right

person up against each of your competitors. The Male Team Sparring attracted its usual enthusiastic audience as the boys battled it out in the ring for club prestige. Power breaking was completed as the other two rings were packed up. Several of the teams were mixed due to lack of black belts attending from certain clubs; and despite doing well they unfortunately could not be included in the overall results for team competition.

Some of you might remember my article about the 2007 South Island Regionals, where I described my experiences competing in a tournament for the first time. Due to injury I participated as an official this year. It was a good experience and great to give something back to the sport by volunteering. Next time you are free at a tournament, try offering your assistance to the organisers. They will be grateful for your help – it could be as little as time-keeping for a few rounds.

The final results were tallied with Riccarton taking home Best Club for the second consecutive year and also being awarded Best Male and Best Female Team. Finally it was time to pack everything up, say goodbye and head home. Many thanks to Mr Rana Moanaroa, Mrs Lorraine Eade, Mrs Penny Davies, Mr Kris Herbison, the officials, team managers, and participants for making this year's Regional Championship such a successful event.

Major Results:

Best Club: Riccarton

Best Male Team: Riccarton

Best Female Team: Riccarton

Best Black Belt: Russell Stuart, Otago Uni

Best Red Belt: Helen Caley, Riccarton

Best Blue Belt: Rennae Hopkins, Riccarton

Best Green Belt: Craig Oliver, Riccarton

Best Yellow Belt: Christopher Gilroy, Central

Best White Belt: Sophie Hadjis, Riccarton

Tenets Award: Ruifa Huang, Dunedin



Top: Mr Nigel Patterson takes on an opponent in sparring. Above, L-R: Ms Lorraine Eade and Mr Shane Eade; Mr Tomonori Shibata; Mr Nigel Patterson and Mr Marley Fennessey

Exec Update

ITFNZ passes on its heart felt condolences and love to Master Paul McPhail, Mrs Nadia McPhail, and their sons Jonathan and Jacob, with the passing of their daughter and sister, Portia, in the Mangatepopo River tragedy.

Thank you for all your support for Master McPhail.

ITFNZ also passes on its heart felt condolences to the family and friends of Mrs Katie Powles, Jack Bebbington and former Instructor Mr Mike Smith.

Your support and love again so soon after our last lost is once again received with thanks.

1. Applications completed for Prime Minister's Athlete Scholarship, with ITFNZ having 2 recipients.
2. Mr Herbison, Mr Gravatt and Mr Skinner working in regards to finalising our Anti-Doping Policy.
3. Nationals: Tournaments Committee is to be overseer of the Nationals. An operations manual is being produced (based on the current nationals tournament manual).
4. Marketing Director still needed. Dr. Pearson has agreed to take over the Awards area of the Marketing committee functions. This is a very important role and more so that we are heading into the World Champs build up. Do not be shy



Katie Powles

Photo courtesy Phillip Dunn

to put your hand up. It is a very good grass roots position that can look impressive on your CV for a career in marketing.

5. Efforts still continuing to find ITFNZ a new Patron. Currently contacting Mr Willie Apiata. Unfortunately we have had word back that he cannot take this position. The Patron position is still vacant, so suggestions are welcome.
6. ITF Tree & badge logos have been trade marked by ITFNZ to keep them safe for our future use and to prevent outside profiteers in using our logos to sell merchandise.
7. Event sponsoring policy document to be looked at for future events held and sponsored by outside companies. This will help protect sponsors and give a solid platform for securing repeat sponsors in the future.

8. Event Management policy to be looked at so all funds, profit and debts can be easily accounted for. This will help in keeping all financial areas as transparent as possible.

The new Board of directors has now been elected and appointed they are: Mr Terry Harkin, of Wellington, for 3 years, Mr Dennis Burns, of Wellington, for two years, Mr Krishna Reddy, of New Plymouth for one year. Also we have the already elected members Mr Bhana, Mr Pygott and Mr Graham. There are many years of expertise in all areas brought to the table by these gentlemen and we look forward to a new and exciting beginning.



Master McPhail with Portia in Spain, 2007

Photo courtesy Mark Banicevich

President's Corner



The last few months have been a very testing time for ITFNZ and its members. Firstly our executive committee held its last formal meeting. The Executive was dissolved and our new organisational/administrative structure was set in place. We begin a new phase now under the watchful eyes of the Board of Directors. Welcome to the helm of ITFNZ Mr Terry Harkin, Mr Dennis Burns, Mr Krishna Reddy, Mr Mahesh Bhana and Mr Peter Graham. You will, no doubt, read and hear more about these people in the future.

Secondly, it was a sad and emotional time for all our members, which was also felt by our ITF Taekwon-do family world-wide. This followed the tragic deaths, firstly of Portia McPhail, daughter of Nadia and Master Paul McPhail, Katie Powles, a member of the Waiuku School, then of 12 year of Jack Bebbington of the Ardmore club in October. The condolences sent and support given to the McPhail, Powles and Bebbington families was tremendous and very much appreciated by them.

My wife and I have just recently travelled overseas on holiday and we were able to meet up with other ITF Taekwon-do Instructors and Masters during our travels. In Vancouver, Canada, we met Mr Rod

Johnson and Kevin Reinelt, both 5th dans. Kevin took us through his full-time do jang which is located in Port Coquitlam a suburb of Vancouver. He and his wife Ramona work at the do jang from 2pm until 10pm each day. Kevin conducts about 4 classes per day and caters for children in his after school sessions. The senior/older members attend later in the evening. They have a great complex and enjoy what they do but say it is hard work.

In Inverness, Scotland we had the pleasure of staying a couple of days with Master Sandy Dunbar and his wife Jane. Master Dunbar is on the Tournaments Committee for the ITF and regularly travels to other European countries to attend their Tournaments. He will be at the 2008 World Cup in Italy.



Also in Scotland we met up with Master Mick Thompson who resides in Stirling. He is one of my committee members on the ITF Ethics and Discipline Committee. It was good we were able to have some face to face discussions about the Rules, Procedures, Ethics and Discipline in the ITF.

The last stop on our travels was in Hong Kong where we met up with Master Alfred Yu, President of Hong Kong Taekwon-do Federation. His hospitality and generosity was tremendous and he was able to take us on some sightseeing once the Typhoon had passed. He has kindly offered his assistance to any ITFNZ instructors or students passing through Hong Kong in the future. Master Yu's contact is: masteryu@netvigator.com 🐉



Jack Bebbington

Photo courtesy Angela Dunn



EPSON®
EXCEED YOUR VISION

TOP TEN

4 - 5 OCTOBER 2008

See Results & Photos on-line:
www.itfnz.org.nz/events/tournaments/nats2008