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2010 // Issue 1

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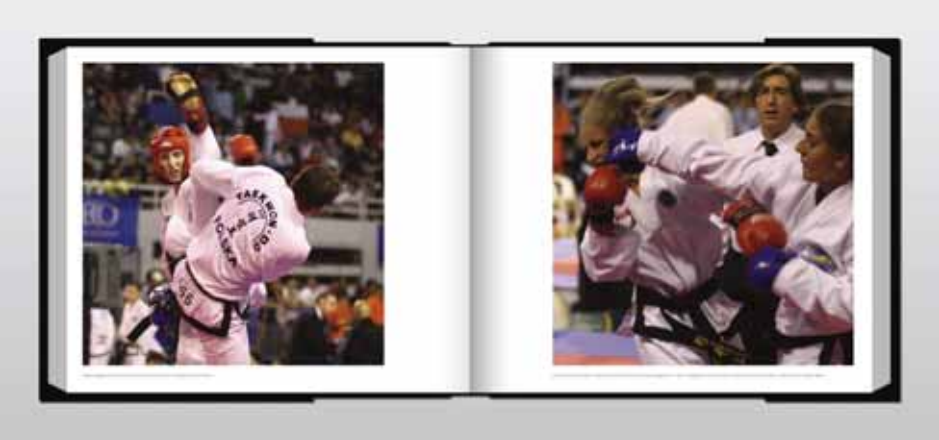
www.tkdaction.com

After our most successful World Champs campaign ever, netting 32 medals for New Zealand, our official photographer, Mr Doug Hanna, created two photo books celebrating our success. One covers our World Champs performances in 2006, 2007 and 2009 plus the World Cup in 2008. The second is a smaller format photo book featuring everything from trials through to the closing ceremony of the 2009 World Champs.

Books were ordered by almost everyone who competed with Doug offering personalisation through additional pages showcasing the competitor's own events.

With such a supportive response, Doug has gone on to produce two *more* photo books which are now available for order. They make an amazing gift for any Taekwon-Do enthusiast.



"I had a look at Luke's book – it is just awesome. Please order one for me too."
– Julie Thompson

"The books are amazing – they bring back so many great memories." – Sharon Black

"I love the 09 WC book – the photos are amazing." – Paul McPhail

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- **Taekwon-Do Action – Images from 2006-10**
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- **NZ Taekwon-Do Team, World Champs 2009**

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What makes Greenpages different is that you can search by green actions such as certification, recycling, energy, community, eco choices and sustainability, based on what a company is doing to be green.

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.

GREEN PAGES

www.greenpages.co.nz

FROM THE PRESIDENT

Master Evan Davidson
VII Dan, President

We were all deeply saddened by the sudden and tragic death of the ITF President, Grand Master Tran Trieu Quan, as a result of the devastating earthquake that struck Haiti on the 12th of January. Over 300,000 people were killed or injured in the quake and Grand Master Tran was staying in the Montana Hotel at the time. Our sincerest condolences were extended to Mrs Tran, the Tran family and friends.

On Sunday 21st March I too attended Grand Master Tran's Memorial Service on behalf of International Taekwon-Do. This was held in the Hotel Quebec, Quebec City, Canada. Over 300 people attended this service with many travelling, like me, from other parts of the world. It was a very moving ceremony but also a great tribute covering Tran Trieu Quan's life.

I was afforded the opportunity to speak on behalf of our organisation and also our Oceania Region. I presented Mrs Tran and family the Tribute Photo Book which Master McPhail produced and had been displayed on our web site. There were about 300 attendees at the service with masters and instructors travelling from Europe, UK & Ireland, South America, USA, the Caribbean and many from throughout Canada.

On my arrival in Quebec City I met with GM Trajtenberg and we had a lunch with Mrs Tran, Joliette, Celia and Nicholas Tran, Dr Janel Gauthier, Master Tadeusz Laboda (Poland) and Masters Per Christian Garnaes and Per Andresen both from Norway.

We experienced some very changeable weather in Quebec. Firstly with two lovely fine days at 5 to 6 degree C temperatures. Then just prior to returning home a snow storm arrived dropping the temperatures to -8C. In fact both GM Trajtenberg and I flew out with snow blanketing Quebec City Airport. It was quite an experience.

I wish to acknowledge and thank the board for sending me to represent New Zealand at this service. This also gave me the opportunity to network and discuss ITF Taekwon-Do matters with other international masters and instructors. I can assure you all that there is great interest from many countries planning to travel to New Zealand in March 2011, not only for the World Champs, but also to spend time here and tour the country.

Left to right - Master Per Christian Garnaes (Norway), Nicholas Tran, Partner of Celia Tran, Celia Tran, Dr Janel Gauthier, GM Pablo Trajtenberg, Ms Rogaczewska (Poland - English interpreter), Mrs Tran, Master Laboda (Poland), Ms Joliette Tran, Master Per Andresen (Norway), Master Davidson (NZ).

TKDT TEAM

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For submission guidelines and advertising enquires please visit our website: www.itkd.co.nz/tkdtalk.

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16 2009 World Champs Argentina

This image of photographer Doug Hanna's son Jeremy was taken during the 2009 World Champs. Doug comments "In my rush to get over to his ring I had somehow bumped the main control knob on my camera changing it from Aperture Priority to Shutter Priority. The last time Shutter Priority had been used I'd set it pretty slow – 1/50th of a second. So all of the images of Jeremy's fight were taken at this slow speed. It was a nice accident as this became my personal favourite sparring image from the tournament.

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LETTERS

On Friday 27th November students and instructors from all around the country gathered at Aongatete Lodge,Tauranga for the ITFNZ Juniors Camp 2009.

Mr Brown (IV dan camp organiser) woke us up at 6.00 am on Saturday morning with his favourite, red, noisy air horn and ordered us down to the field for team relays and activities such as building people pyramids, running etc.

At 8.00 am we all formed up in the hall with our doboks on ready for six hours of hard out TKD training. We learnt some awesome techniques like a back piercing kick, turning kick etc. We focused on all aspects of TKD: sparring, power breaking, specialty jumping, the tenets and we even made up our own patterns.

This year we had egg mascots and coloured team pegs. Each team had their own egg which they had to take everywhere they went and make sure that it stayed in one piece. Each team also had their own coloured team pegs. You had to keep your peg with you at all times. If you failed to have your peg with you when Mr Brown asked for it, and he or anyone else found it before you did then you had to sing for it in front of everyone.

2009 was the first kids camp where we did not go swimming. This was due to having too many people to watch over at the waterhole. However Mr Brown did give us some free time to practise our skits and socialise instead of swimming.

On Saturday night everyone gathered in the hall for fear factor food, alien costume competition and the team skit competition. There was no way I was going to eat any of that horrible fear factor food. However one person from each team did have to eat an item of food and then the instructors' team had to eat that same food.

Overall I think that the 7th National Juniors Camp was one of the best yet!

Bonnie Gibson

Mr Brown's photo of Bonnie (middle) with her two sisters. (They also won the best baking award.)

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ON THE WEB:

www.youtube.com/user/ITFNZTaekwonDo

www.facebook.com/TKDAction

www.itkd.co.nz/tkdtalk

OUR EXPERTS

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MR PHIL THOMPSON

FITNESS
MRS SONYA ROBINSON

STANDARDS
MR KANE RAUKURA

KIDS
MRS SHIRLEY PYGOTT

COVER

Cover photo by Doug Hanna of Carolina Dillen at training.

NEW SCHOOLS

Welcome to our new schools and instructors

Jungshin Shore Kids

Instructor: Ms Karen Davey I dan
Long Bay Primary School
Ralph Eagel Place, Long Bay
Thursdays mini kids 4.30 - 5.00pm
kids class 5.00 - 6.00pm

Jungshin Shore Kids is a new kids class in Long Bay to cater for the growing interest of Taekwon-Do on the Shore. The instructor's name is Karen Davey and she has been doing Taekwon-Do for approx 12years. In that time she has been an assistant for both adults and children's classes.

www.jungshin.co.nz

Fusion Taekwon-Do

Instructor: Mr Mathew Hartigan II dan
Malfroy Primary School
Malfroy Road Rotorua
Tuesdays 5.30 - 7.00pm
Thursdays 5.30 - 7.30pm

Mathew Hartigan began Taekwon-Do in early 2001 with Rhee Taekwon-Do and gained his Black Stripe with the Rotorua Club. He transferred to International Taekwon-Do in Mid 2004 and gained his 1st Dan May 2005, and 2nd Dan December 2006. Mr Hartigan has also been a part of the New Zealand team that competed at the Junior World Champs in Quebec Canada in 2007. Fusion Taekwon-Do is his first School based in Rotorua.

Pulse Taekwon-Do Merivale

Instructor: Ms Angela Barltop I dan
Rangi Ruru Girls School, 59 Hewitts Road, Merivale, Christchurch
Monday and Wednesday
6-00pm - 7.30pm

Ms Barltop initially started training in 1992 with the Grovetown Club in Blenheim. After a number years of intermittent training, she re-joined the Riccarton club in Christchurch and in May 2009 was finally promoted to 1st Dan

www.pulsetkd.org.nz

International Taekwon-Do Riccarton

New Instructor:
Mr Kris Herbison IV dan
Villa Maria College, Peer Street
Upper Riccarton, Christchurch
Adults & Juniors (13yrs+):
Tuesday & Thursday 6:30 to 8:00pm
Seniors: Sunday 2:00 - 5:00pm
Kids (6-12yrs): Tuesday & Thursday 5:00 - 6:00pm

Mr Herbison is a IV dan and is a Board Member for the National Body and the South Island and the 2011 World Championships. He was interim CEO and South Island Regional Director for 5 years. Mr Herbison began training in 1995 and in 2009 was a member of the World Championships Team, winning a Silver Medal in Team Power Test. Mr Herbison opened the Otago University Club which won the ITFNZ Taekwon-Do Best Club award in 2003. Mr Herbison works as a Chartered Accountant at Ernst and Young.

Zeal Taekwon-Do

Instructor: Ms Lianna McCartney I dan
Community Hall
7 Piki Thompson Way, Otahuhu
Monday, Wednesday and Friday
6.00 - 7.30pm

Ms McCartney began training in 1992 and in 1996 was was promoted to 1st Dan. She was a member of the womens team who won a medal in the 1997 Russia World Champs. She has recently returned to Taekwon-Do and says "I have the privilege of training a great bunch of students who enjoy Taekwon-Do as much as I do. What I love about Taekwon-Do is the friends you make are life long and the experiences you share are endless."

Strike Force Taekwon-Do Academy Shannon Branch

Instructor: Mr Andrew Salton VI dan
Shannon Memorial Hall
Shannon. Tuesday 4.00 - 5.30pm

Mr Andrew Salton began training in Levin in 1975 and gained his black belt at age 16 in 1978. He became an instructor in 1987 and has represented New Zealand both as a competitor and as a coach. Mr Salton has all round ability as an instructor in all aspects of the art. He is a member of the Technical and Tournament Advisor Groups.

Dunedin

New Instructor:
Mrs Helen Kettings III dan
Caversham Primary School
217 South Road, Dunedin
Tuesday and Thursday 6:00 - 8:00pm

Mrs Kettings has been training in Taekwon-Do for about 14 years. Her club is very strong and they have a lot of fun.

Nibun ITF Diocesan

New Instructor:
Miss Jo Northey I dan
Margot St, Epsom
Tuesday and Thursday
7:00 - 8:15am

Jo Northey began training at Nibun Diocesan in 2000 at the age of 13 under Mr Andrew Niven. She gained her Black Belt in 2003 at the age of 17. She has been an active participant of tournaments showing particular strengths in sparring, going on to win at U18s, Auckland North Regionals, NZ Nationals (Best Overall Red Belt 2003), and International (Oceania 2002) tournaments. She took a break from ITF when she lived in France from 2004 to 2005 but continued with Martial Arts such as WTF and Viet Vo Dao. After returning to New Zealand she took up instructing of Nibun Diocesan while completing her Bachelor of Education. Ms Northey enjoys working with younger students while finding new ways to impart Taekwon-Do knowledge to the next generation.

www.nibun.com

Paul M Waiau Pa

New Instructor:
Mr John Kendall I dan
Waiau Pa School, 571 Waiau Pa Road
Waiau Pa
Tuesday and Thursday
6:30 - 8:00pm

Mr Kendall started Taekwon-Do with Mr Steve Pellow in the 80s to keep fit. He then started his children in the late nineties. All five attend class and four along with himself are 1st Dan. He started back with Mr and Mrs Dunn in Waiuku in June 2002 then trained at Paul M Waiau Pa under Mr Dan Jackson. He has helped as an Assistant Instructor for two years and recently became the Instructor.

"We have a great bunch of students and a supportive committee and community. We proudly carry the name Paul M in appreciation of the massive support the club and we as students have received from Master Paul McPhail over the years, and continue to receive."

www.paulm.co.nz/tkd

Spirit Taekwon-Do Brooklyn

New Co-Instructor:
Ms Lousie Chan III dan
Vogelmorn Hall, Vennell St, Brooklyn
Thurs 6:30-8:30pm, Sun 11.00am - 12:30pm. Kids Sun 9:30-10:45am
Thur 5.00 - 6:15pm

Ms Chan started Taekwon-Do in March 2000 after returning from her OE in London. She started training at Victoria University and later joined the Brooklyn Club as a Green Stripe. She graded to her 3rd Dan in November 2007 and co-instructs with Benjamin Wylie-van Eerd at Spirit Brooklyn.

Ms Chan assisted Mr Brett Kraiger before stepping into her Co-Instructor role and enjoys watching students' confidence and abilities grow. She enjoys Taekwon-Do for a variety of reasons including the moral foundation, the people she meets, and that she is forever learning whether it's through teaching or through her own training.

www.spirit.net.nz

Spirit Taekwon-Do Karori

New Co-Instructor:
Mr Malcolm Doidge I dan
St. Johns Hall, Karori and Kelburn
Normal School Hall.
Monday and Friday 6.15 - 7.45 pm

Mr Malcolm Doidge joined the original Brooklyn Taekwon-Do club, with his two children, in 2005 and graded to 1st Dan in 2009. Mr Doidge co-instructs with Mr Mellsop and shares his enthusiasm for fitness and having fun doing Taekwon-Do. He is also committed to instructing that focuses on students and helping them achieve their goals. Mr Doidge illustrated the International Taewkon-Do Taekwon-Do 'Mini-Kids' syllabus book and also helped develop its content. The syllabus is used in dojangs around New Zealand.

www.spirit.net.nz

CEO AND OPERATIONS EXECUTIVE APPOINTED

By **Dennis Burns** Board Chairman

Board Chairman – Mr Dennis Burns

Back in November we received seven very good applications for the position of Executive Officer and, following a rigorous appointment and interview process, it became evident that to move forward ITFNZ needed to take advantage and employ the skills of two of these applicants.

At this point I must extend a huge vote of thanks to both SPARC and New Zealand Community Trust for having faith in the future direction of our organisation. Their agreement to provide funding for two positions has enabled us to take the original Executive Officer role and split it into two distinct but interrelated positions, namely Chief Executive Officer and Operations Executive.

Chief Executive Officer (CEO) is an overall strategic role, responsible for the successful overall management of ITFNZ, tasked with working closely with the Board and ITFNZ's strategic external partners. The CEO is also responsible for the efficient and effective management of the operations team.

Operations Executive (OE) is responsible for the successful operational management of ITFNZ with direct reporting to the CEO.

Mr Mike Thompson
Chief Executive Officer

There is a saying, "... that timing is crucial", and this is particularly true in the case of Mr Thompson and ITFNZ. Having ended his position as CEO of Squash New Zealand to concentrate on a part time, family oriented work style, Mr Thompson saw ITFNZ as an ideal opportunity to be part of a new and exciting environment, where he could utilise the skills he has developed over 13 years working in the sport sector – at school, regional and national levels.

Mr Thompson has the ability to fine tune the liaison between the Board and Management. In addition to the network of contacts he has fostered in the sporting sector, he is fully conversant with the reality of external politics, financial sustainability, and the continual pursuit of funding. To top it off, he has extensive knowledge in the establishment and running of an efficient sport sector based management and operations teams.

Mr Shaun Tolley
Operations Executive

Mr Tolley is well known to many members of ITFNZ, and has been acting CEO since late 2008. Over this time I have, as Board Chairman, grown to have an immense respect for his work ethic, his knowledge of the inner workings of our organisation, and his ability to get all manner of operational work done.

Over the last month, I have been working with Mr Thompson and Mr Tolley, as firstly they got to grips with the intended management roles and at the same time developing and growing their relationship. Both are fully committed to making this Operations Team work and have asked me to assure you of their full support.

Over the coming months as Mr Thompson becomes more conversant with how International Taekwon-Do "ticks", he and Mr Tolley will be looking forward to meeting the members and in due course seeking feedback to ensure that the management team meets members, instructors, clubs, regions and your board's expectations. Their specific goal is being part of a well run and efficient organisation.

Photos by Paul McPhail

CEO Mr Mike Thompson (left) and Operations Executive Mr Shaun Tolley

AUCKLAND ROUND-UP

By **Sonya Robinson** III dan

Goodness how time flies when you are having fun! There has been plenty going on up north thanks to a number of different activities that have been made available to us.

There was the IIC in early March, and New Zealand has a new Master – congratulations Master Rimmer.

Master Alberto Katz from Argentina took an ITF Umpires Course as well as his own seminar, and Auckland North has already had its own Regional Tournament.

The first round of Gup Gradings has been and gone as has the first Black Belt Pre-grading Programme from the Academy and the first Black Belt Grading of the year, with record numbers going for Black.

We have also had an Umpires Course in preparation for the Star Series Tournaments and Oceanias. We have had one Star Series Tournament this year, in the Region next door with the second being hosted up north in Whangarei at the end of July.

We are busy assisting in building a more peaceful world. Please support the aid efforts for Papua New Guinea. Sometimes we don't know how lucky we are….

So what else is coming up?

Well I hope that you all put your best foot forward and challenged yourself by being part of the team at the Oceania's – an International Tournament and the closest we will all get to a dress rehearsal for the World Champs being held early next year.

Then there is the second Star Series Tournament – another opportunity to sharpen your various Taekwon-Do skills, whether that be by competing, officiating, seconding or actively supporting others just by being there. The more you involve yourself, the more you get out of Taekwon-Do. It's a great art.

We are in the throes of organising a First Aid Course, a Gup Grading Marshalling Course, I and II Dan Patterns Sessions and then a second Black Belt Pre-Grading Programme to assist those going forward for the grading at the end of the year.

There is another round of coloured belt gradings coming up in August. I trust you are preparing yourself well for those.

And that's not all. We will be having a Regional Kids Camp on the last weekend of October, so keep your eyes peeled for details coming out soon!

ITF Umpires course conducted by Master Katz

The Masters in attendance at the IIC:
L-R Master Bhana (NZ), Master Katz (Argentina) , Grand Master Marano (Argentina), Master McPhail (NZ), Grand Master Trajtenberg (Argentina), Master Davidson (NZ), Grand Master Bos (Italy), Master Daher (Australia).

Photos by Paul McPhail

An impressive turnout for Master Katz's seminar

Master Katz giving it to Mark

WELLINGTON SPONSORSHIP

By **Peter Champan** III dan

I have seen and witnessed over several years the frustration that a tournament organiser has to go through organising a tournament. The frustration which leads to stress, and the same people being involved year after year. So I decided to discuss this with my peers at the 2009 National Tournament in Christchurch to put a plan together to make things simple for our region.

In 2010 Porirua Club agreed to host the Regional Tournament in Porirua City and to show case Porirua City's new arena.

Tournament Committee

We selected four members to be part of my team: Myself – Tournament Organiser & Sponsorship, Mr Walton – Advisor, Mr Lee – Logistics, equipment, mats, power machine and boards; Mr Hannah – Software & Draw; Ms Chase – Website. Task delegations were shared among the committee and the Porirua School parents as helpers.

Sponsorship

I had approached Mark Kairua, Road Safety Coordinator for Porirua City Council, for sponsorship.

Mr Kairua was to be allowed to have access to the MC every half hour, advertising, presenting projector/wall slides and running a stall to promote road safety on a regional basis.

Our major sponsor agreed to provide the venue from 6:30am to 6:00pm, morning tea

Mark Kairua

and lunch for 40 officials and helpers, MC, tables and chairs and 225 medals.

Fuji Mae was to supply certificates and several T-shirts for officials and Sapius Ltd was to donate several boxes of chocolates for helpers.

Message from our main sponsor

A warm greeting to one and all who participated in the Wellington Regional Tournament, the first to be held in Porirua City and in particular in the newest sports arena in the Wellington region.

I have been a proud supporter of the Porirua International Taekwon-Do since it began about five-six years ago. I have seen this club grow from humble beginnings to what it is today. One of the standout qualities that is clear with the club is its conviction to hold steadfast to the tenets of Taekwon-Do.

Drive Safe Porirua's (DSP) involvement with Porirua Taekwon-Do is a simple one: the organisation is a community orientated

Acknowledgements

- Porirua City Council, Road Safety Coordinator, Mark Kairua (Main Sponsor)
- Wellington Regional Tournament Committee
- Porirua ITF Members & Family

group and we (Drive Safe Porirua) are looking to keep our community safe, both on and off our roads. The synergy created within this has forged this partnership to go from running and delivering fliers during one Christmas parade to sponsoring two tournaments in our city. We were proud to be part of this event as we celebrate the success of the Porirua International Taekwon-Do's remarkable achievements in the very short time of their existence.

We trust each and every one of you had a fantastic tournament and please remember to...

"Think Safe, Drive Safe and Stay Safe"

"It is better to arrive home 30minutes late than to leave our loved ones behind 30 years early".

Mark Kairua

Some Old Photos

Mr Lawrence Mantjika blew the dust off a few old photos for his Instructor Profile this issue (page 27) – some of them just too good to leave out. Check these out.

Young Mantjika sitting for 1st dan in1988

L-R: Christine Young a Yellow Belt, Loz, Vicki Ineson, and Jonathan Owens at Foxton Beach camp 1986.

Photos courtesy of Lawrence Mantjika

International® Taekwon-Do

OUR BRAND
TAKING US FORWARD

By **Dennis Burns** Board Chairman

As we reach a distinct point in the growth of ITFNZ and Taekwon-Do in New Zealand, the launch of our new brand, I think it's worth reflecting on how the board got to this point.

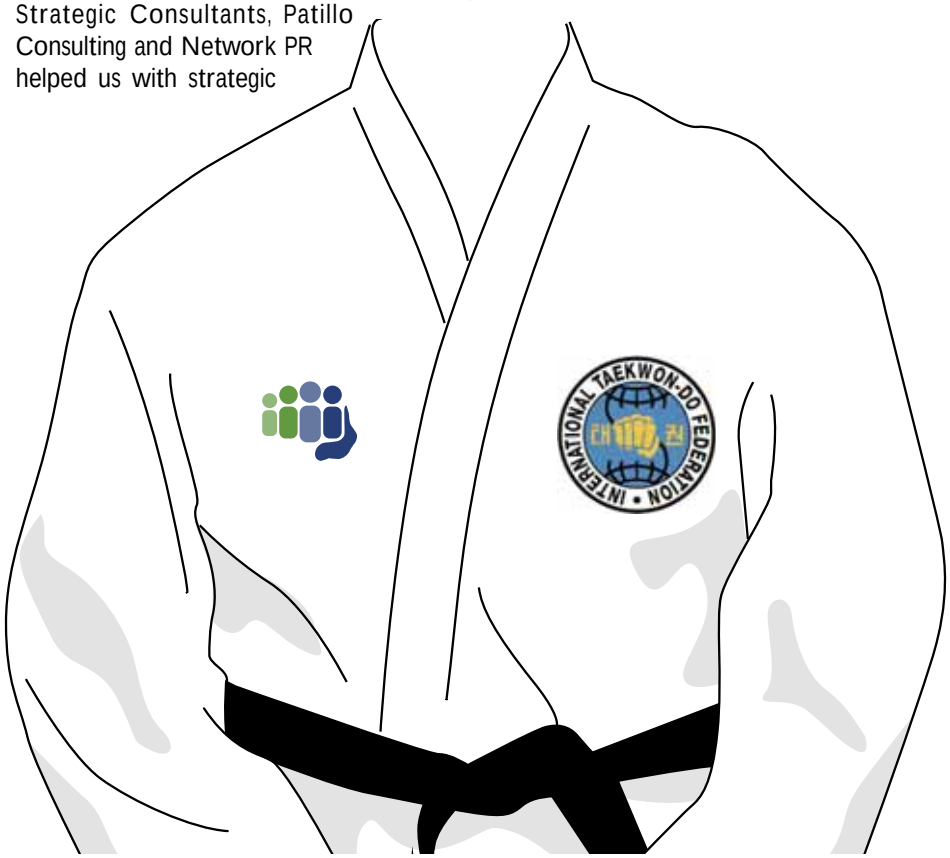
When we first met the last thing in our minds was the desire, or want, to change our name from ITFNZ. We had the advantage of having over 25 years of preceding history to work with, preserve and take forward and so we started with the great things we already knew existed in ITFNZ; our vision, our mission and the fundamental tenets from which we derive our art.

Then it was time to review ITFNZ's position; who we were, what we offer to New Zealanders, what our members want and from there determine what kind of initiatives to put in place, for the future development of our art. It was then that we consulted and surveyed both our membership and those who have no connection with Taekwon-Do, along with our strategic partners – SPARC, other sporting bodies, local government, sponsors and independent fund providers.

The key message that we identified was, that to take advantage of our a desire to grow, we need to increase branding and brand awareness and this needed to focus on our core values, combined with a portrayal of fun, family and fitness.

Only after the board had analysed and discussed this, did we suspect that rebranding was an option to be considered. Strategic Consultants, Patillo Consulting and Network PR helped us with strategic planning to outline options working from the following:

1. The need to differentiate ITFNZ
2. Our existing strengths



Our logo is both distinctive and memorable. The symbol of the fist – a Taekwon-Do punch, is made up of individual figures. Each of the figures is also a lower case "i", referencing the first letter of "International".

The symbol represents: a fist, community, family, making friends, having fun, a constructive team environment, contributing to society, working together towards a common goal.

As well as the two middle grade belt colours, the clean greens and blues reflects the colours of New Zealand and also relate to the colours of the planet, symbolising the building of international relationships.

- Vision
- Mission
- Core values

3. Our survey results
4. Our developing strategy
5. An analysis of where we stood in the Marketplace:
   - who are our competitors
   - where do we want to be positioned
   - what are people wanting vs what do we provide
   - what is our key brand message

Together we created the brand story, developed the ideas into a consultation paper and went on the road around New Zealand seeking members' thoughts. The issues and points raised were then refined and in September 2009 we issued a consultation paper in which the board sought written submissions. Vigorous forum debate ensued and over thirty formal submissions were received; a great response that enabled the board to reach a decision.

Following further work with logo and brand designer Dave Sauvage, in conjunction with Master McPhail, we come to July 2010 and the launch of:

This brand not only identifies us, it differentiates us, and I am personally looking forward to sewing the new logo onto my dobok knowing that underlying it is the vision, mission and tenets that have held us in very good stead to date, and will just as importantly carry us into the future.

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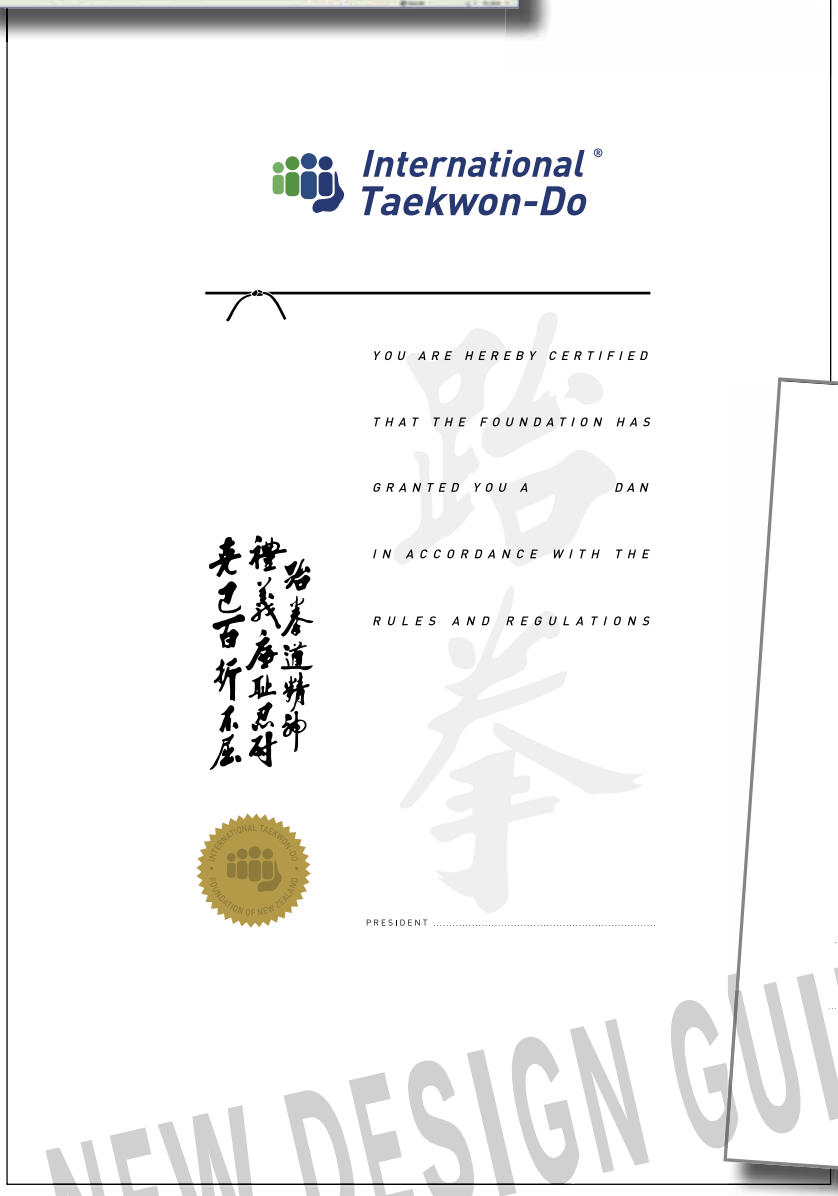
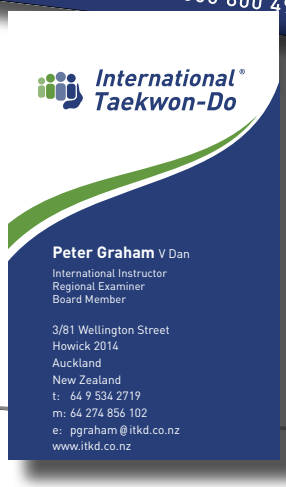
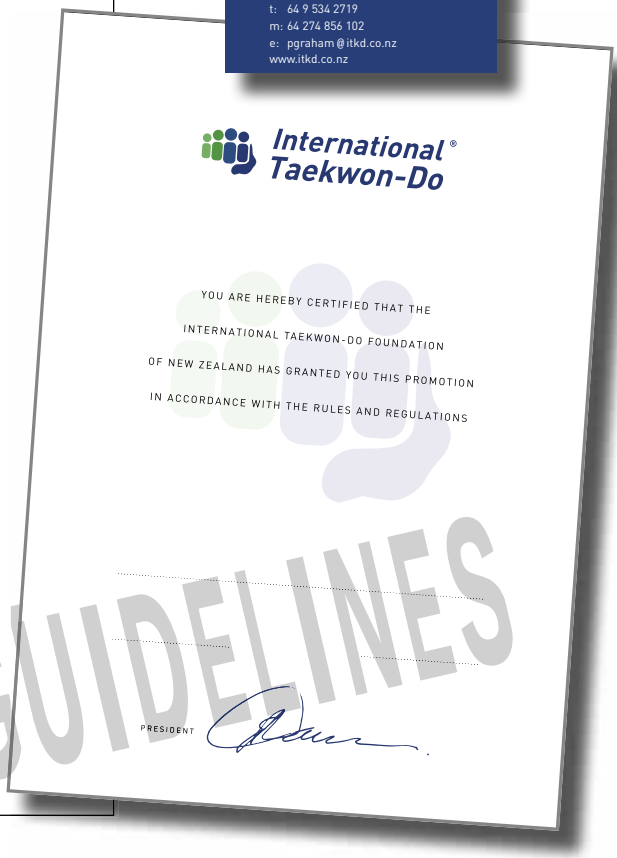






NEW DESIGN GUIDELINES

The Website

Photo by Paul McPhail

Mike Peetz is married with three kids & a cat and currently resides on Auckland's North shore where he works full time as a multimedia designer.

Our current website has had a great reputation for many years, so we knew any updated design had to be something really great. We went back to the man who designed our current site over six years ago – Mr Mike Peetz.

His brief this time around was to build a site that is easier to navigate, that not only serves the needs of the current membership, but will also attract new members.

With this in mind the navigation was simplified with several menu items being combined and streamlined. The old right hand side menus have been replaced with a simple three level structure which is easy to navigate.

We have new Parents and How to Join sections, a member Sign-in area, plus InMotion Videos right from the Home Page.

Mike can trace his Taekwon-Do career back to 1984 where he started training under Evan Davidson and Paul McPhail at the Khandallah club in Wellington. He was in good company with the likes of Viv Holmes, Barb Inglis, Dave Nendick, Pat Eastwood and James Rimmer, to name a few, training alongside him. He gained his I dan in 1991- Dave Sauvage happened to be one of the instructors looking on that day!

Mike says, "Throughout my Taekwon-Do career I've been really fortunate to have trained under many instructors at different clubs around New Zealand - all of whom have shared their knowledge and friendship. When Master McPhail asked if I'd be keen to help out with the website once again it was a no brainer. It's not that often that one can get the opportunity to work on arguably one of the most popular Taekwon-Do websites in the world! It has also been rewarding in that I can give a little back to an art that gave me a lot.

Working with the new brand has been quite exciting - it's nice to see a refresh of the site after the last installation six years ago. The framework in place will only lead to bigger and better things to come over time. Enjoy browsing!

The Man Behind the Logo

We are very proud of the fact that our original ITFNZ logo and our new International Taekwon-Do logo were designed by the same person – Mr Dave Sauvage.

Dave was a real star in Taekwon-Do as a youngster, training at the Pakuranga club under (now Master) Rocky Rounthwaite. He and Master Rounthwaite's son Mark came through the ranks together and were top competitors in the early 90s. Dave's spectacular kicking techniques and super fast sparring skills meant he was in hot demand for demos – including a special performance for General Choi Hong Hi.

He and Mark Rounthwaite often spent their school holidays staying at Master McPhail's flat in Wellington, training full time. Those were the days!

Dave's interest in graphic design began at an early age – and he practised his skills on the Pakuranga club, designing many of their raffle tickets, posters and advertisements.

He now has over 18 years of design experience and is a professional member of the Designers Institute of New Zealand (DINZ).

Dave is a consummate designer who takes great pride in responding to visual communication problems creatively and has a real knack for hitting the spot – not least because he listens carefully and is prepared to go the proverbial extra mile.

Photo by Paul McPhail

16TH SENIOR, 10TH JUNIOR WORLD

By **Doug Hanna** International Taekwon-Do's Offical Photographer & Reporter

While the World Champs were a few months ago now, it's worth reflecting on what a blast they were for the New Zealand Team.

The results for New Zealand were outstanding... so many "firsts"...

- Highest country ranking ever, we were 2nd over all beating 63 countries, including the traditionally strong Poland, Germany, Canada and many others.
- We won 32 medals – the highest medal count ever including 13 Gold Medals, 10 Silver and 9 Bronze. To put this into perspective, in Canada in 2007 we came 3rd, winning 7 Gold, 9 Silver and 9 Bronze. In 2006 at the Junior world Champs in Honduras we came 4th winning 3 Gold, 4 Silver and 10 Bronze. And in 2005 at the Senior World Champs in Germany we came 4th behind Poland, Argentina and Germany with 2 Gold, 2 Silver and 4 Bronze medals.
- Carl Van Roon was Grand Champion (best overall competitor) – we last won this when Graham Patterson won Gold in patterns and Silver in power in Poland in 2003.
- Seven World Champions.
- Six World Championship wins in team events.
- Unofficially, Carolina Dillen and Jeremy Hanna both drew first equal best overall for senior female and junior male. The award is not made unless there is a clear first.
- We achieved our highest ever senior individual sparring medal – Carl van Roon, Senior Male Heavyweight vice-champion.
- We achieved our highest ever junior male individual sparring medal – Jeremy Hanna, Junior Male Heavyweight vice-champion. Rebecca Walthall got Silver in 2006.
- We scored our best ever individual sparring medal count; 2 Silver (Carl van Roon and Jeremy Hanna) and 3 Bronze (Mark Trotter, Carolina Dillen and Courtney Meleisea)
- The first time we have won both Gold and Silver in an individual junior event with Aramai Tahau taking Gold and Shane Black taking Silver in junior male special technique.

Other highlights included…

- Best overall junior female team
- Chris Broughton won Gold at his first World Champs - senior male 1st Dan Patterns
- Carl van Roon, 4th time World Champion in Special Technique
- Luke Thompson, 2nd time World Champion in Power
- Three World Champions in Patterns; Carolina Dillen, Chris Broughton and Jeremy Hanna
- Two World Champions in Power; Luke Thompson and Stuart Maden
- Two World Champions in Special Technique; Carl van Roon and Aramai Tahau
- Six World Championships in team events;
- Three gold medals in team special technique; Senior male and female, junior female. Our junior male team got Bronze.
- Other individual medal winners at their first World Champs were Chris Broughton (Gold – senior male 1st degree patterns), Matt Davey (Silver – senior male 2nd degree patterns), Kara Timmer (Silver – junior female micro weight sparring), Amanda Cleland (Bronze, senior female power), Anna Yates (Bronze – junior female power), Phillipa Henry (Bronze – junior female 1st degree patterns)

Where the work begins

These results speak more than words… but I'll try and tell you more about what it was like preparing for this tournament.

As with any World Championships, some of the work starts years before hand. Most Gold medal winners have attended at least one or two world championships prior to gaining the necessary experience in this level of international competition. Of course, as soon as I write this I realise there was an exception this time as Chris Broughton brought home his gold medal from his first international tournament.

Prior experience is important as the event itself is a pressure cooker of noise, emotions, tension and especially nerves. Practical issues such as keeping an eye out for when you are next up, finding some space to warm up, getting food and water are all challenging when there are a few thousand people in the venue and with up to 7 rings operating at once.

Only since the 2007 World Champs in Canada have the juniors and seniors had the world champs together. Prior to 2007 they were alternate years. I think the combined event is very good for our up-coming juniors as they observe the whole event unfold and rub shoulders with their inspiring seniors, especially those who have had so much success before them. Names that come to mind are Carl Van Roon, Luke Thompson, Mark Trotter, Carolina Dillen who have all been to at least the three previous World Championships. So, this is a training ground for our future champions who start out as juniors. Watch out in future for such names as Courtney Meleisea, Jeremy Hanna, Stuart Maden, Aramai Tahau, Shane Black, Kara Timmer, Kirsty Leong, Melissa Timperley, Phillipa Henry and Anna Yates – all individual medal winners at this world champs. All but Kara, Phillipa and Anna had the experience of the 2007 World Champs to draw on.

So, having said it all starts with some previous World Champs experience, the first challenge is to be selected for the team.

This started with the May 2009 Trials Camp in Taupo. The selection panel, consisting of the coaches and usually one invited selector, run the show observing

CHAMPS, MAR DEL PLATA, ARGENTINA

Luke Thompson and Mark Trotter winning Silver shown here in their final pre-arranged movement

each trialist performing the disciplines that they're trialling for. It's a complex process for the panel of judges, selecting the approximately 40+ competitors who will represent New Zealand.

Most trialists are also interviewed in private by the panel so that they can understand their goals, commitment, determination etc. The process of selecting juniors is relatively easy as each country can send up to three competitors for each individual event. However, with seniors we are only permitted one competitor per event so the stakes are high and sometimes decisions are complex.

The team is announced about a week or so after the trials with selection letters being sent to each trialist.

For the 2011 World Champs there will be two trials weekends, enabling the selectors to spend more time trialling competitors for positions where the choice is more difficult.

So the team was announced with the first all-squad training set down for Wellington coinciding with the Star Tournament there in mid July 2009 followed by three Taupo squad camps in August, October and November.

Living in Auckland my experience is based on what the Auckland team members did. Their training programme was intense, with most training 5 days per week from pre-trials through until the world champs themselves. Most had two club trainings a week plus world champs trainings held by Mr Steve Pellow on Tuesday, Friday and Saturday afternoon each week. For the 2007 World Champs he ran 84 trainings upping them to 105 for 2009 and plans to complete running 150 for next years 2011 World Champs!

Team members (and the parents of juniors) had a lot of priorities to juggle,

Stuart Maden winning Gold in Junior Male Power

Amanda Cleland winning Bronze in Female Power

Courtney Meleisea on her way to Bronze

All photos by Doug Hanna

First Gold medal for NZ goes to Jeremy Hanna, Junior Male 3rd Dan patterns

Richard Lavin winning Bronze in Senior Male 3rd Dan patterns

Mark Trotter winning Silver in Male 4-6th Dan Patterns

school / uni / work commitments, saving/ fundraising, managing the inevitable injuries on top of attending all of these training sessions. It was particularly hard (and more expensive) for those out-of-towners too. They have so far to travel. Wellingtonians were driving to Palmerston North for early Saturday morning training sessions. During holidays we had squad members staying in Auckland for about a week at a time, including Ami Reeder from Whangarei, Michael and Simon Davis from Gisborne, Ross and Shane Black and Kara Timmer from Tauranga. Clint King made regular trips every week to Auckland from Hamilton and Kris Herbison flew up from Christchurch to Auckland then hitched a ride to Taupo for trials and camps.

The trip

November arrived soon enough and, ready or not, the squad met up at Auckland International Airport for our 12 hour flight to Buenos Aires. Having booked the Aerolineas Argentinas tickets months before-hand to secure the 80 or so seats required, we were warned to be there early because if anyone missed the flight, or was late and lost their seat (because airlines regularly overbook the flights) they couldn't get another one for a week and would miss out competing. Fortunately there were no dramas and everyone got to Buenos Aires, complete with luggage too.

At B.A. we were met at the terminal after clearing customs, loaded onto a bus for a half hour commute to the domestic airport for our short (50 minute) flight to Mar Del Plata. We had a reasonable wait for our flight and spent a couple of hours in relaxed waiting for our flight. This is when Mrs Jackie Davis' hand bag was stolen complete with cash, tickets, 3 passports etc, beginning a week long mission for her to obtain temporary passports to allow their eventual return to NZ.

Manager Mike Yates, head coach Dave Ballard and assistant coach Steve Pellow had all arrived a couple of days earlier to get our accommodation all "sorted" before the main team arrived. This was a great move, a lesson learned from the massive wait and hassle we had when we arrived at the World Champs in Quebec in '07. This time we went straight from our coach to our hotel rooms to settle in and get a good solid sleep after our fairly long journey (about 20 hours from arrival at the Auckland Airport to hitting the sack in Mar Del Plata).

Mar Del Plata

The Kiwis traditionally arrive at the World Champs city a good 3-5 days before the event so that we can get over jet lag, acclimatise and familiarise ourselves. Mar Del Plata wasn't quite the "flash resort town" that we read about on the web… but it didn't really matter as we were here for the sport not the beaches. For the next three days most of the squad explored the shops (where you could get lots of brand name clothing "knock-offs" and great value leather goods), found the best eating places and trained each afternoon. Our coaches did a fabulous job of organising for us to train at one of Master Marano's clubs. It was a large multi-floor gym with a room for Taekwon-Do training on mats about the size of 1.5 rings. It was great. The temperature was mid 20s with high humidity so everyone got pretty hot and sweaty training.

The second day we were able to train on the 3rd floor of the building as well. This is a small gym room with wooden floor and floor to ceiling windows on two sides and some large mirrors. We used it for patterns training and I got some great photos up there.

Weighing in can be a stress point. It was really difficult at the 2008 World Cup with some competitors queuing for 4 hours. But the Argentinean organisers were determined that this event would have a straight forward efficient weigh in. It was the smoothest I've observed and we also had no last minute dramas with anyone making their target weight.

The tournament

Two days before the tournament was to begin teams were allowed to go and train at the venue for a few hours. The venue was on the other side of the city, about a 20 minute coach trip. It was good to check out the venue and to explore it in advance so we all knew our way around. Afi and Sandra Meleisea, Don Leong and David and Vienna Parker made a plan over where the NZ team and supporters would sit in the stand and schemed how they'd get in early and claim our spot.

The next day was a rest day for the squad while officials meetings went on. No training. The "calm before the storm". It's

Carolina Dillen winning Gold in Female 1st Dan patterns

Phillipa Henry on her way to a Bronze medal in Junior Female 1st Dan patterns.

Chris Broughton winning Gold at his first World Champs; Male 1st Dan patterns

a bit weird really, nothing to do, but plenty of anxiety as it's all on tomorrow. Most of the squad walked around the city centre in small groups shopping, hanging out in a café or two and generally trying to relax.

On the first day of the tournament, Afi, Sandra, Don, David and Vienna caught a couple of taxis half an hour before our coach arrived and got to the venue early, securing the NZ team spot in the stand… a pattern that they successfully repeated each of the 4 days of the tournament.

Keeping supporters back home informed via social networking

My job as our official photographer/reporter at the tournament was to send back daily photos and reports. In preparing I'd looked back at what we'd done at the 2007 World Champs and really did wonder how could I better that. I'd spent time preparing by learning what I could about some useful social networking technologies and in so doing had tkdaction.com linked up with Facebook and Twitter. I created a Facebook group called www.facebook.com/tkdaction and configured it so that it updated automatically every time we posted an article and pictures to tkdaction.com. In the last few weeks before leaving New Zealand I'd experimented with twitter and told keen supporters that they could follow progress on twitter, and could even get our tweets texted to their mobile phones for free.

I'd setup twitter so that we could send txt messages from my mobile phone to twitter and these would also appear on www.tkdaction.com. Also, whenever we posted to tkdaction.com a tweet was sent. I enlisted the help of squad members who weren't competing on particular days and they kindly tweeted with my phone every half hour or so. This meant that family and supporters back home could follow almost every kiwi event and the service worked flawlessly. Many thanks to Kristy, Estee, Kara and Helen Carey for your help with this!

Each night, when we got back from the tournament, I'd start my cameras downloading images while we went to dinner. This was usually around 8pm and we were always pretty hungry after our early start each day. The first day was mainly patterns and I had gone mad taking the most photos at a tournament ever – 24 gigabytes worth - 3,400 images. It was too many and took a long time to sort through. I only had time to delete duds and uploaded all the rest, flooding followers back home. We had 420 people following us on the website on that first day, and countless facebook messages back and forth between supporters and messages to squad members. On following days I dropped the pace so as not to overload too much. However, on reflection I took more images here than the total of all previous international tournaments.

New Zealand seemed to be the only country (as far as we could tell) posting daily images and results. I was getting emails from supporters from other countries asking how they were getting on… it seemed that lots of international people were also following the kiwis updates. A high standard begun long before my time that I hope gets better with each event as we go forward.

Our Squad Performance – Some Highlights

I listed our major achievements previously. And the detailed results are available on www.tkdaction.com – we won too many medals to mention them all here!

However, I'd like to mention a few highlights that I noted.

Shane Black showed amazing courage. He dislocated his shoulder right in front of me while executing a right hand overhead punch during his sparring event. He was in agony, but continued on after receiving medical attention to finish the round with only one useful arm. However, after a trip to hospital, and masses of bandaging, he carried on competing in team power and team special technique. It was pretty amazing to watch, especially seeing him perform high kicks with only one arm free to balance with.

Mark Trotter has been competing at the World Champs since Puerto Rico in 2002 where, as a junior, he became World Champion in Patterns. In 2007 he became World Champion with Luke Thompson in pre-arranged sparring and again won the Gold for this event at the World Cup in 2008. However, over the years he had never medalled in sparring but

Background image: Kara Timmer winning Silver at her first World Champs in Junior Micro Weight sparring

Mark Trotter, ecstatic about winning this sparring match and making it into medal territory

Carolina Dillen wins Bronze in Senior Female Light Weight sparring

his patience, determination and huge amount of training (including a month training in Argentina) repaid him with his first individual sparring medal – Bronze in senior male micro weight sparring. He was stoked. In 4-6th degree patterns he made his way to the final against Jarowslaw Suska again, his old rival who beat Mark in the 2007 World Champs final. They met again in the quarter finals at the 2008 World Cup where Mark beat Jarowslaw and then lost to Italy in the final. Mark and Mr Suska were great to watch, both very sharp and precise. It must have been a hard job for the judges. Mark was naturally gutted to lose the gold again to take Silver for the third time in a row. He had trained incredibly hard for this and is determined to win before Mr Suska, now 42, retires.

Richard Lavin had a challenge of patience and

Carl van Roon, 4th time world Champion winning Gold in Male Special Technique

nerves in his many rounds of 3rd degree patterns competition. The judging equipment on his ring kept malfunctioning and he had huge waits, sometimes as much as 20 minutes, between rounds. He had to stand at ease on the matt for such long periods while the officials tried to sort out the electronics. I felt this was a big challenge for his focus and emotions. He went on to win Bronze.

Carolina Dillen had a major challenge with a knee injury leading up to the World Champs. At times she couldn't train at all but it improved enough for her to compete, winning Gold in senior female 1st degree patterns and Bronze in micro weight sparring. At time of writing she has had surgery on her troublesome knee and is recovering ready to begin training again for the 2011 World Champs.

Jeremy Hanna was a hopeful for Gold in junior

Matthew Davey wins Silver at his first World Champs in Male 2nd Dan patterns

Aramai Tahau winning Gold in Junior Male Special Technique

Shane Black performing team special technique with one arm strapped up. We won Bronze.

male 3rd degree patterns – he won the Gold at the World Cup in 2008 and Silver at the World Champs in 2007. However, even his Dad didn't fully appreciate his goal and determination to win gold in heavyweight sparring. He got to the final and brought home Silver – a best ever result for individual junior male sparring.

Aramai Tahau has always been good at special technique. But he's been in his mate, Shane Black's shadow in terms of Gold hopefuls. Aramai pulled a rabbit out of the hat performing brilliantly and beating Shane to the Gold medal. Aramai felt bad about that but Shane and his team mates soon put him right on that score. Shane was okay about winning Silver knowing that he had been beaten by another Kiwi, and not another country.

Carl van Roon trains for many long hours each week including training in other martial arts. I've seen him perform in 2007 at the World Champs, 2008 at the World Cup and now 2009 at the World Champs. In 2007 he suffered concussion in sparring in the semi-finals, winning bronze when his opponent was disqualified and he was not permitted to continue by the competition doctor. This eliminated him from the opportunity to go after the gold or silver medals.

Then in 2008 at the World Cup he suffered the indignity of being disqualified in special technique for yelling "Yes" after his successful "gold winning" jump, wiping his medal chance. However, this year his performance was flawless winning Gold in special technique (4th time World Champion), and Silver in heavyweight sparring and taking home the Grand Champion award.

After these amazing Kiwi performances I can't wait for the World Champs in Wellington next March. Being in NZ you can all share the excitement and action first hand. See you all there!

Jeremy Hanna on his way to winning Silver in Junior Male Heavyweight sparring

Carl van Roon takes Silver in the Heavyweight final vs Argentina

Plenty of reasons to be proud:

Senior Male Grand Champion Carl van Roon with Assistant Coach Steve Pellow and Master Paul McPhail

Luke Thompson, 2nd time World Male Powerbreaking champion winning Gold.

SELF TALK

'The Effectiveness of Prescribed versus Personalised Self-talk on the performance of a set Taekwon-Do kicking task.'

By **Carl van Roon** II dan

The primary aim of this article is to express thanks to all those who were involved in the past two years of research. The patience and assistance of over one hundred volunteers from our organisation was the basis by which I would finally be able to submit my Masters Thesis in Sport and Exercise Science at the University of Auckland. This research thesis is currently being externally examined and was titled 'The Effectiveness of Prescribed versus Personalised Self-talk on the performance of a set Taekwon-Do kicking task.' It was my primary aim to determine whether the performance of a specific Taekwon-Do technique could be enhanced with the use of 'self-talk' in ITFNZ members of various experience levels and backgrounds.

Thank you all for giving up your time and volunteering your expertise in making this research a reality. While I had originally wanted to list all those individuals who contributed their time to this project, I would like to respect the privacy of those involved and hence sincerely express my gratitude to all instructors, coaches, NZ representative athletes, club mates, team mates, volunteer colour belt students, parents and guardians for your support. Each of your contributions has implications for our organisation above and beyond what you may expect, which I will endeavour to show you in this article.

I would also like to take this opportunity to acknowledge: my supervisor Dr. Jane Magnusson for being an inspirational role-model, guide and mentor; Mr. Andrew Balemi and Mr. David Fougere for their statistical advice; Ms. Erica Germain for her ongoing support, love and understanding; to my parents, Marjorie and Henri van Roon, thank you for believing in me unconditionally; and finally to the Prime Minister of New Zealand, John Key and Sport and Recreation New Zealand, I would like to express my sincere thanks for supporting the completion of this research under the Prime Minister's athlete's scholarship program.

The secondary purpose of this article is to present a summary of findings observed among those volunteers who underwent testing of their side piercing kicks relative to the use of 'self-talk'. It is my hope that this summary will generate initial interest in the development of 'mental skills' approaches that may help maximise the many hours which our members devote to developing themselves in our wonderful martial art. Later this year, I look forward to introducing the benefits of using 'Mental Skills' in a series of seminars for International Taekwon-Do member clubs as inspired by my research into 'Self-talk.'

The author Carl van Roon in action

Before we establish why the results seen in this project are so exciting for our members, let me walk you through a little background information. You may be asking yourself at this time: "What is a 'mental skill' and what does he mean by 'self-talk'?"

The term 'Mental-skill' refers to the development of non-physical tools like visualisation or imagery, 'self-talk', goal-setting and even meditation. But why do we use the term 'skill'? For one, this may be to emphasise that 'mental skills', like their physical counterparts, require regular investment as we already know from our own experience in training session after session in the dojang. For this reason, as I shall explain further shortly, we should ideally make use of 'mental skills' whenever we hone our physical skills.

The term 'self-talk' then, refers to that particular 'mental skill' of regulating our own thoughts (or the things we say to ourselves) in order to optimise our performance. Hackfort and Schwenkmezger (1993) defined self-talk as a 'dialogue [through which] the individual interprets feelings and perceptions, regulates and changes evaluations and convictions, and gives him or herself instructions and reinforcement.'

To clarify, we've all seen the Mizone television commercial with the runner jogging through the park right? Let me remind you or fill you in if you're not an avid TV commer cial watcher. Opening scene our hero looks relatively fresh and we realise we can hear his internal monologue (his 'self-talk' so to speak). His 'self-talk' as he approaches another runner? 'Beat this poser…' as he begins to approach three faster moving runners? 'Pick up the pace… 'As he pulls up, sweating harder now, we realise the three runners are in fact All Blacks and we can hear their collective 'self-talk'; 'Earn the jersey! Earn the jersey!' While an oversimplification of how a mental skills coach or sport psychologist might define the term 'self-talk', this Mizone commercial illustrates the fundamental idea that our behaviour begins first and foremost, with the things which we tell ourselves, whether we are conscious of this or not. While the importance of such an idea is recognised by most of us, it is only those individuals who actively employ 'mental skills' who realise that our state of mind is the single most important determining factor in helping us unlock our true potential. To quote Henry Ford: ''Whether you think you can, or think you can't. You're right."

Mr van Roon will be running a Mental Skills seminar in your area soon.
See www.itkd.co.nz for details.

'Self-talk' can come in many forms. Among other things it may serve a motivational or instructional purpose. 'Self-talk' may be positive, negative or neutral. It may be structured as sentences, phrases or in the case of the majority of research into the using of 'self-talk' for performance enhancement, it is structured as 'cue-words', 'key-words' or 'power-words'.

Cue-words are abbreviated self-talk used in place of phrases or sentences. Evidence suggests self-talk cue-words improve sports performance by aiding information processing (Landin and Herbet, 1999). A beginner for example, will find the search for correct task stimuli easier when a cue-word is employed rather than a long phrase or sentence. An example at the other end of the experience scale looks at performance enhancement seen among elite sprinters, who were assigned the cue-words 'push', 'heel', and 'claw', to be verbalised during different phases of a 100 metre sprint. An average increase of two percent was found. When put in the perspective that races are often won by fractions of a second, this improvement represents a significant competitive edge (Mallet and Hanrahan, 1997).

When used correctly, 'self-talk' can enhance concentration, sustain effort, and promote skill acquisition. 'Self-talk' can also increase energy and a positive attitude, while promoting mental toughness to respond positively to adversity. As we would expect, it is generally accepted that positive, self-instructional thoughts enhance an individual's performance by increasing focus and confidence. In contrast, negative thoughts tend to cause self-doubt and uncertainty, which override an individual's ability to structure thoughts rationally.

While this all seems obvious, the difficulty is that most of us are not consciously aware of what we are thinking and how, which means we are not regulating our thoughts. As our thoughts control our actions, we risk compromising our ability to perform to our utmost potential. We put ourselves at risk, and while we may have great physical ability and talent, we may find that the lack of cultivation of 'mental skills' prevents us from unlocking our true capacity for personal growth and development.

'Self-talk' has been consistently found to have positive effects on performance measures in a variety of tasks including: volleying technique in tennis (Landin and Herbet, 1999), elite 100 metre sprinting times (Mallet and Hanrahan, 1997), execution of figure skating skills (Ming and Marten, 1996), novice skill acquisition in basketball (Perkos, Theodorakis, and Chroni, 2002), putting in golf (Thomas and Fogarty, 1997), dart throwing accuracy (Dagrou et al., 1992) elite cross-country skiing times (Rushall, 1988) and many others.

This ability to tap into unseen potential with the use of 'mental skills' such as 'self talk' became the driving force behind the research I would conduct over the next two years with both novice and experienced members of International Taekwon-Do. While I wanted to show how 'self-talk' could successfully be applied to those in Taekwon-Do, I also aimed to generate information that would help us determine how best to apply 'self-talk' usage to the variety of individuals who practise Taekwon-Do. My aim was to look into a starting point for cultivating ideal states of mind for the performance of Taekwon-Do, which as we have seen may be the single most important factor in determining whether we 'perform' to our true potential. Systematic performance testing relative to the use of a 'mental skill' such as 'self-talk' led me to consider why we did not dedicate more time to the cultivation and development of the mental edge that spurs us into constant development and growth regardless of what we have achieved so far with our training.

With the support and approval of our President Master Evan Davidson, a research approach was designed. It remained unclear what type of 'self-talk' was best for each individual, and for what situation, and hence this research project would compare classical approaches to the use of a 'self-talk' with those that are personally tailored or adapted to suit each novice or elite Taekwon-Do practitioner.

Of more than 70 volunteers recruited for the study, 60 individuals were used for the final statistical analysis. 34 males and 26 females between the ages of 14 and 40 were included, with an average age of 22.5 years. Of these 60 participants, 30 were novice (blue and red belts) and 30 were elite (black belts who had represented New Zealand at one or more senior or junior World Championships). Novice participants had an average of 4.1 years experience and trained on average 5.5 hours per week. Elite participants had an average of 11.3 years experience and trained on average 8.6 hours per week.

Impact forces and accuracy measurements of each participant's 'side piercing kicks' task were used to determine the effectiveness of each type of 'self-talk'. Kicking accuracy was graded using slow-motion digital video footage. An Adidas electronic body protector (EBP) vest attached to a free-standing kick bag transmitted impact forces to a nearby laptop via blue-tooth. EBP technology is currently being employed in WTF Taekwondo sanctioned tournaments as a means of reducing human error in corner judging and looks to be utilised at the next Olympics in 2012.

Below, the blue-tooth EBP technology used which enables impact forces of kicks to be recorded in real-time during competition or training. Prior to every two or three kicks (in series of ten), a participant would be prompted to use their 'self-talk' cue-words.

SELF TALK CONTINUED

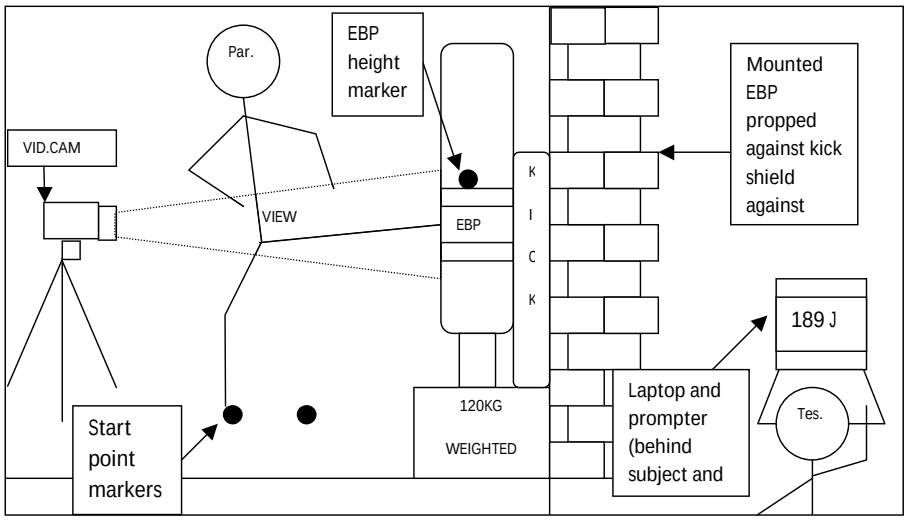
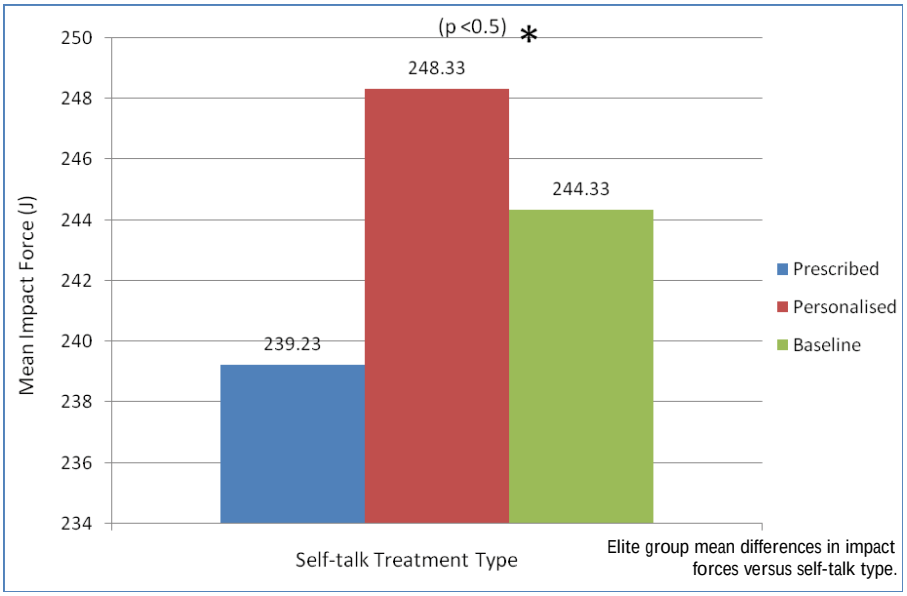


Figure above: Overall view of participant testing setup

Three conditions were compared. Each condition was identical except the type of 'self-talk' used over a series of ten side piercing kicks. Classically prescribed 'self-talk' was compared with personalised 'self-talk' and a control condition in which no 'self-talk' was used. Personalised 'self-talk' 'cue-words' were generated using a pre-performance interview in which yours truly asked a series of scripted questions intended to encourage participants to provide 'self-talk' 'cue-words' that represented their own ideal performance. Participants qualitatively rated their own performances on each trial, and completed several post-testing questionnaires.

For the elite participants, moderate evidence was found to suggest that personalised 'self-talk' was more effective in terms of enhancing impact forces than was prescribed 'self-talk'. In simple terms, the force of side piercing kicks of elite participants was greater with the use of personalised 'self-talk' relative to kicking without 'self-talk', or while using prescribed 'self-talk' which led to decreased forces of side piercing kicks. To put it in scientifically statistical terms, one can be 95% confident that within the elite group the median impact force of a kick with the use of personalised self-talk was on average 3-4% higher than the impact force of a kick with the use of classically prescribed 'self-talk' (P-value <.05). These differences in impact forces can be observed in the following figure.

Less significant differences in impact forces of kicks were seen with the novice group. One explanation for this lack of change with 'self-talk' among novices was how well this group had learned the side piercing kick. Unlike those who were more experienced and have 'over-learned' their kicking techniques. Novices may not yet have developed a set way of executing their kick, and may hence need to dedicate more 'mental resources' to simply regulating their movements. This may also help explain why prescribed 'self-talk' appeared to throw elite participants off their game who expressed feeling uncomfortable with having to change their usual routines with non-personalised 'self-talk'. It may be possible to empower novice athletes to take ownership of their side piercing kicking (as seen among those who are more experienced) if personalised 'self-talk' is used in conjunction with physical skill development in training as used in other research in this area. In both groups, accuracy grade differences as a secondary measurement of performance were not significant. Differences in accuracy seen with the use of 'self-talk' may have been detected had a more sensitive means of assessing accuracy been employed as the approach was arguably crude when compared with the high-tech method of measuring impact forces.



Elite group mean differences in impact forces versus self-talk type.

While previously only theoretically supported, the results of this research support the idea that for 'self-talk' usage to be most effective, 'cue-words' must be representative of ideal personal performance, or be particularly motivating to each individual. The implication for our members and instructors being that, as might seem intuitive, while physical skills are being developed, prompts for students to use 'self-talk' given by instructors should represent ideal performance of each individual and relate to their own personal motivation rather than be solely based around those 'cue-words' which an instructor sees as most important. Such classically prescribed 'cue-words' do not take the need for personal interpretation into account and hence are not only less effective, but have the ability to disrupt the performance of even the most skilled kickers.

Whether Taekwon-Do practitioners compete against others, or simply against themselves on their own personal journey ('Do'), 'mental skills' training has shown clear benefits for individuals of all levels. While my personal research showed greatest change among elite athletes, 'mental skills' have the ability to empower every student with tools that will directly optimise benefit derived from the amount of time which is spent in developing their physical skills.

Thank you.

INSTRUCTOR PROFILE

Lawrence Mantjika

V Dan • Instructor • Examiner • Coach

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

LM: I started in 1985, when I was 19 years old.

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

LM: Mr Michael Lowe was my first instructor at Massey University Club. I trained with him for a whole year up to 7th Gup (green stripe). Mr Lowe is my Taekwon-Do dad!

TKDT: When did you receive your I dan black belt?

LM: 13th March 1988.

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

LM: I started instructing in 1989 at Massey University Taekwon-Do Club (together with Mr William Shepard) when we took over from Mr Kevin Joe.

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

LM: 1) Ran two clubs concurrently: Massey University club, and Palmerston North TKD Academy. 2) Travelled with the NZ TKD group to Colorado USA. 3) Organised the Taekwon-Do Ball in Palmerston North. 4). Preparing all of my students who went for black belt, and all passing first go with A passes. 5) Trained with General Choi Hong Hi three times. 6) Attended every senior World Championships from: 1994 Malaysia, 1996 Russia, 1998 Argentina, 2001 Italy, 2003 Poland, and 2005 Germany. Either as competitor or as part of the coaching team.

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

LM: Travelling New Zealand with the "NZ Demonstration Team" when ITFNZ became an independent organisation. Seeing ITFNZ's successes on the world stage!

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

LM: Forgetting my pattern in a National Tournament!

TKDT: What are your personal goals for the future?

LM: Sitting for my VI dan next year

Getting my "powers" back and being able to experience "hang time" again when performing flying kicks.

Getting more teenagers and adults joining my club.

TKDT: What are your goals for the future of Taekwon-Do in New Zealand?

LM: 1) NZ being number 1 in World champs 2011, and then again in 2013.

2) ITFNZ being a part of school extramural activity, as part of an Arts and fitness programme.

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

LM: Master Paul McPhail, because of his manifestation of the true Taekwon-Do practitioner.

His drive to spread the art, enthusiasm and faith in ITF Taekwon-Do. The respect and affection that he commands from all members of ITFNZ, ITF Internationally, as well as other martial art practitioners.

His knowledge and physical ability, and his pure and beautiful Taekwon-Do techniques.

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

LM: Taekwon-Do in New Zealand has changed in the way that we are much more tournament oriented, moving away from the focus of practising and developing the traditionally pure and beautiful Taekwon-Do techniques as invented by the founder.

The students are certainly much better at sparring nowadays which is great to see.

In general I feel there is a decline in the focus on stretching as a part of the training session, and we are not seeing much improvement on the membership's flexibility which is crucial in the development

of techniques, speed and power.

In the 'olden days' I feel people from the different regions knew each other better (maybe due to the smaller numbers). But certainly when there were get togethers such as National tournaments, we took the time to socialise and meet new people. At that time, all functions are usually held at the end of the tournament, as a time to celebrate and socialise. Recently, there are many who would not attend the functions due to the fact that they are still competing the next day, or because they have a long travel home ahead of them.

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

LM: Favourite hand technique is the knife hand strike. I am always fascinated by the amount of power that can be generated and focussed to a small part of the hand, as well as the natural shape of the technique as it's being delivered/performed.

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

LM: Somebody who naturally demonstrates humility, friendliness, self confidence, respect for others, intelligence, perseverance and carries about them an air of positivity. Somebody who trains diligently, and is also fully active in his day to day environment and community (work/school/family).

Background and centre photo by Paul McPhail. Top right photo compliments of Lawrence Mantjika.

NEWTONIAN PRINCIPLES IN TAEKWON-DO

By **Yvette Perrott** II dan

All red belts and above know, to quote the coloured belt handbook, that the "physical techniques of Taekwon-Do are based on the principles of modern science, in particular Newtonian physics which teaches us how to generate maximum power". But how many could explain exactly what Newtonian physics is, let alone how it applies to Taekwon-Do? As a physics student and Taekwon-Do practitioner, I thought I could shed some light on this topic.

Who was Newton?

Sir Isaac Newton was born in 1643 in Lincolnshire, England, to a prosperous farming family, and died in 1727. He was a physicist, mathematician, astronomer, alchemist and theologian as well as Master of the Royal Mint and Member of Parliament. He has been voted the first and second most important contributor to science and humankind in various surveys (together with Albert Einstein).

In 1687, Newton published his Philosophiæ Naturalis Principia Mathematica (Latin for Mathematical Principles of Natural Philosophy), or Principia for short. Here he set out his now-famous three laws of motion, in the beginning of what we now call "Newtonian physics".

Newton's Laws

Newton's First Law of Motion (also known as the Law of Inertia) states that if an object is at rest, it remains at rest, or if it is moving at a constant velocity, it remains at that velocity, unless a force is applied. A force can be a push, pull or twist. This law seems somewhat counterintuitive since in our everyday experience things tend to slow down, but this is because in everyday life there are always frictional forces acting. A situation where there are close to no frictional forces acting, for example on an ice rink, proves this law.

Newton's Second Law of Motion states that the change in momentum of an object is equal to the force applied to it. Momentum is equal to mass x velocity ($p = mv$). Mass usually remains constant in our experience, so change in momentum is equal to mass x acceleration (mass x change in velocity). Applied force is therefore equal to mass x acceleration ($F = ma$).

Newton's Third Law of Motion states that for every action there is an equal and opposite reaction. For example, when a gun is fired, the force applied to the bullet flying out is balanced exactly by the recoil force on the gun in the opposite direction.

So how does any of this apply to Taekwon-Do?

Well, first we need to define a few more terms. The words "force", "energy", and "power" are used fairly loosely and often interchangeably in everyday language. However, they actually have very specific and differing meanings in physics.

"Force" has basically been defined already: it is a push, pull or twist and causes a change in momentum. The formula for force is $F = ma$.

"Energy" is defined as the capacity of a physical system to do work. There are many different types of energy, for example kinetic energy, the energy possessed by a moving object. In this case, E (Energy) = $\frac{1}{2}mv2$.

"Work" is the amount of energy transferred by a force along a distance. W (Work) = Force x displacement, when the force and displacement are parallel.

"Power" is the rate at which work is performed. This is what we are most concerned with in Taekwon-Do, in particular instantaneous power which is given by P (Power) = Force x velocity when the force and velocity are parallel.

Well done, you made it through the physics! Now what does it all mean?

Newtonian physics teaches us how to generate the maximum possible power by simply looking at the formula for instantaneous power. It is clear that to increase power, we need to increase both the force and the velocity of a technique.

Newton's Second Law says that $F = ma$, so to increase the force we need to increase the mass, by leaning as much of our body-weight into the technique as possible, and also accelerate as much as possible. This is why we relax at the beginning of a technique and start out slowly. If we start out a technique at full speed we will still be at the same speed at the end of the

Sir Isaac Newton

technique which means there will be no acceleration, and therefore no force and no power.

Newton's Third Law teaches us another way to increase the force of a technique. When we punch, we generate force in the forward direction with the punching hand. This generates a recoil force in the opposite direction, just like firing a gun, which we absorb in the body (if we have a good stance). To increase the effectiveness of the punch, we also pull back the other hand to the waist, in the opposite direction to the punch. This generates a recoil force in the direction of the punch, adding to the force in the forward direction and increasing the power of the punch.

Since $P = Fv$, the other way to increase the power of a technique is to increase the velocity of the attacking tool as it reaches the point of impact. We often forget about this and concentrate on increasing the force of the technique, but it is equally important. You can exert force on a board by leaning into it, but no-one would expect it to break because the movement is too slow. As an example, say I can accelerate my footsword in a sidekick from 0 km/hr to 10 km/hr in a second over a distance of 30cm. If I start my kick 30cm from the target, with this acceleration I will reach 10 km/hr at the instant I reach the target, and this may not be enough to break a board. However, if I pull back my leg more and start from a distance of 60cm from the board, with the same acceleration I can ►

2011 UPDATE

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

The ITF World Championships to be held in March 2011, are being held at the prestigious TSB Bank Arena, located on the vibrant and picturesque Wellington waterfront.

As with most things in Wellington, the venue is within walking distance from the CBD, Te Papa, the Sunday Farmers Market at Waitangi Park, waterfront walks, supermarkets, restaurants and cafes, and of course, most hotels within the city.

World Champs 9-13 March 2011

We are well and truly on the home straight. Eight months to go and counting down fast! We are looking forward to the absolute privilege of hosting the best competitors from all around the world in the nine events that make up a World Championships. We plan on making this event the most successful tournament experienced by all, and the most memorable for a very long time to come!

Even if you are not competing in the World Championships, make sure you are here to support the New Zealand team and take in this once in a lifetime opportunity. We are expecting hundreds of competitors and supporters from 60 odd countries. It will be a fantastic experience for everyone.

The wonderful Trisha Inglis from Travel Managers has negotiated a number of different accommodation packages to suit all budgets. If you'd like some assistance getting to and staying in Wellington, do not hesitate in emailing Trisha at Travel@ITFNewZealand2011.com

We are working towards competitor registration for the World Championships opening in August this year. The tournament schedule looks a bit like this:

Monday, 7th March
Country Training at venue

Tuesday, 8th March
Country Training at venue. Competitor Weigh-in, Umpires Course, Umpires Meeting, Coaches & Managers Meeting

Wednesday, 9th March
Opening Ceremony & Day 1 of Competition

Thursday, 10th March
Day 2 of Competition

Friday, 11th March
All Day Congress, Free day for Competitors
Country Training at venue

Saturday, 12th March
Day 3 of Competition

Sunday, 13th March
Day 4 of Competition, Closing Ceremony
After Tournament Celebrations

The organising team are working through the mammoth task of staging this world event. The medal design is complete, and the power breaking and specialty machines are being built, some of which were available for the Oceania Championships.

Venues are being booked across the city for the likes of the Umpires Course, Congress and the all important after tournament celebrations.

Decisions are being made in relation to the opening ceremony, and interviews are being held to find country liaison officers who will be assigned to look after our visiting competitors, officials and VIPs.

We are still very keen to hear from you if you are going to be in Wellington during, before or after the World Championships, and you would like to volunteer for a job. The venue set up prior to the tournament, for instance, will be a huge task and the more hands the better! Register online on the World Championships website at www.ITFNewZealand2011.com, and let us know what you can help out with.

A very big thank you to our major sponsors who are Wellington City Council, New Zealand Major Events, SPARC and New Zealand Community Trust. What's great with these sponsors is that even with the financial support we receive, these organisations continue to work together with us to ensure we deliver a spectacular event.

We are interested in hearing from others who may wish to provide sponsorship for the event. Sponsorship packages can be tailored to suit individual requirements. We have vendor places available at the stadium during the tournament. Please contact our Sponsor Manager at Sponsorship@ITFNewZealand2011.com with your expressions of interest. The World Championships leadership and organisation teams invite you to join us in Wellington in March next year. We cannot wait to see you there!

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reach about 20 km/hr at the instant I reach the target, and this may be enough to break the board. That is why it is a lot harder to break a board with a one-inch punch than with a full punch, even though the same force may be generated – there is no time to increase the velocity of the punch and therefore it is much less powerful.

Conclusion

Even though Newton lived nearly 500 years ago, his ideas were ahead of his time and are still relevant to our experience now, which is why he is one of the most well-known and influential scientists in the history of humankind. They also form the foundation for the theory of power which we use to increase the effectiveness of our Taekwon-Do techniques. So the next time you're breaking boards, spare a thought for Newton's hard work which makes your task so much easier.

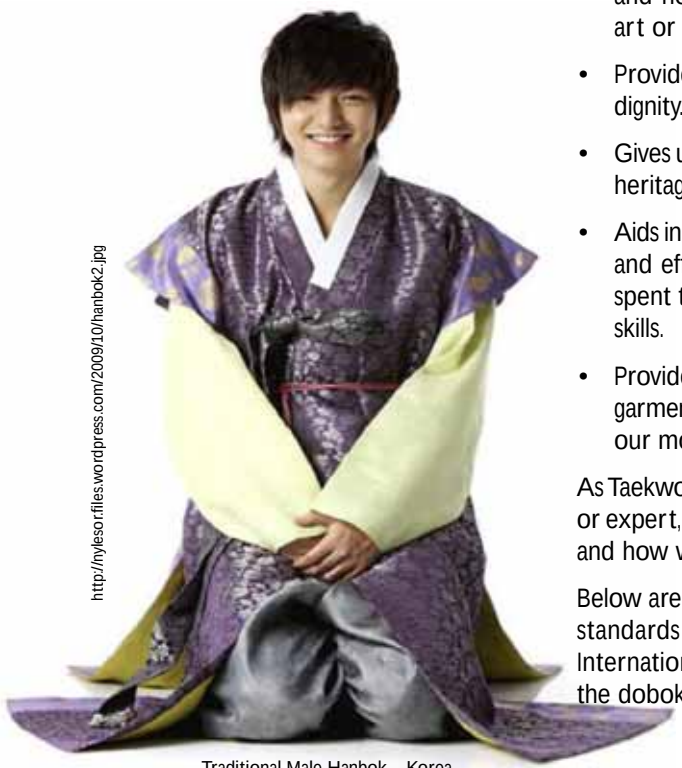
THE DOBOK A SYMBOL OF PURITY, DEDICATION AND PRIDE

By **Kane Raukura** V dan, Standards & Discipline Advisor

Our uniforms we train in, grade in and compete in, are unique to our martial art. The significance of the dobok cannot be underestimated as it is steeped in tradition and can be traced back to ancient Korea where the combination of jacket and pant was known as the "tobok". What is truly interesting though is what the word "tobok" means, as it translates as the "clothing of the way". It represented living a life that was in harmony with nature and with man. Today, the dobok is a symbol of our desire to remain pure to our founder's vision, our dedication to try and live by our tenets and our pride in Taekwon-Do itself.

In the Three Kingdom Era of Korea's past, there were wall paintings depicting people of the Koguryo Dynasty showing them clothed in white costumes. These were made up of trousers and a long jacket that were fastened together around the middle with a black silk sash. The origin of the modern day dobok is unknown but over thousands of years of cultural evolution and martial development, the Koguryo costumes slowly became the style of uniform you see worn today by countless Taekwon-Do practitioners worldwide.

Throughout the orient, white undergarments have always traditionally been worn. There are also possible ties of the Taekwon-Do dobok and Karate gi to the Samurai Warriors of Japan. When Samurai practised they would often strip down to their white undergarments to perform their exercises. The colour white for the Samurai symbolised a beautiful and pure death. We don't seek such harsh ideals today, but as Taekwon-Do practitioners we definitely seek to develop our skill and fine tune our abilities. Our doboks white colour is our symbol of this and a link to the glory days of the formidable Samurai!



http://nylesor.files.wordpress.com/2009/10/hanbok2.jpg

Traditional Male Hanbok – Korea

As well as being based on the ancient tobok, the dobok also has links with the traditional Korean clothing called "hanbok". The hanbok was made up of three separate shapes each symbolising important elements in Korean belief. The waist encircled by a belt was the circle or "won", this represented the heaven. The pants and sleeves where the square or "bang" and represented the earth. The final shape was a triangle or "kak" which was used to symbolise man. All together, the shapes when unified were called the "han", hence the term "hanbok".

The dobok today is as necessary to Taekwon-Do as breathing is to life. It should be treated with respect at all times and worn fully or not at all. Its importance stems from its ancient roots and what it represents for us now. The dobok is a significant part of who we are because it:

- Identifies us as Taekwon-Do students and not members of another martial art or group.
- Provides us with a sense of pride and dignity.
- Gives us strong links to the past, Korean heritage and martial traditions.
- Aids in identifying our rank and the time and effort that we as individuals have spent trying to hone our Taekwon-Do skills.
- Provides us with a practical and healthy garment to train in that does not hinder our movement or flexibility.

As Taekwon-Do students, whether novice or expert, we must take care of the dobok and how we wear it.

Below are a few guidelines on the correct standards expected of all members of International Taekwon-Do in relation to the dobok:

- Doboks should always be kept clean, ironed and in good repair. An old, worn and faded Dobok should be replaced.
- The dobok should have the correct badges and embroidery as laid out in the International Taekwon-Do Standards and Discipline document.
- Branding on doboks should be kept to an absolute minimum. If a loud or large label can be removed, you should do so. This is keeping in line with the white purity of the dobok and what this represents.
- Belts, whatever rank, should be of the appropriate length.

It is important that as members we follow these guidelines and that all instructors enforce them with their students.

www.taekwondo.org.au/images/patternschoi.jpg

Our Founder – General Choi Hong Hi

There is nothing more impressive than a dojang filled with students at attention in sharp stunning white. All correctly dressed and looking proud to practice Taekwon-Do. That one student who is dressed poorly or fails to meet the guidelines stands out like a sore thumb.

So be proud of your dobok, give it the respect it deserves and like the ancient Koreans of Three Kingdoms and the legendary Samurai of Japan, be like a warrior. Stand tall, be strong and pull energy from our amazing history and heritage.

I wish you all an amazing and productive year.

References: www.btkd.co.uk and www.dobok.org

SPORTS MED MATTERS

By **Dr Jake Pearson** IV dan

Children & adolescents

Not just "Little Adults"

With the recent growth of our junior aged membership, it seems a good time to discuss some of the specific injury-related issues that our younger athletes may face. This will hopefully be of interest to instructors, parents, and siblings as well as young students themselves.

The key difference between the immature and mature body with regard to injuries is the presence of growth plates. As their name suggests, growth plates are the sites of bone growth, and stay "open" until growth of that bone is complete (see Figure 1). They are typically the weakest point in the growing skeleton and hence where both chronic and acute injuries usually occur.

Figure 1. The appearance of open growth plates at the wrist on the left, compared with the closed growth plates of a skeletally mature wrist on the right. Open growth plates may look like a fracture to the untrained eye.

The most common chronic or "overuse" injuries occur at the knee and heel between the ages of 10 and 16. There is progressive pain, tenderness and often swelling where the patellar tendon inserts at the top of the shin or where the Achilles tendon inserts at the back of the heel (see Figure 2). Pain is caused by excessive pulling of these strong tendons on areas of bone that are still not fully joined to the rest of the skeleton. However, these can be considered "diseases of health" as they only occur in the very active, and are undoubtedly preferable to the diseases of inactivity, such as obesity and type 2 diabetes, which are unfortunately a "growing" problem in Western societies. Overuse knee or heel pain will improve with rest, icing and stretching but then tend to recur with activity and often persist intermittently for up to two years. The good news is that they do eventually completely resolve and cause no long-term problems.

Figure 2. The sites of common "overuse" knee (left) and heel (right) pain in children and adolescents.

Matt Brunton at demo circa 2004

Ongoing pain felt vaguely in the thigh or knee may be caused by a serious hip problem and should be assessed for consideration of an x-ray, particularly if accompanied by a limp. Likewise, severe or persistent back pain should be properly evaluated.

Acute injuries likewise tend to occur to the growth plates because the soft tissues (ligaments, muscles and tendons) in children are relatively strong; something that would typically cause a soft tissue injury in an adult (e.g. ankle sprain) is more likely to injure the growth plate in a child.

Relevant to Taekwon-Do is the question of "how much is too much?" for a growing body. In general, a child's body is incredibly adaptable to loads that are imposed, and similar principles of conditioning as for adults (i.e. steadily progressive rather than abrupt increases) should be applied. It is accepted in fact that impact activities (e.g. running/jumping) are essential to stimulate bones to strengthen. However when taken to extremes, excessive loads may cause growth plate problems (e.g. stress fractures in the wrists of gymnasts, who essentially use their arms as legs). I see no particular reason why children cannot perform, for example, a limited number of push-ups on their knuckles or break a junior board with an adequately conditioned hand tool as long as the above principles and common sense prevails.

Children benefit from resistance training (e.g. push-ups, squats) similar to adults and at reasonable loads under supervision there is no risk of retarding growth or flexibility, or causing injury. Bones typically grow first and then the muscles and tendons catch up, hence the decreased flexibility and coordination often seen during or following growth spurts.

If a child receives a head injury such as a concussion the treatment should be even more conservative than in adults, and should include "cognitive rest" (e.g. possible time off school, low stimulation environment, no texting!) as well as physical rest until complete resolution. Proper assessment is of course essential.

Children are less efficient at regulating their body temperature and are therefore more susceptible to getting too hot or cold in extreme conditions. Those with medical illnesses can almost invariably participate safely in Taekwon-Do. However, for certain conditions requiring medication (e.g. asthma, diabetes) adult supervision and guidance may be necessary for younger members.

Finally, I and most others believe that childhood should be a time for enjoyment as well as learning and achievement. Training should reflect this, and significant pain or distress should not be accepted, even with the demands of seemingly "crucial" gradings or competitions. The "ugly parent syndrome" is well known in competitive sports, and I would like to think this plays no part in a martial art primarily intended for self-development.

Dr. Pearson is currently working at the Australian Institute of Sport for 2010 – but then is coming home!

Martial Arts for kids

...more than meets the eye!

Photos by Doug Hanna

By **Phil Thompson**

A little known fact about me is this: Taekwon-do saved my life.

I am not referring to some self defence situation where I used a technique to survive; I am referring to something quite different.

As a child I was a skinny, shy, introverted kid and I was bullied at school. Bullying is a major problem in our society and can have catastrophic effects on us, especially at a young age.

When I was eight years old my parents enrolled me in a Taekwon-do class to learn some 'moves to defend myself'. What developed was far beyond that expectation. My mum says she started to notice the changes within six months of training. She noticed I was 'coming out of my shell', that I was more confident around people, more conversational and outgoing and it was even noted on my school report that I had started to take an interest in school sports and special activities.

My circle of friends at school increased (probably partly because I had stopped spending every lunchtime hiding away in the library and started playing with the other kids) and one of the kids who was previously my biggest antagonist became my friend (we are still friends to this day).

Grading tests were held every six months back then and every new belt was like the next rung in the ladder of my confidence. Martial arts became a healthy obsession for me and I immersed myself in it wherever I could. By the time I was at intermediate school, I was taking part in school speech contests. This may not seem like anything special but if you had known me as a child, and could appreciate the actual degree of shyness I had, this was monumental. It should have been impossible. But it happened because of a subtle and discrete change to my confidence and self beliefs that had been taking place over the past few years.

Looking back I can remember now – even though I didn't know it then – how many times Taekwon-Do was my focus point when I was going through some tough times and how it was moulding my personality and outlook on life.

Unfortunately the Taekwon-Do club I was training at closed, but I continued studying karate at the time and also a variation of kick-boxing – which was a new concept back then and was certainly not mainstream and had no discipline angle to it at all – and my confidence began to go too far to the point where I was what you would call 'cocky'.

In 1992, when I was 15 years old I joined Mr Trevor Harbrow's Taekwon-Do school in Whangarei. Mr Harbrow is now an ITFNZ II dan. Trainings back then were very hard and Mr Harbrow was responsible for instilling in this cocky 15 year old some much needed discipline. And he did a great job. Aside from 'reining me in' and putting things into perspective for me, he also saved me from doing some stupid things at a very hard time in my life.

Specifically I can remember a time where I had been assaulted at a party – head-butted in the face and whacked with a tyre iron to be exact, not a fun night – and the aftermath had escalated, as they often do with young guys, to the point where 'my friends' were going to meet 'his friends' for an all-out 'rumble' in retaliation. Being proficient with nunchuku but clueless to the actual consequences of using them, I took them with me to a party where we expected the fight to take place. As it happened, nothing happened that night. What did happen though is someone told Mr Harbrow what was going on and that I was carrying nunchuku around with me. He pulled me aside at the end of class the following night and in his own way 'changed my mind' about ever doing that again. He gave the discipline that I needed right at that point of my life and stopped me doing something which could have affected me forever. There were several times when TKD discipline or the guidance of an instructor helped me through hard times like this, and I am sure many times the instructor had no idea just what an impact they were having.

A few years later – in my late teens – something happened in my life which

was catastrophic for me. I lost someone I cared about very much to violence (she was attacked and as a consequence chose to take her own life). The several years following were the darkest of my life. I did many things I am not proud of and found myself in many situations which were dangerous and violent. I have said many times that the only positive influence in my life which I somehow managed to hold onto was Taekwon-Do. I have no idea why I kept going to class when I had closed myself off to everything else in my life. Maybe it was the only certain and dependable focus I decided I had left. One thing I know for sure though is that it pulled me through and I credit it for potentially saving my life, as the path I was heading down was highly destructive to say the very least.

Many parents enrol their kids in martial arts to 'have a healthy hobby' or 'learn to look after themselves'. What is often not seen are the undefined benefits which take place: Self Confidence, Self-Respect, Leadership Skills, Public Speaking Skills, Discipline, Respect for Others, External and Internal Health, Positive Mental Focus, Positive Attitude, Self-Esteem, Structure and Stability, Moral Values Development, Indomitable Spirit resulting in them pushing through life's barriers to achieve goals, Teamwork, and a support structure of like-minded people. These are additional to fitness, good health, self defence, sport etc. To me it is the perfect model for positive development of young minds.

There is of course a direct and tangible self defence benefit to increasing children's confidence through martial arts training, besides becoming less likely to be a victim of bullying. The child also becomes a 'harder target' for potential predators as they are looking for perceived weakness and vulnerability. If the martial art has done a good job in instilling strong confidence and self beliefs in the child, often the physical defence techniques become redundant as they will not be called upon for use as the child will avoid or repel situations ahead of time.

The discipline angle of Taekwon-Do should never be under-valued either. It is absolutely vital to our kids, and to our society and becoming more so every day. Our kids are bombarded with violent visual imagery every single day. This is a topic for another article but it is important to know what is happening with this so I mention it only briefly here. Much of this imagery promotes violence being acceptable, glorious, and – most frightening of all – even enjoyable. Kids are being taught to derive pleasure from the pain and suffering of human beings. They are becoming desensitised to it and learning to associate pleasure with it. Develop a belief system in kids that violence is okay and even enjoyable, and remove any discipline from their lives and what do you have? Open the newspaper and you will see school stabbings, youth gang attacks, students stabbing teachers, school massacres overseas, bashings, peer to peer abuse, assaults on parents and siblings, muggings, bullying behaviour...the list goes on.

This is why it is so important that parents choose the right martial art for their children. Certainly not all arts are created equal, that is for sure. An art which encompasses a balance between traditional aspects and sporting aspects, with strong leadership and moral values, with a clear support structure and an emphasis on discipline and self-improvement in a positive environment has all of the ingredients to mould a very positive future for generations to come. The reason I publicly endorse the ITFNZ system for kids is because I believe it has all of the elements required to positively develop children. I genuinely believe it is the best martial art in New Zealand for kids to study.

Clearly martial arts alone is not the 'be-all and end-all 'to helping kids' personal development, but it is a very good start. If I hadn't had martial arts in my life as a child and a teenager I know things would have turned out very differently for me, and I have seen countless other examples of others in similar positions over the years.

I believe that if martial arts was compulsory for kids our society would be far better for it, but since that is not the case, my hat is off to all parents out there who pro-actively encourage and support their children to participate in training. It is something they will thank you for later in life.

Please register for our monthly newsletter on our website www.protectselfdefence.co.nz. When you do you will receive a free e-book on avoidance and awareness strategies for self defence

*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.*

GETTING FITTER

PART 3

By **Sonya Robinson** III dan

In the first issue of Taekwon-Do talk last year 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.

In the last issue we looked at getting F.I.T.T.E.R, and in this issue we look at what "overload" means.

In order for a muscle to increase its capabilities, a greater load than the body is normally accustomed to must be applied for an adaptation to occur.

If the overload on the way we are training remains at a constant workload intensity then our bodies will only respond to that given intensity.

The body over compensates when placed under extra pressure (or overload) and thereby produces a training effect.

It takes time for the body to adjust following a session involving overload.This is why the way we train, using the principles of f.i.t.t.e.r above, must be gradual and discontinuous but still progressive.

Cycles of heightened training (working towards short term goals like gradings or competitions) should be broken up with recovery cycles of less frequent training or lesser intensity and volume. This is where rest is important.

As the adaptation to this increased stress occurs, an even greater stress must be applied if we wish to make further increases.

In summary, by increasing the demands we place on our bodies and through repetition, better results are achieved.

So how do we know when we are overtraining?

Overtraining occurs when the body is stressed to the point where no gains are being made and can in fact cause us to lose condition rather than gain it.

Overtraining can occur when workouts are too difficult to handle or too often to permit enough rest.

Symptoms of overtraining may be both physical and psychological.

Although these symptoms can occur due to other circumstances they are also very reliable indicators of overtraining.

- In general – poor practices, poor performances,
- Physically – weight loss, pain without injury, unexpected joint and muscle strains, nausea, head colds and stuffy noses, suppressed immune system.
- Psychologically – irritability, insomnia and, in extreme cases, depression

So, by all means think about what it means to you and your enjoyment of TKD when you are busy getting F.I.T.T.E.R .You certainly don't need to worry about a little bit of "overload", but do exercise the tenet of Self Control and then you can avoid catching the dreaded "overtrain".

In the next TKD Talk let's look at other important features of our training from a fitness and health perspective, and if you have a subject that you would like me to try and cover please let the TKD Editor know and I can put some thought into it.

Taekwon!

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

Mr Kevin Joe getting overloaded

Photos by Doug Hanna

INSTRUCTORS ON-LINE

By **Master Paul McPhail** VII dan

Many of the systems that make our organisation run, happen behind the scenes. Our instructors in New Zealand are spoilt with a world class database system that makes it much easier for them to operate their schools.

The database programme was written by Mr Neil Breen, II dan and former winner of the coveted Presidents' Award in 2006 for his contribution to ITFNZ. Back in 1989 Mr Breen helped ITFNZ buy its first computer and created the website – one of the first in the world.

Mr Breen has continued to develop the database into the fully integrated on-line system that instructors can access from any internet connection

Most of our members don't realise the extent to which it has developed, and the functions it has. It is such a huge programme. This article will only attempt to summarise some of the functionality for instructors, students and examiners.

Instructors

Instructors can register new members, make payments and update existing member records on-line. They also have access to the list of all instructors names, addresses, email addresses, and contact phone numbers.

They can re-register their members each year and at the same time pay their ITF Instructor Licence fee. They can search for members, check their grading records and when they last did a course. They can also check their own certificate expiry dates for things such as Instructors and First Aid courses.

Instructors can also alter the information shown in the LOCATIONS section of the website, such as venues, times, and assistant instructor details.

At grading time, instructors simply click on the members of their school that are grading and the program prints the grading forms, showing each person's name, age and last grading date and result . The list is also then ready for the examiner to enter the results on-line.

Students

Students can now Sign-In and check their membership information such as contact details, grade and courses they have attended. They can make corrections and updates to this information.

Those going for black belt apply for grading on-line. They enter their name and membership number, and the programme brings up all information on the application form on screen. The programme checks the rank, time period since last grading, certificates and other requirements such as being a current umpire. The candidate uploads a photo, essay and any medical certificates. Once everything is done the candidate clicks "ready" and alerts are automatically sent to (1) The treasurer to check payment, (2) Regional Director to verify credits points and (3) Instructor to approve the application and write a brief report. These people click a link to authorise the grading. Once that is done the chief examiner can click APPROVED and the confirmed list of gradees is generated to be published on the website.

Examiners

The system has been a real time saver for examiners. They now record all gup and dan grading results on-line. This is an extremely efficient system of quick tick boxes and automatic grade input system all done in real time. The database can be accessed from any browser so some examiners enter in the results at the airport before returning home from a grading trip.

Computer guru, author of the International Taekwon-Do Database, and 2nd dan – Mr Neil Breen

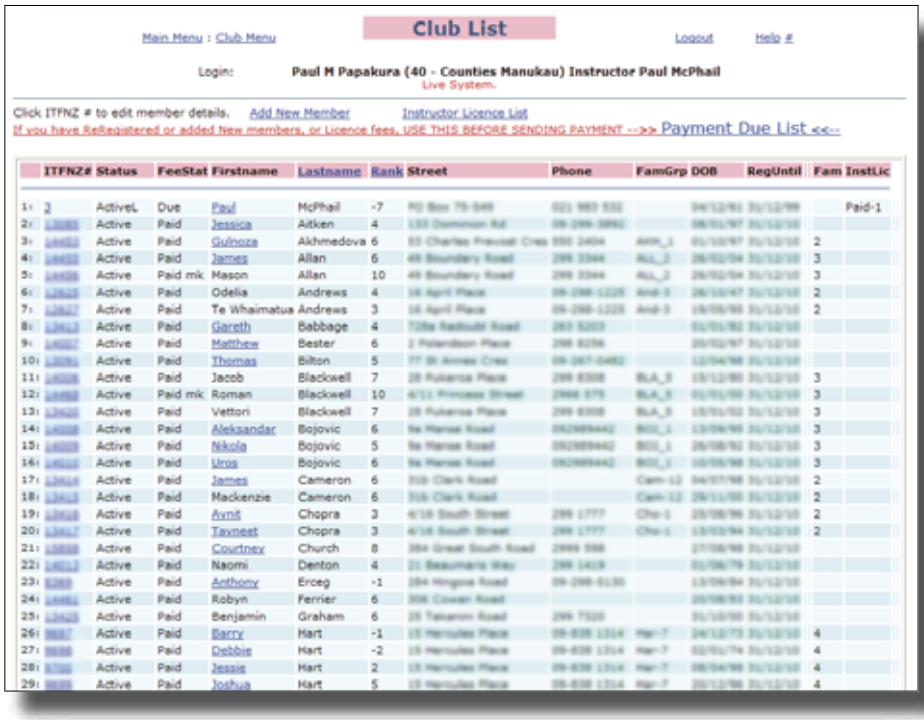
Photo by Paul McPhail

Senior examiners for dan gradings can view or download all the candidates details, photos and essays to prepare for the grading. They automatically print out the Grading Result Sheets, complete with name, age, club details ready for the grading.

The examiners can see over a dozen different reports on the black belt grading, including status reports and checklists, edit application flags to do things such as to re-send requests for an instructors report.

After the grading the programme archives the results of gradings for safe-keeping.

In a future issue of Taekwon-Do Talk Mr Breen himself will outline how the tournament module of the system works – which is a significant programme in itself.



Club List

Main Menu : Club Menu Logout Help #

Login: Paul M Papakura (40 - Counties Manukau) Instructor Paul McPhail
Live System.

Click ITFNZ # to edit member details. Add New Member Instructor Licence List
If you have ReRegistered or added New members, or Licence fees, USE THIS BEFORE SENDING PAYMENT -->> Payment Due List <<--

	ITFNZ#	Status	FeeStat	Firstname	Lastname	Rank	Street	Phone	FamGrp	DOB	RegUntil	Fam	InstLic
1:	3	ActiveL	Due	Paul	McPhail	-7	[illegible]	[illegible]		[illegible]	[illegible]		Paid-1
2:	[illegible]	Active	Paid	Jessica	Aitken	4	[illegible]	[illegible]		[illegible]	[illegible]		
3:	[illegible]	Active	Paid	Gulnoza	Akhmedova	6	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	2	
4:	[illegible]	Active	Paid	James	Allan	6	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	3	
5:	[illegible]	Active	Paid mk	Mason	Allan	10	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	3	
6:	[illegible]	Active	Paid	Odelia	Andrews	4	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	2	
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10:	[illegible]	Active	Paid	Thomas	Bilton	5	[illegible]	[illegible]		[illegible]	[illegible]		
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Kicks for Kids and ALIENS

by Shirley Pygott - II dan

Welcome to Issue #25

Kicks for Kids has been taken over by aliens! Most of the illustrations have come from the awesome cakes made at the last Nationals Kids Camp (sorry I haven't put the makers names under their creations - Unfortunately I lost the list.) We have another chapter in Meet the Founder, as well as more kids in action, and a picture of Silla club - looking really tasty!

Our address if you have something to put on these pages is: PO Box 457 Silverdale Whangaparaoa 0944 or e-mail tkdtalk@itkd.co.nz

General Choi Hong Hi once said:

My dream is to have Taekwon-Do on the Moon and the Stars

The General spent his life spreading Taekwon-Do throughout the world, starting in Korea in the 1950 right up until his death in 2002.Today there are more than 81 countries who have ITF Taekwon-Do schools. If it spreads to the stars, just think how many clubs there would be!

Think About This.....

What would the patterns look like if you have more than one pair of arms, or two heads, or 5 legs?

How would an alien stop its tail hitting itself in the face while doing a flying reverse turning kick ?

Wouldn't it be cool to do pattern Moon-Moo on the moon?

How awesome would kicks turn out in zero gravity?

Intergalactic tournaments would be pretty interesting, and it could look a little bit like this....

Who needs a dobok when you are covered in spots?

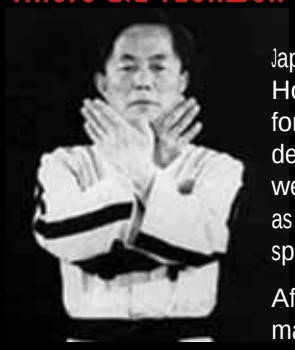
TASTY TAEKWON-DO

These tasty little gingerbread people were baked and iced by Abby, Bonnie and Jade Gibson, members of the Silla Taekwon-Do Club, and were the winning baking at the National Kids Camp.There are even stripes on the belts, and there was one for every member of the club. See how they formed up in order and their instructors look great too. And they were VERY VERY tasty :-)

I had to taste test quite a few of them to be really sure they were the winning entry..... YUM!

MEET THE FOUNDER PART 13

Where did Taekwon-Do really Start?



Japan had lost the war, and had finally gone from Korea. In 1947 Choi Hong Hi had been promoted to Second Lieutenant in the newly formed Korean Army. He took his position very seriously and was determined to make sure the Korean soldiers under his command were ready for any battle. He taught all of them Karate, because he had learnt it while he was in Japan as a young man. He was now a 2nd Degree Black Belt and his karate skills had got him out of a tight spot many times, (like in Kicks for Kids issue #16 - Making Bad into Good)

After a while he began to think to himself " Why on earth am I teaching and spreading a Japanese martial art to our Korean soldiers, after I was almost killed by the Japanese?" From that time onwards he started to develop a martial art that he could teach to his Korean soldiers. He wanted it to be something that was truly Korean in its nature, and he wanted it to be stronger than any other martial art. So he slowly worked at perfecting all the techniques, so that every movement had a purpose and used the body scientifically to make the most power possible. It wouldn't be called Taekwon-Do for another 8 years or so, but this is where it all started. And if he hadn't been through all those terrible times against the Japanese army before and during World War II, he may never have developed it at all.

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

ALL THE THINGS WE DO AT TRAINING.....

Nick, Mary, Jessica, Jake, Ellie, Jacob, Callin, Vinu, Emma, Jaylynn, Leanna, Alix and Dylan from Jungshin Red Beach Kids and Mini-Kids Clubs.

GALLERY

Our official photographer Doug Hanna covered the World Champs in Mar Del Plata, Argentina in November 2009. Here are a few of his favourite images.

By **Doug Hanna** www.tkd.hanna.net.nz

▲ **Silhouette of a World Champion** Two days prior to the World Champs teams were invited to use the venue for a training session to familiarise themselves with it. It was pretty dark and off to the side of the ring area there was an access corridor with light pouring into it. Carolina was totally focused on running through her patterns and I was madly moving around trying to get her framed in the corridor as a background. It was really hard as she moved back and forth during her patterns. Finally I got a good opportunity as she began Kwang-Gae and I had time to get into position and get the kind of shot I was after.

Team Graphics On the 3rd floor of the gym was a fantastic room for practicing patterns. I got a buzz from the photo opportunities presented by the light and the floor to ceiling windows and blinds. This is the junior male team practicing their team patterns. I really liked the strong composition in this image. They looked so good, we were sure they'd be in the medals but it wasn't to be this time. ▼

◄ **One last punch** Luke is well prepared but still takes the opportunity during our last training to perform his "breaks" one last time. It was very hot and many of the men discarded their shirts to try and keep cool. This made for a very satisfying photo opportunity that illustrates why Luke is 2rd time World Champion Power Test.

▲ **V Sign** Master Marano's club gym where we trained in Mar Del Plata prior to the event was well suited to some interesting photography. This image captured Clint King warming up in front of a balustrade, forming a pleasing graphic effect.

▲ **Intensity** Senior female team sparring semi-final between arch rivals Poland and Argentina. It looks like Ilona Dziala from Poland has caught Patricia Garelik from Argentina with a right punch to the chest. I like this image because of the intense expression on Patricia's face, the fact that her face is so sharp, and the out-of-focus crowd in the background. Ilona won the fight.

▼ **Colourful People** Each day, prior to the competition getting under way I wandered through the crowd looking for photo opportunities. This was my favourite from that activity. When I got back to NZ I put the image on Facebook asking if anyone could name and tell me about these people. Juan Goncalves (centre) got in touch and we've been in pretty regular contact since. On the left is Haymar Tovar and the right is Tamira Marquez, all from Venezuela.

◀ **Emotion** I'm always on the lookout for capturing the many emotional highs and lows observed at the World Champs. Daiana Turnes from Argentina is a good friend of a number of the Kiwi team members. In this image she has just become the junior female hyperweight world champion.

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