

TAEKWON-DO Talk

2009 // Issue 2

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Argentina Build Up

News & Seminar Reports

The Sun Bei Experiment

ITF in South Korea

NZ Hall of Fame

Instructor Profile

Best Self Defence Move

Kicks for Kids

Getting Fitter

and much more...



ITFNZ

Taekwon-Do



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TECHNICAL



FEATURES

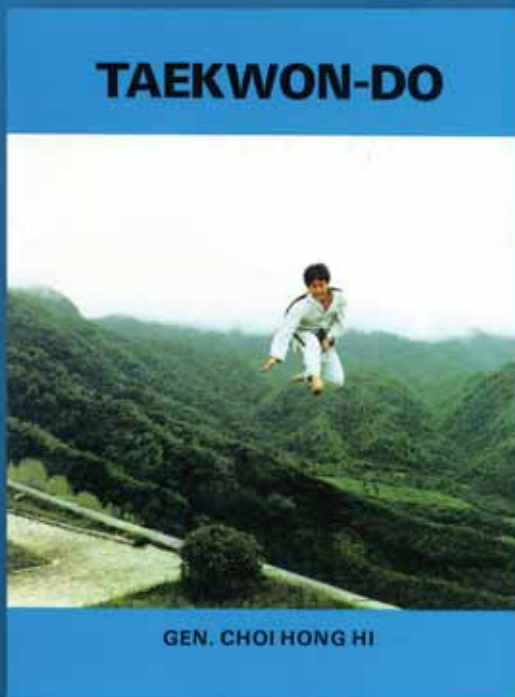


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TAEKWON-DO THE CONDENSED ENCYCLOPEDIA BY GENERAL CHOI, HONG HI

This classic condensed version of the 15-volume set is in English, printed in Canada in 1999. It contains comprehensive descriptions and detailed photographs showing correct stance, vital spots, hand and foot techniques, training equipment, fundamental exercises, system of sparring and much more.

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This means that you can make a choice about the products or services you are interested in based on what they are doing to be green.

In that sense Greenpages is a directory with values, not just a list of contact details.



www.greenpages.co.nz

FROM THE PRESIDENT



Master Evan Davidson

VII Dan, President

Our mid-year grading rounds have now been completed and for the first time more than 1000 students were tested. This is a big milestone and a gauge of our organisations growth.

I note, between 24% and 35% of students managed an 'A' pass result and 23 lower graded students received a double promotion. Congratulations to all, well done.

I recently attended the 2009 National Champs in Christchurch and must thank the South Island Region and organising committee for their efforts in ensuring all those attending had a great time and were well looked after. Another successful National Champs completed.

From my perspective everything generally appeared to go reasonably smoothly and the QE II Stadium was a great venue. Unfortunately like in all sports, tournaments can generate disappointment, controversy and complaints as well as the happiness of success. Due to the South Islands limited 'Human Resources', a number of the umpires, officials and attendants had to cover a number of tasks. I would be interested to hear from others who attend our ITFNZ Tournaments, be they as competitors, officials, supporters or spectators, as to where you see are the main problem issues and where you think we can make improvements especially as we head towards the hosting of the ITF World Senior and Junior Champs in 2011.

Congratulations to all those who were successful in the Star Series of Tournaments. These are always good build ups for the larger National and International tournaments.

Good luck to the senior and junior teams heading over to Mar Del Plata, Argentina in late November for the 2009 ITF World Champs. To all officials, competitors, supporters travelling, I wish you all a safe, successful and enjoyable trip.



2009 Star Series Winners

FROM THE BOARD

ITFNZ Taekwon-Do is going through some exciting changes, strengthening our ability to promote and deliver the original Taekwon-Do throughout New Zealand whilst preserving the philosophy, moral character and quality of the Art.

Adopting a more professional and commercial approach to the running of the organisation, a Board has been elected in place of an Executive. We are now seeking a strong people leader with demonstrable business management success, ideally within the Sports sector; to act as Executive Officer to the Board.

A senior management position, this role is responsible for the successful overall management of ITFNZ Taekwon-Do and will work closely with the board to build and deliver the strategic direction for ITFNZ.

We are fortunate to have secured funding to support this role through SPARC and NZ Community Trust and as such, the position is a part-time salaried position for a fixed term of 12 months.

To apply for this rare opportunity, please send an electronic copy of your resume along with a covering letter to Dennis Burns, ITFNZ Board Chairman, boardchairman@itfnz.org.nz. Applications close Friday 27 November 2009.

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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Photo by Craig Oliver

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LETTERS

Our instructor Mr. Matthew Davey managed to secure the club an opportunity to demonstrate our Taekwon-Do skills at the Westfield Shopping Mall in Glenfield, on Saturday 29th August 2009. With only a week's notice, techniques were handed out to those available. We had time for a few dry runs prior to the day although we felt pretty confident that our prior training would stand us in good stead.

The demonstration got underway, and Mr Davey put on his booming voice – unfortunately, no microphone – and introduced the club. He continued addressing the audience throughout the show, with commentary on each of the disciplines, noting what represented good technique, power and the purpose behind the movements.

Throughout the proceedings our promotions team were hard at work

mingling with the crowd, giving out flyers and talking to people. Only one person refused a flyer. "I'd never do that," he said! "and anyway, I'm not from round here!" However, he was the exception. We deliberately tried to have a range of different people take part, to emphasise the fact that Taekwon-Do is for all, no matter what your size, age or gender!

We were happy with how the demonstration went, and so were mall staff who have kindly asked us return to showcase the art of ITF Taekwon-Do to more people. Overall, we all had fun, and we can highly recommend demonstrations to other clubs as a way of highlighting our art and encouraging new members to join.

Mrs Liz Tee (1st Gup) and Mr Aaron Ross (1st Gup) – Jungshin Glenfield



Mr Kim breaking a board with knife hand side strike

OUR EXPERTS



TECHNICAL
MASTER PAUL MCPHAIL



SPORTS MEDICINE
DR JAKE PEARSON



SELF DEFENCE
MR PHIL THOMPSON



FITNESS
MRS SONYA ROBINSON



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FAST MOTION
GALLERY

ON THE WEB:



www.youtube.com/user/ITFNZTaekwonDo



www.facebook.com/TKDAction

www.itfnz.org.nz/taekwon-dotalk

COVER



Cover photo of Shane Black at Nationals by Craig Oliver

NEW SCHOOLS

As well as welcoming our new schools and instructors in this section, we also highlight some of the great school websites.

Kickin Kids Titirangi



Instructor: Mr David Ferrington I dan
Woodlands Park Primary School,
Woodlands Park, Titirangi
Sunday 1.00 - 2.00pm

Mr David Ferrington started his career in the TAGB in the UK under Mr Richie Saunders 5th Dan. After moving to New Zealand 5 years ago Mr Ferrington joined the Avondale TKD School under Mr Robert Ireland 2nd Dan. Both these schools had a family focus and it is from this environment and having 4 children of his own that Mr Ferrington has embarked on the quest of bringing more children into the ITF Taekwon-Do family. The school primarily runs classes for children from 5 - 12 years but encourages the participation of parents and other family members.

Otago University



New Instructor: Ms Ana Rakonjac I dan
Otago University Clubs and Societies
Centre, 84 Albany Street, Dunedin
Monday 4.00 - 5.30pm
Friday 4.00 - 6.00pm

Ana Rakonjac originally began training with Mr Lowe in Palmerston North before moving to Dunedin and joining the Otago University club in 2005. She took over as instructor from Russell Stuart in 2009. The Otago University club caters primarily to Otago University and Polytech students, though we welcome non-students as well. The club has a friendly and relaxed atmosphere. Students are encouraged to do their best, improve fitness, and have fun through Taekwon-Do.

Kickin Kids Mt Albert



Instructor: Mr Peter Gudsell I dan
Mt Albert War Memorial Hall
751 New North Road, Mt Albert
Tuesday (school term only)
4.45 - 6.15pm

Mr Peter Gudsell began his training in 1991 at Khandallah, Wellington. After a break he returned and achieved his first degree black belt in 2009. Mr Gudsell has been an active competitor and official at Regional and National competitions. He is currently instructing children in the 5+ age range.

International Pacific College



New Instructor: Mr Tony Bishop I dan
IPC Recreation Centre, 57 Aokautere
Drive, Palmerston North
Tuesday 7.30 - 9.00pm
Saturday 4.00 - 6.00pm

Mr Bishop started training at IPC in late 2004 as a family activity at Neil Breen's suggestion. He was quite right, my sons James and Robert have both trained with me at different times. This was shortly after I left teaching and started working in IT again. Physical activity is a very important aspect of Taekwon-Do for me, but I also enjoy the challenges. At every stage there have been tough but achievable challenges. When IPC club went into recess in 2006 we moved to PNTA. I am very proud to re-open IPC.

Wairau Taekwon-Do



Instructor: Mrs Lorraine Eade II dan
2 Alfred St, Blenheim
Monday 5.30 to 7.00pm
Wednesday 6.00 to 7.30pm

Lorraine started Taekwon-Do after the ITF NZ National Tournament was held in Blenheim in 1997 and has trained at Redwoodtown Taekwon-Do Club for the past 12 years. A 2nd Dan Black Belt, Lorraine is joined by Joey Eade (1st Dan) as Assistant Instructor.

www.northwellingtontkd.co.nz



www.threshold.school.nz



www.avondaletkd.org.nz



Websites to check out:

Hamilton's famous theory quiz: www.hamiltontkd.co.nz/blog/quiz
ITF Website: www.tkd-itf.home.pl/pub_web/ver_eng
Norway's website for photos and videos: www.kick-t.com
Doug Hanna's Taekwon-Do Photography: www.tkd.hanna.net.nz
Craig Olivers Taekwon-Do Photography: www.tkd-oliver.blogspot.com

www.kickin-kids.com



STRONG ENOUGH TO MOVE MOUNTAINS

By **Sheryl Chase** 1st gup

Have you ever wondered under what circumstances your club was founded?

I knew that the Khandallah Taekwon-Do Club was founded by Master Evan Davidson in 1979. And I have always been inspired by the meaning of our club logo - "strong enough to move mountains." So it was more than interesting, on Saturday 12th September this year, to hear from Master Davidson that our club was formed as much by accident, as by design.

You see, having founded the Miramar club in East Wellington in 1975, Master Davidson and his family moved to Johnsonville in North Wellington in 1979. So now, much to the despair of Mrs Davidson, not only was Master Davidson away from his young family during the twice weekly training sessions, he now had travel time to boot!

"I know," Master Davidson told us, "I'll hand over Miramar to another instructor and I'll start a club closer to home!"

So began the search for a venue in North Wellington. At the time, a hall was not available in Johnsonville, so Master Davidson ventured a little south into the suburb of Khandallah. The club's first ever training took place in the now historic Khandallah Town Hall. And so the Khandallah club was formed, and the Davidson marriage survived!

Thirty years on, and having had a remarkable list of talented instructors and members, we thought it fitting to celebrate. Spearheaded by our most recent ex-instructor Dr Jake Pearson, celebrations commenced at midday in what was Khandallah's second and long-standing dojang, the Nairnville Recreation Centre. I was told by ex-

Khandallah member Mr Peter Gudsell that back in the day, the floor of the hall used to be covered in the aftermath of spilled beer. He said he had vivid memories of standing up after doing press-ups with sticky, smelly hands!

After ex-members enjoyed a nostalgic wander across what is now a hall with shiny wooden floor boards, Dr Pearson got us started with some warm-up games. It seemed only fitting too that the game session be completed with what has become a Khandallah favourite – the Matthew Quivooy version of rock, paper, scissors (or is it egg, chicken, queen?). Matthew (who now trains in Auckland), your legacy lives on!

Then, after Khandallah's current head instructor, Mr Richard Lavin took us through 15 minutes of stretching, one of Khandallah's longest standing members, Ms Barbara Inglis, took us through some basic pad work to get us limbered up for the day.

The next session was run by Mr George Nicholls, who I am told, was a no-nonsense instructor back in his day. Mr Nicholls has the honour of being Master Davidson's very first student to join the Miramar club back in 1975, and went on to be an Instructor in 1987 and 1988.

Mr Nicholls no longer practises Taekwon-Do. Instead, he is a professional dance instructor, turning the likes of Norm Hewitt and Josh Kronfield into Stars that Dance. So, as luck would have it, we were honoured with a combination of using core stability and the speed of the 'twirl', as we seek to outsmart our opponent in the sparring ring.

Mr Nicholls' twirl was very graceful. It's quite a formidable sight, the combination of grace and strength. I remember as a girl of seven wanting to take up dance. My parents could not afford it so my aunty, thinking she was being helpful, took it upon herself to tell me that I would never be a dancer as I had



The original Khandallah club badge proudly worn at training by ex-member Mr David Nendick

absolutely no grace. I finally now, after 30 years of defiance, concede that she may have been right. However, at least I can say, having watched those around me trying to twirl, that I am not the only one!

Our fourth session of the day was led by ex-instructor Mr James Rimmer. Mr Rimmer took us through a fun pre-arranged session. He first took us through five moves undertaken by one half of a pair, and then the set of moves undertaken by the second of a pair. We then paired up and chose which half of the routine we would do. Some people were very good at their routine and so were encouraged to add on moves as they went.

Session five was run by Master McPhail, assistant instructor from 1980 to 1985. This session was a giggle, sprinkled here and there with some interesting history. Not only were we shown how the forearm low block was executed back in the late 1970's, Master McPhail took us through the evolution of some of our other basic techniques, such as the walking stance punch, which had no sine-wave and no use whatsoever for the concept of shoulders front facing!

Back in those days not only was there was no sine-wave, you weren't allowed to make a sound when you breathed. It was actually quite exhausting, trying to execute sharp, powerful techniques with no sine-wave





The ITF NZ logo as worn on the back of the dobok in the early 90s

and no breath control. And when we did breath too loudly, Master McPhail made us do the technique again! To avoid noise you ended up not breathing at all (unless of course you were laughing, like I was).

If you haven't seen Master McPhail demonstrate some of these old techniques, I urge you to ask him to do so. Sorry Master McPhail, I now envisage all students up and down the country asking you to demonstrate the forearm low block circa 1975!

Session six was run by Master Davidson himself. He took us over executing the back kick, one of his favourites. And last but not least, the last hour of the day was just for black belts. The Masters really put them through their paces, doing all of the patterns from Tong-Il down to Kwang-Gae. We were treated to some fine displays by Mr Rimmer, who is training to grade to VII Dan next year. Good luck Mr Rimmer!

We had plenty of breaks during the day. During one such break, some of the past members wandered by the trophy display. I watched them running their fingers over their names, engraved many years ago. One ex-member, Shane, who last trained in 1989, bought his son along for the day. He proudly showed his son his name engraved on the trophy. It was a particularly special moment to witness. I hope we see his son along to our club one day soon.

Without much time to catch our breath, we all were to meet at the Innkeeper in Johnsonville for the evening's celebrations. Dr Pearson had put together a fantastic slide show of photos from 1979 to 2009. Master Davidson presented the club with a beautiful trophy in his name. This was very apt, because although we have trophies in the names of McPhail, Rimmer and Pearson, we do not have one in the name of our founder. Maybe it could be our "Most likely to become a Master" trophy?

When he left Wellington, Master Davidson moved to Te Awamutu, where he set up another club. He ran this club for 22 years before handing it over to one of his students when he moved to Cambridge.

And yes, given Cambridge was without a club, Master Davidson founded yet another club there. The club has been running for 18 months now. Mrs Davidson recently asked Master D when he will be stepping back from instructing.

"Well," was the reply, "the club has only been going 18 months – I've got to develop a few instructors yet!" 🐦



Master Davidson with his very first student and former Khandallah instructor, Mr George Nicolls

Note: I'd like to acknowledge two ex-Instructors not present on the day, Mr Patrick Eastwood and Mr Graham Patterson.



Photos by Paul McPhail

SOUTH ISLAND TOURNAMENT & SEMINAR

By **Angela Barltrop** 1st dan



Michael Davis after a particularly hard drill

On the 21st and 22nd of March Riccarton Club hosted the 2009 South Island Coloured Belt Tournament and Seminar weekend.

The idea came about due to a lack of competition in the South Island and the need to teach our coloured belt students more tournament skills. The concept was to have the coloured belts competing in all individual events – sparring, patterns, special techniques and power test. The South Island black belts were instrumental in their roles as umpires, judges, jury and seconds. We also invited specialists Mr Mark Trotter, Mr Carl Van Roon and Miss Carolina Dillen to help out with the tournament and teach their specialty areas at the seminar on the Sunday.

On the Saturday the students competed in the individual events and were observed and coached by our guests and the South Island black belts. We started with the patterns competition, of course starting with the white and yellow belts in one ring and the green belts in another. There was a large number of white and yellow belts which was really great to see. We ran all the events in a round robin so everyone got plenty of opportunity to experience the competition. The afternoon saw the sparring start in one ring while the power and special technique competition started off in the other. A lot of the students had never had the opportunity to give these events a go so they were especially popular.

On the Saturday after the tournament was over Mr Trotter, Mr Van Roon & Miss Dillen ran a seminar for the black belts (and myself) who had helped out during the day. We all found this particularly rewarding, if a little exhausting, and it helped give everyone more ideas not only for their own training but about better ways to implement sparring and strengthening drills in class.

On the Sunday the students took part in a seminar which covered all the individual areas. The first session saw the red & black belts with Mr Van Roon for special technique and the remainder of the coloured belts with Miss Dillen for patterns. Following this we started the morning's sparring session run by Mr Trotter which was especially eye opening for a lot of our students! Personally I wondered if I'd be able to move my legs again for days after! In the session after lunch we reversed the split and the black and red belts got to spend some time working on their patterns with Miss Dillen and the remainder of the coloured belts spent some time with Mr Van Roon. There were a lot of very happy but tired faces at the completion of the seminar! It had been a long but very enjoyable weekend for everyone.

There were no medals for this tournament. However two awards for spirit were given out to students at the end of the tournament day. The recipients of these awards were Matthew Patterson from Redwoodtown for the junior award and Nicole Woods, also from Redwoodtown for the senior award.

At the conclusion of the Saturday Mr & Mrs Jackson (parents of 1st gup student, Luke Jackson), hosted a bbq dinner for everyone. It was a brilliant chance for all of us to spend some social time together. Especially with the South Islands clubs being so far away from each other!

I personally gained some very valuable instruction during this weekend and had a brilliant time. I am disappointed that I won't be able to take part in this event again, as I have since graded to 1 dan. However, I am very much looking forward to being able to take an active role in helping and coaching next time. 🐼

Some comments:

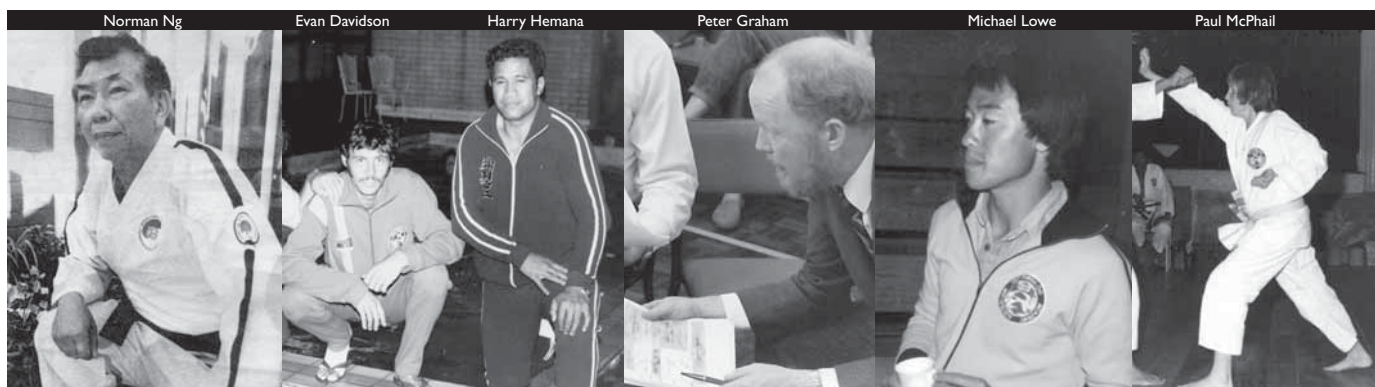
- ▶ It was awesome. Really enjoyed it, especially special techniques. *Eliza Elkington, Redwoodtown*
- ▶ Loved it! Very enjoyable and helpful. I learnt heaps and had fun, which is important. Plus, Carl Van Roon, Mark Trotter and Carolina Dillen were very inspiring. *Nicole Woods, Redwoodtown*
- ▶ The tournament was lots of fun and I learnt lots. *Willie Arbuckle-Hill, Redwoodtown*
- ▶ I thought it was well run; we were getting through the matches efficiently. Having the visiting black belts down from Auckland was fantastic for both the competitors and supporters to learn from. *Natalie Read, Riccarton*
- ▶ The coloured belt tournament provided an opportunity for first time and inexperienced students to get a taste of competition. The personal attention provided by the guest instructors helped many competitors have a true learning experience. The informal nature of the event created a relaxed atmosphere. This aided the less experienced students in getting the most out of this event. *Benjamin Gough, Riccarton*
- ▶ It was a very successful event that got everyone to get a feel for what a real tournament was like, but in a relaxed and friendly atmosphere. Having experienced people everywhere help you out was also very beneficial. *Jamie Townsend, Riccarton.*



Ana Raokonjac enjoying the seminar

Photos by Craig Oliver

NZ MARTIAL ARTS HALL OF FAME



By **Dave Millar** President, NZMAHOF

The New Zealand Martial Arts Hall of Fame was founded in 1997, the brainchild of Co-founder Shihan Dave Millar (6th degree black belt Jiu Jitsu) and Shih Gung Kati Unuia (NZChinese Tien Shan Pai), both of whom are New Zealanders of Cook Island descent with over 35 years experience in Martial Arts.

The NZMAHOF was set up by these men to acknowledge outstanding contribution of martial art practitioners within New Zealand. The aim is to recognise and support martial artists and to help the community to recognise their work.

The NZMAHOF bestows recognition on those who have contributed to the growth and prestige of Martial Arts in New Zealand and who have shown true dedication over many years and demonstrated excellence in their field. This without bias or favouritism.

The Hall of Fame also pursues the goal of creating unity and promoting friendship between instructors and styles to the benefit of the martial arts community. It is free from politics, as has been proven by the substantial support given by the inductees themselves.

Selection to the HOF is drawn from the wider community, free of bias, style, race or creed. A technical panel made up of those who have international recognition

(themselves having been inducted into the Australasian and World Karate Union Halls of Fame), are responsible for approving all nominations. They in turn bring international experience to the NZMAHOF. Nominations come from past and present inductees.

The NZMAHOF executive are hopeful that more of our current Hall of Fame inductees will accept the nominations to both Australasian and World Halls of Fame, which will give them further international recognition. 🐉

NZ MARTIAL ARTS HALL OF FAME INDUCTEES

1997 Inaugural Awards

Robert Gemmell – *Kempo Bushido Ryu*
 Steve Heremaia – *Jiu Jitsu*
 Kati Unuia – *Tien Shan Pai Kung Fu*
 Solomon Purcell – *Kyokushinkai*
 Lawrie Hargraves (deceased) – *Judo*
 Robin Begbie – *Kyokushinkai*
 Te Wamoana Te Rupe – *Gosukuryu*
 Terry Hill – *Goju Ryu*

Norman Ng – Taekwon-Do

John Tahu (deceased) – *Maori Martial Arts*
 Steve Kitson (deceased) – *Nam Wai Pai*
 Andy Barber – *Seido Karate*

2000 Awards

Dave Millar – *Jiu Jitsu*
 Al Powers – *Tang Soo Do*
 Pat Zalewski – *Sei Kukan Karatedo*
 Pat Toner – *Judo*
 Doug Holloway – *Kyokushin*
 John Jarvis – *Goju Ryu/Kyokushin*
 Rick Littlewood – *Judo*
 Bob McCallum – *Kyokushin*

Evan Davidson – Taekwon-Do

Harry Hemana – (Deceased) Taekwon-Do

Clare Hargreaves – *Judo*
 Mike Ryan – *Kempo Bushido Ryu*
 Glen Keith – *Shaolin Fut Gar Kung Fu*
 Christine Gemmell – *Kempo Bushido Ryu*
 Charles Mareikura (Deceased) – *Whanake Rangataua*

2002 Awards

Dennis May – *Okinawan Goju Ryu*
 Kevin Pepperell – *Kyokushin*
 Martin Stirling – *Whanake Rangataua*
 Nick Christiansen – *Kempo Bushido Ryu*
 Norm Palmer – *Kempo Bushido Ryu*
 Margaret Hight – *Tai Chi/Mulan/Kempo*
 Chris Dessa – *Seishin Ryu Karate Do*
 Gary Trail – *Jiu Jitsu*

Garry Luton – *Wado Kai Karate Do*
 Ken Buckley – *Wado Kai Karate Do*

Mike Kenworthy – *Kyokushin*

Paul McPhail – Taekwon-Do

Wayne Watson – *Judo*

2005 Awards

Michael O'Hara – *NZ Freestyle*
 Philip Menehira – *Maori Martial Arts*
 Chris Massey – *Okinawan Karate Do*
 Henare Heta – *Koryu Uchinadi/Kempo Jitsu*
 Hoana Heremaia – *Jiu Jitsu*
 Charles Chadwick – *Zendokai*
 Steve Shaw – *Aikido*
 Grant Power – *Kesshin Ryu*
 Dianne Haynes – *Aikido*

Peter Graham – Taekwon-Do

Michael Lowe – Taekwon-Do

2009 Awards

Steven Pellow – Taekwon-Do
Andrew Salton – Taekwon-Do

For the full list of those inducted in 2009 visit www.itfnz.org.nz/about/awards/awards_halloffame.html

THE NEW ITFNZ INDUCTEES:

Mr Andrew Salton Mr Steve Pellow





THE SUNBEI EXPERIMENT



By **Mark Banicevich** V dan

Earlier this year, it struck me that we tell the public about the brilliant behavioural and community benefits of Taekwon-Do, yet we don't formally teach these things. Discipline, self-esteem, building better people – are these just “accidental by-products” of Taekwon-Do training? Why don't we formally teach them in a structured way?

After the April grading, I introduced a new system in my classes to teach my students “Do” and Taekwon-Do theory formally. The Sunbei Experiment was born, and so far the results are tremendous.

Sunbei and hubei

There just isn't enough time in two weekly classes for one or two instructors to give every student the attention they deserve and need to discuss matters of “Do” and Taekwon-Do theory. So I assigned “sunbei” (senior) to “hubei” (junior). I took a list of my students, and divided it into two groups: adults and mature teens who are green belt and above became sunbei, and children and lower grade adults became hubei.

To each sunbei, I assigned one or two hubei, so every hubei had a sunbei with whom I thought they would work well. I discussed the idea with the sunbei, and we decided to give it a try.

Teaching “Do” and theory

When I write my semester lesson plans (if we call the period between gup gradings a “semester”), I plan a subject of “Do” or Taekwon-Do theory for each week as well as the technical movements and exercises we practise.

As an aside, there are three compulsory pieces of equipment in my classes: a mouthguard, a water bottle, and a training exercise book and pen (those last two count as one).

After we begin class each night, my hubei

sit with their sunbei, each with their training exercise book and pen, and we spend five minutes on the week's subject. On Tuesdays I usually facilitate a discussion or give a brief lecture on the subject, and assign homework. On Thursdays, hubei discuss their homework with their sunbei.

Recently I started spending an extra few minutes after this period outlining technical elements of the evening's class, so students can also take notes about the lengths of stances, purposes of techniques, and so

by students more often than I ever have before. It's as if the system makes students more comfortable asking for help. I've had bullying, problems at school, problems at home, and in each case I've helped. And it feels great! Isn't that what we are supposed to be doing – helping people?

My sunbei are also helping their hubei with personal problems. My sunbei are fast becoming personal mentors for their hubei. If a hubei raises a personal problem instead of discussing the subject I provided, that is fine by me and I encourage my sunbei to help where they can.

I've noticed improvements in behaviour from the children. Moreover, there is someone else in the class with the express authority to correct misbehaviour, so I spend less time correcting misbehaviour and more time teaching.

The way forward

One of my students now helps me to assign hubei to sunbei, so that new students can be assigned to a sunbei on their first night (providing an early sense of belonging to the school, which may address a major reason we lose students, according to the Board's recent survey).

It won't be long before some of my adult juniors have sufficient knowledge to become sunbei themselves, creating capacity for new hubei. Sure, we are all still learning. The second generation will know more than the first, and I'll continue to learn as I go.

The sunbei's sunbei? Well presently that's me, and it's difficult to get time with everyone. It's a step. In a couple of years, we'll be in our third or fourth generation, and sunbei will have their own sunbei.

Teaching the “Do”? Teaching discipline, resolve, self-esteem? We do. Formally. And the benefits are fantastic! 🐉



forth. Then hubei bow to their sunbei, they put their exercise books away, and we begin physical training. I plan to take 10 minutes per class altogether.

Subjects we cover include self defence theory (avoidance, de-escalation, aftermath), Taekwon-Do theory (training secret, theory of power, vital spots, etc), and “Do” (each tenet, humility, goal setting, etc).

Incidentally, to cover for absent students, I ask all sunbei without hubei and hubei without sunbei to group up for the evening, so nobody is left out.

Early results

As instructors, it is not uncommon for students to come to us for help if they have problems in their lives. Since I started this system, I've been approached



2009 NATIONAL CHAMPS - CHRISTCHURCH

By **Angela Barltrop** 1 dan



Photos by Craig Oliver

Well try as we might, we could put it off no longer and after much hard work and last minute panic, the South Island team, organisers and crew took a very deep breath and welcomed the Fuji Mae ITFNFZ National Championships for 2009 down here to Christchurch.

Thankfully we got the venue set up by a reasonable hour on Friday night so everyone was able to get home and fed, and into bed at a reasonable hour ready for the early start that would see the opening of the tournament on the Saturday morning.

After a nice brief opening, we all received our instructions on where to go first up and the dan grades headed off towards their designated rings for the patterns competition. The display by so many of our black belts was absolutely spectacular, but special mention of course needs to go to Mr Mark Trotter, who delivered a stellar performance that left a lot of his peers and fellow competitors in awe of the strength and discipline that earned him the gold medal for Men's IV dan + patterns.

The events quickly switched over to Intermediate gup sparring and the beginning of the black belt sparring. We also saw the Junior Black Belts begin their special technique and power test events where they could fit them in. I found some time to stop and watch some of the junior boys' black belt sparring with baited breath

as Shane Black from Central Districts triumphed over Hamish Duncan from the South Island to take the Gold Medal in the Hyperweight Plus division.

In the lunch break we were entertained with some very impressive Korean drumming. The first act was a solo performance by Gwiok Kim, who was then followed by several younger people who put on a very professional display that kept the crowd entranced while they refuelled their already tired bodies!

The afternoon began and with it a truly amazing display of prearranged sparring. I made sure I found time to stop and watch this truly impressive event as our black belts (and one of the South Island team's red belts) strutted their showmanship in a display of brilliant technical control, acrobatics and above all, imagination. Auckland North's Jeremy Hanna and Christopher Broughton taking out the gold medal followed by the Midlands and Counties Manukau teams respectively in 2nd and 3rd place behind them.

At this point a big round of applause must go out to the officials who managed to get everyone's attention back after the prearranged sparring had finished, for the black belts to get into the team patterns and team sparring events. The Auckland North men's and women's teams both took out the gold medals for team patterns, despite a valiant effort by the South Island

women which included (if I do say so myself) a very impressive "shimmying" based walk on! Team sparring was up next and the teams and coaches employed their very best strategies to try and outwit their opponents both in and out of the ring. The gold for the men's team was taken by Auckland North while the Central Districts dominated the women's event.

The women's dan middleweight division, which started at about 11 am, was finished off in an exciting finale later in the afternoon, as we saw the speed and agility of Miss Carolina Dillen taking on the very superior height and reach of Miss Sandi Galpin, with Miss Dillen coming out on top with the gold medal. We got to see a lot of our gup students achieve highly across all regions, with some goals attained and obviously some hearts broken as well, but a massive effort was made by all who competed, which was fantastic to see.

This brought about the end of the first day and we all rushed off to get ready for the awards dinner being held later on the Saturday evening. This was an especially fun event as we managed to get a couple of comedians from the court theatre to MC this event for us. A massive thanks to Helen Caley for sorting that out as they did a fantastic job and had everyone in stitches for the evening. The evening also saw the presentation of some very well deserved awards. Mr David Blackwell receiving the



award for Gup Student of the Year, Miss Carolina Dillen, recipient of Dan Student of the Year. Club of the Year went to Palmerston North Taekwon-Do Academy and best Instructor went to Mr Steve Pellow. The very prestigious Presidents Award for Outstanding Contribution to furthering ITFNZ went to Mr Nick Laurentos. Three ITFNZ 25 year loyalty plaques were also presented to Master Mahesh Bhana, Mr James Rimmer and Mr Lawrence Mantjika. These awards recognise not only 25 years in ITFNZ but at least 15 of those years being dedicated to outstanding service to ITFNZ.

Sunday morning rolled around (as well as daylight saving!) and with it came the competition for the gup grade patterns. This was a fabulous display of the nation's coloured belt students progression through Taekwon-Do and again, there were some very good results across all regions, and a lot of very proud instructors and team coaches by the end of this event.

The black belt teams lined up for their team power test and special technique events, with Central Districts taking the men's special technique gold in a nail biting finale between Mr Carl Van Roon, three times world champion from Auckland North and Mr Shane Black from Central Districts. The Central Districts women's team also took the gold medal for special technique, and again showed their might in

the power test, taking the gold medal over the South Island who ended up settling for the silver. The men's team power test was won by Midlands in a display of strength and technique that was unrivalled by their fellow competitors.

As the afternoon wore on our adult gup grades finally got to get into the rings for sparring and some amazing promise was shown from our up and coming coloured belt Taekwon-Doin. You all make our future look very bright, as well as very

competitive! Some of these competitors were getting their first ever taste of sparring at a national level and getting some very satisfactory results.

As the last of the team events were over and everyone's sparring finals were completed and awarded we were all given the order to form up and the final presentations were given out.

Mr Yates, the team manager for our competitors going to Argentina for the 2009 ITF World Championships, called out all the team members who were there and we all got to wish them the very best of luck.

Tournament organiser Mr Kris Herbison went on to ensure all the sponsors were thanked. And a very special thank you was given to Mr & Mrs Breen who do so much work on the draw and all that goes with it every year. It is very unfortunate for us that they are retiring from the role after this year and I hope they put their holiday voucher to good use! They have both definitely spent a long time earning it!

Again, a massive thank you to the naming rights sponsor Fuji Mae, the Mainland Foundation and Perry Foundation who helped us pay for the staging, grandstand and the venue hire; Top Pro and the Christchurch City Council who were immensely helpful in helping us market the event and providing us with the venue for a very reasonable price!

My personal thanks go out to Mr Herbison who organised a very successful event, and also his partner Miss Helen Caley who ensured that all of the team managers were kept in the loop and all the volunteers were kept busy. Thanks also to the members of the Riccarton Club and their parents for providing us with a bit of extra muscle and manpower to set up the venue, which did prove to be a little tricky, and to the non Christchurch members of the South Island team in Blenheim, Nelson, Dunedin and Alexandra, who helped to ensure we had mats and breaking machines in time for the competition.

A massive thanks to all the officials, Mr and Mrs Breen, Mr Eccles and the rest of the tournaments committee for answering all of our endless questions and making sure the event ran smoothly.

And a huge thank you and congratulations to all the competitors who took part this weekend. There is no point organising a tournament if you don't all join in, and you made it a brilliant experience for all.

See you all back in the South Island in six years time!

P.S. I apologise if anyone gave any spectacular displays over the weekend that I didn't mention. I have learnt that organising the tournament and competing in nearly every event does lead to not being able to see everything I want to! 🐼

Overall best region was also awarded to Auckland North



2009 NATIONAL CHAMPS - RESULTS

Best Region

Gold Auckland North
Silver Central Districts
Bronze Counties Manukau

Best Male Team

Gold Auckland North
Silver Midlands
Bronze Wellington

Best Female Team

Gold Central Districts
Silver Auckland North
Bronze South Island

Best Overall Belts

Adult Male Black Belt
Adult Female Black Belt
Jr Male Black Belt
Jr Female Black Belt
Adult Red Belt
Jr Red Belt
Adult Blue Belt
Jr Blue Belt
Adult Green Belt
Jr Green Belt
Adult Yellow Belt
Jr Yellow Belt

Carl Van Roon AN
Nikki Galpin / Christine Young CD / MID
Aramai Tahau CD
Amy Reeder AN
Ogy Kabzamalov AN
Ryan McNie AN
Alex Perkins AN
Shania Kennedy-Lowe AN
Charlotte Blair / Kenneth McCallion MID / AN
Tom Morrison / Utkarsh Vora MID / AN
Danielle Vignati AN
Ngatihau Kaihau-Cooper AN

Patterns Places

Male 4th Dan+ Patterns
Gold Mark Trotter AN
Silver Cameron Snelling AN
Bronze Kris Herbison SI

Female 4th Dan+ Patterns
Gold Christine Young MID
Silver Sandi Galpin CD

Male 3rd Dan Patterns
Gold Richard Lavin WN
Silver Mark Hanna AN
Bronze Jeremy Hanna AN
Bronze Richard Iotua CM

Female 3rd Dan Patterns
Gold Toni Moki CM
Silver Nikki Galpin CD
Bronze Barbara Inglis WN

Male 2nd Dan Patterns Adult
Gold Carl Van Roon AN
Silver Luke Thompson CM
Bronze Brett Kimberley CM
Bronze Matthew Davey AN

Female 2nd Dan Patterns Adult
Gold Alexandra Couling AN
Silver Estelle Speirs CD
Bronze Sonya Robinson AN
Bronze Jessica Walker CD

Male 1st Dan Patterns Adult
Gold Chris Broughton AN
Silver Andy Wong WN
Bronze Michael Davies SI
Bronze Nigel Patterson SI

Female 1st Dan Patterns Adult
Gold Carolina Dillen AN
Silver Erica Germain AN
Bronze Freya Thomson CD
Bronze Chris Morton WN

2nd Dan Patterns Junior M&F
Gold Aramai Tahau CD
Silver Trivette Murray CD
Bronze Hayley Rosser MID

Male 1st Dan Patterns Junior
Gold Michael Davis MID
Silver Jason Teio WN
Bronze Mathew Brunton WN
Bronze Louie Tong MID

Female 1st Dan Patterns Junior
Gold Paige Moki CM
Silver Amy Reeder AN

Bronze Kara Timmer MID
Bronze Phillipa Henry CM

Male Red Belt Patterns Adult
Gold Ogy Kabzamalov AN
Silver Michael Onland CD
Bronze Hayden Booth SI
Bronze Raymonde Hema CM

Female Red Belt Patterns Adult
Gold Mina Ueyama CD
Silver Sheryl Chase WN
Bronze Anna-maria Federico WN
Bronze Mary Daborn MID

Male Red Belt Patterns Junior
Gold Ryan McNie AN
Silver Matthew Mellor-Killalea WN
Bronze Mana Williams-Eade SI
Bronze Luke Jackson SI

Female Red Belt Patterns Junior
Gold Vanshika Sudhakar CM
Silver Rennae Hopkins SI
Bronze Natasha Szalkowski WN
Bronze Samantha Young WN

Male Blue Belt Patterns Adult
Gold Alex Perkins AN
Silver Phil Webb CM
Bronze Shane Hulena CD
Bronze Duane Meek WN

Female Blue Belt Patterns Adult
Gold Shiao-choot Tang WN
Silver Sasha Millar AN
Bronze Kylie Denton CM
Bronze Eun-byul Yu AN

Male Blue Belt Patterns Junior
Gold Calin Miles MID
Silver Oscar O'Neill CD
Bronze Bradley Edwards AN
Bronze James Edwards AN

Female Blue Belt Patterns Junior
Gold Shania Kennedy-Lowe AN
Silver Georgia Kendall CM
Bronze Taylor-lee Maxwell CM
Bronze Claudia Cale MID

Male Green Belt Patterns Adult
Gold Kenneth McCallion AN
Silver Isaac Taylor MID
Bronze David Blackwell MID
Bronze Keith Speck CM

Female Green Belt Patterns Adult
Gold Charlotte Blair MID
Silver Caroline Dee AN

Bronze Fiona Parrant CD
Bronze Arlene Graham CM

Male Green Belt Patterns Junior
Gold Tom Morrison MID
Silver Utkarsh Vora AN
Bronze Joseph Parsons AN
Bronze Vaughan Levi Webb CM

Female Green Belt Patterns Junior
Gold Michelle Gramse AN
Silver Kyla Walton WN
Bronze Niketa Wells CM
Bronze Renee Page CM

Male Yellow Belt Patterns Adult
Gold Steven Parrant CD
Silver Jamie Townsend SI
Bronze Kurt Jackson CD
Bronze Alan Cooper CM

Female Yellow Belt Patterns Adult
Gold Danielle Vignati AN
Silver Lana Jago AN
Bronze Naomi Denton CM
Bronze Kelly Wheeler SI

Male Yellow Belt Patterns Junior
Gold Ngatihau Kaihau-Cooper AN
Silver Milton Brown-Cooper AN
Bronze Jamie Brunton WN
Bronze Jared Wood CM

Female Yellow Belt Patterns Junior
Gold Kaylan Putaka CD
Silver Sarika Woodley CD
Bronze Havana Caine WN
Bronze Ruby Kendall CM

Sparring Places

Mens Dan Hyperweight Plus
Gold Luke Thompson CM
Silver Bruce Harrison CM
Bronze Wesley Filiki WN
Bronze Thomas Pygott AN

Mens Dan Hyperweight
Gold Hayden Stevens MID
Silver Samuel Soper SI
Bronze Sean Lukken WN

Mens Dan Heavyweight
Gold Carl Van Roon AN
Silver Ross Black MID
Bronze Nigel Patterson SI
Bronze Ryan Stevens AN

Mens Dan Middleweight
Gold Jeremy Hanna AN

Silver Clint King MID
Bronze Kane Baigent CD
Bronze Mark Hanna AN

Mens Dan Lightweight
Gold Mark Trotter AN
Silver Matthew Davey AN
Bronze Ben Gower CD

Womens Dan Hyperweight
Gold Amanda Cleland CD
Silver Toni Moki CM
Bronze Jaime Teasdale MID

Womens Dan Heavyweight
Gold Nikki Galpin CD
Silver Jessica Lewis AN
Bronze Eliza Buckland CD
Bronze Andrea Greenwood SI

Womens Dan Middleweight
Gold Carolina Dillen AN
Silver Sandi Galpin CD
Bronze Danielle Drylie AN
Bronze Tracy Walker CD

Womens Dan Lightweight
Gold Erica Germain AN
Silver Helen Caley SI
Bronze Ana Rakonjac SI

Womens Dan Microweight
Gold Estelle Speirs CD
Silver Freya Thomson CD

Veteran Mens Dan Hyperweight
Gold Alois Vogt WN
Silver Tim Couling AN
Bronze Duncan Styles AN

Veteran Mens Dan Heavyweight
Gold Peter Gudsell AN
Silver John Rosser MID
Bronze Kevin Cale MID
Bronze Richard Iotua CM

Veteran Womens Dan Middleweight
Gold Christine Young MID
Silver Susanne Gentejohann WN
Bronze Mary Daborn MID
Bronze Sonya Robinson AN

Int/Junior Boys Dan Hyperweight +
Gold Shane Black MID
Silver Hamish Duncan SI
Bronze Trivette Murray CD

Junior Boys Dan Heavyweight
Gold Jason Teio WN

Silver Lachie Stewart WN
Bronze Louie Tong MID

Junior Boys Dan Middleweight
Gold Aramai Tahau CD
Silver Michael Davis MID

Junior Girls Dan Hyperweight
Gold Amy Reeder AN
Silver Hayley Rosser MID
Bronze Megan Styles AN
Bronze Jessie Stewart WN

Junior Girls Dan Heavyweight
Gold Rosie Polaschek WN
Silver Annaliese Kerkvliet CD

Junior Girls Dan Middleweight
Gold Phillipa Henry CM
Silver Samantha Couling AN
Bronze Annaliese Burr CD

Int Boys Dan Heavyweight
Gold Mitchell Craig CD
Silver Andrew Burnell CD

Int Boys Dan Middleweight
Gold Jamie Searle CD
Silver Simon Davis MID
Bronze Cameron Fenton MID

Peewee/Int Boys 4th gup & above
35kg and under
Gold Kane Bidois MID
Silver Matthew Patterson SI

Int Girls Dan Heavyweight
Gold Rebecca Styles AN
Silver Kara Timmer MID

Mens 1-8 Gup Hyperweight Plus
Gold Alex Perkins AN
Silver Kurt Jackson CD

Mens 1-4 Gup Hyperweight
Gold Michael Onland CD
Silver Richard Peters HAU
Bronze Joseph Hannan WN
Bronze Jonny Pelvin AN

Mens 1-4 Gup Heavyweight
Gold Aaron Ross AN
Silver Duane Meek WN
Bronze Hayden Booth SI
Bronze Raymonde Hema CM

Mens 1-4 Gup Middleweight
Gold Ogy Kabzamalov AN
Silver Craig Oliver SI
Bronze Shane Hulena CD
Bronze Tomonori Shibata SI

Womens 1-4 Gup Hyperweight +
Gold Anna-maria Federico WN
Silver Sasha Millar AN
Bronze Fleur Tapper AN

Womens 1-4 Gup Hyperweight
Gold Sheryl Chase WN
Silver Gena Salmon SI
Bronze Amelia Perry CM
Bronze Mina Ueyama CD

Womens 1-4 Gup
LightMiddleweight
Gold Eun-byul Yu AN
Silver Natalie Read SI

Veteran Mens 1-4 Gup
Hyperweight
Gold Kevin Crawford AN
Silver Chris Woodill CD

Veteran Womens 1-8 Gup
Hyperweight Plus
Gold Kylie Denton CM
Silver Fiona Parrant CD

Int/Junior Boys 1-8 Gup
Hyperweight Plus
Gold George Barbarouses WN
Silver Joseph Parsons AN

Int/Junior Boys 1-4 Gup
Hyperweight
Gold William Arbuckle-Hill SI
Silver David Westren CM
Bronze Travis Page CM
Bronze Darius Chapman MID

Junior Boys 1-8 Gup Heavyweight
Gold Ngatihau Kaihau-Cooper AN
Silver Milton Brown-Cooper AN
Bronze William Bury CD
Bronze Brad Macdonald WN

Junior Boys 1-4 Gup Middleweight
Gold Justin Hurst WN
Silver Christopher Gilroy SI
Bronze Matthew Mellor-Killalea WN
Bronze Mark Stirrat CD

Junior Boys 1-8 Gup Lightweight
Gold Daniel Johnson CM
Silver Tom Morrison MID

Junior Girls 1-4 Gup Hyperweight
Gold Emma Robinson CD
Silver Nicole Woods SI

Junior Girls 1-4 Gup Heavyweight
Gold Emma Blanchard Young CD
Silver Vanshika Sudhakar CM
Bronze Samantha Young WN

Junior Girls 1-4 Gup Middleweight
Gold Rennae Hopkins SI
Silver Lisa Sorger WN

Int Boys 1-4 Gup Hyperweight
Gold Riley Phillips-Harris AN
Silver Sean Neary AN
Bronze Jayden Bamforth CM

Int Boys 1-4 Gup Heavyweight
Gold Zane Kendall CM
Silver Damen Golding CD
Bronze Andrew Ching SI
Bronze William Jordan WN

Int Boys 1-4 Gup Middleweight
Gold Luke Jackson SI
Silver Seshin Naidoo CM
Bronze Dylan Cooper CM
Bronze Mana Williams-Eade SI

Int Boys 1-4 Gup Lightweight
Gold Joshua Jamieson AN
Silver Jeremy Crawford AN
Bronze Calum Woodill CD
Bronze Joshua Patterson SI

Int Boys 1-4 Gup Microweight
Gold Ryan Mcnie AN
Silver Vinukshan Chandrakumar CM
Bronze Michael Jarrett CD
Bronze Nathan Butchers CM

Int Girls 1-4 Gup Hyperweight
Gold Sarah Crawford WN
Silver Taylor-lee Maxwell CM

Int Girls 1-4 Gup Middleweight
Gold Georgia Kendall CM
Silver Briar Nina Topp SI

Int Girls 1-4 Gup Lightweight
Gold Sarah Jackson MID
Silver Holly Fleet MID

Peewee Boys 1-4 Gup Lightweight
Gold Bradley Edwards AN
Silver Oscar O'neill CD
Bronze Fynn Martin MID
Bronze Lachie Miles MID

Peewee Girls 1-8 Gup
Middleweight
Gold Maddison Black MID
Silver Ruby Kendall CM

Peewee Girls 1-4 Gup Microweight
Gold Shania Kennedy-Lowe AN
Silver Claudia Cale MID

Mens 5-8 Gup Hyperweight
Gold Kenneth McCallion AN
Silver Kevin Onland CD

Mens 5-8 Gup Heavyweight
Gold Jamie Townsend SI
Silver Adam Herbison AN

Mens 5-8 Gup Middleweight
Gold Isaac Taylor MID
Silver Fletcher Stevenson MID
Bronze Levi Gardiner AN

Womens 5-8 Gup Hyperweight +
Gold Carmen Chapman CM
Silver Amanda Jackson CD

Womens 5-8 Gup Heavyweight
Gold Charlotte Blair MID
Silver Naomi Denton CM
Bronze Sooji Clarkson SI

Womens 5-8 Gup Middleweight
Gold Danielle Vignati AN
Silver Kelly Wheeler SI

Womens 5-8 Gup Lightweight
Gold Lana Jago AN
Silver Caroline Dee AN

Veteran Mens 5-8 Gup
Hyperweight
Gold Dale Harrison WN
Silver Alan Cooper CM
Bronze Keith Speck CM

Veteran Mens 5-8 Gup
Middleweight
Gold Shane Searle CD
Silver Sean Malthouse WN
Bronze David Blackwell MID

Veteran Womens 5-8 Gup
Gold Suzanne Woodill CD
Silver Fran Marshall CM
Bronze Arlene Graham CM

Junior Boys 5-8 Gup Hyperweight+
Gold Allister Villiers AN
Silver William Mcgrath WN

Junior Girls 5-8 Gup Hyperweight+
Gold Alice Onland CD
Silver Eliza Elkington SI

Int/Junior Girls 5-8 Gup
Hyperweight
Gold Sophie Hadjis SI
Silver Rebecca Phemister AN
Bronze Naomi Jackson CD

Int Boys 5-8 Gup Hyperweight
Gold Jordan Adams WN
Silver Jayde Cohen SI

Peewee/Int Boys 5-8 Gup
Hyperweight
Gold Mason Lithgow SI
Silver Waylon Shadlock WN
Bronze Joshua Gudsell AN

Int Boys 5-8 Gup Middleweight
Gold Utkarsh Vora AN
Silver Joel Rushton CM
Bronze Clarke Scrimshaw CD

Int Boys 5-8 Gup Lightweight
Gold Joshua Robinson AN
Silver Andrew Hadjis SI
Bronze Isaac Malthouse WN
Bronze Christopher Bates SI

Int Boys 5-8 Gup Microweight
Gold Jamie Brunton WN
Silver Tom Biggs CD

Int Girls 5-8 Gup Heavyweight
Gold Alana Woodill CD
Silver Santana Waiariki CM

Int Girls 5-8 Gup Lightweight
Gold Lily Mason-Mackay WN
Silver Krista Skipper CD

Peewee Boys 5-8 Gup
Middleweight
Gold Viper Klomjai CM
Silver Vaughan Levi Webb CM

Peewee Boys 5-8 Gup Lightweight
Gold Michael Searle CD
Silver Jared Wood CM
Bronze Timothy Searle CD
Bronze Justin Meek WN

Peewee Girls 5-8 Gup Hypweight+
Gold Briahna Jackson CD
Silver Havana Caine WN
Bronze Renee Page CM
Bronze Kyla Walton WN

Peewee Girls 5-8 Gup Lightweight
Gold Jahnas Barbarich-Stevenson SI
Silver Charlotte Jordan WN
Bronze Kate Burnell CD

Peewee/Int Girls 5-8 Gup
Microweight
Gold Alli Veerbeek CD
Silver Sarah Gudsell AN
Bronze Niketa Wells CM

Special Technique

Mens Black Belt Special
Gold Carl Van Roon AN
Silver Clint King MID
Bronze David Burr CD

Womens Black Belt Special
Gold Nikki Galpin CD
Silver Estelle Speirs CD

Junior Mens Black Belt Special
Gold Shane Black MID
Silver Aramai Tahau CD
Bronze Michael Davis MID

Int/Junior Womens Black Belt
Special
Gold Kara Timmer MID
Silver Amy Reeder AN
Bronze Paige Moki CM

Int Mens Black Belt Special
Gold Trivette Murray CD
Silver Andrew Burnell CD

Power Test Places

Mens Black Belt Power
Gold Luke Thompson CM
Silver Tim Couling AN
Bronze Kris Herbison SI

Womens Black Belt Power
Gold Amanda Cleland CD
Silver Christine Young MID
Bronze Alicia Yates PNTA

Junior Mens Black Belt Power
Gold Shane Black MID
Silver Lachie Stewart WN
Bronze Hamish Duncan SI

Junior Womens Black Belt Power
Gold Annaliese Burr CD
Silver Kara Timmer MID
Bronze Anna Yates CD

2009 ITFNZ AWARDS RESULTS

Winner | Finalists

Dan Student of the Year

Carolina Dillen - Mt Wellington

Wayne Tureia - Papatoetoe
Sherri Jane Lander - Papamoa
Dane Canton - CD

Gup Student of the Year

David Blackwell - Hamilton

Sheryl Chase - Khandallah
Corey Hunter - Counties Manukau

Instructor of the year

Steve Pellow - Counties Manukau

Matthew Davey - Glenfield

Club of the year

Palmerston North Academy

Paul M Glendowie

The following senior members were awarded the ITFNZ 25 Year Loyalty Plaques:

Master Mahesh Bhana, Mr James Rimmer, Mr Lawrence Mantjika

The Presidents Award for

**Outstanding Contribution to
Furthering ITFNZ**

Nick Lourantos - Wellington

George Konia - Auckland North
Afi Meleisea - Papatoetoe

TRAINING ITF IN WTF LAND

By **Shane Oliver** | 1 dan ITFNZ, IV dan KTA

CARL VAN ROON | GWYN BROWN | BRENDON DOOGAN
CHRIS MORTON | SEAN HAMMOND | ESTEE SPEIRS...names of ITFNZ
members who have lived and trained in South Korea – the heart of WTF
Taekwondo. Shane Oliver, one of our Wellington members, is now living
in Korea and this is a report on how he is getting on in the land of WTF.



My friends and I always discussed how great it would be to spend a year in the birthplace of Taekwon-Do. I had the opportunity to live in South Korea afforded to me in September 2008. I will discuss my experiences training with both the ITF (International Taekwon-Do Federation) and the WTF (World Taekwondo Federation) in South Korea over the past year.

Korean people are proud of what is uniquely Korean: obscure dishes, historical sights, famous Korean stars, or even their four seasons. In fact, the national anthem Aeguk Ka is translated to "Love of [our] Country." Taekwon-Do is of course the national sport of Korea and as much a symbol of the country as the national flag. Taekwon-Do's ubiquity in Korea is evidence of its local importance. Standing in the

street you can hear kihaps echo from local dojangs, students running to and from their club, and even bus services provided by clubs to transport students.

The creativity of Korean Taekwon-Do clubs' marketing and promotion is impressive. Some instances in this regard range from DVD highlight reels that are given out at impromptu demonstrations in the middle of the street, to stationery, books and backpacks with the clubs' logo and address. Clubs even have endorsements from sponsors such as Nike, Adidas and Reebok.

Korean students are pushed to excel in their studies. There are specialty high schools of all varieties. If you excel in Taekwon-Do you can go to a school that focuses on sports and later study Taekwon-

Do as a four-year university masters degree in Sport Science.

It didn't take me long after settling in to begin training. I had heard that the ITF in South Korea was quite elusive. This proved true, so I began training at a local branch of Kyung Hee University Taekwondo. I immediately recognised that I could not pick up where I left off in New Zealand. Everything was different. At the first training session I recalled a statement from Bruce Lee, "until you empty your cup, you cannot get anymore tea." (If you are full

Yakcheonsa Temple – South Korea





Mr Oliver's WTF Instructor Mr Dae Byoung You

of your own ideas you will not have room for new ones).

I have often heard practitioners of one martial art refer to another as inferior, especially within the ITF and WTF. The prideful mindset that one's style is the best leads to a dismissal of the concepts of rival styles. This animosity ultimately will only result in techniques becoming stagnant. It wasn't until I stepped out of ITF and into a new style that I realised this.

One rainy afternoon, from the backseat of a taxi, I finally saw the ITF tree on a building window. The next week I met with head instructor Dr Zibby Kruk, a VI dan from Perth, Australia. At the Taekwon-Do office I was also introduced to the Secretary General of ITF Korea, Chang Jin Oh. He invited me to sit and asked casually, "do you want to be a KI fighter?" Mr Oh spoke frankly, saying that he regarded the future of Taekwon-Do as an element of mixed martial arts. Even to the point that he wanted KI regulation rings installed in the dojang. He explained he sees Mixed Martial Arts as a platform to improve the tarnished Taekwon-Do reputation and end the general consensus that "dan" certification is easily obtained through Taekwon-Do.

Mr Oh is also President of "Moosin Extreme Martial Arts Corp." This was started in South Korea to create events where the Taekwon-Do based fighters could compete against fighters of other backgrounds. The Korean ITF created strong relationships

with Japan and China's ITF organisations and holds open tournaments frequently where competitors from other nations can attend and compete.

I began training with the ITF at Daejeon's Chung Nam National University. ITF Korea was recruiting members of WTF to join the ITF by offering dan holders the equivalent rank in ITF which I found contrary to eliminating the view of easily obtaining "Dan" certification. The condition was that after six months they would have to pass an ITF black belt examination for the rank they were seeking and attend at least one international instructor's course each year for three years.

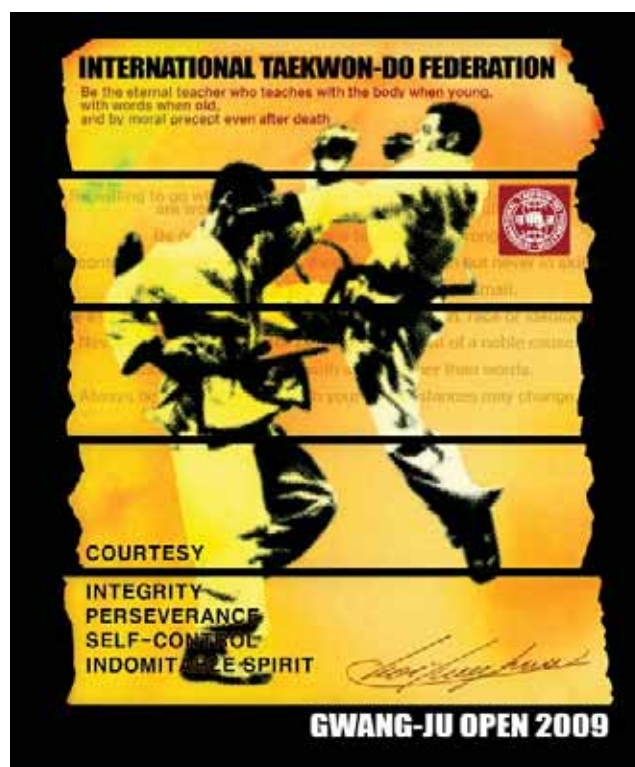
Just as fast as it appeared though, it disappeared, and ITF training stopped as the head instructor took a professorship in Malaysia. By the time I restarted WTF the management and instructors at the club had changed. The head instructor was now a VI dan ex Korean Team Member Dae Byoung You. We both speak little of each other's language so he communicates his intentions using three words, "Shane, Speed, and Bang!"

Training is done in one-hour sessions, five days a week and there are six classes a day. Weekly training cycles through endurance training, speed and strength training, and sparring training. Each warm up is tailored to meet the day's session but always starts with 10 minutes of line work then 5 to 10 minutes of kicking a heavy bag.

Of course, all trainings are centred on improving one's sparring ability. The WTF has embraced Bruce Lee's famous statement, "I fear not the man who has practised 10,000 kicks once, but I fear the man who has practised one kick 10,000 times." While WTF allows punches they are rarely thrown, so the range in which players face off is a lot closer than its ITF counterparts. This closeness increases the need for kicks to be delivered at speed to avoid an easily scored counter attack. This is achieved by altering the traditional turning kick technique to be more "sport friendly". This also develops the ability to score high turning kicks while standing toe to toe with an opponent.

ITF techniques have benefited me during sparring matches and trainings. I look forward to testing the benefits of WTF techniques when I return to sparring in ITFNZ competitions. Now I just have to shake the WTF's famous habit of cheering in celebration before I get some funny looks from you guys. 🐉

Poster for a local ITF Event in South Korea



ARGENTINA WORLD CHAMPS BUILD-UP

By **Mike Yates** I dan Team Manager and **Dave Ballard** V dan Head Coach

Photos by Doug Hanna

Time just seems to get faster and the months disappear from under our bare feet as we prepare for the World Champs in Argentina. Only seems like a few weeks ago when Mr Pellow, Miss Young, Mr Burr and Mrs Katene sat down with us and committed to apply for another term as Management/Coaches of the New Zealand team.

So many hours have gone into training at dojangs throughout New Zealand over the past year. The development camps had keen young enthusiastic students coming to Taupo to see what we had to offer and see how they could fit into a future New Zealand team. It was great to see these students step up and keen to adopt different training methods.

The pre-trial camps, with added pressure and tension of competing for your division and having the North vs South edge, added more stress to students as their training continued over the few months leading into the trials weekend in Taupo. During this period we all began our regional trainings on a weekly basis to give our athletes the best possible chance of gaining selection.

May 28th/29th, Taupo – New Zealand team trials for our Junior and Senior teams, possibly the largest trial for senior team positions to date which added to the atmosphere and tension. Some very tight divisions and some tough decisions had to be made over the course of the weekend but the



Central Districts' Annaliese Burr. Photo by by Ross Becker



Team mates Clint King and Jeremy Hanna at the 2009 Nationals

selection panel worked through these and we ended with a strong New Zealand squad that now had five months to prepare for competition.

For the athletes their training continued two or three times a week in different regions, dealing with the emotional highs and lows of a campaign, injury management, while gaining confidence and experience. The team has worked well over the months, assisting each other or pushing to get improvement in each other. Our experienced senior members have had their input into the trainings and assisted fellow team members, all for the betterment of our New Zealand team.

As we write this we have five weeks until we travel and, fair to say, we are all excited about the prospects from this New Zealand team.



Courtney Meleisea inspects Annaliese Kerkvliet's foot



Jeremy Hanna and Stu Maden



Dean Jenkins about to receive a downward kick from Michael Davis



We would like to thank the efforts of all our management and coaching team for keeping an even keel during the campaign and to our athletes for their work, commitment and dedication to their training. Also, to the parents and family who have put up with the trainings and carting students to and from our dojangs and Taupo.

2011 will be an exciting World Champs here in Wellington and if you are looking to trial please get involved with trainings and development camps as they become available.

We are extremely lucky to have Doug Hanna travelling to The World Championships as the official reporter. As in Canada he will be giving updates, probably by the hour with many photographs and comments. We don't know how he does it, but he continues to amaze us with his photographs and his journalistic skills. 🐦



Head Coach Mr Dave Ballard



Carolina Dillen receiving specialist patterns coaching with Mr Matthew Breen



Assistant Coaches Ms Christine Young and Mr Steve Pellow



The Palmy girls having some fun at training



Kane Baigent psyching up for power



Jeremy Hanna and Mark Trotter recovering



Clint King flying high



Patterns training with Master McPhail



2011 WORLD CHAMPS UPDATE

By **Nick Lourantos** Chairman - ITF Taekwon-Do World Championships 2011 Ltd



It's all on!

The World Champs Board meets quarterly, with monthly reports from the Management Team, which meets twice a month.

The focus for the organising committee over the last few months has been the completion of a number of strategy documents including approval of the budget by the Board, the coordination of the inputs to the various governance documents, and the funding application for New Zealand major events.

The Management Team and Board are also grateful for the support of ITFNZ members, Mr Mark Banicevich for the establishment of sponsorship material, and Mr Carl Mathews for assistance in our television strategy.

In the meantime focus is also on the Argentina World Championships where representatives of the Management Team will be attending. We are very grateful to the Argentina organisers who have allowed us to help with set up and observe the running of the World Champs from an inside viewpoint. A New Zealand desk will be established to provide promotional and marketing of the 2011 New Zealand World Championships.

The Country Liaison Sub-Committee has been working hard at putting together some ideas and structure around the team liaison, travel, and accommodation requirements. We believe that this is a new innovation to ITF and will lift the bar for future world events.

The Technology Sub-Committee has set up the new website at www.itfNewZealand2011.com which is linked to our Facebook page which already has over 140 members and climbing. We will be adding content as it becomes available and decisions are made.

Sponsorship and Marketing is an area where we will need some assistance from ITFNZ members. We have drafted a sponsorship and marketing plan which will need some input from some key ITFNZ people. We need to ensure that we have our material ready before we approach potential major sponsors. In the meantime we have started to construct a database of potential sponsors and are researching them in preparation.

Finally but definitely not least, we are very grateful to the huge support of Wellington City Council for both financial grants received and for marketing support.

As an aside, the 2010 ITFNZ Nationals have been confirmed for 4th – 5th September 2010 in Wellington and will be held at the TSB Arena – the same venue as the World Championships the following year. The Nationals will be used as a test of our preparation for the World Championships. 🐯

The Worlds Organising Team has been established with key functions headed by the following:

World Championships Organising Team

Mr Steve Fox	Event Project Director
Mr Ian Walton	Tournament Manager
Mr Andy Wong	Technology Manager
Mrs Lena Walton	Country Liaison Manager
Ms Chris Morton	Non Tournament Events Manager
Mr Craig Hannah	Documentation Manager
Mr Nick Lourantos	Board Representative

We have been very fortunate to have established a very capable Board of Directors:

World Championships Board



Nick Lourantos (Chairman) - Nick is a senior executive of a listed NZX company TeamTalk Ltd where he is involved in sales and marketing positions. Nick is the ITFNZ Wellington Regional Director coordinating events and membership activities and has been a previous member of the ITFNZ Executive. Nick holds a 1st degree black belt.



Mark Benjamin (Independent Director) - Mark is a chartered accountant holding various Chief Financial Officer positions and various independent directorships. He brings strong financial management disciplines to the Worlds Board.



Trevor Gill (Independent Director) - Trevor has extensive sports management and has managed past international sport events in Motorsports and Tennis. Trevor brings strong fundraising and event management disciplines to both Board and Management Teams



Terry Harkin (ITFNZ Board Member) - Terry has experience in sports event management and sponsorship, both in New Zealand and overseas. He has a Masters degree specialising in Strategic Change Management, and holds a senior management position in AMI Insurance. Terry will be testing for his 1st degree black belt later this year.



Kris Herbison (ITFNZ Board Member) - Kris is a chartered accountant with Ernst & Young and has over 15 years experience in Taekwon-Do including various competitor and official roles in past world events including the 2008 Taekwon-Do World Cup in Italy. Kris is a current member of the New Zealand team.



www.itfnewzealand2011.com



INSTRUCTOR PROFILE

IVDan • Instructor • Director of Coaching

Ian Walton

“... there are three people I distinctly remember sparring for the first time: Mr Steve Pellow, Master Fabian Nunez (now 8th dan) and Mr Ian Walton. It was in the late eighties in my back yard...I was a 4th dan and he was a red belt. His timing was superb – executed with such control and humility. I have had the greatest respect for Ian since that day.” **Master Paul McPhail**



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

IW: I started in 1984 when I was 18 years old.

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

IW: I started at the Miramar Club under Mr Francis Karauti.

TKDT: When did you receive your 1st dan black belt?

IW: It was August 1991 in Palmerston North.

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

IW: Around blue belt level, Mr Karauti would let me take a small group of students or the class for a short period of time. Once I got my black belt, Lena and I became the assistant Instructors of Miramar. On 2nd February 1998 we opened the Berhampore Club where we currently instruct today.

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

IW: The Berhampore Club, representing NZ at 3 x World Championships and obtaining my 4th Degree black belt.

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

IW: Without a doubt it's the amazing people and friends I have met and made throughout NZ and overseas in our ITF family.

TKDT: What is your most embarrassing Taekwon-Do moment?

IW: There have been a few over the years. However, there was one that was caught on VCR – myself sparring at a black belt grading and my dobok pants kept falling down. I believe Dr Pearson has a copy.

TKDT: What are your personal goals for the future?

IW: To continue to grow the Berhampore Club and help my students achieve their goals; To improve my skills as a student and instructor; To train and teach our art to the best of my ability.

And as part of the organising committee for 2011, to put on the best World Champs the ITF has seen.

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

IW: To share and promote our art to as many people as possible.

To keep on supporting and organising events, both on a regional and national level.

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

IW: Of course I've met many I admire and respect for their various qualities. But it's the General that I'd like to thank the most for giving the world his amazing art.

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

IW: I don't think it has changed much in the way our organisation is lead and run by a few very dedicated and hard working people. If we want to grow as an organisation we're going to need a lot more members to step up and contribute. Plus we need to be more open minded to change.

There's a huge change in the number of events one can attend in a calendar year both in NZ and overseas. We also have easy access to a lot more Taekwon-Do reading material and via our amazing web site. This has helped continually raise our profile in the ITF community.

Some of our top athletes are now getting funding from SPARC. In the future I hope

this will include coaching and management who also contribute so much time and effort to our teams' success.

TKDT: What are your favourite hand technique and foot technique?

IW: My favourite hand technique is the front elbow strike with the back piercing kick being my favourite foot technique.

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

IW: Stickability, someone who gives it their very best, has a good attitude and is a good role model for other students. 🥋



1



2



3



4

- ◀ 1 A proud green stripe!
- 2 Mr Walton pictured with the examiners Master McPhail and Mr Norman Ng, following his black belt grading, along with his future wife Lena and Mrs Tina Grey (who became the Blenheim instructor)
- 3 Grading to 2nd dan with Mr Darren Ward (now 4th dan) December 1996.
- 4 MrWalton showing his style at the Khandallah 30th Anniversary.



CONFUCIANISM – CONFUSED?



By **Peter Gudsell** 1 dan

Since I first started Taekwon-Do back in 1991 I've always been puzzled by neo-Confucianism. Sure, once I got to Yul-Gok I could regurgitate that Yi I was the "Confucius of Korea" and then at Toi-Gye I learnt that Yi Hwang was "an authority on neo-Confucianism". I have even done some digging on the 1 dan pattern Po-Eun and discovered that he was an instructor in neo-Confucianism. But this still leaves me with some pretty basic questions like:

- What is Confucianism?
- How is neo-Confucianism different?
- Is Moral Culture (as described in the Taekwon-Do Encyclopedia) related to neo-Confucianism?
- Does neo-Confucianism relate to the "Do" in Taekwon-Do?

Hopefully, my simplistic summary below can assist in answering these questions for others.

What is Confucianism?

Confucianism is the body of thought that has developed around the teachings and sayings of Confucius. Surprisingly, at least for me, it was a set of teachings for civil servants. Nowadays, Confucianism is seen as an ethical system or way of acting, so it isn't a religion.

Confucius was born in China around 551 BC and he was exposed to a lot of human misery as a youth. Due to this experience he came to the conclusion that a change was required across society. As the rulers and civil servants were the holders of power he had to change their behaviour if he wanted to improve society for everyone. He travelled through many parts of China, dispensing his advice and he died about 479 BC at the approximate age of 72, with his last words being: "The

great mountain must crumble, The strong beam bursts, The wise man must wither away like a plant."

Confucianism's fundamental tenet is the unwavering belief that everyone can become perfect through learning. This is described well by Dr Wei-ming (cited in Strathern, P. 1999):

"If we have to choose one word to characterise Confucian ethics, that word would have to be humanity. This process involves a total commitment, a continuous effort of self-refinement ..."

Confucius is also famous because he spoke and taught in riddles e.g.,

"Someone who is keen on bravery but complains of being poor is going to create trouble."

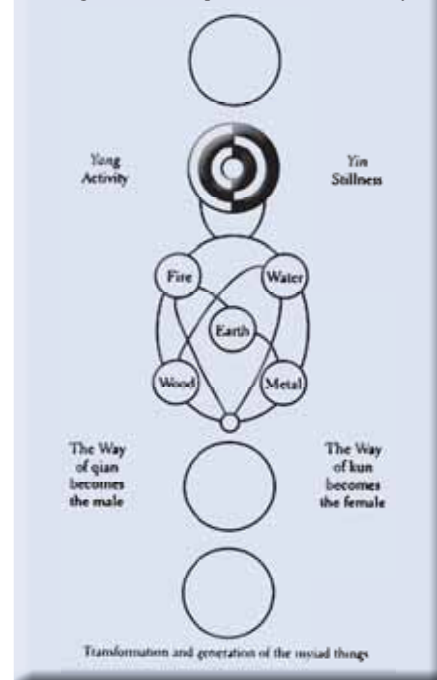
How is neo-Confucianism different?

Neo-Confucianism is, in my simplistic terms, a blend of Confucian self-development with a metaphysical element that ties together humanity with the ultimate nature of reality i.e., life, the universe and everything. The neo-Confucian masters were not only philosophy teachers but also teachers of personal self-improvement. In their opinion, knowledge was useless unless it was combined with reflection and effort that

lead to becoming a better individual. The aim of the neo-Confucians was that one could eventually become a sage through various forms of self-cultivation.

One of the four main architects of neo-Confucianism was Chou Tun-i (1017-1073) and his Diagram of the Supreme Ultimate (below) became the cornerstone of neo-Confucian metaphysics.

Diagram of the Supreme Ultimate Polarity



Is Moral Culture related to neo-Confucianism?

Unless you're an avid reader of the Taekwon-Do Encyclopedia or studying in preparation for your IV dan grading you probably haven't immersed yourself in a detailed study of moral culture. In essence General Choi Hong Hi describes moral culture as "... the endeavour and process of becoming an exemplary person such as Confucius."

In my opinion moral culture and neo-Confucianism are very closely related. They are both about striving to be a better person in all aspects. In the Taekwon-Do Encyclopedia, General Choi Hong Hi States:

"This moral culture is uniquely tied in with Taekwon-Do, not only for the eventual attainment of the highest goals in Taekwon-Do and the promotion of power, technique, and self-confidence, but also for the cultivation of character."

Mr Raukura has also gone to print in Taekwon-Do Talk writing: "Truly, moral culture is at the heart of any real martial artist."

Does neo-Confucianism relate to the "Do" in Taekwon-Do?

In my opinion it does, and from reading the following quotes from the Taekwon-Do Encyclopedia, I expect you'll agree:

"Do means an art or way – the right way built and paved by the saints and sages of the past"

"... Taekwon-Do is called an art of self-defence. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament."

"The utmost purpose of Taekwon-Do is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world."

Summary

Now that I have undertaken a short review of neo-Confucianism I am absolutely convinced that it permeates, and is a crucial part of our art. Neo-Confucianism principles around humanity and self-cultivation exist in our art, and are evident in General Choi Hong Hi's writings.

While all Taekwon-Do may not get exposed to moral culture theory, if you took a fresh look at the Tenets and Student Oath you'll see that even a beginning white belt is exposed, and is expected to adhere, to some neo-Confucian principles.

Good luck on your journey of self-cultivation. 🐉

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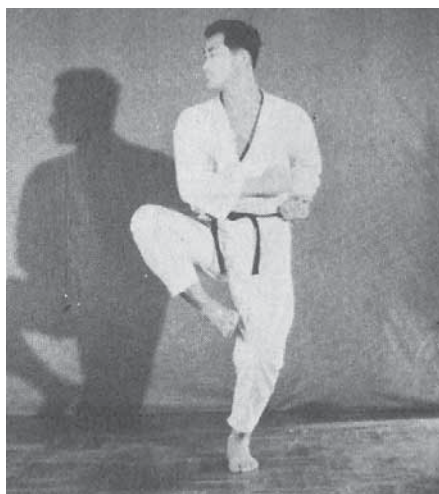
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BENDING READY STANCE A

By **Master Paul McPhail** VII dan



The original bending stance

The bending ready stance A is one of two bending ready stances in Taekwon-Do (there is also a "B"). It appears in seven patterns, starting at green belt level (Won-Hyo tul), then crops up in Yul-Gok, Choong Moo, Ge-Baek, Choi-Yong, Moon-Moo and So-San.

The stance is mainly used as a preparatory position for the side piercing and side thrusting kicks, but sometimes it is also used alone (as in Ge Baek movement 8).

Although the origins of many Taekwon-Do movements are in Shotokan Karate, this one does not appear to be the case. The closest we see is in the Karate Crane Stance, which is similar to our one leg stance. General

Choi changed all of the stance names that referred to animals, opting for more practical terms, for example horse riding stance became sitting stance and cat stance became rear foot stance.

In the early Taekwon-Do books, the position was simply explained as "pulling the foot to the knee joint" while placing the fists on the opposite hip (see photo left). When General Choi's 1972 book was published, the hands were shown in a guarding block position and it had its new name: the bending ready stance type A.

The application of this technique is to guard against an attack by blocking with the forearm, while protecting the knee joint with the foot, and guarding the groin with the knee. It may also be used to avoid a sweep as you pull the foot out of the way.

Mainly though, the purpose of this stance is to help develop correct technique for the side piercing kick. This is achieved by observing the following points:

- Bend the supporting leg. This sets up the side kick which should be done with a straightening and rotating of the supporting leg as you kick.
- Practise forming the attacking tool correctly. Easier said than done... holding the foot-sword so the toes are curled back and the foot is horizontal takes a lot of practice.

- Positioning the foot-sword at the correct angle so that it rotates as you execute the side piercing kick.

It is also an excellent technique for improving balance for kicking. It is a challenge to perform the technique with grace and power, while maintaining perfect balance. And just when you think you have mastered it, General Choi throws a curve ball in So-San (pattern for 5th dan) by including the movement after a backward spin and turn, making it one of the most challenging movements in the pattern.

A sine-wave should always be performed before the movement. In Won-Hyo tul movement 7, this means bringing the feet together first, then going 'down-up-down' (see fig. 1 below). I noted in the last grading round, only about half of all green belts performed the sine-wave correctly here.

For the bending ready stance near the end of the pattern, treat the sine-wave as you normally would as if you were stepping forward into an L-stance guarding block. In fact, that is how I often teach it: practise doing a normal guarding block a few times first (the arm, movement is identical), then try it with the addition of pulling the foot into the bending stance at the last moment (fig 2).

Good luck with practising this awesome movement, and I hope you will come to enjoy it. ➡



Figure 1

Won-Hyo Movement 7 – Creating the sinewave



Figure 2

Won-Hyo Movement 25 – Creating the sinewave

SPORTS MED MATTERS

By **Dr Jake Pearson** IV dan

Asthma is an extremely common medical condition, such that it would be unusual for a club not to have at least one affected member. There may well also be a significant number of unrecognised cases, and as such it is important that fellow students and instructors are aware of the fundamentals of recognition and management.

Asthma is inflammation of the airways, which causes narrowing and airflow restriction, producing the well-known wheeze and also shortness of breath and cough. This is particularly a problem when breathing out, so in an asthma attack the sufferer can't adequately expel the air in their lungs which in turn means they can't breathe enough back in. Asthma has an association with eczema, and other allergic conditions such as hayfever. There is often a history of these conditions in the family. Sometimes children grow out of it but may have an ongoing tendency to mild wheeze with extreme exercise.

There is a range of severity, with some affected by almost constant symptoms and others only if exposed to particular triggers. Common triggers that may be encountered in the dojang include exercise, cold dry air, having a cold, pollens, and dust.

An increasingly recognised variant is exercise-induced asthma, typically a feeling that breathing is restricted followed by cough and wheeze soon after exercise. Taking a different inhaler pre-exercise can be effective especially for children. Top level competitors who are concerned this may be limiting their performance should see a specialist to discuss.

Management starts with avoiding known triggers. Dusty dojangs are a common culprit, as are vigorous warm-ups on cold evenings. A more gradual warm-up helps the airways adapt to the increased airflow. Taking things easy or doing alternative training when suffering from a cold is reasonable. Regular use of a preventative inhaler is important if you have regular asthma symptoms, and unfortunately often poorly done. Use of a reliever inhaler when symptomatic is important but if this is being relied on regularly a closer look should

be taken at optimising the preventative measures above. Asthmatic students should give an inhaler to their instructor to keep in club first aid kit.

Management of an acute asthma attack is to position the person comfortably, avoid overcrowding them, encourage them to breathe slower, give multiple puffs of their reliever inhaler (up to 12), and if things do not improve quickly call 111, as oxygen and a nebuliser may be required. Clearly avoidance of this stressful and potentially dangerous situation is preferable and all asthma sufferers should have an advanced 'Action Plan' agreed with their doctor in case symptoms are worsening.

Importantly, asthma should not prevent people from enjoying all the benefits

Asthma: Want to Breathe Easy?

of Taekwon-Do. It is important to take common sense precautions however, to avoid getting into trouble, and therefore knowledge of the condition is an important first step.

Instructors or students that wish to learn more are encouraged to look at the Asthma Foundation website (www.asthmanz.co.nz), and also Kapiti instructor Mr Ian Leitch is currently preparing an essay on this topic as part of his next grading requirements. 🐦



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



WHAT'S THE BEST SELF DEFENCE MOVE?



By **Phil Thompson**

I was recently asked by a black belt martial artist who attended one of our group classes for the first time, "What is the best move for self defence?" Immediately I realised I was talking to someone who had no idea about self defence at all, which is not unusual. My reply was, "Assuming that you can't avoid it, defuse it or de-escalate it. If the situation has to go physical the best 'move' is the one that does the job and gets your butt home". He did not understand and replied, "Yeah, but what is THE BEST move, can you show it to me?"

Quite simply, there is no such thing. Anyone peddling the "best self defence move" is generally someone to be ignored. It just does not work that way.

I once read a quote from a famous chess champion which brilliantly illustrated our philosophy on this point. He said, "The height of strategy is not in doing your best move, it is in doing the worst move for your opponent". This is so true and so relevant.

From a purely physical perspective, all self defence is, is tool and target development. We develop the tools, understand how to apply those to their relevant targets in a non-telegraphic way using good economy of motion and then work on how to apply these against a resistant attacker in any situation and environment. But the tools used must be relevant to the situation. You may have the best side kick in the

world but you will find it of very little use if you are king-hit and then tackled to the ground. If you are intoxicated, physically impaired, standing on an uneven surface, wearing restricting clothing, seated, lying down, in your car etc... your "best move" is whatever is relevant, applicable and will cause the desired result in your opponent in any given situation or scenario.

The physical delivery of your tool(s) needs to follow several principles to ensure maximum effectiveness against a non-compliant attacker. A couple of these principles are as follows:

Good Economy of Motion – Quite simply this principle states that you should do nothing that is not directly required for the execution of your objective. That is, take the shortest and easiest route to land your strikes without any superfluous, exaggerated, flashy or expanded movement. In the martial arts there is a lot of inefficient economy of motion. Often the reason for this is to develop other important attributes, or simply for aesthetics, but when it comes to self defence application often times we need to "trim back" what we do to ensure efficient delivery. A simple example of this is a forefist punch in Taekwon do. When it is practised in the dojang in patterns, line work, one step, three step etc the hand is drawn back to the hip before execution, but as soon as sparring takes place it vanishes and takes on more of a boxing type movement. Why?

Because drawing the hand back develops important and necessary attributes, but delivery of the technique needs to be adapted to ensure the weapon reaches its target. This links directly into the next principle, which is:

Non-Telegraphic Movement – The shot you don't see coming is the one that hurts the most. So it is important to ensure that your movements are non-telegraphic to ensure maximum shock value and eliminate the chance of the person's reflexive response stopping you from landing your shot.

Simple principles apply to ensure this. Firstly, the correct understanding and use of the six combat ranges. We consider these ranges as 1) Lunging 2) Kicking 3) Striking 4) Trapping 5) Grappling 6) Ground fighting. Most martial artists are proficient in only one or two of these ranges. We call this being a "partial artist". Real attacks are dynamic and move fluidly between ranges at a very rapid pace, and although there are a couple which are the most common, it is still important to have an understanding and skill set to handle them all. When you do have that understanding, you will instinctively use the correct tools for the different ranges and not do what I call "forcing a range" simply because you feel more comfortable there. What you are comfortable with is irrelevant. The attacker will use what he is comfortable with, and if that is different from what you expect you will find yourself in a very bad place.

For enthusiasts of the UFC, we saw this demonstrated perfectly in the 90's (albeit from a sports perspective). From the UFC's inception 'strikers' had dominated the ring. That was until the Gracie's arrived with Brazilian Jiu Jitsu and annihilated the competition overnight. Why? Because, for a striker's tools to have effect they must have three things: distance, grounding and torque. Because the Gracie's grappling art completely eliminated these three factors by working at a very close range, and in a large part from the ground, the strikers found themselves virtually helpless. They simply did not have the tools to deal with an opponent at this new range.

Correct use of the relevant tool for the given range is vitally important for delivering non telegraphic movement. The next is to understand and work on eliminating the 'Pre Contact Indicators' of every tool/weapon. When delivering the 'move' the first thing that should move is the intended tool, the body and everything else follows, not the other way around. Sure, a correction of weight distribution, torquing of the hips, loading of the hand to the hip etc will add power to a hand strike. But all that is of little use if you can not land it on your target because you have made it so telegraphic in its delivery that your opponent has "seen it coming a mile away" and reacted accordingly. As important as an understanding of our opponent's Pre-Contact Indicators is to us as the 'defender' to help us intercept their intention-to-action and develop heightened perception speed, it is also important to understand how they apply to ourselves in the delivery of each individual tool so that we can work on reducing or eliminating them. These are the keys to non telegraphic movement.

Delivery of your tools from both a defensive and/or offensive aspect also needs to include continuous defensive positioning to allow for your opponents' multiple possible reactions to your strikes. Something as simple as a flailing arm from your opponent can cause significant damage if you are not protected from this possibility. Keeping a strong defensive position throughout your attack/response cannot be over-stated in its importance.

As with everything we do in our training, all physical defences and offences must assume that the person is carrying a weapon on them somewhere. So often people train 'techniques' which may work

well against an empty handed opponent, but put a blade, broken bottle, syringe etc in their hand and suddenly their technique becomes suicidal. All physical self defence training must include this possibility as well as the possibility of multiple attackers.

One other consideration when training physical self defence is to understand the possible outcome of certain strikes or strategies. An example is strikes to the throat, which we see trained all of the time, often without any context to them whatsoever. A potentially lethal strike,

"Quite simply, there is no such thing. Anyone peddling the 'best self defence move' is generally someone to be ignored. It just does not work that way."

practised and trained without thought of the consequences and aftermath or of the appropriate timing of its delivery is negligent and dangerous.

The physical aspect of defending ourselves is obviously a broad and multi-dimensional topic and I have only touched on a couple of points here. The thing to remember if the

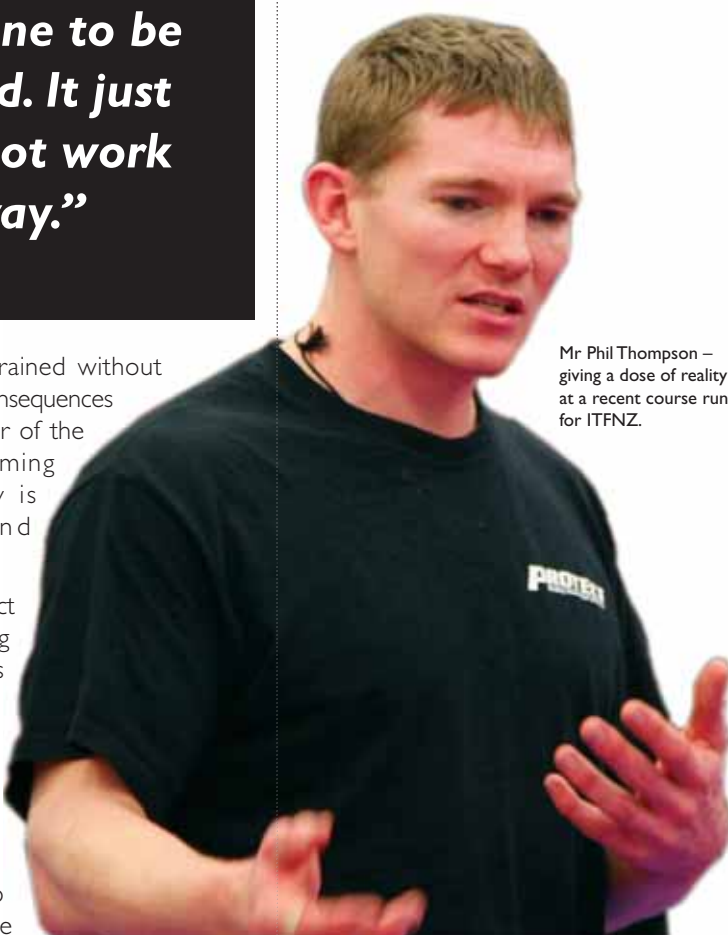
situation must go physical is to do whatever the situation justifiably calls for in the most efficient means possible to allow you to protect yourself and your family and to escape to safety. Do not worry about making the 'moves' look good or fit into your system; it will never happen in reality. As soon as you start to worry yourself with aesthetics you lose focus on the actual goal, which is to cause reasonable damage to your opponent as fast and efficiently as possible.

Remember, the goal here is to survive, not to 'win'. No-one ever 'wins' a real fight. They are hell. Do what it takes to get yourself out of the situation, analyse the confrontation and situation and learn from it to help you avoid it ever happening again. If you achieve that, then your self-defence training has served you perfectly.

As always I welcome all comments and questions. Feel free to email me at phil@protectselfdefence.co.nz 🐦

Take Care, Phil

Phil is co-founder of Protect Self Defence alongside his wife Athena, and instructs classes, seminars and private instruction at Protect's training centre in Auckland and throughout NZ.



Mr Phil Thompson – giving a dose of reality at a recent course run for ITFNZ.



GETTING FITTER

PART 1

By **Sonya Robinson** II dan

In the last issue of Taekwon-Do talk we looked at the different components of fitness which, as discussed, are Body Composition, Cardiovascular Endurance, Flexibility, Muscular Strength and Endurance, (health related) as well as Agility, Balance, Co-Ordination, Power and Speed, which are skill based and training related.

This time we are going to look at getting F.I.T.T.E.R, and in the next issue, what "overload" means when we are talking about training and how can you tell if you are overtraining.

When we wish to improve the functioning of our body we have to look at the different ways that we can do that, and that's where we need to get fitter.

F is for Frequency.

How often we do something has a direct relationship with our success at that activity.

If you only trained once a week you would expect to find training quite frustrating as this just isn't often enough to see reasonable progression.

Twice a week is twice as good as this keeps the activity fresh in our minds, but three to four times a week is even better!

I is for Intensity.

The level of effort we are putting into an activity determines our intensity.

Personally, I believe that as long as you are doing your best then you are working at the right level of intensity – although often our instructors ask or set the level of intensity required for us.

Do remember though that pain (or "over intensity") is nature's way of saying enough/stop! and injury is no good for anybody.

T is for Time.

How long we spend training is certainly adjustable.

All good workouts need a warm-up to prepare both body and mind, a "body" of work or areas of syllabus and then, ideally, a cool down period with stretching at the end to minimise strains and body soreness.

There is an inverse relationship between intensity and time.

If you don't have much time then you need to up the intensity to achieve the same results; i.e. a 10-minute run uses about the same amount of energy as a 20-minute walk. Whereas if you are expecting to be



training for two hours at a time or more you will not benefit by going "hard out" all that time. But you can chop it up so that there are intervals of intense activity between periods of lesser intensity or even small breaks to avoid exhaustion.

T is also for Type.

What type of activity are we doing at Club, or when we practise TKD?

There are so many aspects of our wonderful art that we can spend large amounts of time working on our aerobic capacities; i.e. line work, step sparring, patterns and sparring, running and jumping around. Or, we can work on our strength, which we require for our flying techniques, to improve our patterns and kicks and/or breaking. We can also be working on flexibility with line work or partner work or during sparring drills etc... There is certainly plenty of variety on offer in our art.

E is for Enjoyment.

If we are not enjoying our training and the time we spend at TKD then we are not doing it right!

R is for Rest.

Recovery is an important part of any training plan and vital to us if we are to get the most out of our training. It is while we are resting that our bodies adapt to the demands placed on it during training so that we may progress even further.

In the next issue, we will look at the principle of overload. 🐦

Sonya is a personal trainer and runs her own Health & Fitness business called "B fit & B Healthy."



MARSHALLING AT GRADINGS

By **Mr Kane Raukura** V dan

Earlier this year I was requested to host a Marshalling Course for Black Belts within Counties Manukau. This went ahead, with both myself and Mr Shaun Tolley presenting. The following article is an abridged version of the information shared with those who attended the course. For all those who now and in the future may marshal at a grading, I hope you find this article useful and applicable.

Marshalling can be divided into the following six key areas:

1. Technical Expectations
2. Control of the Grading
3. Demonstration Dos and Don'ts
4. Use of Terminology
5. Protocols
6. Dress Standard

If we take them one at a time, we can focus on the main points that need to be taken into consideration for each.

Technical Expectations

- Use some common sense while conducting basics!
- Call techniques that make sense and call them correctly.
- Keep things simple and to the point. Never ask for something you cannot do yourself.
- Demonstrate what you call, especially for junior grades.
- Knowledge of basic techniques suitable for each grade.
- Know how to correctly hold a board.

Control of the Grading

- Control everything! That also means behaviour from those sitting on the ground and from spectators. Stop all inappropriateness.
- Be enthusiastic! Make it seem that there is no other place you would rather be! Look proud and strong! You're a black belt and the public is watching! Your presence and demeanour directly influence the grading atmosphere.
- If asked to warm-up the group, keep things easy, fun and quick. If the grading is flat, this is a chance to get them hyped up!

- Be proactive! Listen for names called and where they run to. Don't yell instructions, physically move the person if need be.

- Keep alert and make all the correct calls when required. Nothing upsets an examiner more than doing your job for you.

- Keep a regular line of sight to the examiner at all times and double check if unsure of any requests made.

- Two people control a grading. You and the examiner.

Demonstration Dos and Don'ts of conducting basic training

- Speak clearly and with authority. A lot will be strangers to you so pronounce well.
- Use correct terminology - you don't have to use Korean unless you are confident doing so. All techniques should be called in English as well.
- Start with simple sets and progressively get harder. Remember, they might have been sitting down for over an hour.
- If possible, the techniques you ask for should be demonstrated.
- Don't be hesitant and humming and haa-ing about what to do next. As you count the first set, be thinking of the next set.
- Have a good knowledge of each grade's basics. If not, think of their pattern and the techniques within it, or just choose techniques you know they are capable of doing.

Use of Terminology

- Use proper counting. Not a single call like "hup" that some people use. Count in Korean... Hana .. Dool.. etc.
- Taekwon-Do terminology has a specific format that should be followed. Deviations from this often cause confusion at gradings.
- Terminology must follow standard ITF procedure. For example: fore-fist middle punch, not middle fore-fist punch. Forearm low block, not lower forearm block.



- We all have little idiosyncrasies that develop over time. You must ensure that your commands do not disadvantage those grading.

Protocols

- All that you control must be disciplined and respectful. A sense of humour is fine but there is always a limit!
- You do not bow to the gradees; you command them to bow to the examiner. This can be very confusing otherwise.
- Remember board breaking assistants must be bowed in and out. A senior called in to help must always be bowed into the correct place.
- Sit formally. Stand formally. Never turn your back on the examiner. Answer all requests with a sharp "yes sir."
- Make all communication discreet with the other black belts and do not be judgemental as you observe the grading.
- Bow the gradees in and out of all parts of the grading. Bow yourself in and out when swapping with another marshal.

Dress Standard

- One word is appropriate here – "CORRECT". Make sure you are in correct ITFNZ dobok that is clean and ironed, setting a high standard for others to follow.

Being a marshal and assisting at gradings is an expectation of all black belts and is one small way that you can give back to ITFNZ. Think of it as an opportunity to say thanks! When you stand at the front, you represent ITFNZ and ITF Taekwon-Do; it is an honour. Stand proud and talk with conviction.

Indeed, you should stand proud. 🦶





Get the Bear Facts!

Kicks for Kids

Welcome to Issue #24

by Shirley Pygott - II dan

This issue is "bear-y" interesting! TKD Teddy has been working overtime to find out interesting things about bears in Korea, Mini-Kids from all over NZ show you just what they have been getting up to and we have yet another chapter in the life of General Choi Hong Hi. Our address if you have something to put on these pages is:

PO Box 457 Silverdale Whangaparaoa 0944
or e-mail taekwon-dotalk@itfnz.org.nz.

Meet the Founder - Part Twelve

Things aren't always what they seem



Choi Hong Hi had survived the war and was keen to help Korea rebuild itself, especially its army. With the help of the American military, soldiers like Choi were trained and promoted to different companies in the newly reformed

Korean army. He became a 2nd Lieutenant and was sent to a company in Kwan-Ju. A friend already there told him that the company commander, Lieutenant Kim, was a bad leader, who ignored and bullied the men below him. Choi believed his friend completely, and as soon as he arrived was always looking for what Lt Kim was doing wrong. What he saw made him really mad, and late one night he decided he couldn't put up with it any more, and woke up Lt Kim, who was enjoying a nice deep sleep, to give him a good telling off! Choi was very rude to Lt Kim, by challenging what he had done, and stabbing a knife into a desk to show just how cross he was. He expected a big argument and to get into a lot of trouble for what he had just said. What do you think happened next?

1. Kim had Choi arrested and sent to jail?

2. Kim shouted at Choi and made him take it all back?

3. Kim apologised to Choi and shook his hand?



Unlikely as it seemed, Lt Kim immediately apologised to Choi for offending him and wanted to shake hands to make up. Choi realised he had been completely mistaken about his new commander. He had misjudged him terribly based on what his friend had told him instead of finding out for himself. From that day onwards, Choi and Kim became lifelong friends, and had absolute trust in each other. Gen Choi later said that Kim's personality, which was calm like the bottom of the ocean, had a really good influence on his own personality, which he said was more like a tornado. I wonder if Mr Kim kept his knives away from Choi??

From Taekwon-Do and I, The Memoirs of Choi Hong-Hi, the Founder of TaekwonDo Book 1 Part 6

Success at Midlands Regional Tournament



Congratulations to Maddison (above) Morgan and Toby (below)

Photographs sent in by Mr Rimmer



Have you seen the kids section of the ITFNZ Website lately? No?? Then go and have a look at: www.itfnz.org.nz/kids

Photos courtesy of Mr Craig Oliver (Riccarton club)



Where's This Bear?

Look who was spotted at the South Island Regionals - Taekwon-Do Teddy's cuddly FuzzyBro. Maybe you have a photo of another of his relatives at Taekwon-Do?



Spot the Differences

These boys are from Botany Taekwon-Do. Look carefully and see if you can find 6 differences between photo A and B.



Left badge upside down, smiley face badge, green stripes, missing blue belt, missing foot, F turned into I on leg

Photos courtesy of Mr Butchers

Taekwon-Do Teddy Special Report

Bears in Korean History



This is how to write 'bear' in Han-Gul or old Korean writing. Looks a bit like me, don't you think? (Has a fat tummy!)

The legend of Dan-Gun features a bear that sleeps in a cave for 40 days and then is turned into a woman



Early crowns in the Silla and Paekche Kingdoms had mirrors and pieces of jade cut into the shape of bear paws

There is a Teddy Bear Museum in Seoul, where hundreds of teddy bears are dressed up to show different events in Korean History. Cool eh?



Fast Motion

Flying High Front Kick **Jeremy Hanna** III dan



The method of flying high kick demonstrated here is performed by jumping off the non-kicking leg (left in this case) and is excellent for gaining maximum height. However this method is no longer permitted in special techniques competitions. Competitors must jump and kick off the same leg (scissor method).



Jeremy Hanna's Recent Stats

2009:

- ▶ New Zealand Junior Male Team Captain
- ▶ New Zealand representative at the ITF World Championships in Argentina
- ▶ Senior Middleweight National Champion at the ITFNZ Nationals in Christchurch

2008:

- ▶ Gold medal in 3rd dan patterns at the ITF World Cup in Italy
- ▶ Trained in Poland with national team coach

2007:

- ▶ Silver medal in 2nd dan patterns, gold medal in team power; silver medal in team patterns, and silver medal in team specialty at the ITF World Championships in Canada.
- ▶ Member of the New Zealand senior mens team sparring team which competed at the US Open team sparring tournament in Orlando, at 16 years old.

This 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.

Flying 2-direction Kick **Carl van Roon** II dan[illegible]

TAKETWO ●●●●●●●●●●●●●●●●●●●●●●●●●●



TAKETHREE 



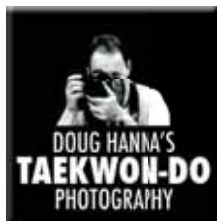
TAKE FOUR



APPLICATION



GALLERY



ITFNZ's official photographer Doug Hanna has been tracking the progress of the New Zealand World Champs Team all year. Here are a few images from the build-up training here in New Zealand.

By **Doug Hanna**

www.tkd.hanna.net.nz



◀ Enough Power?

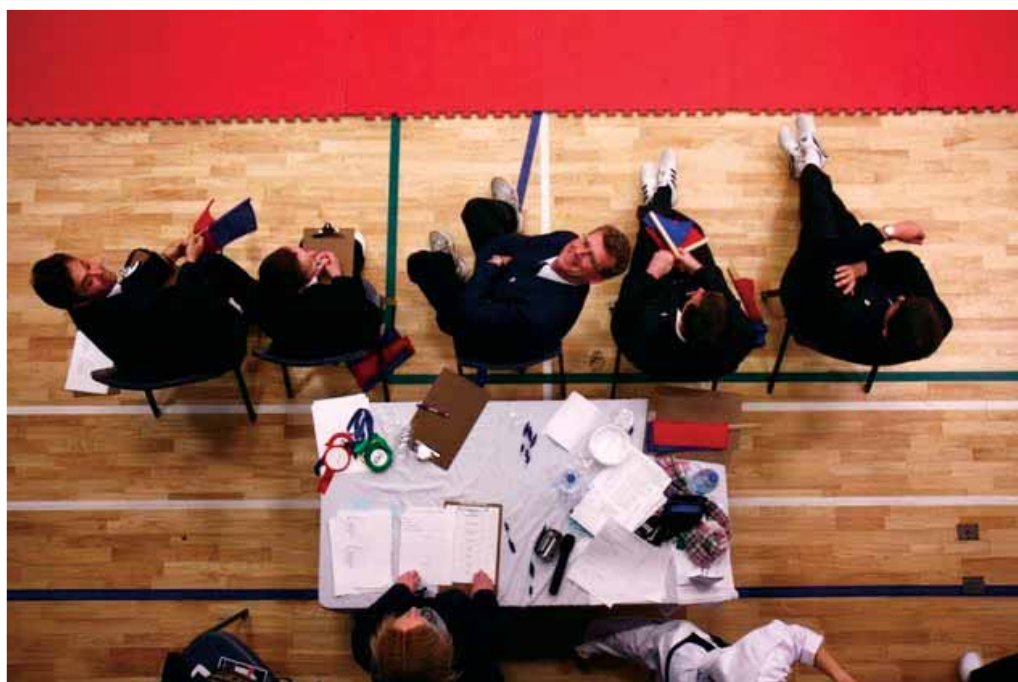
Luke Thompson is training to retain his world championship title in power. Here he is practising his punch under maximum power. Mr Steve Pellow is holding the punch bag and gets moved back about a foot each time Luke hits it. Later Steve and I held Luke's small board holder while he broke a couple of blacks and a white at the same time. It was scary – the power was huge and it felt like the whole wall would collapse.

Xtreme ▶

Luke Thompson again, practising to defend his joint world title with Mr Mark Trotter in pre-arranged sparring. I took this shot while Luke was practising doing a reverse flip. It is very impressive watching him do this, considering his solid build, size and weight. It almost defies belief. Their pre-arranged routine leading up to the world champs is a closely guarded secret. Therefore I've always got to be careful that I photograph any of their practice sessions in a way that gives nothing away to their competitors that may be watching our websites.

◀ Style

During the last of the Auckland North squad training sessions in Warkworth, the light was really dull but the design of the gym with its high windows running right around between the walls and the roof together with the white walls means there's lots of available light. So I wound up

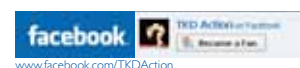


the exposure on my camera and took a few overexposed images with came out quite well. Here Rebecca Styles is shadow boxing up and down the gym in a line while I snapped her with this wonderful grin

▶ Upstairs

During the recent Patterns Tournament I tried taking a few shots from upstairs in the internal balcony and positioned myself above these officials before calling out to Mr Tim Couling. I like the graphic image that resulted.

Follow Doug Hanna's Taekwon-Do Action photography on Facebook:



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