

TAEKWON-DO Talk

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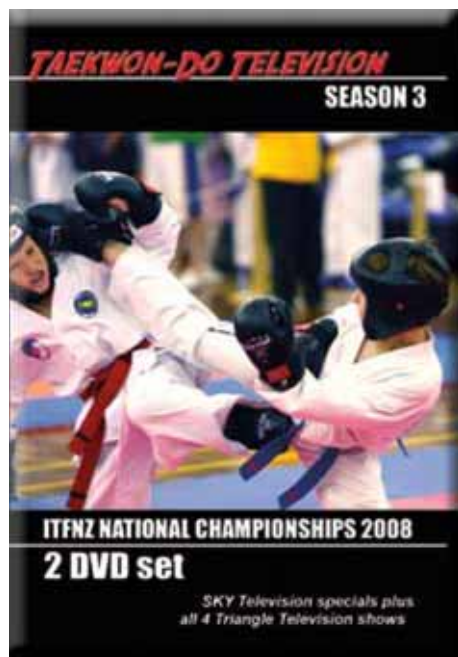


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FROM THE PRESIDENT



Master Evan Davidson

VII Dan, President

We are halfway through 2009 and as most of you will be aware, from the ITFNZ calendar, it has been full on and there are still plenty of activities happening now and for the rest of the year. No doubt everyone is looking forward to the Nationals in Christchurch. Good luck to all those competing and thanks to the umpires/officials and organisers who do such a great job.

The ITFNZ administration is working hard but still getting to grips with the change in procedures following the adoption of a Board of Directors and an ITFNZ Council. Hence, the delay in the setting of our AGM for this year. I hope you all bear with us at this time and I can assure you the core values of ITF Taekwon-Do are always to the fore.

I would like to congratulate on behalf of all members of ITFNZ the recent announcement of five new Grand Masters (9th Degree Black Belts) to the ITF. GM Javier Dacak of Paraguay, GM Hector Marano of Argentina, GM Tom MacCallum of Scotland, GM Guillermo Ramish of Argentina and GM Pablo Trajtenberg of Argentina. Our Taekwon-Do Talk magazine is read in all corners of the world so it is an honour to mention the above Grand Masters. We will hope to see all of them sometime in the future.

Finally I would like to say what a fantastic achievement by Mr Carl van Roon, Ms Carolina Dillen, Mr Mark Trotter and Mr Kane Baigent. They are 2009 recipients of the Academy of Sport Prime Minister's Scholarship Awards. This award was presented by the Prime Minister Mr John Key, himself and is certainly great publicity for ITFNZ.

FROM THE BOARD



Mr Dennis Burns

Chairman of the Board

Firstly as an introduction for myself as Chairman of the Board. Married to Diane for nearly 30 years, I am Wellington based and we have two living at home adult children. Though I have a variety of interests, I must say my passion is all aspects of Taekwon-Do, and this is what led me to apply to be an ITFNZ board member:

The Board is busy embarking on a full strategic review of ITFNZ, which in plain English means, starting with a clean slate and looking into the way we operate:

Where we are at and where do we want to be • How does our current structure work and does it carry us into the future • Image/marketing/branding, and how we can more effectively deliver the art of Taekwon-Do to as many New Zealanders as possible

- Funding • World Champs 2011 • Administrative support, provide an internal structure that supports our passion, that is teaching and practicing Taekwon-Do
- Leader/instructor support and training.

In future articles I would like to focus on some of the key opportunities and threats to ITFNZ and what the Board see as the way forward, but in the meantime I will finish with my personal dream for ITFNZ which is shared by my fellow board members, that is for ITFNZ Taekwon-Do to grow into being the pre-eminent martial art practiced in New Zealand.

If you at any stage have any questions please feel free to email me at boardchairman@itfnz.org.nz.

TKDT TEAM

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Taekwon-Do Talk delivers articles relating to Taekwon-Do in New Zealand and associated activities of fitness, nutrition and health. The goal of Taekwon-Do Talk is to inform, motivate and promote communication throughout ITFNZ Taekwon-Do.

To submit an article please post to: Taekwon-Do Talk, PO Box 75-549, Manurewa, Auckland 2243 or email taekwon-dotalk@itfnz.org.nz. For submission guidelines and advertising enquires please visit our website: www.itfnz.org.nz/taekwon-dotalk.

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LETTERS

Thank you to the ITFNZ members who participated in this year's Round the Bays. We had over 25 members participating young and old. I think the youngest students would have been around 8 years old. Great effort everybody!

The pace is run at the slowest runner's speed so everybody can keep up! Paul M Glendowie organized a BBQ afterwards. (Well done team!) I think it is great advertising for ITFNZ.

We stopped and did a patterns demonstration along the way and had people clapping and encouraging us. It's a superb atmosphere.

The Prime Minister Mr John Key gave us a wave.

Avondale Taekwon-Do continued the tradition over the years and will endeavour to do the Round the Bays Fun Run annually. We meet at the Alten Reserve Constitution Hill, Symonds St Auckland CBD at 8:30am and head down to the start line from there. We run in full dobok plus shoes; you may wear a hat and sunglasses and please don't forget to use sun block!

Hopefully we can get a larger group from ITFNZ participating together for next year's event.

Robert Ireland, Instructor



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KICKS FOR KIDS
ITFNZ MINI KIDS

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FAST MOTION
GALLERY



NEW SCHOOLS

ITFNZ welcomed fourteen new schools to ITFNZ in the last six months. They are a mix of new branches springing up from within our ranks, and also some old friends from other organisations that have now joined ITFNZ. Either way - this is great news and we are sure all the members will get great benefit from belonging to ITFNZ, and vice versa.

Northwestern TKD



Instructor: Mr Karl Finlayson I dan
Ruatangata Hall,
Pipiwai Road, Northland
Tuesday 6.00 - 8.00pm

Karl and Catherine Finlayson have a philosophy of 'size is not a factor' in Taekwon-Do and the two of them working together hope to be able to cover all aspects of Taekwon-Do. They plan to take Taekwon-Do to the country and reach some of those people that would love to learn something like this but find distance a problem.

Whangarei Central TKD



Instructor: Mr Steve Pallant III dan
YWCA Hall, Rust Ave, Whangarei.
Thursday 6.00 - 8.00pm

Whangarei Central TKD is located in the Whangarei C.B.D. catering for students of 8 years of age and above. The instructor, Mr Stephen Pallant, has a background in Shotokan Karate, having trained in England from 1988 until 1996. In 1999 Mr Pallant joined the Hurupaki Taekwon-Do club and has trained under Mr Konia 4th Dan ever since.

Xtreme Martial Arts Academy



Instructor: Mr Luke Thompson II dan
20a Subway Road, Pukekohe
Various classes for 5 - 8 and 9 - 12
Year olds, plus adults classes. See
website for full class details.

Mr Thompson has over 14 years experience and is a three time New Zealand representative. He has numerous New Zealand, Oceania, and World titles in sparring, patterns, power breaking and pre-arranged sparring.

Haumoana TKD School



Instructor: Mr Stephen Scrimshaw II dan
Community Hall, Haumoana Rd,
Haumoana, Hawkes Bay
Wed 6.00 - 8.30pm, Sun 1.00 - 3.00pm

Mr Scrimshaw has been a black belt for 13 years, having commenced his training with Mr Norman Ng in Palmerston North in 1985. He is also involved in project K as a mentor, has qualifications in the fields of exercise physiology, and is also a former New Zealand gymnastic representative. He still coaches gymnastics to recreation and competitive level. His 3 young children also train in Taekwon-Do.

Welcome Back

ITFNZ welcomes Mr Richard Hall back to ITFNZ after an extended break. Mr Hall and Master McPhail trained together in Palmerston North back in the mid seventies. He is now instructing in Nelson.



Kamo TKD



Instructor: Mr Mark Turner II dan
Totara Grove school, Corks Rd,
Kamo, Whangarei
Friday 6.00 - 8.00pm

After seven years of Taekwon-Do training Mr Turner now heads his own club and is the current Auckland North 'Standards and Discipline' representative. Mr Turner has a golden rule that whatever he asks of his students he will do himself and that if you train hard you will gain the rewards.

Impact Mt Wellington



Instructor: Ms Carolina Dillen I dan Mt.
Wellington Rugby Football Club
Hamlin Park, Wilson Way,
Mt. Wellington
Wed 6.00 - 7.15pm, Fri 5.15 - 6.30pm

Ms Dillen began training in 1997 under Mr Andrew Niven and graded to 1st Degree Black Belt in 2002. She has represented ITFNZ at World Championships in Italy, Poland & Canada. Ms Dillen is interested in identifying the safest and most effective training methods, and focuses on aspects such as good health, performance, injury prevention and rehabilitation.

Plateau Taekwon-Do



Instructor: Mr Paul Drysdale I dan
Reporoa Memorial hall,
Broadlands Road, Reporoa
Tuesday and Thursday 6.30 - 8.00pm

Mr Drysdale started Taekwon-Do training in 1996 and graded to 1st Dan in 2003. He helped establish Waikanae Taekwon-Do school with Mr Christie in 2006 and was assistant instructor to Ms Young in Rotorua during 2008. As an instructor, he gains great satisfaction seeing people develop through training in Taekwon-Do.

Stokes Valley School of Taekwon-Do



Instructor: Mr Stephen Winship I dan
17 Kairimu St, Stokes Valley
Thursday 7.00 - 8.30pm

Mr Winship first started learning Taekwon-Do as a child living in Stokes Valley. This was in 1978 under the instruction of Mr John Moran under the umbrella of Mr Harry Hemana's Upper Hutt club. After a long absence from TKD and achieving his black belt in 2004, he opened his own club.

Nelson ITF



Instructors: Mrs Pam Colee I dan, Mr Glen Kenny I dan & Mr Richard Hall III dan
Sea Scout Hall, Akerston Street,
Port Nelson
Mon 6.00 - 7.30pm, Wed 6.00 - 8.00pm

Mrs Colee started training at the Riccarton Taekwon-Do club under Mr Peter Lawless, got to 1st Dan within 3 years. She instructed her own club at Richmond until she retired and then in August 2008 got asked to take over Nelson club to assist with instructing.

Bream Bay Makos



Instructor: Mr Mark Hinge I dan
One Tree Point Primary School Hall,
One Tree Point Rd, Ruakaka.
Tuesday 6.00 - 8.30pm

Mark Hinge started ITFNZ Taekwon-Do in 2005 and was promoted to black belt in 2008. He enjoys all aspects of Taekwon-Do, in particular working with younger students and overseeing their progression in Taekwon-Do. The Bream Bay Makos Dojang location has magnificent views of Mt Mania, Whangarei Heads and Bream Head.

Botany TKD - The Early Years



Instructor: Mr Dave Butchers III dan
Cockle Bay School, 24 Sandspit Road
Cockle Bay, Howick
Tuesday 3.15 - 4.00pm

"I believe that if you enjoy something and have fun while doing it you will excel in it. Therefore my club is for 'The Young And Young At heart'. We work hard and play hard. The moral side of our art is an equal part and you must learn this as well as the physical side. I am married with two sons who both practice Taekwon-Do."

Te Karaka Taekwon-Do



Instructor: Mr Kevin Cale II dan
Scout Hall, Station Road,
Te Karaka, Gisborne
Monday and Wednesday 5.30 - 7.15pm

After arriving in New Zealand in 2001, Mr Cale started Taekwon-Do with his daughter in 2002. In 2006 he graded to black belt and took over the running and teaching in Gisborne with Miss Kendrick. He believes Taekwon-Do is a great way of developing and helping everyone become all they can be.

Masterton Taekwon-Do Club



Instructor: Mr Simon O'Hara I dan
Wairarapa College gymnasium
83 Pownall Street, Masterton
Monday and Friday 5.15 - 7.30pm

Mr Simon O'Hara was a late starter to Taekwon-Do, beginning in 2000 after his eldest son, Ryan had already been training for about a year. Having a battle with cancer last year, Mr O'Hara says it certainly put a perspective on 'perseverance' and 'indomitable spirit', which his training in Taekwon-Do helped him to pull through. 'Never give up the battle'.

Dannevirke Taekwon-Do Club



Instructor: Mr Jock Henderson IV dan
Sports Centre Dannevirke
Anderson Street, Dannevirke
Wednesday and Friday, 6.00 - 8.00pm

Mr Henderson began Taekwon-Do training under Master Yun and Mr Harry Hemana and was graded to 4th Dan under Grand Master Leong Wai Meng.

YOUR REGION

Auckland North

Regional Director:
Sonya Robinson



2009 started with our region ratifying four new clubs - 3 in the Whangarei area and one in central Auckland. It has been busy ever since!

There was a combined "back to beach training" session in St. Heliers late February. In addition there has been: Polish Training Seminars, Master Willy Van de Mortel Seminars, Instructor Update Courses, an Umpires Course, a combined Marshalling Course, a combined Instructors Certificate Course and a First Aid Course hosted by Counties Manukau. TKD practitioners from Auckland North ran the "Round the Bays" in dobok, the first round of gup gradings was held with our new examiners and the Auckland Taekwon-Do Academy held its first Black Belt Pre-Grading Programme with excellent results - six of our full programme participants (most of them from Counties Manukau) received an A Pass at the first Auckland black belt grading for 2009.

The athletes classes at Academy have been the busy training ground for many of our World Champ team hopefuls. I personally hope that the final team selected will be one of the largest ever from New Zealand. We really have some hardworking, talented and tough practitioners out there!

Our region was very fortunate to have a regional camp at Ruakaka in the first weekend in April. Thanks to Mr George Konia and his team for organising such an excellent weekend and to our special guest instructors, Mr Steve Pellow and Mr Mark Trotter, who certainly put those present through their paces.

Auckland North, as a region, is extremely fortunate to receive a lot of support and assistance from many of our fellow Taekwon-doists in Counties Manukau. My thanks to them on our behalf. There is a lot more work than many realise done behind the scenes to provide the range and number of activities that have been available for us to enjoy and partake.

Auckland North is not a super city yet, but it is a super region.



Auckland North Camp



Counties Manukau

Regional Director:
Natasha Lotua

After a dismal Saturday of wet weather and horrid winds, who would have expected such an awesome turnout to a combined training between Auckland North and Counties Manukau. Organized by our Mr Banicevich of Glendowie club, and blessed with Master McPhail and Master Bhana, how could we go wrong. Over 80 participants braved the weather to go through 4 hours of fun, pain, and games.

After a discussion during our regional meeting it was decided to have a course for marshalling at gradings. The course was well supported by red belts and above and made a tremendous difference to the gup gradings. Evaluations were done on the performance of the marshals, which will be used to assist in the follow up planned for sometime in the year. Thank you to Mr Tolley and Mr Raukura for taking the ball and running with it and to those seniors that took the time to upskill themselves.

Counties Manukau also hosted a number of great seminars so far this year, including a First Aid Course and a seminar by Master Van de Mortel. His years of experience shows with his ability to adapt his lessons to include young and old as well as junior and senior ranks together. He won over the crowd with his friendly smile and support for every participant.

Another well supported seminar was the Polish Training Sessions where Mr Trotter wowed the room with his incredible fitness and style. Assisted by Miss Carolina Dillen they displayed techniques that could only enhance your performance and instilled that never give up attitude into all that attended (as well as excruciating pain

to all of the body for a couple of days). Thank You to Mr Trotter and Miss Dillen for sharing your experiences with Counties and look forward to any up and coming ventures.

We are fortunate to have Mr Vince Pygott grading Counties Manukau for the first time in April. Mr Pygott has held many positions in ITFNZ and is currently on the Board, is secretary of Oceania Taekwon-Do Federation and also head instructor of Jungshin TKD.

Counties also hosted a black belt grading in May, organised by Miss Melissa Timperley and Courtney Meleisea. This grading was well run and hopefully the future of black belt gradings to come. We even had visitors from the far North and even as far as Christchurch. Thank you to our hosts, Dragon Spirit and those that continue to support these ventures.

Midlands

Regional Director:
Kevin Cale



December 08 closed with a very successful gup grading round and everyone looking forward to the Christmas break. Most of the Midlands schools reopened before the end of January with everyone's batteries re-charged and raring to go. Some people are just so keen.

We were confirmed for a black belt grading for May and all prospective candidates started training every second week with Mr Rimmer to make sure they could be as ready as possible.

February saw a very wet and flooded regional camp. The rain only seemed to stop when no one wanted to be outside. Everyone who attended took it in their stride and had a great time. The camp was very well attended with everyone making

YOUR REGION

friends quickly. The training program was well planned and the instructors gave everybody a good work out. People got to try new things and even surprised themselves when they all found that, yes, everyone can do a back flip. (some, with a little help). Thank you to Mr Rosser & Mr Harding for their efforts.

March saw a mini inter-club tournament in Tauranga. This was a huge success and gave a number of younger and newer competitors the chance to see what it takes to compete. It also gave the opportunity to a number of individuals to put their umpiring, refereeing and judging skills to good use.

Master Van De Mortel's sessions in March were snapped up and Tauranga managed to get one of the training nights. Miss Young was the driving force behind getting people to this incredible opportunity.

Gup gradings for the region were held in both Tauranga and Te Karaka with a combined number of over 80 students grading. Mr Salton (Midlands' new examiner) gave everyone grading a thorough workout and everyone passed. Mr Salton made comments that the standard was high and he was both pleased and impressed with the effort put in by everyone. The Te Karaka grading was followed by a 2 hour training session with Mr Salton who covered aspects of self-defence, fitness and individual strength. This was a great eye opener for some of the newer students and a great success.

Throughout the months the world champs training have been held in Taupo and on 29th 30th May the trials took place. Congratulations to those selected.

At the beginning of May, Tauranga kicked off the black belt grading round. The examiners were Master M Bhana and Mr Salton. Congratulations to all those who attended

Having a blast at the Midlands Regional Camp



the grading. Special congratulations to Mr Diggleman who attained an A Pass.

April also saw the unfortunate closing of the Rotorua school. However, within the last six months, the region has seen two new schools open with one at Te Karaka and the other at Reporoa.

Te Karaka also managed to get a 30 second slot on the national TV show "What Now". This was promoting push play but the show have kept in touch and are looking to run a follow up later in the year. This opportunity is available to all clubs so we hope to see more TKD on the show.

Finally, well done to the Hamilton club who took the opportunity of the "Hamilton 400" to sell programs for the event and raise money for their club.

Wellington

Regional Director:
Nick Lorantos



The year started off very quiet but quickly escalated to the Instructors Update Course in February hosted by Porirua TKD at their new permanent venue. Special thanks to Mr Steve Pellow and Mrs Shirley Pygott for taking time away from family to show us the new black belt ground & weapon self defence and Mini Kids Program.

March started with Mr Mark Trotter & Ms Carolina Dillen who put on a fine Polish Training Seminar at Wellington College and managed to get everyone excited with some new techniques and later in the month a seminar by Master Van de Mortel was held. Thanks to the organisers of both of these excellent events.

In April the region welcomed Mr Mantjika from Central Districts who examined the first coloured belt grading of the year. Over 120 attended the grading with very good feedback on performances.

May started off with a regional combined training in Masterton for the day. Thanks to Mr Simon O'Hara and his team for hosting us. The following weekend saw the black belt grading for the region hosted by Central Districts. Congratulations to all who graded. A large group of students

and officials headed north to Palmerston North to participate in the 1st Tournament of the Star Series and a number of Wellington based students also headed up to the world champs camp in Taupo at the end of May.

June and July are also shaping up to be just as busy with the Luke Thompson Power Breaking Seminar and the Wellington Regionals. July will see the Wellington region welcome competitors and officials who will be participating at the 2nd tournament of the Star Series.

South Island

Regional Director:
Kris Herbison



We have had two tournaments in the South Island so far this year. Ms Angela Barltrop organised a very successful coloured belt tournament in March. We were lucky to have Mr Carl van Roon, Mr Mark Trotter, and Ms Carolina Dillen travel all the way from the North Island to coach and instruct. The tournament was run as a round robin rather than the usual knock-out system, so everyone got lots of chances to compete against others.

The Central club hosted the South Island Regional Champs for the first time, and ran a fantastic tournament in Alexandra on the 23-24 May. The tournament was well supported by all the South Island clubs, and it was great to see that there was close competition this year for the Best Club trophy. A new Tenets Award was presented for the first time in honour of Mr Shane Eade of the Redwoodtown Club who sadly passed away earlier this year. Shane is missed by the whole region.

The South Island Region has restructured and introduced a governance board. The change was voted in at the AGM on the 23 May. We hope that the change will make our management more efficient. Two board members have already been elected – Mr Kris Herbison from Christchurch, and Mr Craig Evans from Dunedin. Mr Grant Evans was unanimously supported to be the new President of the Region, although he is probably too busy to worry about this at the moment as he is expecting his second child any day now.

COMBINED TRAINING / WAR GAMES

By **Simon and Ben Linstone** 6th gup

When we heard our club was arranging a training session with Master McPhail with 100 plus students – outside, in the sun and next to the sea I was quite excited (I should point out that I am an accountant – so “quite excited” is fairly extreme). Ben (aged 10 and not an accountant) was very excited as he had taken part in one of Mr Banicevich's war games before!

Our next door neighbours had carefully chosen the date, so as not to clash with a long weekend and also so the tides were right. You may wonder why our neighbours chose the date. Well we have 3 black belts living next door (quite handy really) – the Styles family. But on the Thursday when I looked at the Metservice rain map and saw torrential rain forecast for Saturday I was expecting the worse. Our black belts next door assured me that the weather would be fine (I hadn't realised that black belts had so much influence).

Sure enough we arrived down at Vellenoweth Green in St Heliers at 2.30 (I like to be early) and the weather looked promising. At 2.45 I was a little concerned as it didn't look like there were going to be many turn up (maybe they believed the weather forecast). However by 3pm students had appeared from all directions and Master McPhail had us forming up. This was the largest class we had attended. Over 120 students all lined up in the sunshine on the grass looked quite impressive. We certainly were being noticed by the locals (and we hadn't started). Master McPhail ran a 90 minute training session that absolutely flew by (unlike my attempted flying kicks – although it was good fun trying). Just in case anyone in St Heliers wasn't aware we were there, Master McPhail had us doing a few good kihaps, which stopped the traffic. (In fact afterwards my wife told me that she could hear us in Dingle Dell!) I learnt some new stretches – always handy for those of us the wrong side of 40. We ran through patterns from Chon-Ji to Ge-Baek. It was cool watching 20 plus black belts doing their patterns.

Then it was WAR GAME time. Mr Banicevich explained the rules to the uninitiated (assisted by demonstrations from Mr Breen). The three armies then assembled around their respective flags that had been carefully positioned in the three corners of the green. Ben and I were

in the Baek Je army along with the other green belts and the red belts. To our right was the mass army of peasants also known as Koguryo (there must have been at least 10,000 of them – or so it seemed). To our left was the awesome sight of Silla made up entirely of Black belts. We elected our king and then talked about what our strategy would be to capture the flags from the other kingdoms.



“General Banicevich” – Master of War Games

The horn went to signify the start of the game and our carefully thought out strategy lasted about 30 seconds. At this point I would like to tell you how Ben and I charged at Silla, killed all the black belts and took their flag back. Unfortunately it didn't quite happen like that. However after numerous skirmishes between all three kingdoms, we did successfully get Koguryo's flag. One down and one to go! It was becoming clear at this point that Silla were better organised and their army was growing all the time. At some point during the battle, I had a small personal victory when I managed to kill a black belt and convert him to Baek Je. However that didn't last long and a few minutes later after a rush of blood to the head, I charged the Silla line (which was still holding under the



Photos by Paul McPhail

command of General Banicevich). The inevitable outcome being that I was killed and joined Silla.

It is quite hard to describe a battle that you are actually part of because there is so much going on. But there was a pattern developing – Silla continued to hold its defensive line while gradually increasing its army. As the Silla army grew it was able to send groups of soldiers out to capture more of the enemy. Eventually (after quite a long time) Silla captured both the other flags from Baek Je and were pronounced the victor. This was followed by the execution of the kings of Baek Je and Koguryo.

The War Game was then to be followed by some beach training. However everyone had enjoyed the War Games so much that it was decided to have another game. This time Baek Je and Koguryo had learnt from Silla's winning strategy and the history of Korea was re-written as Koguryo won. (I understand this is very rare).

It seemed to me that the success and enjoyment of War Games Taekwon-Do style is very dependent on the integrity of the participants. Judging by how much fun people had and from my own experience during the game there was no shortage of integrity. So well done to everyone who took part – especially the people in our team.

After the excitement of the War Game, people gathered in their clubs for some well earned food and drink. I don't know what the other barbeques were like but ours was pretty good (well I would say that because my wife organised it). We even had ice cream!

Thank you Master McPhail for the class, Mr Banicevich for the War Games and Mr Styles for arranging it. And thank you to all those who came – war games just wouldn't be any fun without you.

Overall a fantastic afternoon and everyone I spoke to really enjoyed it. Let's do it again! 🐉

GRADING THROUGH THE ACADEMY



By **Phil Moore** 1 dan

The grading to 1st gup was way back in April 2008. Back then, the black belt grading seemed very far off, a distant goal and we spent most of our time training with the Italy team and the Nationals squad. Over the passing months the Nationals came and went, and focus switched to the black belt grading.

Dragon's Spirit had a large number of people wanting to grade, and Mr Raukura had a plan to help everyone through. Training for the grading was to start early, and carry on all the way through

Christmas. Thursday night trainings became dedicated to black belt grading work, and even had guest instructors coming from other clubs. On one of these nights, Mr Raukura told us of a new scheme being considered – a series of dedicated black belt training sessions.

The scheme was to run for twelve weeks on Sunday nights, with different instructors coming along to work on different aspects of the grading. If enough people were interested and would commit to attending every week, the scheme would start

in early February. Of course, plenty of people were interested and signed up.

The first Sunday was a hot sunny evening in early February. Most of the class were familiar Dragon's Spirit members, as well as a good mixture of people from other clubs around the region. We started with an introduction by Mr Breen, who broke down the scoring system at the grading. After that, each person took a turn to stand up and state their intentions. Standing up in front of the class declaring you will grade in May was a big step in turning the grading from a dream to

reality. Then, the first activity – patterns. We went through things a number of times and pulled out specific techniques to practice and work on.

The following week Master Bhana was the guest instructor. Those who attended the Dragon's Spirit training sessions were fortunate to work with Master Bhana on the Thursday too – twice in the same week. It was good to reinforce things, trying to undo a few years of bad habits. Master Bhana had other advice too – one of the key points was to stretch every day. This got added to the daily push-ups and sit-ups recommended by Mr Raukura. Jumping out of bed and into the shower was taking quite a bit longer by now, and the new routine was getting strange looks from the cat.

Mr Raukura took the next class for self defense. Again, the Dragon's Spirit people may have had a slight advantage, having done plenty of work in this area with Mr Raukura and Mr Pellow. The actual releases were familiar, but adding the distractions and counter attacks in a smooth fluid manner still required plenty of practice.

Breaking next with Mr Sawden & Mr Matsuoka. Mr Sawden took the black belts while we had Mr Matsuoka. There was plenty of stretching to begin with, followed by a look at the flying high kick and the overhead kick. We tried different approaches and techniques, helping turn something from "that looks quite difficult" to "maybe I CAN do this". Of course, we were also practicing these things on regular club nights so the overall skill levels and confidence were still growing.

Master Bhana had commented on the use of video cameras as a training tool, so we made sure we had a big recording session and had time to review ourselves. The following week featured Master Bhana



once again, and gave us more things to work on, individual moves to work on, and messages we had been told before – think about the application of each technique, remember sine wave. Sports psychology springs to mind, imagining an attacker in front of you at each point. As with many of these things, the messages weren't new – I recall Mr Raukura telling us the same thing many times.

The step sparring class with Dr Snelling was very interesting. It gave us plenty of food for thought around step sparring, and ended with another good stretching session. Some of the stretches were well beyond my flexibility or balance, perhaps I should read Dr Snelling's paper on yoga and flexibility to try and improve. I will add this to the growing list of things to improve upon after the grading. There was a common theme to the guest instructors. Each took time at the end of their session to get across their passion for Taekwon-Do, talking about passing well and becoming a good black belt – messages that really come alive when told in person, rather than being read in print.

Self defense with Mr Pellow is always something to look forward to. It's always fun, you always learn lots, and always get hit in the groin. Ok, the last point isn't really something to look forward to, but does seem to happen. By now the focus had shifted from learning the releases & locks, to applying these techniques smoothly and making everything flow. Still, I had to laugh when I found someone had turned up wearing a groin guard. I was going to miss these sunny summer evenings at the black belt academy.

The following week marked the end of daylight savings, the proper end of summer, and our pre-grading weekend. Mr Raukura and Mr Tolley put us through our paces all day Sunday, covering all the sections of the grading including the breaking and the fitness test. It was a tough day, giving us an indication of how hard the grading would be, and what the fitness test would be like after a full day's work. Oddly enough, it also gave us practice waiting for our results. It would be nothing like the real anticipation but still provided a nervous few days.

The week after the pre-grading was Easter. Not many people were expected at the academy, but a decent core group still came along. This was to be a "monster mash" class taken by Mrs. Robinson. I'm

not sure why, but as it came the week after the pre-grading and it was a smaller class, I was expecting an easier session running through a bit of everything. Right from the start I realised I was mistaken as we were put through our paces and became another run-through of a lot of subjects, including the fitness test. By this point the fitness struggles were gone, with just a few minor injuries to be taken care of. A month to go until the big weekend!

One of the things I liked about the structure of the academy courses, was the way a tough training night seemed to be followed by a "fun" night. True to form, the "monster mash" was followed by a night of breaking with Mr Matsuoka. Running across the hall to practice the overhead kick is always good fun.

The patterns night with Mr Breen marked the end of the proper training nights. A final look at our patterns gave more helpful hints – more polishing than fundamental changes by now. Running through a pattern had changed from simple execution in the early days to a big list of points to remember, always with "sine wave" echoing around in my head.

Mr Raukura hosted a TKD theory quiz night for the final week. The questions covered a wide range of subjects, and overall gave everyone a confidence boost that theory study had been going as well as the normal training. Before going, I was wondering if all the "bring a plate" food was going to be healthy with only a week to go. Fortunately there were plenty of sausage rolls, fizzy drinks and chips going around.

There was one final session on the Wednesday before grading. Master Bhana kindly came along and talked to the group about the grading, and what sort of things the examiners were expecting. During the grading, a few of Master Bhana's comments came to mind, hopefully having a positive effect on my efforts.

Grading weekend, at last.

We spent Friday afternoon setting up the hall, unloading the mats, putting up banners, stacking tiles and getting everything else ready for the weekend. One last look around the hall, then off home for a big meal and an early night. The weekend was as tough as everyone told us it would be, but everyone in the group supported each other and we all made it through to the end of the Sunday public session.



Photos by Doug Hanna

The author completing a successful grading with a 6 tile punch.

The atmosphere in our little side room was great as we took turns out in front of the examiners, everyone supporting each other, watching intently. Afterwards the general feedback from spectators was positive, but we knew it was to be a hard week, waiting for the results.

Waiting for the results email was difficult, with far too many checks of my inbox. At last an email came in with the subject "Grading Result", and my heart started pounding. The result – Pass! Straight away, thoughts turned from my pass to the rest of the group – had everyone else been successful too? The afternoon was spent sending emails and text messages to try and track down everyone and by training that night we had managed to get most of the results. Best of all, 8 "A" passes, nobody unsuccessful.

Dragon's Spirit had put together its single biggest group of people to grade at the same time, and had done it, thanks in a large part to the hard work and dedication of Mr Raukura. The new black belt academy was a great success, hopefully continuing on to help future groups grade well. Thanks again to Mr Breen and Mrs Robinson for the hours and hours of effort put into the idea. Thanks also to all the guest instructors for taking the time to train us, and to everyone in the grading group for the support and wonderful atmosphere we had. 🐉



SPECIAL TECHNIQUES SEMINAR

By **Sean Hammond** II dan



Photo by Doug Hanna

Special technique: two words which imply something that must be for the few and for the practiced. True for the latter; but it doesn't mean it has to be something for the few if one practices enough, right? I think so.

Special technique is one of the hardest disciplines in Taekwon-Do. Many people don't enter in it at competition because it does seem difficult. I think that if they practiced more then they might enter. There are some that do enter and have practiced hard to be there too, and people admire their skill as it's one of the more "wow-factor" events. It's just so great to watch. Yet some of us steer away from

entering as we might feel that our skill is not up to scratch.

Some people progress with these kinds of things a bit faster than others, but we can all improve and learn. It won't happen unless you apply yourself. It may take longer to achieve a good level of execution and recovery, but some of the harder flamboyant kicks are not totally out of reach.

Upon hearing about the seminar coming up I was keen to spend the day training with a man who has won many World Championship gold medals in special technique. This was the first of a series of seminars Carl van Roon is holding around

NZ. The Levin venue was the result of an invitation by Mr Andrew Salton, 6th dan. People from all over attended, from Taranaki to Gisborne, to the South Island. There was a small charge and the money is to support Mr van Roon getting to Argentina for the Worlds in 2009. It costs a lot to fly around the globe.

The dojang was spacious and had a really nice wooden floor; good ventilation and great lighting, with the apparatus set up on a square of mats. People were talking, seeing old friends and warming up, and with just under fifty people it was a good number.

We began with forming up and a quick welcome from Mr van Roon and then we were off. We warmed up with some quick games that were really fun and helped in getting to know people. Twenty-plus a side "crab wars" was crazy and funny. Then a few more tag-like games to get the blood pumping (you must be well warmed up for special techniques). "Bump" was my favourite.

Mr van Roon spoke about training methods he would show us today that we could take back to our clubs to help improve and develop this area of our Taekwon-Do. We then proceeded to do some hopping exercises with partners and jumping routines. Partner work, hopping up and down the dojang while a partner holds your other leg behind you as resistance, and pushing a partner along by one leg only, in hops. This was followed by some more strength exercises such as climbing around someone in sitting stance, and standing up while a partner has their legs wrapped around you trying to hold you to the ground, starting on the floor: "Go! Now stand! Sets of ten, now swap, Go!" Well warm now.

A quick drink and then a talk on jumping, about how muscles work and what makes a good jumper, on how to make it a bigger, higher or a longer jump, then we did some more jumping drills.

JUMP and fly and land. Walk and jump, then walk and jump with an assisted lift, to feel the travel. Taking off and an emphasis on landing properly, controlled and quietly as possible, so as to avoid injury and falling over: "Step, step, step, JUMP land". Mr van Roon told and showed us lots, covering common mistakes, the actual physics of what should be happening with the body,

what you must do to maximise your all, to execute the right technique with the right foot shape and to really hit the board . Taking off after a good approach at the right path and angle: - jump - launch - hit - land - finish. Always landing properly and safely in a guarding block. Sir also explained the rules and etiquette of the sport.

There's a lot going on in a competition special technique event as many of you will know. There are many rules to be followed or disqualification will result. The start, approach (style), jump, launch and execution of the kick and landing. Direction, speed, take off, which leg to jump with. Scissor action or a two foot take off, the physical technique of the kick, and the correct landing and finish in a guarding block.

There are 5 disciplines in Special Technique:

1. Overhead kick
2. Flying high kick
3. Midair kick
4. Flying turning kick
5. Flying reverse turning kick

Each one has its own difficulties, but you can get them if you try and persevere with good guidance. You can learn the technique. Mr van Roon showed us a few overhead kicks and flying twin foot front kicks. They were impressive indeed. We started with some knee jumping routines then did some overhead kicks and some twin foot front kicks to pads. One guy from Wellington was brilliant at these kicks (at all of them really). Very Impressive ability!

So we practiced with pads then he showed us flying turning kick and discussed the many aspects to it. A quick couple of exercises on hip twist, kicking two pads repeatedly left, right, bang, bang. Next we practiced hitting pads on the ground and flying. Mr van Roon

showed us some other exercises and we went over each special technique with demos and progressive exercises covering the dos and don'ts, and methods. There's a lot to cover; flexibility, strength, momentum, jump, the kick direction, foot shape, power, landing and finish. Direction of travel is also very important.

The flying side piercing kick lesson was fun and is always a fun one for all I think. There were some nice side piercing kicks flying about the place. Beginning with tuck exercises and a couple of stories from Mr van Roon (about how he once tucked the knee up to the opposite shoulder so much he kneed himself in the head and some funny landing stories) we began running and jumping, people making high jumps by throwing their arms. Higher, higher! A lot of talk about landing and training for this event. How to reduce injury and how to improve height and distance. The run up is very important in this event, speed means distance. Then we did twin foot flying side kick at various heights to pads which was fun and resulted in a few falls and a couple of laughs. Practice, practice, practice. Challenge yourself Mr van Roon was saying. Be the warrior.

I really enjoyed watching a few people instantly improve on something and there were also some great jumpers and kickers there who were great to watch and train with. I also liked some of the non competition special techniques such as those used in demonstrations and one step sparring. They look so impressive. They were all a real challenge. But not for that guy from Wellington and a few others not including me. There were some talented individuals attending. It was motivating to see and it's going to help all who went.

Throughout the day Mr van Roon was clear and informative, intermittently sharing a few stories of his competitions at the World Champs and other comps. He was

interesting and funny and his demos were truly awesome to see. He kept on saying that there are people out there who can do way more amazing stuff than himself



Mr van Roon assisting a junior in his flying time

and to check out Youtube to see this for ourselves. Taekwon-do is pretty much his life and you can see that in the man himself as he spoke about developing the next generation of jumpers and the future of ITFNZ. It's a bright one by the way, so be in it!

There was lots of room for questions and he ran the day well. It was enjoyable and it's going to help me get better at the special techniques for sure. It's very much something that the more you put in, the more you get out. It really helps when someone breaks down everything going on in a more challenging technique so you can visualise it clearly and see what is happening (or should be). That helps implement a better practice and progression. Better understanding. That was what today was all about.

We should all practice these techniques more often and encourage trying them out early on to include them in our arsenal of kicks that Taekwon-Do possesses. And practice them at club more often and more self training at home, practice whenever you can. Your home training should be more than your club training. Yes indeed, it will take more than just going along to club a couple of nights a week.

The day finished up about 3.30, and after a group photo and a thank you from Mr Salton and all of us, we broke off to take down the apparatus and the mats. As people began to leave Mr van Roon was chatting to the kids who suddenly surrounded him for a while - they were all very inspired. I was inspired too and everyone enjoyed the day. So I wish Sir luck with the World Champs in Argentina in 09. Represent! We know you will do really well. Thank you and good luck with your seminars. ♥



Photos by Sean Hammond





WHAT A WORLD CUP!

By **Michael Davis** | dan

Riva del Garda, Italy, is about as far away from Gisborne as you can get. To compete at the 2008 World Cup we had to fly to Auckland, to Brisbane, to Singapore, to Dubai, to Milan, Italy and then drive in our rental van for four hours to Riva del Garda. All up around 35 hours of travelling.

We arrived in the middle of the night, Italy time, our bodies being completely confused about where we were and what time it was. Jet-lagged and exhausted, we straight away went into our hotel and fell into our beds.

The next morning we were treated to a delicious breakfast and with full stomachs and open minds, decided to have a look around Riva del Garda.

The first thing we saw, about 30 metres from our hotel, was the most amazing view of Lake Garda. We walked on the stunning lakefront towards the township and the tournament venue. Seeing the venue was a little scary but really exciting at the same time. It made our reason for being in Italy suddenly real.

When we found the township of Riva we were greeted by a beautiful town, filled with shops, tiny streets and gelaterias (ice-cream shops). We all had a great time finding our favourite places in Riva, including the girls' favourite, the 15 Euro shop and Mr. Pellow's favourites, the gelaterias. Every gelateria.

After exploring Riva it was time for lunch, but not just sandwiches like in New

Zealand. In Italy time is taken off work for lunch and we quickly learned why. Every day in our hotel we were served a four-course lunch! This was great for most people but torture for those of us who had to lose weight to get into their sparring division!

The next day training began and we were training in style. The team could train on the roof of our hotel and looking out we could see the incredible mountains that bordered Riva. And with just four days until the tournament, we got to know the roof (and the view!) pretty well.

We also saw lots of the other teams while we were in Riva. The Swedish team and the American team were staying at the



Photos by Doug Hanna

same hotel as us and we saw the Poles and Japanese team regularly. This was intimidating as it filled our heads with thoughts of "oooh, he could be in my division" and "watch out for her!"

Over the days before the weigh-in and tournament the New Zealand team ate more than their fair share of gelato (ice-cream), especially Mr. Pellow and Afi Meleisea, who promised to eat extra for all of us losing weight!

Finally the first day of the tournament came, and with it came the weigh-in. This was make or break for lots of us, as if we weren't under the weight limit we wouldn't be able to compete. After at least four hours of waiting for the juniors (and I hear

more for the seniors) New Zealand was finally called for weigh-in. We all sprinted (Jeremy Hanna falling over!) to get our weigh-in over as most of us hadn't eaten all day. We all got into our divisions without a problem, except Paige Moki who only just made it, and ran to the nearest gelateria to get our first taste of Italian ice-cream into our starved bodies.

On the first day of the tournament patterns were up. After more than one thousand people had all crammed into the tiny arena everybody had a look at their draws. But having a look at draws isn't nearly as easy at the World Cup as it is at Regionals or Nationals. There was only one set of the draw for all 1200 competitors! And the draws weren't anything like a New Zealand tournament draw. My patterns draw, for instance, had 99 competitors and the middleweight senior sparring division had 80+!

After checking the draw I slowly made my way through what seemed to be thousands more people stuck between the rings and the stands to get to the New Zealand section on the bleachers. While "excuse me-ing" and "sorry-ing" my way past the swarm of people, I noticed some things that were different from what I had expected; there was almost no warm-up space and throughout the tournament, competitors would almost always warm-up outside (I hate to think what would have happened if it was raining). There were arcade machines running on the side of the rings and most crazily, there was a ring-side bar serving alcohol!

In the very first patterns bout in the centre ring, we were shown how uncompromising the judges were. One of the competitors was not at the ring when he was called, so his name was announced on the loudspeaker: "You have thirty seconds to get to the centre ring or you will be disqualified." He didn't and he was.

All the corner judges had handheld electronic scorers, instead of the score sheets we have in New Zealand. Mr. Darren Ward showed us the scorers at one point in the tournament and they looked like Playstation controllers! Having these meant that the results could be announced as soon as the fight finished, which sped things up, but meant we were constantly missing results as we would talk to each other while waiting for the decision and look back to see that a winner had already been announced and the competitors had left the ring, but we had no idea who won.

NZ MEDAL TALLY

GOLD [11]

Helen Caley (P)
Don Leong (P)
Melissa Timperley (P)
Sonya Robinson (P)
Jeremy Hanna (P)
Carolina Dillen (P)
Sonya Robinson (S)
Luke Thompson and
Mark Trotter (Pre-Sp)
Hanna Kendall (S)
Don Leong (side k)
Don Leong (high k)

SILVER [5]

Hanna Kendall (high k)
Mark Trotter (P)
Carolina Dillen (S)
Mera Horton (S)
Hayden Anderson (S)

BRONZE [7]

Phillipa Henry (P)
Hanna Kendall (P)
Mera Horton (P)
Wayne Tureia Snr (S)
Courtney Meleisea (S)
Claire Kendal (S)
Michael Davis (S)

Helen Caley – Gold Medal in Patterns





Melissa Timperley - gold medallist in patterns here competing in special techniques

I thought the standard of competition was very variable. Some competitors were obviously there just to gain experience at an international tournament, while others were there to win. One thing I noticed amongst the European countries was the particularly high standard and fierce competitiveness of the blue and red belts. This could be due to the really high standard



Jeremy Hanna – Gold in Patterns

of the colour belt gradings in Europe.

Some highlights of the tournament for me were:

1. Making it to the top 16 in patterns (out of 99) and only losing in a split decision to the eventual gold medallist.

2. Seeing some of the same people I saw compete in Canada fight again.

3. Watching Mark and Luke demolish the competition in Pre-arranged Sparring and seeing how the crowd was so in awe of them, asking them for autographs and photos taken with them after their win.

4. Winning bronze in sparring and only being denied a win, which would have put me in the final, after a kick to

the throat and not being allowed to finish my match.

5. Seeing the awesome effort that the New Zealanders put into every event and every match they had.
6. Cheering along with the rest of the Kiwis when Don and Sonya were awarded their gigantic trophies.

In spite of having to travel all that way, being able to compete for New Zealand at the World Cup was an incredible experience that has made me stronger in Taekwon-Do and more determined than ever before to win.

The next World Cup is in Las Vegas in 2010 and it would be awesome to have another big team to represent New Zealand. We came fourth in the medal tally in 2008, who knows where we could be next year! 🐯



Don Leong – BEST OVER-ALL MALE 46 and over
Sonya Robinson – BEST OVER-ALL FEMALE 35 - 45



Luke Thompson & Mark Trotter - gold medallists



Carolina Dillen winning gold in sparring



Hanna Kendal won medals in sparring, patterns and special techniques

World Cup – World Champs What's the difference?

By **Sonya Robinson** II dan

Before I answer that let's take a little look at both of these major international tournaments.

The first ITF World Championships were held in Montreal, Canada in 1974. A few Kiwis attended World Championships as individuals in the 1980's, but it wasn't until 1994 in Malaysia – where we won our first Bronze medal – that New Zealand began sending teams in force.

Our first gold medals were achieved in Puerto Rico in 2002, by our (then) juniors Mr Mark Trotter for patterns, Kyle Caldwell for specialty and Daniel Kerr for power. These, along with one silver to the male team in special techniques and another silver by the female team, also in special techniques, as well as four bronze medals, put New Zealand into 5th place as a country overall.

In Poland 2003 we had our first overall World Champion in Gray Patterson, who won a gold medal for IV dan patterns and a silver medal in power. This, along with a gold by Carl van Roon for special technique, and the women's team for power, plus one silver and three bronze medals, put New Zealand at 3rd best country overall.



We kept this position as a country in 2004, slipped to 4th in 2005 and 2006 and climbed back up to 3rd country overall in 2007, among over 70 different countries.

To begin with, the World Champs alternated between the Junior World Championships – I, II and III dans aged between 14 and 17 years of age – and the Senior World Championships – I, II, III, IV, V, and VI dans aged 18 years or older.

In Canada 2007 the Senior and Junior World Championships were held at the same time and have now become a simultaneous bi-annual event.

This year in November the 10th Junior and 16th Senior World Champs are being held in Mar Del Plata, Argentina and, as hopefully all of you should know by now, New Zealand will be hosting the World Champs in Wellington in March 2011. Go New Zealand!

In stark contrast there have only been three World Cups so far:

The first was held in Orlando in November 2004, and attracted over 400 competitors. Mr Dan Jackson and Mr Josh Palmer were the only New Zealand competitors and Mr Palmer won gold medals for 1st gup patterns and sparring.

We had no competitors in the second World Cup held in Benidorn, Spain in October 2006. However, Master McPhail and Mr Banicevich both attended and were involved. This became the largest international tournament in the history of ITF, with over 800 competitors and over 100 different categories!

The 3rd World Cup was held in Riva Del Garda, Italy, in October of last year and attracted over 1500 competitors!

New Zealand had 38 competitors going over last year, plus a coach – thanks Mr Pellow, a manager – thanks Mrs Henry, and supporters. With our 11 golds, 5 silvers and 7 bronzes, we were placed 3rd country overall. This is quite outstanding, considering that Poland, who was 1st (and is currently ranked 1st for World Champs as well), had a team of 150, Ireland in 2nd had a team of 89 competitors, and Italy who were placed 4th had a team of 138 Competitors. (That's a lot of Moro Bars for Italy.)

Between the World Cup and the World Champs New Zealand currently punches well above our weight so to speak. Go New Zealand!

That's a bit of background, so now the major differences:

One of the most distinct differences is that you must be selected to go to the **World Championships** and you are representing yourself and your country as part of a National team.

Anyone can decide to compete in a **World Cup** and gets to do so as an individual. However, you must have the permission of your national association, in our case ITFNZ, to go. Last year that meant that you had to compete in the Oceania's Tournament, which was held in Auckland in March of last year, to qualify.

The **World Champs** is for black belts only. Competition is divided into INDIVIDUAL and TEAM matches. Pattern and sparring events are decided by the pyramid tournament system. (Just like at our Nationals and most of our regional Tournaments.) Power, special techniques and pre-arranged free sparring events are decided by the highest number of points obtained.

For **World Champs**, the number of individual junior competitors, who may enter each item, is restricted to three (3) persons from each country. These competitors may be individuals or team members. The number of individual senior competitors, who may enter each item, is restricted to one (1) person from each country. These competitors may be individuals or team members. This is why the World Champs will never be larger than the World Cup in numbers of competitors, and also why the standard in most categories will be significantly higher and generally, though not necessarily, more hotly contested!

The **World Cup** is for blue belts and above, and for those aged 12 years old and above. Due to the number of competitors at the last World Cup you only got one chance through a designated pattern in the preliminary rounds, until the finals. In sparring, instead of two two-minute rounds, there was only one three-minute chance in the preliminary rounds, also until the

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Instructor Profile

V Dan • Instructor • Examiner • Secretary • Acting CEO •

Shaun Tolley

One of ITF NZ's nice guys – and someone we couldn't do without! Mr Tolley has been a member of ITF NZ since the late eighties, and after a stint overseas returned to New Zealand to make a big impact on our organisation. Today he instructs, examines – and runs much of the administration as well. Taekwon-Do Talk (TKDT) interviewed him to find out what makes him tick.

TKDT What year and how old were you when you started Taekwon-Do?

Started 1989 at aged 20 years.

TKDT At what club did you start, and who was your Instructor?

Started at the Papakura club which was then at Rosehill Intermediate, Instructor was Mr Paul McPhail, now Master McPhail.

TKDT When did you receive your first dan black belt?

1992

TKDT When did you start instructing, and at which club?

1995 opening the Avondale club in West Auckland and then moving to the Howick club in 2005.



Shaun Tolley as a red belt - back in the early nineties

World Cup – World Champs what's the difference?

Continued from page 17

finals. Then it became two two-minute rounds with a minute in between, unless it was a draw, in which case a hasty one-minute round was played to determine the winner.

Because the World Champs is now only every second year, many past Champs competitors go to the World Cup to continue honing their skills and to keep "match" fit.

The World Cup, however, presents opportunities for younger, older and/or less experienced competitors to get a taste of what competing at an international level is all about. Warning: this may then lead to a burning desire to be selected to compete

at the World Champs, or you may find that the experience of travelling overseas and competing with others at your own level and age group at a huge event is experience enough!

But the World Cup does represent an opportunity for almost ANY Taekwon-Do practitioner to go overseas, meet many people and compete, because the goal in organising this innovative event is to promote better mutual understanding among TKD practitioners and organisations around the world.

The hope is that this initiative will encourage the development of friendship and harmony in the international Taekwon-Do family.

The next World Cup is in Las Vegas, from 17th to 20th November 2010. Viva Las Vegas!

It would be awesome to have a larger team of New Zealanders go over there to meet and compete and see a very interesting part of the world too – the famous Grand Canyon, Route 66, Zion, Yellowstone and Yosemite National Parks, Disneyland, Universal Studios, Knott'sberry Farm in Los Angeles etc. . . , San Diego, San Francisco and possibly back via Honolulu or Fiji. Wouldn't that be a most awesome adventure.

Start training and saving!! ➤

TKDT What are some of your biggest Taekwon-Do achievements?

Due to the fact that as a teenager I didn't have any patience to stick at any sport, my biggest achievement is how long and dedicated I have been at Taekwon-Do.

TKDT What is the highlight of your Taekwon-Do career?

I prefer not to look back at highlights but rather look forward to goals that I wish to achieve in the future. But if I must, some of my best highlights have been as an Instructor. Watching your students progress and get black belt status and then becoming Instructors themselves is quite special. Also, being able to say that I have met and trained with the father of Taekwon-Do and also been fortunate enough to have travelled and trained in many countries throughout the world.

TKDT What is your most embarrassing Taekwon-Do moment?

The nearest thing to an embarrassing moment I can recall is whilst at USTF headquarters in Colorado waiting to travel up to the Rockies for Master Sereff's camp, I asked Mrs Sereff if I could help with the preparations and she asked, could I take the Bronco truck down and fill it with gas? Having only just met them the day before I was very surprised to be given such a task. I pulled out of the drive and promptly forgot that they drive on the other side of the road in the States and wondered why traffic was coming towards me! Thankfully I realised quickly before anyone noticed. I think!

TKDT What are your personal goals for the future?

My goals are to continue teaching, training and look toward obtaining Master in the future. I would also like to grow my club to be one of the largest in Counties Manukau. I also look forward to the opportunity to continue working behind



Mr Tolley along side Mr Banicevich in a demonstration with the Papakura club in the early nineties
(Note Mrs Gummer as a yellow belt - now a 3rd dan)

the scenes of ITFNZ, helping to be involved in the growth and advancement of ITF Taekwon-Do in New Zealand. I would like to look at developing a class for disabled students in my area as I feel that there is great potential to teach and improve as an instructor within this area, as well as including some great people that we tend to forget about.

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

I think the future for ITFNZ is looking very bright. There are many exciting things happening now that will help us function better and grow towards a direction of being the most recognised and respected martial art in New Zealand. Sounds like a fantastic goal to me.

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

There are so many people that have inspired me through my years of training but there are two that continue to give me inspiration. One being Master McPhail and the other Mr Peter Graham. Master McPhail for being my Instructor and inspiring me to always better myself and for his amazing technical knowledge and tireless dedication to Taekwon-Do and ITFNZ. Mr Peter

Graham for his equal dedication to Taekwon-Do, and for his ability to continually astound me physically. I also have great admiration for anyone who gives up their time to volunteer in helping make events and ITFNZ run smoothly.

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

There have been a some changes in recent times with regions and clubs becoming their own incorporated societies. We have also re-structured to a board system. Before these changes which have mostly occurred in recent times, the only other change of this type I can remember is when we re-joined the ITF in 1990.

TKDT What are your favourite hand and foot techniques?

Hand techniques are not my most favourite as I do not have the strongest hands or wrists. Having said that I tend to like reverse knife hand as it usually takes more technique than strength. Favourite foot technique would be side kick, mostly because of my long legs.

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

My opinion of a good practitioner is not really anything to do with physical ability or rank, but more someone who is of good moral character. A good practitioner should always be mindful of the tenets and always be respectful. Not someone who becomes a different person outside of Taekwon-Do. 🐯



Mr Tolley at the USTF Camp with Fabian Nunez (now 8th dan) Mark Banicevich, Steve Pellow and Gray Patterson



Unrealistic Training Methods



Photo by Doug Hanna

By **Zoheb Shah** 1st gup

I was a young man just nine years of age, innocently playing in an alley-way, climbing and jumping bars when, one day, a Korean man walked past. He stopped and asked me if I knew how to defend myself. I shrugged. He then took me through the initial attention stances right there in the alley-way. I never saw him again, but ten years later I took up the art of Taekwon-Do and I have no regrets. So far many aspects of the art are great, but there are also some flaws, not within the art itself, but with what people have done to it over the years. The diminishing focus on fitness, the meaning of a black belt, unrealistic training methods and too much focus on tournament sparring is damaging this once lethal martial art.

Taekwon-Do has not only benefited me physically, but also mentally as I was going through a violent phase in life. The intense physical toning and major emphasis placed on fitness by our organization is a key aspect of any martial art – the forging of a lethal weapon – our bodies. Many do not understand the importance of fitness and turn up to clubs just to go through the motions. A black belt can be achieved by any dedicated student in the space of a few years, but I believe it is the quality of that black belt that matters the most. How many black belts can seriously say today that they are impervious to darkness and fear?

This gives rise to my concerns of Taekwon-Do becoming too commercialized. Taekwon-Do has been 'toned down' over the years and the true essence of the art is slowly fading away. People are placing too much emphasis on tournaments and turning Taekwon-Do into a sport rather than what it is actually supposed to be – an art. Many students seem to think that the 'practical' side of Taekwon-Do is free sparring, and only do patterns to go through the motions and make sure they have enough to get through a belt grading. I must admit, I was also one of those students until recently when I discovered that patterns are so vital, and there are secrets behind each move of each pattern.

Then there are those that disrespect other forms of martial art – what happened to following the tenets of Taekwon-Do? Every martial art has its strengths and weaknesses. Personally I like the idea of amalgamating different forms of martial arts, which is why I also practise the art of Muay Thai. However I feel that it is important not to get too complicated but to fully perfect the art you are learning – whatever your definition of perfection may be.

These days it's all about how many points you can gain in a two-minute bout – once again, it's all about sport. There are no sweeps, throwing, low kicks or elbow strikes. Sure, many techniques are too dangerous for the sporting arena, but is

that our main purpose? The art has been somewhat toned down to make it more 'acceptable' in the west. The majority of club members do not even enter tournaments, so I ask, what is the point? For instance in traditional Taekwon-Do there are at least seven basic elbow strikes times many different angles – a must have technique for close range combat. Taekwon-Do was created to become an instinct for survival. It is a true "martial" art, used by the Korean army under General Choi, which proved to be devastating – as even their enemies conceded. As Taekwon-Do was designed for the battlefield it had to be effective immediately – striking victory in a single blow, or causing major damage pretty quickly.

Then there is the aspect of realism during step-sparring practice with a partner. Master Daher really emphasized this to me when I attended his seminar in Melbourne, Australia. Many students are afraid of full contact while using blocking techniques and do not seem to understand the physical conditioning related to it. Sometimes I shudder to think how they will react if faced with a real-life situation.

Kihap is also not used properly in step-sparring or self-defence demonstrations. Again, due to grading purposes, students take time before they kihap, perhaps thinking about what move they are going to perform or which stance to use. This is

seriously flawed. As soon as your opponent is facing you after the bow, students should kihap one after the other straight away. If the defending student is confused or forgets what his or her defence was, then that is their problem. Practise after practise will ensure perfection and supports the muscle memory theory. An example is using a log-in password for your computer which you are prompted to change every 30 days. After changing your password, it is only natural that on your next few attempts to log-in, you will accidentally enter the old password. Only after continual use of that new password will you enter it without thinking about it. The same goes for these self-defence and sparring methods, patterns, or any aspect of the art. If you train hard and practise enough, it should become second nature – a part of your muscle memory and there should be no need to be thinking before kihap.

However, tournaments are great due to their competitive nature and provide students the chance to put the skills they have gained into practise, whether it is free sparring, breaking, pre-arranged sparring or patterns. Sure, it makes sense to practise for these tournaments during club training, but the original emphasis should not be training for tournaments, but for a real life situation – striking victory in a single blow – in which we include throws, sweeps, low kicks, grabbing, elbow strikes, back-facing-opponent techniques, etc. In a real life situation, there are no rules for combat, as long as the statutory laws of self-defence in New Zealand are followed and whatever measure you have taken to get yourself out of a horrible situation works. This doesn't mean we bite or scratch our opponents or grab their groin, but use techniques that are part of the traditional Chang-Hon style of Taekwon-Do. During club training, this

can get dangerous, especially where there are many children, therefore this type of training should only be practised by the adult students. Children can train using the "tournament syllabus" as I call it, but the adult student's base-work must be far more realistic!

In conclusion, let's stick to the true form of this beautiful art and not try to commercialize it too much. It is imperative that we stay focused on the true teachings and stick to the roots. My journey so far in the world of Taekwon-Do has been relatively short. It may be said that I am only a 4th gup so what does he know. But I have learnt a lot so far and endeavour to continue learning. Part of that learning is to study our art carefully, discuss matters openly and allow for constructive criticism. As Isaac Newton said, "If I saw this far, it is because I stood upon the shoulders of giants". ➤

Taekwon-Do in New Zealand

By **Cameron Langdon** 1st gup



Four and a half years ago I started my Taekwon-Do training in England, and reached green belt before I made the move to New Zealand. As quickly as I could I found a club that practised ITF style and began my training at Tauranga Club. This move taught me many things – like the meaning of the phrase "culture shock!"

I quickly realised that Taekwon-Do differed greatly between the two countries, despite being part of the same worldwide organisation. I had gone from doing extremely well, scoring A passes in every grading, to seemingly doing everything wrong, even the basics!

It was disheartening to say the least when I received odd looks for doing saju makgi completely "wrong", although of course that was the way I had learned it! At my old club in England we learned that you stepped FORWARD first with right walking

stance knife-hand low block – so the knife-hand was done in place of the punch in saju jirugi and the inner forearm block was done in place of the outer forearm low block. Therefore, I looked rather silly on my first training night at Tauranga when I stepped forward into my block and everyone else stepped back!!

Another difference I quickly noticed was that I had never been taught the concept of sine-wave, so when Mr. Rimmer told me to put more sine-wave into my techniques, I was more than a little confused!! Our theory of power had been based on gaining it from the hips as opposed to using the whole body. This was probably why we didn't do destruction too often!!!

In fact when I say often, I mean never. The seniors in the club did do destruction but there was an age limit as to whether you could do it or not. I think this was something to do with English insurance. The long and short of it was that I had never attempted to break a board until I came to New Zealand. Therefore when, a couple of nights after I began training at Tauranga, I was given the opportunity to break a board, I jumped at the chance. I thought to myself, what technique should I use? Considering the most famous technique with which boards are broken

is the knife-hand strike, I decided on this technique. Big mistake. I did it completely wrong and was lacking in power, and all I succeeded in breaking was my wrist. Well, maybe not, but it felt like it!

I persevered in my training and desperately set myself the task of learning the New Zealand style. I quickly saw that while the way I had learned things was not necessarily wrong, the NZ style was far more efficient. Old habits die hard however, and relearning patterns and techniques from white belt level was extremely difficult. But we were taught the tenets at my old club and perseverance was one of them. Finally, at my 2nd gup grading, I succeeded in my goal – I secured an A pass to 1st gup.

In my experience, I believe that New Zealand is one of the best places in the world to learn Taekwon-Do, as its attention to detail is fantastic and the quality of teaching is excellent. New Zealand has many brilliant instructors and it creates world class competitors, as proved in the world championships every year where competitors from New Zealand consistently gain medals. I am extremely grateful that I have had the chance to train in New Zealand and that I have such a fantastic instructor who is helping me achieve my goals. ➤



Sports Med Matters

By **Dr Jake Pearson** IV dan

Welcome to the 1st instalment of Sports Med Matters, hopefully a regular summary of the key points and treatment of common problems you may face at some point during your TKD career. These columns are definitely not intended to replace assessment and treatment by a health professional, rather to give an overall guide to basic principles. I thought we would begin with hamstring strains because they are such a common injury, and apologies that this first issue is a bit lengthy.

The first important step is diagnosis. This may seem very obvious but in fact it is recognised that a significant percentage of injuries felt in the hamstring (especially 'twinges' where there is no tenderness) in fact originate from the lumbar spine. If the injury is in the hamstring you must judge the severity, with a large amount of bruising or "gap" felt in the hamstring indicating a larger tear.

Initial management - as you will continue to hear in this column - is RICE (Rest, Ice, Compression and Elevation), which is common knowledge now. Elevation in this case is difficult but the other three definitely apply. An addition to this is to avoid HARMful factors (Heat, Alcohol, Running, Massage) soon after the injury. The principles of instituting RICE and avoiding HARM apply typically for the first 48-72 hours, but this does depend on the severity of the injury.

The next step in any significant hamstring injury is to involve a health professional, in most cases a physiotherapist. They will take you through a rehabilitation program involving regaining full range of motion (must be pain-free), followed by progressive strengthening.

There are a myriad of strengthening techniques but the important point is that later in the process the emphasis should be on 'eccentric' strengthening (where the muscle is lengthening as it is working). The use of anti-inflammatories (e.g. Voltaren, Neurofen) is controversial and in general should be avoided unless for a good reason.

They will also advise you about the timing of return to TKD and other activities, but I have some pointers specific to TKD:

- unless a particularly severe injury, most people should be able to get back to certain aspects of training, such as patterns (avoiding kicks as below), upper body exercises/drills, and general fitness/conditioning (e.g. cycling, but avoid sprinting) fairly soon
- the hamstrings are likely at most risk during certain smashing kicks, e.g. front, turning and twisting, or sprinting, as the hamstrings activate to decelerate the leg as the knee straightens, and it is often safer to perform these against a stable pad/bag before in line drills/patterns
- be aware that the hamstrings of the supporting leg are put under stretch with a kick towards the front or side of an opponent

Hamstring injuries are notorious for recurring, and the risk of this is increased if initial rehabilitation is inadequate, so do it right the first time. Prevention, you ask? In TKD we tend to develop very strong quads and very flexible hamstrings for certain kicks, which can leave them vulnerable. Working on stretching the hip flexors and quads, and introducing regular hamstring strengthening (see photos) are recommended. If the hamstrings are particularly tight then keep persevering with stretching, and consider PNF techniques to aid progress. Warming up

HAMSTRING STRAINS

adequately and avoiding risky techniques when very fatigued are recommended.

ACC have good general information on their website:

<http://www.acc.co.nz/preventing-injuries/playing-sport/common-sports-injuries/PI00108>. ➤



Figure 1. 'Nordic drops' where you lower yourself as slowly as possible then bounce up and repeat. Try to keep body as straight as possible, and be careful not to do too many to start with to avoid being too sore afterwards.



Figure 2. 'One-leg bridge' where you raise the hips up then slowly lower until just off the ground and repeat.

Dr Jake Pearson is completing specialist training in Sports and Exercise Medicine, and currently working at Adidas Sports Med in Auckland.



THE PASS INCOMPLETE

By **Master Paul McPhail** VII dan

Many years ago we introduced the system of "Pass Incomplete" for our black belt gradings. It is a concept we borrowed from the United States Taekwon-Do Federation, and modified for our own situation. In the States they used it for all grading levels, where a student can come back and re-test on areas they may have failed at a grading. Unfortunately, this has the disadvantage of the word quickly spreading that "no-one ever fails" and the standard can slip. For black belt gradings however, we have found it to be a fair and effective way to re-test a candidate on an area they failed, where the rest of the grading was up to standard.

In New Zealand we have a two day black belt grading. The two days comprise of many different tests, including a written exam, oral interview, training assessment and a fitness test. All this on top of the normal grading assessments such as patterns, step sparring, self defence, free sparring and destruction.

With such a thorough grading with so many different tests, we quickly discovered that it is unfair to ask a candidate to re-sit the entire two days and all the tests, when they may have only failed in one area. For example, there is no point in asking someone to re-sit the written exam if they have already passed it.

So in ITF NZ, if you score within 5 marks of passing your black belt grading (pass mark is 65% across all the tests), and the examiners can identify a particular area you failed in,

you can be awarded a "Pass Incomplete". Rather than have to re-sit the entire two day grading, you are invited to re-sit only the area you failed in.

This system works well, especially in instances where the candidate has been plain unlucky - say with breaking, and missed breaks they normally succeed in. It is also an excellent way for a student to realise that one part of the training has been lacking, and give them a chance to come up to standard.

The most common areas for re-testing are in the written exam, fitness test and destructions. The student must train in the area to be re-tested with the guidance of their instructor, and can re-test with any of our qualified examiners. This re-test

can be done at any time, but must have the permission of the Technical Director. Only one re-test attempt is allowed, after which if the candidate is still unsuccessful must re-sit the entire grading. This is to stop students re-testing before they are ready - and just making half hearted attempts to get through.

There were a number of "Pass Incomplete's" at a recent black belt grading, all that have to re-sit their written exam. I'm sure they will be studying hard, increasing their knowledge to the required level, and will be proud of their effort once they have passed the exam. They will then be able to wear their black belts with pride, knowing they have been well and truly tested, and have obtained the required standard. ✎



Photos by Craig Hannah



Ladies.... Let's Get Real!



By **Phil and Athena Thompson**

We've all heard it at some stage in our life... some 'expert' on self defence telling us that the best thing to do if we are attacked by a male is to be submissive and not to fight back.

We've heard all of the justifications for this belief too, such gems as "If you fight back, you only make him angrier" and "He will be bigger and stronger than you, if you fight back you will only get hurt" and one of our favourites... "It's ONLY rape, at least he's not trying to kill you, just get it over with and hope he leaves..."

We cringe as we write these, but we have lost count at the number of times we have heard these things. We bet you have heard them too. We need to be very blunt here... These beliefs are complete rubbish and very dangerous. Women have been lied to and misled. And sadly, this belief has become so prevalent it is more often than not, believed and blindly accepted.

Let us be clear... This belief comes from absolute ignorance. We challenge you to find a person who has been raped or has a loved one who has been raped who still believes this myth. If you ask these people what they would do if it ever occurred to them again, or what they would advise their loved one to do, it is a very different story.

The effects of this belief have already resulted in a lot of women being raped, assaulted and even murdered, completely unnecessarily by encouraging and

programming inaction, and they will cause a lot more to go through the same before this attitude changes.

This dangerous belief also helps fuel an already prevalent attitude of apathy around learning to protect ourselves. After all, why bother learning all this self defence stuff when I'm not supposed to fight back anyway and I'm just supposed to hope he doesn't 'hurt me' too badly?

This belief is in direct opposition to our natural survival instinct; the instinct to fight to protect ourselves and our loved ones. This is the instinct that has kept our species

alive for millions of years and yet now we are encouraged to suppress it based on nothing more than complete ignorance surrounding the issue.

Nobody is an easier victim than a submissive person. Remember, the attacker has targeted you with the absolute expectation of you eventually giving in and becoming submissive, either immediately or after they impose themselves upon you physically, verbally and/or through intimidation techniques.

By giving in, you leave yourself at the mercy and whim of whatever the person has



planned for you, whether that is rape and assault or even death. The misguided belief that by fighting back will cause the person to hurt you is ignorant and false. He IS hurting you. Rape is one of the worst types of hurts as it is not just physical trauma but emotional trauma. It robs the woman of part of her identity, strips her of dignity, and causes such extreme emotional issues which can stay with her for the rest of her life that it could be considered the ultimate assault. An assault on the body is one thing; an assault on the mind, soul, and identity is something altogether different.

Apart from that, the basis of the belief is wrong to start with anyway. Studies have been done which clearly show that women who fight back against her attacker suffered LESS injury than those who do not.

Another common challenge that women face is the dismissal by other people, especially men, of the need for them to think about personal protection and trust their intuition.

Many women we speak to can relate to it; Telling their partner, friend or colleague that they are attending a self-defence course and having them dismiss it, laugh and ridicule it, or give their own opinion about the lack of benefits of such things and how they are wasting their time.

Recently at one of our 'Safe For Life' seminars a woman shared a recent experience where she had avoided a potentially dangerous situation by trusting her intuition and letting her instincts get her out of there. There was no doubt once she described the situation that it had a high probability of danger. But when she recounted the story to her boyfriend, he laughed at her and told her she was being "paranoid"!

When we hear these things, we are often reminded of something we heard from Gavin De Becker. The logical way this conversation could have gone could be something like this (although we know it wasn't):

Man: "That's stupid! What's your problem? He was just trying to offer help to you. What are you being so paranoid about?"

Woman: "You're right. I am over-reacting. I mean what am I getting so worried about? Just because a man makes a persistent and unsolicited approach in an underground carpark in a in a society where violent

crimes against woman have risen four times faster than the general crime rate, and three out of four women will suffer a violent crime, and just because I've personally heard horror stories from every female friend I have ever had... And just because I have to consider where I park, where I walk, whom I talk to and who I date in the context of whether someone will kill or rape me or scare me half to death... And just because several times a week someone makes an inappropriate remark, stares at me, harasses me,



follows me, drives alongside my car pacing me... And just because I have to deal with a colleague who gives me the creeps for reasons I haven't figured out yet, yet I can tell by the way he looks at me that given half a chance he'd do something which would get us both on the 6pm news... And just because these are life and death issues which most men know nothing about, so that I'm made to feel foolish for being cautious even though I live at the centre of a swirl of possible hazards, doesn't mean a woman should be wary of a stranger who approaches her out of the blue, inappropriately, and who causes my intuition to freak out. Right?"

Our advice here is to explain to Mr-know-it-all-about-male-vs-female-violence that your intuition is a gift from nature, designed to protect you and that he is commenting on an issue that he has no right or place to comment on. Explain that nature does not need his approval and this is a topic that he can add no value to so best not to get involved at all.

Men and women generally live in different dimensions when it comes to the topic of personal protection. Ask a man when the last time was that he felt uncomfortable or scared that someone may harm him and in most cases he can't think of a recent time. Ask a woman the same question and you are likely to get an answer like "yesterday", "today", or "every day".

These are issues that no-one wants to talk about or bring to light, but they are real issues. We work with this stuff every single day and see the effects of it.

Self defence in our opinion is about the "total defence of the self". Not just from a physical perspective, but defence against everything that hurts us, belittles us, upsets us, robs us of our pride or our dignity, and suppresses our potential and who we are as a person.

Defend your right to be allowed to fight back. Defend your right to trust your instincts to protect yourself and your loved ones and to not let these things be suppressed by anyone, ever. This could be the difference between you getting home safely to your family or not, which after all is all that matters.

As always we welcome your feedback, comments or questions. Email us admin@protectselfdefence.co.nz 🐦



The Components of Physical Fitness



Photos by Paul McPhail

By **Sonya Robinson** of "B fit B healthy"

One can be fit but not be very healthy and one can certainly be healthy without being very fit! Physical fitness is a concept that often means different things to different people and they are different words for plenty of reasons, even if they are inter-related.

In this article we will be looking at the components of fitness that relate to a better functional capacity. This is in line with General Choi's basic ideals for Taekwon-Do practitioners in that "by developing an upright mind and a strong body we will acquire the self-confidence to stand on the side of justice at all times."

There are several major components of physical fitness but they can be split into two distinct groups, one is health related and the other related to skills that pertain more to athletic abilities. The health related components are:

1. Body Composition
2. Cardiovascular Endurance
3. Flexibility
4. Muscular strength and endurance

Body composition is a person's physical make-up, i.e. height, weight, bone girths, muscular tone, and fat deposits.

There are three distinct body builds – Endomorphs – people who tend towards fatness and heaviness, Mesomorphs – people with a very muscular build and a relatively prominent underlying bone structure and Ectomorphs – people who tend to be lean and who find it hard to put on weight, be it fat or muscle! (Oh, to be in that group.)

Cardiovascular Endurance or aerobic endurance is the capacity of the heart-lung system to deliver oxygen to the working muscles during sustained exercise or general bodily function. We really need this one because if you stop breathing you die. So keep breathing and look after your heart; it is one of your most important muscles.

Flexibility is the range of motion possible about a joint. When the full range of motion across a joint isn't used enough, the muscles and connective tissue surrounding that joint tend to shorten, and this can lead to injuries due to the body not being able to respond to sudden demands placed on it, like falls, accidents or trying to extend oneself too soon or too fast. Conversely when the full range of motion is used often, the muscles and connective tissues become accustomed to being regularly lengthened and remain flexible enough not to impose limitations on the range of motion at that joint.

Flexibility is joint specific – in that the muscles and connective tissues surrounding each joint will adapt to the range of motion which is routinely used by that joint. This means that we can become more flexible through constant training but we will also become less flexible if we don't use our bodies to their full capacity all of the time.

Muscular strength and endurance is a person's ability to perform something repetitively. It can be either the length of time a muscle or muscle group can continue to exert force without fatiguing or the number of times a muscle or muscle group can repeatedly exert force against a given resistance without fatiguing.

The skill related components of physical fitness are:

1. Agility
2. Balance
3. Co-ordination
4. Power
5. Speed

Agility is the ability to change direction while maintaining a fast pace. Agility is very specific and, like balance and co-ordination, can be improved markedly with training.

Balance is the ability to maintain stability while performing movements. As TKD practitioners we are aware that this takes

quite a lot of strength and concentration and also why it is one of the components behind the theory of Power.

Co-ordination is the ability to accomplish complex tasks requiring the execution of more than one skill simultaneously. Our patterns are certainly a test of this!

Power, in terms of health and fitness, is defined as the rate at which physical work is done. For the TKD practitioner we should be studying the theory of power through the Taekwon-Do encyclopaedia, our instructors and fellow students so that we may condition ourselves to use much more of our potential than we currently do. We are aware that power is commonly thought of as being strength x speed, which it is, but in terms of fitness we must look at speed separately too.

Speed is the rate of performance or execution of a movement. Speed is used to describe both fast and slow movements although it is primarily used to describe fast movements. When referring to speed as a component of fitness, we are referring to an athlete's ability to move from place to place as quickly as possible.

Our patterns are not designed at the same speed and there are specific speeds set for different parts of many of our patterns.

So there we have an overview of the different major components of fitness.

Now that we have broken them down we can see how we need to be mindful of those differences and compare that with what we are looking to achieve so that we can further enhance and develop certain aspects of our training as they relate to our art.

This we will cover in the next TKD Talk when we look at training principles and how you know if you are over-training. 🐦

Sonya is a personal trainer and runs her own Health & Fitness business called "B fit & B Healthy". Mobile: 027 319 5261.

Fair Play at Tournaments

By **Mr Kane Raukura**



Standards &
Discipline Director

In a previous article entitled "Tournament Discipline and Etiquette", I emphasised the importance of everyone receiving the same courtesies regardless of the heat of the competition, disagreements or protests being made.

This can of course be very hard at times, especially when a competitor feels hard done by and that months of preparation have been in vain. It is in moments such as this that we must endeavour to have a good spirit of fair play.

Fair play means – "respecting the opposition, officials and the rules. Staying calm, no matter what happens and maintaining your dignity, whether or not you are winning." – SPARC.

In all types of sport there are rules, regulations or codes. We have our own in Taekwon-Do for the express purpose of ensuring that all participants can enjoy

training or competition in an atmosphere that is supportive, encourages healthy competition only and most importantly teaches the concept of fair play. Believe it or not, we have a very simple set of rules that can be applied in any Taekwon-Do tournament and even 10th Kups know them, they are called the Tenets of Taekwon-Do.

The table below illustrates how the tenets can be applied in a tournament / competition situation:

Sport and Recreation New Zealand (SPARC) focuses on six main areas in regard to ensuring fair play in sports, they are:

1. Rules - Some rules are designed and enforced just to reduce or remove the risk of injury. For example: Hockey players aren't allowed to raise their sticks above shoulder level, spear tackling in rugby is disallowed, and in Taekwon-Do excessive contact is penalised.
2. Everyone has a role - If the game gets out of control, play can become

reckless and dangerous – and increase the potential for injury. Play your part – play fair. Remember many referees are volunteers and need your support by respecting their decisions. Bending the rules is cheating and reflects a serious lack of integrity.

3. Referees should - Be trained in the game's rules and apply them fairly and consistently. Encourage fair play and always be firm but friendly. Referees should also help players to understand the rules and enforce disciplinary action that is appropriate to the level of misconduct.
4. Players should - Understand the rules before starting the game, tournament or competition. Play fair and within the stated rules once competition has begun. Respect the referee's call by not challenging their decision and always respecting the opponent.
5. Coaches should - Emphasise the guidelines of fair play to all players and make sure all players know the rules. Accept all calls by the referee and not try to influence them. Speak out against violence, poor behaviour and cheating. Respect the officials and their decisions.
6. Parents/supporters should - Respect the referees decisions and encourage the players to play fair at all times. They should only support their team in a positive manner.

After reading our own tenets applied in competition and SPARC's take on fair play, it is easy to see that there is a significant overlap of ideas. This encourages me greatly in my training in ITF Taekwon-Do, as I believe we have the formula right. It would have taken numerous government bodies and think-tanks to come up with the six points listed above.

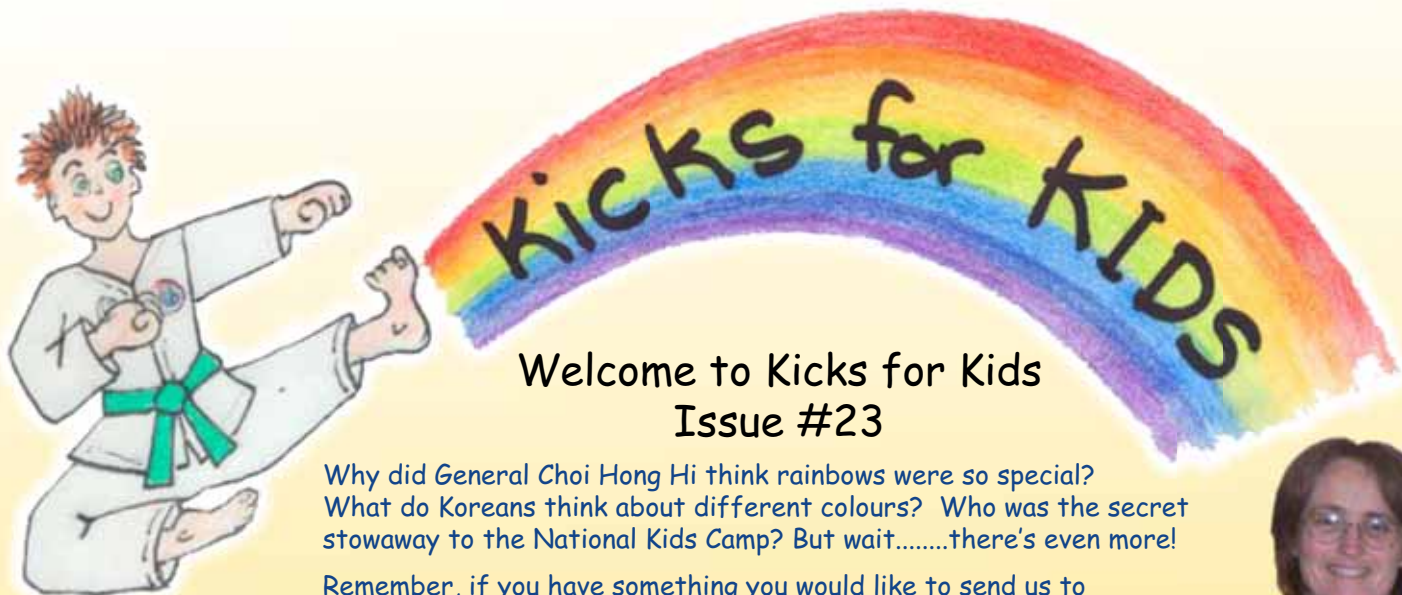
We have had these ideas incorporated into all we do since the creation of our art. What an amazing gift General Choi gave us!

So as tournaments occur once more throughout 2009, whether you're a referee, competitor, coach, parent or friend, remember your "fair play" and practise the "Do" as you watch or participate in the events unfolding in the tournament dojang. 🐉

Table: Applying the "Do" in Competition - Grand Master Trần Triều Quân, President of the ITF.

TENET	I know this means that I should:	Applied to competitions, it means I should:
COURTESY	<ul style="list-style-type: none"> be courteous have good manners show respect for teachers show respect for others 	<ul style="list-style-type: none"> comply with rules of protocol show respect for my opponent show respect for my coach show respect for the audience respect decisions of officials
INTEGRITY	<ul style="list-style-type: none"> know right from wrong always do what is right feel guilty about wrongdoing stand up for what is right never misuse Taekwon-Do 	<ul style="list-style-type: none"> comply with the rules that are effective and enforced by the umpires not cheat not tolerate cheating by others
PERSEVERANCE	<ul style="list-style-type: none"> work to achieve goals try and try again never give up 	<ul style="list-style-type: none"> concentrate on improving keep on training even if I lose set goals and work to achieve them learn from experience, whether I win or lose
SELF-CONTROL	<ul style="list-style-type: none"> control my physical actions control my thoughts control my emotions 	<ul style="list-style-type: none"> cultivate a positive attitude keep my cool control violence be able to adjust my sparring strategy when necessary be a humble winner be a graceful loser
INDOMITABLE SPIRIT	<ul style="list-style-type: none"> be courageous always give 100% 	<ul style="list-style-type: none"> learn to overcome my fears always give 100%





Welcome to Kicks for Kids Issue #23

Why did General Choi Hong Hi think rainbows were so special? What do Koreans think about different colours? Who was the secret stowaway to the National Kids Camp? But wait.....there's even more!

Remember, if you have something you would like to send us to put on our Kicks for Kids pages, write to: PO Box 457 Silverdale Whangaparoa AK 0944 or e-mail: taekwon-dotalk@itfnz.org.nz.



by Shirley Pygott - II dan



Meet the Founder – Part Eleven

A Very Special Rainbow

One day, just after the war ended, a group of people including Choi Hong Hi needed to cross the Yun-Chun river. They took off their clothes, rolled them up and carried them on top of their heads while they were in the water. It may have looked a bit silly, but it meant their clothes would still be dry after they had finished crossing. Some Soviet soldiers even shot at them as they crossed, but luckily all the bullets bounced off the water.

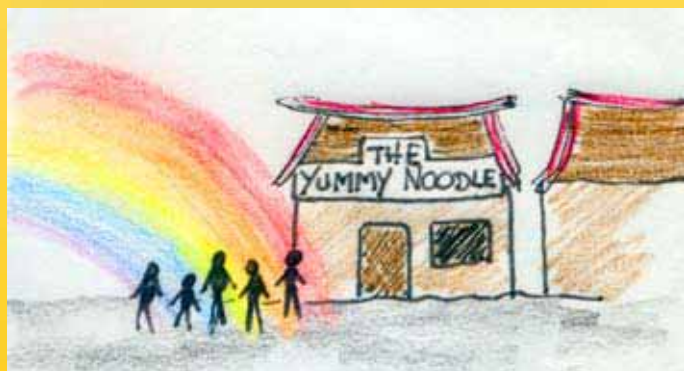


At last they reached the other side of the river with dry clothes to put on, no bullet holes in their bodies, but after all that water walking, they had very empty stomachs, so where do you think they went first?

The closest noodle shop in the village of course! As they got close to the shop, a wonderful thing happened. A rainbow appeared all around them. Usually you can't get near a rainbow, but this was really bright, all around them and almost close

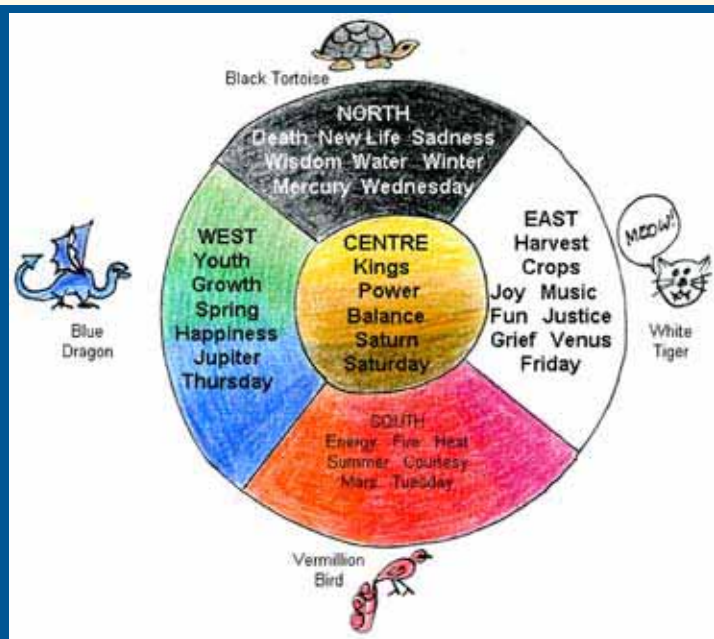
enough to touch. They went in the shop, ate lots of noodles, and as they left the shop, the rainbow disappeared. The shop keeper told them that it was really magical, because the rainbow had appeared only when they came in front of his shop, and disappeared again when they left. He said it was a sign that one of the group would do great things in his lifetime - that he was a chosen one.

General Choi believed that the rainbow absolutely helped him to spread Taekwon-Do to more than 100 countries in 35 years, so he used the symbol of a rainbow on the cover of many of his books to remember that very special rainbow on that very special day.



Korean Colours

We all know about the meaning of the colours on our dobok belts, but colours in traditional Korean culture mean a whole lot more than that. Colours have special meanings, but some of the meanings are different to what we might think of. There are 5 groups of colours which match to directions on a compass. Each Direction has a guardian animal, and each colour group has a planet and a day of the week: The centre does not need a guardian animal because it has a king to protect it instead.



Taekwon-Do Teddy's Top Secret Camp Report



Taekwon-Do Teddy stowed away and secretly went to the 2008 National Kids Camp. He has brought you back this report of what REALLY happens there...and see if you can spot him in each picture!

We were forced from our beds at 6am and made to build big pyramids with our bodies. The grass was wet and quite cold!



Mr Brown made us do squillions of sit-ups. We had to do push ups too, but the pictures were too embarrassing to show you (I can't do them very well - I need to practise a LOT!)

I had to teddy-sit the egg mascots. Actually I was protecting the poor eggs from harm - the kids kept dropping them and leaving them behind all over the place. Not eggsactly fair! Some of them were still smooshed by the end of the weekend, poor eggies.



My awesome team won the skit competition in the evening. I wasn't going to eat any of that weird fear factor food though - bears only eat honey :-)

We got to spar heaps of black belts and even Mr Luke Thompson. Ethan gave James and me some tips on how to avoid his kicks and do counter attacks!



I tried Mrs Robinson's shiny, huge World Cup trophy on for size - it looks pretty good on me don't you think?



Look at all the new friends I made at the National Kids Camp. Cool eh! 🐻



Here come the ITF NZ Mini Kids

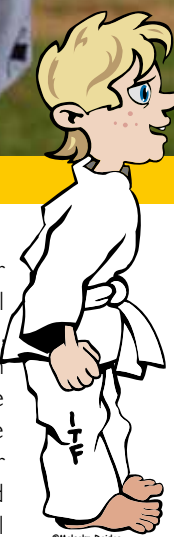


Photos by Paul McPhail

By **Shirley Pygott** 11 dan

You may have seen them around your dojang - rather small kids with unusual looking belts. Small stripes of green, blue, red and even black on one end of an otherwise white belt! Is this some strange invasion of another martial art? No, it's the new mini-kids syllabus introduced earlier this year, especially designed for kids 8 and under. It started off with just two small classes on the Hibiscus Coast, but after only 4 months there are kids classes springing up all over New Zealand.

These kids are not learning anything different from everyone else - they are doing exactly the same Taekwon-Do as all the other white belts, but they are doing it in smaller stages, and each time they get tested they get another stripe. It also takes them quite a bit longer to learn everything. The first test is for First Green, and after 3 more tests over 12 - 18 months they will be ready to grade from their First Black to 9th Gup along with everyone else at a normal grading. They also get a really cool colour handbook with illustrations by Mr Malcom Doidge



©Malcolm Doidge

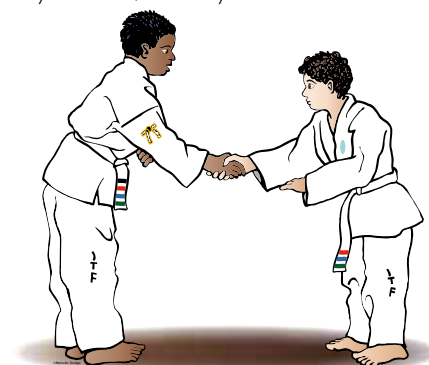


(a 2nd Gup from Spirit Taekwon-Do Brooklyn), lists of things to learn, a glossary and activities to complete at home.

Some clubs are not in a position to have designated kids classes, but have one or two younger children who want to train with their older family members. These kids can follow the mini-kids programme as well, instead of having to 'wait until they are older'.

Some instructors are even using the programme (without the handbook) with older students. Not only are their students enjoying having the different stripes to work

towards, but their standard is improving as well. So get used to seeing those coloured stripes on white belts - soon they'll be everywhere! If you think the mini kids programme is something you'd like to see at your club, talk to your instructor. ✈



Fast Motion

This new section features some of our top Taekwon-Do exponents doing some of the stuff they love. We hope you get inspired by some of the techniques you will see.



Carolina Dillen

Recently...

2009
 Prime Minister's Athlete Scholarship Recipient
 Awarded SPARC Performance Enhancement Grant

2008
 1st Place Patterns, World Cup, Italy
 2nd Place Sparring, World Cup, Italy
 Best Overall Female Black Belt (jointly), World Cup, Italy
 1st Place Sparring, London Open, England
 1st Place Patterns & Sparring, Znojmo Open, Czech Republic
 Best Overall Female Black Belt, Znojmo Open, Czech Republic
 1st Place Sparring, Oceania Championships, Auckland
 3rd Place Patterns, Oceania Championships, Auckland
 1st Place Patterns, National Championships, Midlands
 1st Place Patterns & Sparring, Star Series 1, Levin
 1st Place Patterns & Sparring, Star Series 2, Counties Manukau
 Prime Minister's Athlete Scholarship Recipient
 Awarded SPARC Performance Enhancement Grant
 Awarded New Zealand University Blue Award for Taekwon-Do
 Awarded University of Auckland Blue Award for Taekwon-Do

2007
 3rd Place Patterns, World Championships, Canada
 1st Place Patterns & Sparring National Championships, Auckland
 1st Place Patterns, Auckland North Regional Championships
 Best Overall Female Black Belt Top Ten Series
 Awarded University of Auckland Blue Award for Taekwon-Do

Turning kick and Side Piercing Kick



Photos by Paul McPhail



Fast Motion

Flying Reverse Turning Kick



Photos by Paul McPhail

Recently...

2009

Performed demo for Prime Minister John Key. Awarded second Prime Minister's Athlete Scholarship

New Zealand - Granted a Performance Enhancement Grant from SPARC

2008

Represented NZ at the ITF World Cup - Italy

European training trip including a ten-day training camp with Polish National Coaches, Italy, England & Poland

Awarded Prime Minister's Athlete Scholarship for Masters Degree research

Oceania Grand Champion with 1st places in Sparring and Special Technique.

Commenced Master of Science research into means by which Taekwon-Do Kicking performance can be enhanced using Sport Psychology strategies

Granted a Performance Enhancement Grant from SPARC

Graded to 2nd degree blackbelt. Pass with distinction

Student of the year at ITF NZ Annual Awards

2007

1st in Sparring, 1st in Special Technique at ITF NZ Taekwon-Do National Championships. Best Overall Black Belt and assistant coach to the Auckland North team

Competed at the All Japan Seishinkan Karate Championships in Fukuoka, Japan. Defeated 2006 Japanese Champion to become 2007 All Japan Seishinkan Open blackbelt mens Karate sparring Champion

Represented Oceania at first ITF Continental Team Fighting Championships held at the US Martial Arts Open at Disneyworld. 2nd place in individual continuous sparring under 84kg

Three time Special Technique World Champion. Also won New Zealand's first senior male medal in individual sparring - bronze in -80kg heavyweight division

One month full-time teaching Taekwon-Do in an effort to introduce the ITF style in Busan, Korea

Carl van Roon



Photos by Doug Hanna

Fast Motion



WORLD CHAMPION PRE-ARRANGED SPARRING TEAM **Mark Trotter & Luke Thompson**

Mark Trotter

2009

Argentina National Team Selection Tournament - Gold in Sparring
 Argentina National Team Selection Tournament - Gold in Patterns
 Awarded Prime Ministers Scholarship
 Awarded SPARC Professional Athlete Scholarship
 Trained in Poland for 2 Months with national team coach
 Trained in Argentina for 1 month with national team coach

2008

World Cup Gold medal in Pre-arranged Free Sparring
 Silver Medallist at World Champs in 4th dan Patterns
 Trained in England with national team coach

2007

ITF World Champion in Pre-arranged Free Sparring
 Silver Medallist at World Champs in 4th dan Patterns
 WAKO Kickboxing, Oceania champion -74 kg Sparring

Former Junior World Champion -
 3rd dan Patterns
 Oceania Champion in Patterns and Sparring
 2002, 2004, 2006, 2008.
 Oceania Grand Champion 2002

Luke Thompson

2009

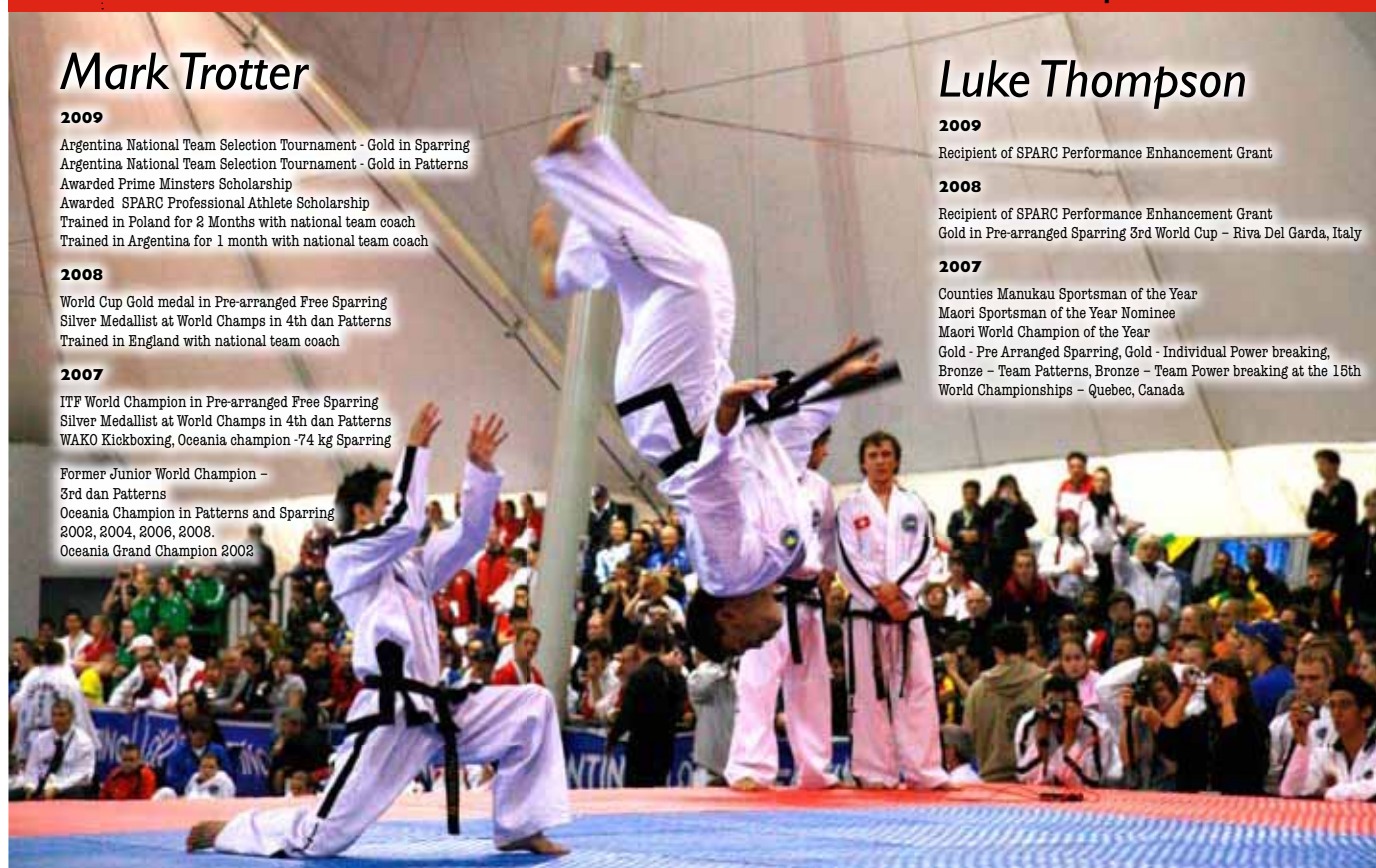
Recipient of SPARC Performance Enhancement Grant

2008

Recipient of SPARC Performance Enhancement Grant
 Gold in Pre-arranged Sparring 3rd World Cup - Riva Del Garda, Italy

2007

Counties Manukau Sportsman of the Year
 Maori Sportsman of the Year Nominee
 Maori World Champion of the Year
 Gold - Pre Arranged Sparring, Gold - Individual Power breaking,
 Bronze - Team Patterns, Bronze - Team Power breaking at the 15th
 World Championships - Quebec, Canada



Photos by Doug Hanna



GALLERY



ITFNZ's official photographer Doug Hanna has quite a few all time favourite photos that he has collected since he got into photographing Taekwon-Do during the 2006 Junior World Champs build-up. If you've been following his blog over the years you'll have seen them all before, but there's a story behind each one so we thought it would be nice to feature some in this new GALLERY Section of Taekwon-Do Talk.

By **Doug Hanna**

www.tkd.hanna.net.nz/search/label/PickOfThePicks



▼ Light Impact

This image was taken during the training lead up to the 2007 World Champs. We're at Mr Mark Trotter's Impact Club on New North Road in Kingsland. In this image Mr Trotter and Mr Luke Thompson are practicing their pre-arranged sparring routine. You'll all probably know that they went on to win the event and become the world champions.

The gym has a low ceiling with north facing windows. It was 4.30pm in early May and the low sun was streaming through the windows creating a contrasty back-lit setting. It was near the end of the training and the others all sat down to watch them put in a final complete run-through of their routine. The image was cropped top and bottom to remove boring ceiling and floor and a little dodging and burning was used to focus the viewer on Mark and Luke.

◀ Play with Colour

I no longer like what I've done to this photo knocking back all the colour to black and white except for the competitors, Mr Mark Trotter and his opponent. At the time of messing with this image in photoshop I thought it was pretty cool and entered it into the World Champs photo competition in Quebec in 2007 but I've since become a bit of a purist with a low tolerance to this kind of manipulation.

But hey... it was interesting and kept me busy for a couple of hours fiddling with it.

The image was taken during the March 2007 Top 10 tournament in Auckland and I like the composition with the spectators neatly lined up in a row but out of focus.

This image was taken half an hour after **Light Impact** (below). Ms Carolina Dillen was practicing her patterns in front of the mirror. I focused on her image in the mirror, leaving her back slightly out of focus. Her position in preparing for her pattern shows concentration and focus. The top and bottom have been cropped to give a panorama styled shape to the image.

◀ Reflecting

The Punch ▶

For me, the holy grail in Taekwon-Do photography is capturing the emotion and impact of a punch. Now I'm sure some of you will disagree, and I concede that there is a lot of potential in other aspects of Taekwon-Do for wonderful images. Why do I endlessly chase capturing a great punch? Because it is so damn difficult to get. Taken at a fairly low shutter speed of 1/100th of a second there is movement of Ms Phillipa Henry's head and hair as she takes a punch from Ms Erica Germain. The movement of the head and hair gives it the feeling of impact and makes it interesting.



SHANE

An International Inspiration

EADE

26.9.81 - 17.2.09

*A Smile
A laugh
A tear
A cry
You're always with us in our lives.*

*A tournament
A grading
And training too
We will forever and always think of you.*

*Our club
Our region
Our nation too
There is always a space in our hearts for you.*

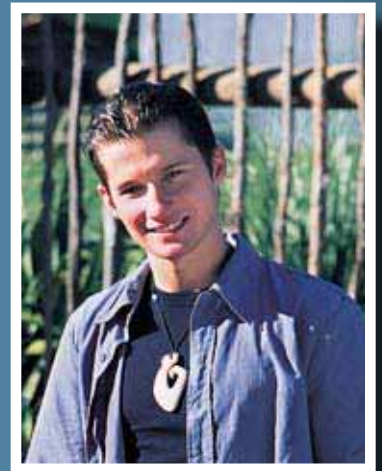
*Technique
Power
Sparring too
We were all truly inspired by you.*

*From your students.....
You were not only a teacher
But a friend as well
You leave with us your story to tell*

*Together we are all a team
And as our tribute to you we will continue your dream
No words can explain the hurt and the pain
But the one thing we know is that our pride in you will forever show.*

*At last our photos, videos. And memories include
How precious you were you handsome dude!
To Lorraine, Dave, Joey, and Mana too
Our thoughts and feelings go out to you*

*As in life times get tough
Especially losing someone you love
Just know you are not in it alone
You have the love and support from every one at
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Gloves ID 20183
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Clearance

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\$65 set

*While Stock Last

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