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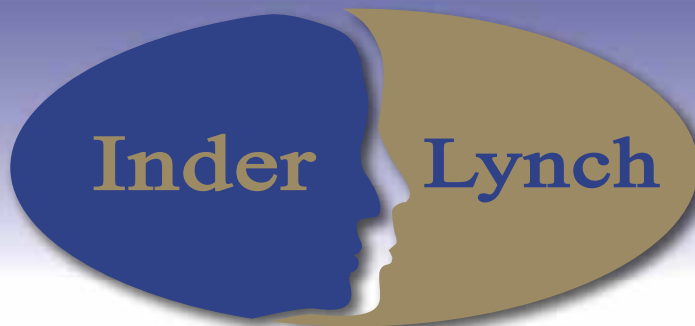
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## FROM THE PRESIDENT



**Master Evan Davidson**

VII Dan, President

'Déjà Vu'. It seems that 2010 has become another tragic and trying year affecting our Taekwon-Do family! What, with the earlier death of the ITF President, Grand Master Tran Trieu Quan in the quake that struck Haiti in January

and now another large earthquake striking Canterbury and Christchurch. Thankfully no one was killed in this quake which I believe is a testament to New Zealand's construction and building codes and of course some luck being at the time of day that the main shock occurred. It was good to hear that none of our Christchurch TKD members were overly affected.

More recently devastating to us was the sudden passing of Mr Dave Ballard 5th Dan Instructor of Palmerston North and Feilding Taekwon-Do Academies. Mr Ballard was also a most respected coach of the New Zealand Taekwon-Do Team. His unfortunate and untimely death has had a significant effect on many of us, not only from his region, but also from around New Zealand and overseas. Thank you to all who were able to attend his funeral. You gave him a great send off. Thanks also for all the hundreds of kind wishes, condolences and messages that were sent to Bernadette and the Ballard family.



Mr Dave Ballard

We have the appropriate support available to any members or Instructors that feel badly affected by any situation and in particular the situations that have recently occurred. There is direct access to a number of Support Services and it only needs you to ask through your Instructor, Regional Director or the CEO.

Also in this month's message I would like to thank and acknowledge all our many volunteers who put in tremendous work and sacrifice in keeping this organisation running smoothly. It is through your effort and dedication that makes our Martial Art here in New Zealand as strong as it is.

On a brighter note it was another fantastic performance from the New Zealand team members who attended and competed at the Asian Taekwon-Do Champs in Vietnam. I received this email from the President of the ITF Asian Confederation, Master Alfred Yu from Hong Kong, addressed to the Manager/Coach Mr Steve Pellow:

*"Please receive my deep appreciation for your kind support of the ITF demonstration for 2nd Asian Championship in Vietnam. ITF New Zealand had showed the high technical skills and true TKD spirit during the open ceremony. You as a leader did a great job, sir and you earn my full respect".* **Master Yu**

And special congratulations to our Standards and Discipline Advisor and Instructor Mr Kane Raukura for being awarded New Zealand's top award for Excellence in Teaching (NEITA). Mr Raukura is a senior teacher at De La Salle College and also won the regional NEITA award earlier in the year.

## TKDT TEAM

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

Your region not represented in this issue? We have printed everything we have received so it's up to you. To submit an article please post to: Taekwon-Do Talk Magazine, P O Box 75 -549, Manurewa, Auckland 2243 or email to: [tkdtalk@itkd.co.nz](mailto:tkdtalk@itkd.co.nz).

For submission guidelines and advertising enquires please visit our website: [www.itkd.co.nz/tkdtalk](http://www.itkd.co.nz/tkdtalk).

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# 16 Spectacular Kids



Piripi Edwards from Rangitikei Dragons in action at the 2010 Nationals

Niketa Wells ▶



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Just a quite note to say a HUGE thanks to Mr Breen for an outstanding job putting together the new grading format for instructors on the International Taekwon-Do website. It is just so easy now, and taken out all the hassle of grading preparation. No more cards, printing off copies, messy hand writing, writing cheques... honestly it's also a pleasure to do it now!

Nice one Mr Breen !

**René Kunz**  
**IV Dan Instructor Miramar**

After the New Zealand Nationals this year, Mr Weston from Hobart Tasmania kindly announced that the Australian Nationals was open to New Zealanders as well. After a tough sparring round and managing to win myself a gold medal at Nationals, I had a chance encounter with Mr Weston the next morning, who kindly invited me to compete in the event.

From that point on I had my sights set, accepting that the trip would be my birthday present, plans were put in place. Thanks to mum and dad. Dad couldn't go, so mum took me.

We arrived in Hobart well before the event, on the Wednesday evening. Thursday we got our bearings and gave Mr Weston a call just to confirm our arrival; he then invited me to his dojang.

He has an excellent set up in an old church, all the members of the club were as thrilled to see me from New Zealand as I was to meet with them. Mr Weston had organised a photo shoot with the Mercury Newspaper, the equivalent of our Herald. He made the whole event very special.

Saturday morning arrived very quickly, and I was first up in my division. Mum watched, and thought, hey that was good Niketa, fortunately so did the judges, as all the blue flags went up to confirm I was in the next round, this continued for the remaining rounds, and then the joy of winning my gold.

Special Techniques next, overhead kick and flying high kick and although the others were all much taller, I managed to hit the targets and score a Silver.

Sparring, this was a little different to how I have sparred here; it was stopped very often, and to make it more unusual. Mum had to do the Seconding (Coaching as they call it in Hobart). As mum usually disappears for sparring events, she sat like a stunned possum and told me I was good. It can't have been too bad, I did get the Bronze.

After the event Mr Weston awarded me the most spirited competitor plaque, I felt so proud, and so did mum. The people that had been judging and the black belts that had been watching my patterns all congratulated me too.

We went on facebook and it was great seeing the support from NZ, particularly my friend DJ lotua, he was supposed to come with me but couldn't make it, but he sent me cool messages, that helped me focus.

Mr Weston organised an awesome event, particularly as they don't appear to have a lot of the resources we may take for granted here. I already plan on going again, and would recommend it to everyone, it was really cool.

**Niketa Wells, Waiuku**

## OUR EXPERTS



**TECHNICAL**  
MASTER PAUL MCPHAIL



**SPORTS MEDICINE**  
DR JAKE PEARSON



**SELF DEFENCE**  
MR PHIL THOMPSON



**FITNESS**  
MRS SONYA ROBINSON



**STANDARDS**  
MR KANE RAUKURA



**KIDS**  
MRS SHIRLEY PYGOTT

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KICKS FOR KIDS

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## ON THE WEB:



[www.youtube.com/user/ITFNZTaekwonDo](http://www.youtube.com/user/ITFNZTaekwonDo)



[www.facebook.com/TKDAction](http://www.facebook.com/TKDAction)

[www.itkd.co.nz/tkdtalk](http://www.itkd.co.nz/tkdtalk)

## COVER



Cover photo by Doug Hanna of Hunter Edwards (Ardmore) competing at the second Star Series Tournament in Whangarei.





## NEW SCHOOLS

Welcome to our new schools and instructors

### Spirit Brooklyn Kids



Instructor:  
Mrs Helen Miller III dan  
Vogelmorn Hall, Cnr  
Vennell St & Mornington  
Road, Vogeltown  
Sunday 9:30 - 10.45am  
Thursday 5.00 - 6.15pm

*Spirit Brooklyn train kids from ages 6 to 14, providing a safe and fun environment where kids can learn confidence, respect, self discipline and make new friends. Mrs Miller is an accountant and former Treasurer of International Taekwon-Do.*  
[spirit.net.nz](http://spirit.net.nz)

### Legacy Taekwon-Do



Instructor:  
Mr Lance Brunton I dan  
Kilbirnie School Hall,  
Hamilton Road, Hataitai  
Tuesday and Thursday  
6pm to 7pm - Juniors  
6pm to 8pm - Seniors

*Mr Brunton is an Eastern Suburbs local who has been a member of the Miramar club since 1989. He initially trained under Mr Karauti, one of Master Davidsons initial students within the developing Miramar.*  
[legacytkd.wellington.net.nz](http://legacytkd.wellington.net.nz)

### Miramar Taekwon-Do



Co-Instructor:  
Mr Andy Wong I dan  
Miramar North School,  
Weka Street Miramar  
Monday and Thursday  
Juniors 5:30 - 6:30pm  
Seniors: 6:30 - 8:00pm

*Mr Wong started Taekwon-Do at the end of 1999, under Mr René Kunz at the Miramar Taekwon-Do club. His goal of being an instructor is to share his Taekwon-Do knowledge with the community and help students reach to their potential in and outside of their Taekwon-Do training.*  
[miramartkd.wellington.net.nz](http://miramartkd.wellington.net.nz)

### Jungshin Shore Kids



Co-Instructor:  
Mrs Liz Tee I dan  
Long Bay Primary School,  
Ralph Eigel Place,  
Long Bay  
Thursdays 4-7yrs  
4.30 - 5.00pm

*I started training in the UK in 1999 with TAGB, and continued training when I came to NZ in 2002. After an extended break, I finally tested for my 1st dan in May 2010. I have three children of my own and really enjoy working with young children and teaching the Mini-Kids syllabus.*  
[jungshin.co.nz](http://jungshin.co.nz)

## 2010 NATIONAL AWARDS

Wellington, Saturday 3rd July 2010

The 2010 National Awards were held in Wellington on Saturday 3rd July. Mr Don Martin organised and hosted the awards. The 2010 winners were:



### Dan Student of the Year

Mr Afi Meleisea – Dragons Spirit Papatoetoe (pictured with finalists Mr Ogy Kabzamalov and Ms Sheryl Chase)



### Instructor of the year

Master Paul McPhail

### Club of the Year

Paul M Papakura



### Junior Student of the Year

Miss Melissa Timperly – Paul M Papakura



### The Presidents Award for Outstanding Contribution to ITFNZ

Mrs Shirley Pygott (right, with the other finalist Mrs Natasha Lotua)

### Gup Student of the Year

Mr Shane Searle



## REGIONAL ROUND-UP

Each **Regional Director** is invited to send in news from their region

### Auckland North

Well what a weekend the Oceania's were! Not sure about the result – well it was great on the day, but not so good once the recount came in..... (LOL)

Our Counties cousins deserved the win although it obviously could have gone either way.

And Auckland North is hosting next year. Better start getting your teams together if you want a good shot at best overall region. Bring it on and give Counties and us a good ol' shake up – Go on – I dare you.

Airfares are reasonable and there is a huge range of accommodation options available as well as friends and relatives to keep those costs down.

It's been heads down and at the grindstone this year with many of our "stars" doing particularly well overseas.

Congratulations to Carl Van Roon, Chris Broughton, Carolina Dillen, Mark Trotter, Matthew Davey and Ogy Kabzamalov for doing so well – it's great to see those hours of hard work rewarded and we are proud of you all.

Locally we also congratulate Mrs Shirley Pygott for being awarded the Presidents

Award for Outstanding Contribution to furthering ITFNZ.

Mrs Pygott is a "rock" in our organisation both regionally and nationally so I am delighted that she has been recognised in this way. We are lucky to have her.

Well done to those who got together and assisted Mr Banicevich in raising over \$8000 for Papua New Guinea – literally helping to build a more peaceful world. It's great to see what can be achieved when we all pull together.

It's been a year of ups and downs with earthquakes in Haiti and Christchurch directly affecting our Taekwon-Do family as well as the sudden passing of Mr Dave Ballard our National Team Coach. Our thoughts go out to his family and friends. He will be sorely missed.

Well the year is not over yet and we still have our 1st ever Regional Kids Camp, another round of Gup Gradings and a Black Belt Grading before we can have a little rest over the festive season.

Enjoy your training and the company of your fellow Taekwon-Doins.

Take care, be well and always do your best.

Sonya Robinson 🍷



Mrs Shirley Pygott - recipient of the President's Award and the 25 year plaque



## MASTERS RECOGNISED

### Martial Arts Hall of Fame

On 28th August 2010 Masters Davidson and McPhail were inducted into the Australasian Martial Arts Hall of Fame in a ceremony held in Sydney Australia. The Australasian Martial Arts Hall of Fame was formed in 1996 for the purpose of giving worldwide recognition to the contributions and dedication made to the industry by martial artists from all disciplines. They were nominated for induction into AMAHOF by the President of the NZMAHOF, Mr Dave Miller. The ceremony and dinner was held in the Mercure Hotel, Liverpool Catholic Club Complex in Sydney.

Inductees are also automatically inducted into the the World Karate Union Hall of Fame. Each inductee received a lovely silver



Masters Davidson and McPhail

ring embossed with the words AMAHOF and WKUHO. They also received a certificate and 2 plaques from the respective organisations.



# NZ TEAM BUILD UP

Article and Photography By **Doug Hanna**

There's more interest than ever from New Zealand's International Taekwon-Do members in competing at the next ITF World Champs in Wellington. With a much-reduced travel cost compared with most World Champs events, and our team having come second overall in Argentina, there's been a big incentive to trial for the team.

The first trials weekend on the 21-22nd August attracted 87 competitors from all over the country, which completely blitzed previous records.

This time the trials are being conducted over two weekends giving competitors more opportunity to show what they're capable of, and for the selectors to take more time to observe and make the difficult selections where individual performances are close.

For juniors (14-18 years old) we are allowed to have up to three competitors per division. This helps encourage the

young up-coming talent to have a go and gives them more experience at the world champs level of competition before hitting the senior ranks.

This year quite a few of our top juniors have clicked over the 18 years old junior threshold and join the ranks of the seniors. As a senior the competition to make the team is fierce because there is only one individual allowed to be entered per division, three for juniors.

Trialists are selected for individual and team events covering patterns, sparring, power and special technique. Selection for team events is tricky. Within each mens team event there are six competitors (five performing and one reserve). However, across the four team events the maximum number of individuals is 10. So, to be in a team you need to be really good at a number of events to give the overall team the best opportunity across all events. This makes it

particularly tricky for the selectors. In the end the team is made up of around 50 competitors across the juniors and seniors.

The selection panel for the first trials weekend consisted of Mrs Lena Walton, Mr Dave Ballard (Head Coach) and Mr Steve Pellow (Assistant Coach). Mr Lawrence Mantjika (Patterns Coach) consulted to the selection panel for patterns.

Just prior to the second trials weekend Mr Dave Ballard sadly passed away sending a shock wave through the Taekwon-Do community. The second trials weekend was immediately postponed a month to October 16-17th October. Everyone involved stepped up to ensure that this setback was turned into positive energy to give 110% towards achieving the best possible performance for the 2011 World Champs in Mr Ballard's honour. Mr Steve Pellow was invited to the position of Head Coach and Master McPhail assisted with the trials selections alongside Mr Pellow and Mrs Lena Walton.

I always enjoy photographing the trials. Everyone is very focused and there are only one or two performances occurring at any one time, so we get to see everyone at their best. With the stakes so high, the competitors are all performing at their highest possible levels which make for spectacular patterns and sparring matches and tense power and specialty competition. The pressure is really on when the selectors ask the two top competitors for a single position to compete against each other. With sparring and patterns it's not



The selectors: Mrs Walton, Mr Pellow, Master McPhail with Mr Breen assisting







always  
obvious to  
the spectators  
who is going to be  
chosen, but with power and  
specialty it becomes more obvious  
to us.

With some top juniors coming through to senior ranks we have some of the best competitors in the world competing for the one senior individual position. Luke Thompson is two times World Champion for power and we also have the current junior world champion Stuart Maden. For specialty we have four times World Champion Carl van Roon and now also the current junior silver medallist, Shane Black. Amanda Cleland is the current bronze medallist for female power, with Kristy Leong the current junior silver medallist. It would be fabulous if we could put forward two competitors for some of these senior positions but unfortunately the rules don't allow it.

With the delay between trials, our build-up programme has been set back a month and there's now even less time to prepare before the competition in Wellington begins on the 9th March 2011. For those selected for the New Zealand team the hard work goes up a notch with many



Amy Reeder exchanges head kicks with Alisa Parker





training at weekly club and World Champs trainings five or more days per week. With their positions defined, it's a time of focus for the individual athletes.

In Auckland, two World Champs team trainings a week are run by Mr Pellow. For some team members living in other parts of the country it's even more challenging, working on their own or in small groups, with some travelling regular long distances to participate in the weekly world champs team trainings. We have only two more Taupo weekend training camps before the competition gets under way, in December and February.

Final team selections are published on the website – you can check out the final team on [www.itkd.co.nz](http://www.itkd.co.nz). We hope to see you for a once-in-a-lifetime opportunity to support our team at the World Champs in Wellington from the 9th-13th March 2011. You can find out more about the event on the official website [www.itfnewzealand2011.com](http://www.itfnewzealand2011.com)



Riley Phillips-Harris



Luke Thompson



Matthew Brunton



Kane Baigent sparring Shane Black



Melissa Timperley



Junior male team patterns



# NATIONALS RESULTS 2010

2010 National / 5th Oceania Championships 3-4 July 2010

## Best Over All

Black Belt Junior	Melissa Timperley (CM)
Black Belt Senior	Shane Black (MID)

## Region

## Gold medals

Counties Manukau	30
Auckland North	29
Central Districts	26
Midlands	18
Wellington	11
South Island	7
Australia	4
Cook Islands	3

## Womens Team

Central Districts

## Mens Team

Midlands

## Pre Arranged Free Sparring

Carlton Crew (Aus)	1st
Counties Manukau	2nd
Midlands	3rd

## Sparring

### Female S Sparring BB 1 + Micro

1 st	Freya Thomson (CD)
2 nd	Alexandra Couling (AN)
3 rd	Erica Germaine (AN)

### Male S Sparring BB 1 + Heavy

1 st	Shane Black (MID)
2 nd	Ross Black (MID)
3 rd	Rick Scholes (AUS)
3 rd	Richard Lavin (WV)

### Male S Sparring BB 1 + Middle

1 st	Jeremy Hanna (AN)
2 nd	Stu Maden (CD)
3 rd	Mark Hanna (AN)
3 rd	Tyrone Seeley (CM)

### Male S Sparring BB 1 + Light

1 st	Ogy Kabzamalov (AN)
2 nd	Matthew Davey (AN)
3 rd	David Burr (CD)
3 rd	Michael Nguyen (AUS)

### Female S Sparring BB 1 + Middle

1 st	Courtney Meleisea (CM)
2 nd	Alisa Parker (CM)
3 rd	Rosie Polaschek (AN)
3 rd	Danielle Drylie (AN)

### Female S Sparring BB 1 + Light

1 st	Estelle Speirs (CD)
2 nd	Helen Caley (SI)
3 rd	Joyce Lee (AN)
3 rd	Ana Rakonjac (SI)

### Male J Sparring BB 1 + Heavy

1 st	Aramai Tahau (CD)
2 nd	Mitchell Craig (CD)
3 rd	Louie Tong (MID)
3 rd	Jason Teio (WV)

### Male V Sparring 5/6/7/8 Hyper

1 st	Steve Parrant (CD)
2 nd	Damion Keeling (CM)
3 rd	M Brown-Cooper (AN)
3 rd	Rei Enoka (CK IS)

### Male J Sparring Gup Hyper Plus

1 st	Paraita Akama (CK IS)
2 nd	Zakaria Ahmed (AN)
3 rd	David Westren (CM)

### Female P Sparring 4/3/2/1 Light

1 st	Shania Kennedy-lowie (AN)
2 nd	Claudia Cale (MID)

### Female I Sparring Gup Hyper Plus

1 st	Tiaretaina Leota (CM)
2 nd	Wikitoria Nolan (MID)

### Female I Sparring 5/6/7/8 Middle

1 st	Abbey Gibson (MID)
2 nd	Nikita May (CD)
3 rd	Kimi Smith (AN)
3 rd	Krista Skipper (CD)

### Male J Sparring Gup Hyper

1 st	Jordan Adams (WV)
2 nd	William Arbuckle Hill (SI)
3 rd	Travis Page (CM)
3 rd	Rahmatullah Ahmed (AN)

### Male P Sparring 5/6/7/8 Micro

1 st	Isaiah Kairua (WV)
2 nd	Piripi Edwards (CD)
3 rd	Shane Kairua (WV)

### Male P Sparring 4/3/2/1 Middle

1 st	Matthew Patterson (SI)
2 nd	Dejaimero Iotua (CM)
3 rd	Vaughan Webb (CM)

### Male P Sparring 4/3/2/1 Light

1 st	Oscar O'Neill (CD)
2 nd	Jared Wood (CM)

### Male I Sparring BB 1 + Middle

1 st	Mitchell Leong (CM)
2 nd	Wayne Tureia Jnr (CM)
3 rd	Eoghain Thomson (MID)
3 rd	Luke Jackson (SI)

### Male I Sparring BB 1 + Light

1 st	Ryan Mcnie (AN)
2 nd	Michael Jarrett (CD)
3 rd	Aidan Campbell (CM)
3 rd	Kane Bidois (MID)

### Female P Sparring 5/6/7/8 Micro

1 st	Heaven-lee Kairua (WV)
2 nd	Ruby O'Neill (CD)
3 rd	Abigail Webb (CM)

### Female P Sparring 5/6/7/8 Light

1 st	Alli Veerbeek (CD)
2 nd	Charlotte Jordan (WV)
3 rd	Kiriana Nolan (MID)

### Female P Sparring 5/6/7/8 Middle Heavy

1 st	Frances Lloyd (MID)
2 nd	Ruby Kendall (CM)
3 rd	Jenna Dodd (CM)

### Female V Sparring 5/6/7/8 Light

1 st	Helen Veerbeek (CD)
2 nd	Mary Kopa (CM)

### Male I Sparring 4/3/2/1 Micro

1 st	Damon Williams (AN)
2 nd	Bradley Edwards (AN)
3 rd	Shaan Pama (WV)
3 rd	Leighton Stronach (MID)

### Male P Sparring 5/6/7/8 Light

1 st	Timothy Searle (CD)
2 nd	Liam Malthouse (WV)
3 rd	Justin Meek (WV)
3 rd	Caleb Reeves (SI)

### Male I Sparring 5/6/7/8 Heavy

1 st	Devon Brown (CM)
2 nd	Aaron Crisp (CM)
3 rd	Johnny Aranui (MID)
3 rd	Tipuna Rakatairi (CD)

### Male I Sparring 5/6/7/8 Middle

1 st	Joshua Robinson (AN)
2 nd	Anton Teau (CM)
3 rd	Ben Fallows (SI)
3 rd	Conor Hill (AN)

### Male I Sparring 4/3/2/1 Heavy

1 st	Luke Cherrington (CD)
2 nd	Keelyn Watts (WV)
3 rd	Mana Williams Eade (SI)
3 rd	Dylan Cooper (CM)

### Male I Sparring 4/3/2/1 Middle

1 st	Jeremy Crawford (AN)
2 nd	Andrew Hadjis (SI)
3 rd	Raymond Crawford (AN)
3 rd	Sean McDermott (MID)

### Male I Sparring 4/3/2/1 Light

1 st	V Chandrakumar (CM)
2 nd	Liam McDermott (MID)
3 rd	Joshua Patterson (SI)
3 rd	James Edwards (AN)

### Male P Sparring 5/6/7/8 Middle

1 st	Michael Searle (CD)
2 nd	Nikau Nolan (MID)
3 rd	Paul Hickson (AN)
3 rd	Viper Klomjai (CM)

### Male I Sparring 4/3/2/1 Hyper

1 st	Sean Neary (AN)
2 nd	Reuben Libline (MID)
3 rd	Andrew Ching (SI)
3 rd	Brendan Love (AUS)

### Female S Sparring 4/3/2/1 Light

1 st	Eun-byul Yu (AN)
2 nd	Natalie Read (SI)

### Male S Sparring 4/3/2/1 Middle

1 st	Craig Oliver (SI)
2 nd	Matthew Fallows (SI)
3 rd	Marshe Hema (CM)
3 rd	Darius Chapman (MID)

### Female S Sparring 5/6/7/8 Hyper

1 st	Carman Chapman (CM)
2 nd	Row Hope (AN)

### Female S Sparring 5/6/7/8 Light

1 st	Donna Hargreaves (MID)
2 nd	Ana Hadjis (SI)
3 rd	Lia Smith (AN)

### Female S Sparring 4/3/2/1 Hyper Plus

1 st	Gena Salmon (SI)
2 nd	Vienna Parker (CM)
3 rd	Catherine Edwards (SI)

### Male V Sparring BB 1 + Hyper Plus

1 st	Kevin Joe (AN)
2 nd	Afi Meleisea (CM)
3 rd	Peter Guptill (CM)
3 rd	Duncan Styles (AN)

### Male S Sparring 5/6/7/8 Heavy

1 st	Karar Ubaid (AN)
2 nd	Sarath Mok (MID)
3 rd	Michael Edwards (CD)

### Male S Sparring 5/6/7/8 Light

1 st	Ivan Ho (CM)
2 nd	Tonic Artos (SI)

### Male S Sparring 5/6/7/8 Middle

1 st	Junfu Jiang (SI)
2 nd	Sean Malthouse (WV)
3 rd	Ben Rushton (CM)
3 rd	Horace Yeung (AN)

### Female I Sparring 4/3/2/1 Heavy

1 st	Georgia Kendall (CM)
2 nd	Georgia Moore (CM)
3 rd	Hine-anahera Nolan (MID)
3 rd	Kaylan Putaka (CD)

### Female I Sparring 3rd Gup + Middle

1 st	Rosie Collins (MID)
2 nd	Briar Topp (SI)





3 rd Morgan Searle (CD)  
 3 rd Brittany Young (WVN)  
**Male I Sparring 5/6/7/8 Hyper**  
 1 st Oneal Rongo (CK IS)  
 2 nd Tamatoa Tangimetua (CK IS)  
 3 rd Kerrie Pirini (CM)  
**Male I Sparring 5/6/7/8 Micro**  
 1 st Jamie Brunton (WVN)  
 2 nd Tom Biggs (CD)  
**Male V Sparring 4/3/2/1 Hyper**  
 1 st Jonathon Watts (WN)  
 2 nd Kevin Crawford (AN)  
 3 rd Phil Webb (CM)  
 3 rd Hector Tuakana (AUS)  
**Male S Sparring 5/6/7/8 Hyper**  
 1 st Kevin Onland (CD)  
 2 nd Tori Marsh (AN)  
 3 rd Rahiri Cooper (AN)  
 3 rd William Brownlee (WVN)  
**Male S Sparring BB 1 + Hyper**  
 1 st Clint King (MID)  
 2 nd Regan Diggelmann (MID)  
 3 rd Brendan Doogan (CM)  
 3 rd Michael Onland (CD)  
**Female S Sparring BB 1 + Hyper**  
 1 st Jessica Lewis (AN)  
 2 nd Toni Moki (CM)  
 3 rd Lianna Mccartney (CM)  
 3 rd Kristy Leong (CM)  
**Female S Sparring BB 1 + Heavy**  
 1 st Amy Reeder (AN)  
 2 nd Nikki Galpin (SI)  
 3 rd Mina Ueyama (CD)  
**Male J Sparring BB 1 + Light**  
 1 st Michael Davis (MID)  
 2 nd Simon Davis (MID)  
 3 rd Jamie Searle (CD)  
**Male J Sparring BB 1 + Micro**  
 1 st Jake Low (MID)  
 2 nd Jackson Taylor (AN)  
**Male S Sparring BB 1 + Hyper Plus**  
 1 st Luke Thompson (CM)  
 2 nd Bruce Harrison (CM)  
 3 rd Wesley Filiki (WVN)  
**Female J Sparring BB 1 + Hyper Plus**  
 1 st Hanna Kendall (CM)  
 2 nd Jaime Teasdale (MID)  
**Female J Sparring BB 1 + Hyper**  
 1 st Uma Goodyer (CD)  
 2 nd Patrina Guptill (CM)  
 3 rd Paige Moki (CM)  
 3 rd Hayley Rosser (MID)  
**Female J Sparring BB 1 + Heavy**  
 1 st Samantha Faddoul (AUS)  
 2 nd Vanshika Sudnakar (CM)  
 3 rd Rebecca Styles (AN)  
**Female J Sparring BB 1 + Light Middle**  
 1 st Melissa Timperley (CM)  
 2 nd Kara Timmer (MID)  
 3 rd Phillipa Henry (CM)  
 3 rd Kavita Jaduram (AN)  
**Male J Sparring BB 1 + Hyper Plus**  
 1 st James Jestrinski (AUS)  
 2 nd Joel Rushton (WVN)  
**Male J Sparring BB 1 + Hyper**  
 1 st Hamish Duncan (SI)  
 2 nd Trent Hayden (AUS)  
 3 rd Cameron Langdon (MID)  
 3 rd Trivette Murray (CD)

**Male V Sparring BB 1 + Heavy**  
 1 st Brett Kimberley (CM)  
 2 nd Richard Iotua (CM)  
**Male J Sparring BB 1 + Middle**  
 1 st Ethan Parker (CM)  
 2 nd Waka Clencie (CM)  
**Male V Sparring 4/3/2/1 Heavy**  
 1 st Shane Searle (CD)  
 2 nd Craig Mitchell (CD)  
**Male S Sparring 4/3/2/1 Heavy**  
 1 st Tyler Jenkins (CM)  
 2 nd Adam Herbison (AN)  
 3 rd Hayden Booth (SI)  
 3 rd Tangireka Akama (CK IS)  
**Female S Sparring 4/3/2/1 Middle**  
 1 st Sara Curtis (CD)  
 2 nd Danielle Vignati (AN)  
 3 rd Fran Marshall (CM)  
**Male S Sparring 4/3/2/1 Hyper Plus**  
 1 st Alex Perkins (AN)  
 2 nd Morgan Lloyd (MID)  
 3 rd Quinn Petersen (SI)  
 3 rd Kurt Katene (CD)  
**Male J Sparring 4/3/2/1 Middle**  
 1 st Daniel Johnson (CM)  
 2 nd James Phemister (AN)  
 3 rd Tom Morrison (MID)  
 3 rd James Brown (MID)  
**Female J Sparring 4/3/2/1 Hyper**  
 1 st Sophie Hadjis (SI)  
 2 nd Faustina Hickson (AN)  
**Female J Sparring 4/3/2/1 Heavy**  
 1 st Cecilia Love (AUS)  
 2 nd Rufina Daniel (CK IS)  
 3 rd Lisa Sorger (WVN)  
 3 rd Emma Young (CD)  
**Female S Sparring 4/3/2/1 Heavy**  
 1 st Lydia Garratt (AN)  
 2 nd Charlotte Blair (MID)  
**Male J Sparring 4/3/2/1 Heavy**  
 1 st Corey Hunter (CM)  
 2 nd Casey Dunstan (AN)  
 3 rd Kirk Matsis (WVN)  
 3 rd Armando Strange (CD)  
**Male J Sparring 5/6/7/8 Heavy**  
 1 st Fletcher Stevenson (MID)  
 2 nd Milton Brown-Cooper (AN)  
**Female J Sparring 5/6/7/8 Hyper Plus**  
 1 st Alice Onland (CD)  
 2 nd Emma Preece (CM)  
 3 rd Eliza Elkington (SI)  
**Female J Sparring 5/6/7/8 Heavy**  
 1 st Maia Van De Mark (MID)  
 2 nd Samantha Shaw (AN)  
**Female I Sparring 4/3/2/1 Micro**  
 1 st Niketa Wells (CM)  
 2 nd Jade Gibson (MID)  
**Female I Sparring 4/3/2/1 Light**  
 1 st Holly Fleet (MID)  
 2 nd Maddison Black (MID)  
 3 rd Sarika Woodley (CD)  
 3 rd Hayley Young (WVN)  
**Male J Sparring 5/6/7/8 Light**  
 1 st Joel Rushton (CM)  
 2 nd Adam Searle (MID)  
 3 rd Ethan Shergold (MID)  
**Female V Sparring BB 1 + Hyper**  
 1 st Rose Cherrington (CD)  
 2 nd Sonya Robinson (AN)  
 3 rd Sheryl Chase (WVN)

**Male I Sparring BB 1 + Heavy**  
 1 st Robert Meleisea (CM)  
 2 nd Zane Kendall (CM)

### Patterns

**M Senior BB Patterns 4th Dan +**  
 1 st Richard Lavin (WVN)  
 2 nd Michael Nguyen (AUS)  
 3 rd Tony Nguyen (AUS)  
 3 rd Brendan Doogan (CM)  
**F Senior BB Patterns 4th Dan +**  
 1 st Thu Thach (AN)  
 2 nd Sandi Legg (CD)  
 3 rd Rose Cherrington (CD)  
**M Senior BB Patterns 3rd Dan**  
 1 st Jeremy Hanna (AN)  
 2 nd Brett Kimberley (CM)  
 3 rd Richard Iotua (CM)  
 3 rd Mark Hanna (AN)  
**F Senior BB Patterns 3rd Dan**  
 1 st Toni Moki (CM)  
 2 nd Nikki Galpin (SI)  
 3 rd Sonya Robinson (AN)  
**M Senior BB Patterns 2nd Dan**  
 1 st Dane Canton (CD)  
 2 nd Luke Thompson (CM)  
 3 rd Tyrone Seeley (CM)  
 3 rd Matthew Davey (AN)  
**F Senior BB Patterns 2nd Dan**  
 1 st Erica Germaine (AN)  
 2 nd Alexandra Couling (AN)  
 3 rd Estelle Speirs (CD)  
 3 rd Alisa Parker (CM)  
**M Junior BB Patterns 2nd Dan +**  
 1 st Ethan Parker (CM)  
 2 nd Mitchell Leong (CM)  
 3 rd Jason Teio (WVN)  
 3 rd Aramai Tahau (CD)  
**F Junior BB Patterns 2nd Dan +**  
 1 st Melissa Timperley (CM)  
 2 nd Patrina Guptill (CM)  
 3 rd Hayley Rosser (MID)  
**F Junior Red Belt Patterns (1st -2nd)**  
 1 st Maddison Black (MID)  
 2 nd Emma Young (CD)  
 3 rd Shania Kennedy-lowie (AN)  
 3 rd Brittany Young (WVN)  
**M Senior Blue Belt Patterns (3rd - 4th)**  
 1 st Keith Speck (CM)  
 2 nd Josh Livingstone (MID)  
 3 rd Shane Searle (CD)  
 3 rd Morgan Lloyd (MID)  
**M Senior Green Belt Patterns (5th -6th)**  
 1 st Kevin Onland (CD)  
 2 nd Horace Yeung (AN)  
 3 rd Tai Kairua (WVN)  
 3 rd Sean Malthouse (WVN)  
**F Junior Green Belt Patterns (5th -6th)**  
 1 st Alice Onland (CD)  
 2 nd Samantha Shaw (AN)  
 3 rd Eliza Elkington (SI)  
 3 rd Alli Veerbeek (CD)  
**F Senior Blue Belt Patterns (3rd -4th)**  
 1 st Caroline Dee (AN)  
 2 nd Fran Marshall (CM)  
 3 rd Rebecca Whitlock (AN)  
 3 rd Charlotte Blair (MID)  
**M Junior Blue Belt Patterns (3rd - 4th)**

1 st Paraita Akama (CK IS)  
 2 nd Armando Strange (CD)  
 3 rd Scherezade Panthaki (WVN)  
 3 rd Oscar O'Neill (CD)  
**F Junior Blue Belt Patterns (3rd - 4th)**  
 1 st Georgia Kendall (CM)  
 2 nd Kyla Walton (WVN)  
 3 rd Kaylan Putaka (CD)  
 3 rd Bonnie Gibson (MID)  
**F Senior Yellow Belt Patterns (7th -8th)**  
 1 st Lia Smith (AN)  
 2 nd Lana Iago (AN)  
 3 rd Ana Hadjis (SI)  
 3 rd Donna Hargreaves (MID)  
**M Junior Green Belt Patterns (5th - 6th)**  
 1 st Evander Brown-Cooper (AN)  
 2 nd Oneal Rongo (CK IS)  
 3 rd Timothy Searle (CD)  
 3 rd Toby Langdon (MID)  
**M Junior Yellow Belt Patterns (7th -8th)**  
 1 st Jakob Braakhuis (WVN)  
 2 nd Kerrie Pirini (CM)  
 3 rd Logan Braakhuis (WVN)  
 3 rd Caleb Reeves (SI)  
**F Senior Green Belt Patterns (5th - 6th)**  
 1 st Danielle Vignati (AN)  
 2 nd Carman Chapman (CM)  
 3 rd Shannon Steven (WVN)  
 3 rd Robyn Ferrier (CM)  
**M Senior Yellow Belt Patterns (7th - 8th)**  
 1 st Rahiri Cooper (AN)  
 2 nd Ben Rushton (CM)  
 3 rd Richard Pratt (MID)  
 3 rd Michael Edwards (CD)  
**M Senior BB Patterns 1st Dan**  
 1 st Andy Wong (WVN)  
 2 nd Thai Luu (WVN)  
 3 rd Shane Black (MID)  
 3 rd Ogy Kabzamalov (AN)  
**M Junior BB Patterns 1st Dan**  
 1 st Ryan Mcnie (MID)  
 2 nd Michael Davis (MID)  
 3 rd Jamie Searle (CD)  
 3 rd Leon Wang (AN)  
**F Junior Yellow Belt Patterns (7th - 8th)**  
 1 st Kimi Smith (AN)  
 2 nd Nikita May (CD)  
 3 rd Krista Skipper (CD)  
 3 rd Georgia Vogt (WVN)  
**F Junior BB Patterns 1st Dan**  
 1 st Paige Moki (CM)  
 2 nd Phillipa Henry (CM)  
 3 rd Samantha Young (WVN)  
 3 rd Kara Timmer (MID)  
**F Senior BB Patterns 1st Dan**  
 1 st Amy Reeder (AN)  
 2 nd Chris Morton (WVN)  
 3 rd Freya Thomson (CD)  
 3 rd Mina Ueyama (CD)  
**M Senior Red Belt Patterns (1st -2nd)**  
 1 st Alex Perkins (AN)  
 2 nd Kurt Katene (CD)  
 3 rd Jonathon Watts (WVN)  
 3 rd Phil Webb (CM)  
**F Senior Red Belt Patterns (1st - 2nd)**  
 1 st Eun-byl Yu (AN)  
 2 nd Lydia Garratt (AN)  
 3 rd Genia Salmon (SI)  
 3 rd Shiau-choot Tang (WVN)





#### M Junior Red Belt Patterns (1st - 2nd)

- 1 st Corey Hunter (CM)
- 2 nd James Edwards (AN)
- 3 rd Tom Morrison (MID)
- 3 rd Sean McDermott (MID)

#### Power

##### Junior BB Male Power

- 1 st Jason Teio (WN)
- 2 nd Mitchell Craig (CD)
- 3 rd Louie Tong (MID)

##### Junior BB Female Power

- 1 st Uma Goodyer (CD)
- 2 nd Kara Timmer (MID)
- 3 rd Melissa Timperley (CM)
- 3 rd Phillipa Henry (CM)

##### Senior BB Male Power

- 1 st Stu Maden (CD)
- 2 nd Regan Diggelmann (MID)
- 3 rd Wesley Filiki (WN)

##### Senior BB Female Power

- 1 st Chris Morton (WN)
- 2 nd Nikki Galpin (SI)
- 3 rd Lianna Mccartney (CM)

#### Special Techniques

##### Senior BB Female Specialty

- 1 st Nikki Galpin (SI)
- 2 nd Sandi Legg (CD)
- 3 rd Estelle Speirs (CD)

##### Senior BB Male Specialty

- 1 st Shane Black (MID)
- 2 nd David Burr (CD)
- 3 rd Shannon Ryan (WN)

##### Peewee/Inter BB Spec

- 1 st Robert Meleisea (CM)
- 2 nd Joshua Campbell (CM)
- 3 rd Luke Jackson (SI)

##### Junior BB Female Specialty

- 1 st Kara Timmer (MID)
- 2 nd Melissa Timperley (CM)
- 3 rd Kavita Jaduram (AN)

##### Junior BB Male Specialty

- 1 st Aramai Tahau (CD)
- 2 nd Michael Davis (MID)
- 3 rd Trent Hayden (AUS)

##### Peewee/Inter BB Female Spec

- 1 st Anna Yates (CD)
- 2 nd Morgan Searle (CD)

#### Team Events

- Black Belt Team Patterns Womens
  - 1 st CM Female Team
  - 2 nd Auckland North Women
  - 3 rd Wellington Womens
- S BB Tear Spar Womens
  - 1 st CD Women
  - 2 nd South Island
  - 3 rd Wellington Womens
  - 3 rd Auckland North Women

##### Black Belt Team Patterns Mens

- 1 st Auckland Nth Men
- 2 nd CM Male Team
- 3 rd Wellington Mens

##### S BB Team Spar Mens

- 1 st MD Male Team
- 2 nd CM Male Team
- 3 rd Wellington Mens
- 3 rd South Island

##### BB Male Team Specialty

- 1 st Midlands
- 2 nd Counties Manukau
- 3 rd Central Districts

##### BB Female Team Specialty

- 1 st Central Districts
- 2 nd South Island
- 3 rd Auckland North

##### Senior BB Male Team Power

- 1 st Wellington Mens
- 2 nd Counties Manukau
- 3 rd Midlands

##### Senior BB Female Team Power

- 1 st CM Female Team
- 2 nd CD Women
- 3 rd AN Women
- 3 rd South Island

Thanks to Mr Lorantos and his team for organising such a great Nationals!

# KIDS ARE CLASS

by Mr Duncan Styles I dan and Miss Rebecca Styles I dan

## Starting Off

The idea for a kids' class came from my instructor, Mr Banicevich. He suggested we (including Miss Megan Styles) could start the class if we would like to instruct it, and of course we agreed! The class started off quite small, with a total of around eight. This made it very easy to teach, because they were all white belts and there were only a few of them. One of the students had a dad who was a I dan, but was taking a "break" from Taekwon-Do. So soon enough we had him up and instructing along with the three of us. Then the class grew and grew...

## Target audience

School kids are best at picking up the tuition and concepts taught in the class when they have attended school for at least six months. Always encourage younger ones to have a go, but explain to the parents that they will probably be better when a little older.

## Promotion

Several tried and true areas are available for gathering students. SPARC hosted a sports evening at Glendowie School for several years and our club has benefited from the interaction the format allows. We are able to chat to the kids, getting them to kick pads and showing them a few basics, while at the same time asking parents leading questions like do they realise we have a special kids' syllabus, and a class dedicated to 6 to 10 year olds. The school newsletter is great for coverage, as is our web site, [www.glendowie.org](http://www.glendowie.org). The ITFNZ Kids handbook is also a great tool to have in your bag, and assures parents that there is a genuine school in place. You can always start a Facebook page too – search for Paul M on Facebook.

## What to teach

The Mini-Kids Syllabus of course! Mrs Pygott did a fantastic job breaking the 10th gup syllabus into five easy sections. Most students will be comfortable completing one section per school term, and after about a year and a half, they will be able to grade to 9th gup (yellow stripe) at a formal gup grading. Each section is rewarded with a single stripe worn on the end of their white belt. The students are then termed



Jared Wood – Paul M Papakura

"First Green" or "First Red" as per their current rank. The system is simple and well thought out, and a breeze to administer.

Find a bunch of instructors or assistant instructors.

It really helps if you have a few assistant instructors who are ready to help whenever you give them the nod. The instructor will need to be qualified by International Taekwon-Do, but there is a great chance here for their assistant to be 1st gup, or a young black belt. There is also a great chance for an assistant to be gently thrown in the deep end, as all (sometimes we have four) instructors are there to help and to take smaller chunks of the class. The Kids' Class then becomes a real learning centre for the up and coming students in your club, as they are teaching the most forgiving students you can find.

## Keep the parents laughing

The parents are your customers – the kids are your students. The parent is paying your fee, and they decide if the Kids Class is worth their commitment. Like all good kids' movies, there must be two stories told – one for each audience. If you can involve the parents with a silly joke, or get them to hold a pad, they feel involved. Ensure you invite and encourage them to your club's social events. Their input is invaluable, and they just might want to start some day – a couple of our mums have.

## Press-ups

Kids love press-ups – the more the merrier. The key is to do a few here and there, and not concentrate on doing hundreds at a time. We encourage them to use their fists, following advice that it's okay for the younger ones. The trick is to convince them of the benefits and to teach them how to make a proper fist. Then to always set the example and encourage them to follow. We started using them as a punishment, but they think of it as a privilege! We do victory press-ups (say three for winning a relay), and loser press-ups (say 5 for the runners- up).

## Having fun

Games, games, games. The kids love the games. Here are a couple we play:

*Rats and Radishes. Two lines with partners. The lines are about two metres apart. You call either Rats or Radishes. The Rats line runs one way, and the Radish line attempts to catch. The other way for Rats. If a student is caught or runs the wrong way, two press-ups.*

*Poisonous Letter. Two 'winners' call letters. The other students take a step if their name contains the letter. If the Poison Letter is called, a penalty is called (you guessed it – press-ups).*



*First to touch the caller wins. The goal here is to reward good Taekwon-Do stances with a free step: bending ready stance, walking stance – all good stuff.*

The game thing is vital for the younger mind. They can only take so much serious training. Games really lift the class spirit and are great for starting and ending the class. You'll have to be firm on your choice, and be careful to ensure the game does not carry on for all the class. It can be too much of a good thing.

### Fees and communication

This started us all thinking what the cost to the student should be, and of course, how to discount for families. The complication then got worse with families training in combinations of family and kids' classes. Kids are allowed some time off during the holidays (why?) and the family class doesn't stop, so initially our fees were for the complete term. The basic fee for tennis or soccer is always around \$100 for a term so

our initial decision of \$90 per term worked well. The difficulty the club has, however, is that some parents tend to not return the next term, leaving us to find more students. This term we have a new fee structure that makes no distinction on the class a student attends. More information is on the Glendowie website under fees – [www.glendowie.org](http://www.glendowie.org).


### Grading

The grading process is there to introduce the kids to the formal grading process that all clubs follow. The key here is to follow the basic grading process of pre-grading, feedback, the grading and presentation of results. The formality of the process is up there with gup gradings as this is easy to emulate and copy. The pre-grading is best held two weeks before the grading. Be tough – you are now the instructor, so select worthy students to grade. You will be presenting your students to the examiner at the grading and showing off how well they are performing. I learnt my lesson fast here when Mr B politely explained that

two of the gradees needed another term at their current grade. Oops. The grading should be examined by a senior dan, if possible. Ask your instructor, or perhaps invite another instructor. A second opinion is really valuable. The grading should be set up with a table and chairs and have a marshal.

We present results and certificates on the last class of the term. This is a great time to have some fun and recognise the leaders from your class.

### Where to now?

The Kids' Class has so many worthy objectives. Stuff like: have fun, develop instructors, introduce kids to Taekwon-Do, develop future leaders. The list goes on and on. The hard part is seeing "your" kids graduating to yellow stripe and moving up to the family or senior class. It's bitter-sweet as you are losing a student, but you both have succeeded. It's entirely worth it. 

Paul M Glendowie Kids



## TKD GAMES

by **Robyn Ferrier** 5th gup and **Rosie Collins** 2nd gup

Bradley Wickman (above) and Nik Bojovic (below) from Paul M Papakura have a go at TKD Soccer.

## TKD Soccer

While kicking a soccer ball with a friend's grandson recently, I found myself getting bored. As kids, my brothers and I weren't bored often. We were constantly creating new games, or new rules for existing games. I decided to try and incorporate Taekwon-Do into our game. I quickly discovered that the shuffling of my feet required to be in the correct position for kicking the ball, and the direction changes were a lot like the quick shuffles we require in sparring. I then started thinking about what part of my foot I was using to kick the ball, and what kicks from Taekwon-Do I could start using (bearing in mind I was kicking to a three year old, and couldn't have the ball travelling too fast or high). I was performing a very low side rising kick, using the footsword, and started experimenting with turning my supporting foot and turning my hips into the correct position. From there, I started turning similar to a back piercing kick, but keeping my kicking leg beside by supporting leg. This was very difficult and something I am still enjoying perfecting. The ball has to be hit straight, and in the centre, or it goes in all directions. After playing for

a while, I noticed my feet starting to tingle where I had been kicking. That's when I thought about how this exercise could benefit others like myself who are starting to condition the feet for board breaking.

I had a wonderful time with Ngakau, and couldn't believe it when he got tired before I did! over the next 24 hours, I found myself thinking about other benefits kicking a ball can have. I began thinking of ways the game could be modified to suit all ages and abilities. Beginners need only a beach ball, which is light and slow. More experienced and conditioned feet may like to use a basketball, which is hard, travels fast and is covered in bumps. The degree of difficulty with the kicks is totally up to the person kicking. They could have someone throw the ball for them, and perform a flying kick.

This game has the ability to:

- Strengthen the muscles required for kicking
- Introduce using full power without fear of hurting your partner

- Condition the feet for breaking
- Improve accuracy with a moving target
- Improve co-ordination and reaction time
- Familiarise you with quick shuffling and direction changes required in sparring
- Teach you about setting yourself up to be in the correct position to kick
- Get you used to our techniques (using the correct tool, turning supporting foot and hips, etc)
- Be a lot of fun

I realise this is something many of you will already have experimented with, but maybe not thought about as obsessively as myself. I encourage you to give it a go, and get creative and find your own ways of bringing Taekwon-Do into your every day life. When you're having fun, you tend to do something longer and with more enthusiasm. 🙌

**Robyn Ferrier – Paul M Papakura**





# BEGINNERS SCHOOL HOLIDAY PROGRAM

by **Carolina Dillen** | dan

What could be more fun over the school holidays then teaching hundreds of kids Taekwon-Do??

Like many of the other kids clubs, Impact Kids run classes according to the school term and students have a two week break from classes between school terms. With the extra time and energy on our hands, we Impact instructors decided to run the second edition of our 'Free Beginners Taekwon-Do School Holiday Program'. The aim of the program is to introduce as many kids as possible, with no previous knowledge of Taekwon-Do, to our martial art and provide them with an extremely positive first experience.

Over the two week school holiday period, the club hosted 11 free classes open to all kids 3-13 years of age in the community. A

total of 144 kids attended sessions covering many aspects of Taekwon-Do including: Taekwon-Do related games and warm up exercises, fundamental stances and movements, self defence, fitness, pad work and even flying kicks such as the flying high kick and Mark's famous 360 degree turning kick also known as the 'tornado kick'.

The program received excellent feedback from children and parents alike with many kids going on to enrol in regular term classes. Thank you to all the kids who participated in the program for your energy and enthusiasm. We are also very appreciative of all Impact Taekwon-Do Club members, parents and supporters who helped with setting up and instructing. We had an absolutely amazing time and couldn't have done it without your help and support. 🙏



Photos by Paul McPhail



## Speed TKD

I would like to introduce the concept of Speed TKD.

Team tournaments combined with four of the main areas in TKD in one minute rounds. Our club was looking for a fundraising idea, so my instructor and I came up with an idea for a tournament, and that idea then evolved into what we call Speed TKD.

First, you need to get two teams, with at least five team members each. Each team gets four pads, and four members of the team become holders, while one person from each team competes. The competitors get 20 seconds to get as many points as possible on the pads, and then they have 40 seconds, to complete the pattern of their grade, a break, and a specialty kick.

The competitors get scored on the difficulty of their chosen techniques and the quality of their patterns and sparring. The other members of the team are responsible for holding the breaker board holder, and pads etc. The team member that finishes first gets a bonus point, and then the team member with the most points wins that round. At the end of the tournament, the team with the most points wins.

This works really well as a warm up because you can adjust the times, and you don't have to use our point system. Our club really enjoyed Speed TKD, and we will definitely be challenging other clubs in our region.

**Rosie Collins, Silla TKD**





by **Master Paul McPhail, VII dan**

I have had the privilege of teaching many spectacular kids over the years. It is especially fulfilling to see those who continue training right through to their adult years. I am proud to say six of my current adult black belts started training with me when they were in primary school.

One boy in my club who deserves special mention is Delaimero (DJ) Iotua. When he was a green stripe his dad casually mentioned to me that DJ reads the encyclopaedia every night and knows all

24 patterns. Passing the comment off as just something from an over enthusiastic parent, I didn't think much about it until we were in Rarotonga in 2008 and I was practising the III dan pattern Sam-il. I must have missed a movement by mistake and was stopped by a little cough and smile from DJ who was watching. He signalled to me the movement I had missed. "Thanks..." I responded slowly with surprise, then continued through the pattern. I couldn't resist asking him to show me that pattern... then Juche, Yoo-Sin and more, which he

shyly showed me. DJ had learnt these patterns by reading the movements from the condensed encyclopaedia, which incidentally contains only a few photos of the pattern movements. In this article you can read more about the incredible DJ for yourself.

There are many amazing kids throughout the country – most of them going unnoticed. I wrote to Instructors recently asking they send in any stories, profiles or photos of kids in their clubs - and here is the response. 📷

The text has been written by Ben's Kindy teacher and the pictures were taken of him teaching her what he does at training. He was six weeks off his fifth birthday and was in his first term of the Kids class with Miss Anna Hall in Te Awamutu. The Kindy teachers had no idea Ben was doing Taekwon Do until this day.

19/4/10  
Today I was sitting at the table with the children eating when you came up and asked me what I was doing. I said I was thinking about what I had to do after Kindergarten and you excitedly told me you were going to training. I asked "training what?" and you set to work and showed me what you do at training.  
What a good teacher you are Ben.  
  
You showed me how you greet at taekwon do  
Then the moves you do.  
I was impressed with the awesome moves and I will have to practice how to flick my wrist to get them in the right position.  
  
Thank you Ben for sharing your training with me.. I hope Dad can come and show us at Hazelmere some moves with you if he isn't too busy one day before you go to school.  
  
-Liz.



Taekwon all, my name is **Piripi Edwards**. I am seven years old and I train at the Rangitikei Dragons in Marton and have been for one year. I enjoy TKD because of all the cool kicks and techniques we perform, but my most favourite times in TKD was when I got my silver medal at the 2010 Nationals in Wellington and at my last grading when I got a double grading and went from yellow belt to green belt. My instructors are Mr Motu, Miss Walker and Mrs Walker – they are the best. I look forward to keeping on training, and can't wait until I am a black belt. I like to enter into all the tournaments I can, as I enjoy sparring. Taekwon to all.



## "Its in the Blood"

Cailyn & Lani may or may not look familiar. Cailyn and Lani call the



Hamilton Do Jang home; they have spent all their life in it or around it, so it only makes sense that they are Hamilton Club's newest graduates of the TKD Mini Kids syllabus. Now for those of you who haven't clicked who these twins belong to .... they are the gorgeous girls of Mr Grant Eccles, V dan and Ms Jodie Collins II dan.



# LAR kids

## DEJAIMERO KWONCHOI LOTUA

I remember my first day at training. I was nervous but I had Mum and Dad there so that was good. I had seen my new instructor at tournaments, on DVD and now in person. I bowed into the dojang and went to meet him. The tall man did not smile at first. "Hello, Dejaimero? How about I call you DJ for short, eh?" Then this smile appeared and I knew then we would be buddies for life.



DJ with his Instructor, Master Paul McPhail

My name is Dejaimero Lotua. I am 10 years old, and I am 3rd gup and a member of PaulM Papakura. My instructor is Master Paul McPhail. My father is Richard Lotua, instructor of Tribal Taekwon-Do and my mum is Natasha Lotua, Regional Director of Counties Manukau. I have one big sister and two big brothers; I have a twin sister who is now an angel.

I wouldn't say I was dragged up in Taekwon-Do because I love the art as much as my parents. In fact I train six days a week for fun. I love the people, I love the challenge and I love Taekwon-Do. Every person in the world is given a special gift and my gift is I was born with autism. It is not contagious and it is not a handicap. I have weaknesses but so does everyone else in the world. Autistic people cannot display emotions as easily as others. I hurt but I do not show it; I don't know how to.



DJ and Master Rimmer

My head is filled with more information than your average person so it gets jumbled when I speak. I have trouble sorting right from wrong. I get bullied more because people are ignorant and I tend to get ignored more often than others. I can deal with kids; they don't know better, but I am confused by adults and their attitudes.

I love words, so it was great for me to read the coloured belt syllabus over and over again. I used to read Dad's Black Belt Syllabus book which too was a great bedtime story, and then started on the Taekwon-Do encyclopaedia, known as the

DJ with his Dad, Mr Richard Lotua and Master Davidson



bible. This is where I learnt my patterns, from the diagrams and illustrations, one by one all the way to Tong-Il, including Ko-dang. I do not practise these as you should never do patterns ahead of your rank; always perfect your previous pattern before continuing. I love patterns. I love the meaning behind the actual pattern and how and what the pattern is all about, and how it should be performed. How each technique is executed and why, the choreography and breathing and how it becomes one flow, balance, power, release. I am getting better at sparring. It's not my cup of tea but I need to improve as I go up the ranks. I am atrocious at special technique, but no one is perfect.

I have many role models and mentors in Taekwon-Do. My instructor will always be number one. Mr Meleisea; because he takes the time to acknowledge me as an individual, Mr Tureia and Mr Leong; because they push me to obtain a little each week; Mr Kimberley and Mr Kendall, for believing in my potential, and also my friend Niketa Wells who may be small in size but has a very big heart, and she packs a great wallop in her turning kick, and accepts me for me. Taekwon-Do is our biggest passion so she is someone I can relate to.

Taekwon-Do is great for everyone, but you have to do it at your own pace. I have met a lot of friends through this art. There is definitely a competitive side, as with all sports but I like Taekwon-Do because it teaches me to be myself, keep fit, defend myself in situations, but best of all it is a family. You always have one or two grumpy aunties and uncles and the odd cocky cousin, but a sense of belonging overcomes the rest. The support is great and yes it is a way of life; the life and path I have chosen.

**Dejaimero Lotua**  
**PaulM Papakura**



# KHANDALLAH'S THOUGHTS ON THE TENETS

by Sheryl Chase | dan

We must confess, as instructors of the KhandallahTaekwon-Do Club, we probably spend less time than we should thinking about the Tenets of Taekwon-Do. So, conscious of this, we thought we would try something a little different to get everybody thinking about the Tenets a little more. We set a 'Tenets Challenge'. We asked students to select a Tenet that they could relate to or meant something to them, and to write a couple of paragraphs or a poem to describe it. All students in the club got to vote for their favourite one, and the winner, as voted by peers, won a prize. Fifteen students participated and here are some of the contributions.

跆拳道精神  
禮義廉恥忍耐  
克己百折不屈

**C**ontribute to the class with my enthusiasm  
**O**bey our instructors and say "yes Sir" when asked to do stuff in class  
**U**se our ears to listen  
**R**espect our Do jang, instructors and the seniors  
**T**o say please and thank you and to be polite and helpful  
**E**ntering the do jang you let the seniors and adults in first  
**S**hake hands with your partner when you have finished working with them  
**Y**ell (KI HAP) to let your partner know when you are ready

By Jack Young, 6thGup (8 years old)

The needed tenet of self control  
 The tenet I find in almost all  
 In proud Taekwon-Do members  
 From young to old  
 Do not say this tenet is useless  
 Because it is as precious as gold  
 You have to use this tenet at all times  
 Especially when you are told  
 You would have to practice everyday  
 To get this important tenet in mould  
 After you have done then you will be satisfied  
 Knowing you did a positive thing for your soul  
 Next you enter the Do jang  
 You will be eager to learn more  
 Knowing in your mind  
 That the great Taekwon-Do tries hard to help us all

By Ruben Sivaguru, 1stGup

Perseverance is hard to do  
 Keep on going and see it through  
 Just endure  
 And continue for sure  
 Be persistent  
 There's no time for quitters  
 'Cause when you smile  
 You'll find it was all worthwhile  
 By Brittany Young, 1stGup

Courtesy wins you friends  
 Keep it up 'til the very end  
 Polite and nice  
 Like sugar and spice  
 Courtesy don't have no price!  
 By Hayley Young, 1stGup

Humpty had no courtesy at all  
 He instantly broke when he fell off the wall  
 He swore at the horse and all the king's men  
 So they had omelettes for breakfast again  
 There was a man who walked down the street  
 Who showed no courtesy to anybody he'd meet  
 He spat at a lady and kicked a few men  
 So he was locked up never to be seen again  
 How courtesy helps  
 Is that courtesy given  
 Is returned to you  
 The showing of politeness  
 Is not difficult to do

By Jun Lee, 1stGup

To my son

I hope you understand

That having integrity means being a real man

That sometimes life won't be fair

And that you have to stand tall

When often others don't care

To my mum, I hope that you know

I have been learning these lessons

Each day that I grow

When times are tough

I think it through

And ask myself

Is this the right thing to do?

From young to old, being strong, true and bold

Having a conscience

And not letting myself fold

These are the lessons

I'll try to remember

And continually practice

From January till December

*By Clare Kaveney and Takiri Paurini, 8thGups*

Courtesy is an important tenet of Taekwon-Do. Courtesy means being polite. Being courteous and polite means you have a high level of self-respect. Understanding courtesy does not only mean showing respect towards your seniors but to everyone. You will regard the people around you with respect. When you have mastered this quality you will get respect from all walks of life. A person who is lacking of courtesy cannot succeed even if he is full of knowledge especially ones who practice Taekwon-do. He might master all the physical techniques in Taekwon-do but he will never get the respect from his peers. When courtesy is being practiced, surely there will be harmony and peace, whether at home, work, do jang or even in a wider community.

*By Sohail Forouzandeh, 1stGup*

老已百折不屈

## WINNER

I once knew a girl with golden locks  
 Funny and popular with all the jocks  
 But Goldilocks had a single flaw  
 Did she have any Courtesy? None at all!  
 One day she bumped with reckless abandon  
 And happened to stumble upon a cabin  
 Now most of us have a sense of decency  
 But as you know, did Goldie have any?  
 She went right up and breezed straight in  
 With a malicious smirk, "Where shall I begin?"  
 She spied cooked oats on the table  
 And sent cutlery flying in a crazy scramble  
 Young Goldie was a greedy swot  
 And in a flash, scoffed up the lot  
 She left the bowl and hopped into bed  
 "Who cares about the mess?" was all she said  
 Jaws just dropped when the Bears came back  
 They'd been robbed blind, how could they be so slack?  
 Their attention was caught by one long snore  
 Rumbling in their tummies louder than before  
 Papa bear grinned and licked his lips  
 Up into the bedroom, he quietly slips  
 Now what happened next, I mustn't say  
 But it definitely wasn't a pleasant day  
 The little thief got a nasty surprise  
 And this led to her rather grisly demise  
 So thus concludes my twisted tale  
 Of the power courtesy can do  
 It would've helped poor Goldie  
 But at least the Bears won't eat you!

*By Samantha Young, 1st Dan*

Indomitable spirit: the dictionary definition of this tenant is 'Cannot be subdued or overcome, as persons, will, or courage; unconquerable.'

I think that is what all of us strive to become and by doing Taekwon-Do we are on step closer to achieving it. But this word may mean different things to different people. To me it means to not only be the best but to try my best and give 150% in all I do in life. That is why by far indomitable spirit is the most important tenet.

*By Dumisani Matshe, 6thGup*





## INSTRUCTOR PROFILE

Rose Cherrington

IV Dan • Former NZ Team Member • Awesome Kids Instructor

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

**RC:** I started when I was 14, in 1985.

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

**RC:** I first started at the Levin Taekwon-do Club under Mr Craig Bissell. We were known as Master Yun Taekwon-Do at that time and doboks were worn like ¾ length pants and tops. Patterns were performed much faster with various movements exaggerated, a lot more hip movement and all kicks performed as high as you could go. I never even knew that the kicks in patterns had a specified height! As a blue belt I left the Levin Club and joined Mr Salton's newly formed Horowhenua Club and remained with him until I formed my own club.

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

**RC:** I graded for my I dan in 1989, after having been selected for the NZ Team to attend ITF World Champs in Montreal Canada 1990. So I had to pass my grading first so that I could compete. I was very fit at the time as we were attending regular boot type camps at Trentham Army Camp under Mr Harry Hemana. There were not many senior dans at this time and I didn't know of anyone higher than IV, so I thought a black belt was a black belt and the dans did not mean a lot to me, but really I didn't understand how much further I had to go. I wore my black belt thinking "yay, I've made it to the top", and felt pretty proud. But the first day I walked into the stadium at Canada for the weigh in and saw all the other competitors, all of them black belts, and watched the IV and VI dans perform demos at the opening ceremony. I felt like a white belt again. I was just a beginner again and there was so much more to learn.

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

**RC:** I first started instructing about 1992 in Porirua, when I opened the Porirua City Taekwon-do Club while working as a Police Constable in that area. I had not long graduated from the Police College and Mr Hemana encouraged me to start up my own club, as there were no clubs in that area at that time.

Around 1999, due to illness I left my career in the Police and I returned to my hometown Levin. I never thought I would be able to do Taekwon-Do again, but as time passed I couldn't stay away any longer and wanted my own sons to be able to enjoy Taekwon-Do as I had. My sons were aged 2 and 4 years at that time so I decided to start a kids class aimed at under 10 year olds. I already had some interest with friends children so in 2001 the Cubs was formed.

It was not long before several parents sitting on the sideline asked if they could join in and we soon became a family focused club. Due to my own health restrictions I was able to understand the need to stay active while training within your own personal limits. Our club remains family focused today with members of all ages, shapes, sizes who all train for different reasons and what they want to achieve from their training. I enjoy the challenges of teaching Taekwon-Do to all my students, from the elite student who wants to compete at Worlds, to the autistic student who can't stand still for more than 30 seconds and a large range in-between. I am also lucky enough to have my own home dojang from which my students can come over for private lessons and I can train at my leisure.

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

**RC:** My I dan grading, attending the 1990 World Championships (placing 4th in the individual Specialty Technique), winning a Wellington Region kickboxing title fight, attending three more World Championships with two bronze medals in the team event, achieving my IV dan grading and being an instructor. Teaching my students, helping them at gradings and tournaments and watching them achieve their goals, has to be the most rewarding.

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

**RC:** The challenges teaching brings, and when I succeed in getting through to my students, whether it be teaching a pattern, explaining sine wave or working out sparring techniques to suit each individual.



Photo by Doug Hanna

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

**RC:** Coming to the realisation that my body can no longer keep up with my expectations, when I could once easily do specialty kicks over 2m +, the body gave out long before the brain!

**TKDT:** What are your personal goals for the future?

**RC:** I recently achieved my last big personal goal of grading to my IV dan which I thought would be my last grading, but now I'm not so sure. I would like to think I could go further, but my health makes achieving goals more difficult, but that is another goal in itself. I hope that I can continue to teach and watch my students grow in their own Taekwon-Do careers.

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

**RC:** I am really looking forward to us hosting the Worlds in 2011 and umpiring at this tournament. I think we have a great organisation that provides more and more opportunities for our members each year. I would like to see ITFNZ continue to grow



# 2011 UPDATE

By **Lena Walton** ITF World Championships 2011 Management Team

and cater for all Taekwon-Do practitioners whether it be our elite athletes or our members that just enjoy the martial art for the personal benefits they achieve. We have such a wide range of people join TKD for many different reasons and that's what makes us so special.

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

RC: There are so many... so briefly, some would be: Mr Andrew Salton who was my instructor for many years whose hard core trainings when I was young made me the fittest and best shape I could ever have been (they would kill me now though!); Mr Lawrence Mantjika whom I have known since he was a red belt (I was green belt), and have watched him perform and always been amazed by his talents and abnormal positions he can bend his body; Master McPhail who has always blown me away with his incredible knowledge of TKD and his will to continue to learn even at his level; Mr Mark Trotter whom I have watched grow up as a young black belt and been amazed by his incredible talents. But I also admire those few students who are just as passionate about TKD as I am (maybe mad!), and can't get enough of it. They are always willing to learn and perfect themselves to their best ability and work hard to achieve their goals; it is these students that I admire the most!

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

RC: A good TKD practitioner is someone who is always willing to learn and will spend the time perfecting their techniques. A good TKD practitioner will not give up but go on to pass their knowledge on to others. It will become a way of life and they will make many lifelong friendships. A good TKD practitioner has good morals and respects everyone around them. It is not about how good you are at TKD or how many medals you have won. 🏆



Ms Cherrington competing at the World Champs, 1994

New Zealand is proud to host the XIth Junior Taekwon-Do World Championships and the XVIth Senior Taekwon-Do World Championships in Wellington New Zealand on the 9th to 13th March 2011. It is an opportunity for us to showcase our nation and rich culture to our overseas Taekwon-Do family.

We are encouraging our overseas guests to continue their stay after the World Champs and experience our diverse landscapes, culture and attractions in our home of Aotearoa.

Mr Nick Lourantos heads the Wellington based 2011 World Champs Management Team who first got together in May 2008 and our core Leaders have met weekly since mid 2009 (photo below shows the Leaders hard at work at a Tuesday meeting).



## Accommodation

We have worked hard to ensure that quality accommodation options within easy walking distance of the TSB Bank Arena are available for all competitors, coaches, and officials. We have options ranging from backpacker accommodation to 5 Star hotels, so we're sure there's something available to suit everyone's budget.

Accommodation booked using the official registration website includes breakfast and dinner (without alcoholic beverage). The booking will include dinner on the day of arrival and breakfast on the day of departure.

## Online Registration Opens 30th October 2010

The tournament registration and hotel accommodation reservations for the 2011 ITF Taekwon-Do World Championships will open on 30th October 2010. Registration must be done through the official registration website and all Junior and Senior World Championship competitors, coaches, and officials must register before the site closes on 10th February 2011. [www.itfnewzealand2011.com](http://www.itfnewzealand2011.com)

## Calling for Volunteers

We are calling for volunteers for a wide range of roles from setting up rings to being a Liaison to greeting delegations at the airport and being a driver for our VIP's. Please help us make our World Champs successful by registering for your preferred Volunteer role and availability at [VolunteerNet.org.nz](http://VolunteerNet.org.nz). Click on Find Event and we are under 2011 International Taekwon-Do World Championships.



The Organising Committee Left to Right: Mr Craig Hannah, Mr Ian Walton, Mr Andy Wong, Mrs Lena Walton, Mr Stephen Fox, Mr Andrew Miller, Ms Sheryl Chase, Miss Chris Morton, Mr John Raptis, Mr Nick Lourantos and Mrs Helen Miller. Absent: Mr Terry Harkin



# GROWING PAINS AND SOME THINGS TO WORK ON

By Kane Raukura V dan, Standards & Discipline Advisor

I believe that the majority of us would wholeheartedly agree that we have an organisation that is to be envied. In the martial arts world, we are without rival in New Zealand and overseas in many instances, in terms of our structure and administration. With the release of our new brand and the projected growth of International Taekwon-Do, I think it is timely to restate and reaffirm a few very important concepts that surround us as practitioners of ITF Taekwon-Do as taught to us by our founder – General Choi Hong Hi.

## Growing Pains

As with any major organisation that begins to experience growth and make change, some members will find making transitions difficult. The majority though will just roll with it and trust in the leadership. Our leadership can be defined as, firstly our instructors, secondly our various advisory groups and finally our board. Our Masters are spread throughout these various leadership areas and provide us with decisions grounded in what benefits the organisation as a whole in relation to Taekwon-Do. Without this grounding, there would be little point seeking growth or change. I believe it is very important in the years ahead to continually remind ourselves that while Taekwon-Do “the sport” grabs headlines and enjoys huge support through the various tournaments we have, it owes its very existence to Taekwon-Do “the art”. As instructors and students we must be loyal and seek to be problem solvers as the organisation moves ahead. As we experience growth, the law of numbers also suggests that we will have more standard and discipline problems in the years to come. To help deal with this, we can all play a part by fully understanding the student-instructor relationship, the function good etiquette plays, why the tenets are so important and how your appearance also has a particular role.

## Student Instructor relationship

A student should feel comfortable approaching an instructor and there should never be any intimidation or standoff behaviour on the instructor's behalf. A student should be supported by their instructor as much as realistically possible, and patience and tact is required

in dealing with students, as they come carrying many different experiences and attitudes. Instructors must create a tangible boundary or distance between themselves and their students, not to be unfriendly, but to ensure that when performance is demanded and discipline needs to be enforced, that there is no confusion on the behalf of the student.

Students must respect this boundary and try not to become too familiar with their instructors. With no exceptions, students must address seniors and instructors by title and last name. This clearly defines that there is a line. A student in the dojang, regardless of their position in life, is not the instructor's equal. This underlying and deep respect is what is required from all students. An approachable instructor, who displays integrity and fairness, will naturally and quickly develop this type of student in their dojang.

## Etiquette

Respect is highly valued by everyone, but it only appears when it has been earned. It is important then to never demand or expect respect from someone. Instead, it is something that you will automatically receive when your correct actions and manner have acted as an advertisement to others that you are worthy of receiving respect. Black belts must always lead by example so that the lower grades can mimic their good behaviour and learn correctly what is right.

Etiquette in the dojang / dojo is at the core of any martial art. Without it the whole martial art system, which is built on mutual respect, would collapse. The basic rules and acceptable behaviour which apply both inside and outside of the dojang are found in every Coloured Belt Handbook. These rules are not only for beginners to follow but for every single student of Taekwon-Do, irrespective of grade and position.

If the instructors and higher grades do not observe these rules the white belts will not learn correctly, as they copy the actions of the higher grades.

The dojang is a place where we perfect ourselves both physically and mentally. And as such, the space where we train should reflect the members' goodwill, civility and mutual respect.



Our S&D Boss, Mr Raukura

## Your appearance

If you went to an All Blacks match and the players had a messy strip, faded or stained tops, incorrect logos or incorrect badge placement, bright branding pulling your thoughts away from the original purpose, one sock down and one sock up, not ironed or in disrepair, what would you think? I know I would be embarrassed to have them represent New Zealand. As players you would hope that they would have more self-respect for themselves and how they appear. The coaches and management have let the players themselves down by not demanding a higher level of dress. The players in turn let down the coaches, managers and the game itself by not showing the code the decent respect it deserves.

The same applies to Taekwon-Do and our appearance. In a previous article I spoke at length on the history and importance of our doboks. When you don our uniform you represent the art, your club, your instructor and our organisation. Therefore, students, make sure the dobok is correct and be responsible for your own appearance. And instructors, please expect no less than perfect in this regard. As it is with etiquette and the tenets, you alone set the tone. 🙏



## SPORTS MED MATTERS

By Dr Jake Pearson IV dan

Dr. Pearson is currently working at the Australian Institute of Sport for 2010

# Knees

## Part I

While Taekwon-Do is great for strengthening the muscles around the knee it can place a great deal of stress on the knees. This first of two articles aims to give a brief overview of the commonly encountered acute knee injuries in TKD, and key points in evaluation and treatment. In the next article I will cover the common causes of chronic knee pain.

The medial and collateral ligaments support both sides of the knee (figure 1). The medial collateral ligament is by far the most commonly injured, usually when stretched excessively. Depending on the severity of the injury, recovery can take anywhere from 2-10 weeks. The good news is that these heal well with adequate rest and protection together with a rehabilitation program to train mainly the quadricep muscles to help re-stabilise the knee joint.

The most feared injury for a TKD practitioner is an anterior cruciate ligament (ACL) rupture. The ACL is located deep

within the knee joint (figure 1) and when injured the whole knee typically swells immediately. It plays an important role in stabilising the knee and therefore following this injury many people will find that their knee feels unstable, particularly when twisting. Some find that they can keep their knee stable with strengthening and balance exercises. Other people either experience recurrent instability or continue to feel restricted in their activities. In this setting an ACL reconstruction (also referred to as a knee reconstruction) may be appropriate, and in my experience a reconstruction is often required for those who wish to practise TKD to a moderately high level. Regardless, recovery and return to sport is prolonged - at least six months.

The medial and lateral menisci (figure 1) are extra crescent-shaped pieces of cartilage that primarily act as shock absorbers. A meniscal tear will typically cause pain, swelling and possibly also a locking of movement. Small tears may resolve. However, larger tears may need keyhole surgery. In the bad old days large pieces of cartilage were removed, and this is sometimes still necessary. However, nowadays tears are repaired if possible.

A relatively common injury occurring mainly in adolescents is a kneecap (figure 1) dislocation, which will cause marked pain and swelling the first time it occurs. The

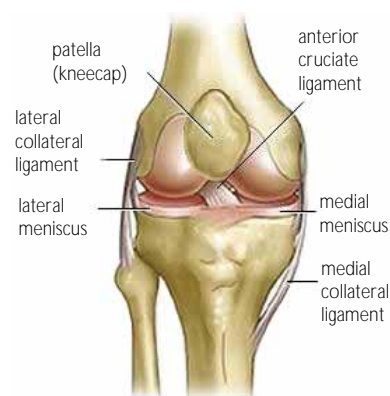


Figure 1. Key structures of the knee joint

main concern is the potential for repeated dislocations, but undertaking appropriate initial treatment will minimise this risk.

So what can you do to protect yourself from one of these nasty-sounding injuries? When landing from a jump, adequate knee flexion to absorb the force as well as maintaining the kneecap over the 2nd toe are very important, and both of these can be practised to help prevent injury (figure 2). Avoiding a lot of potentially risky techniques (e.g. overhead kicks, flying spinning kicks) when fatigued is probably also sensible. Knee braces have no preventative role in TKD. Sometimes however lady luck is simply not on your side on a given day, and this is the small risk we take doing a martial art that has so many benefits for our health and wellbeing.

In summary, symptoms such as swelling, instability or locking are a red flag that should have you booking an appointment with an appropriately trained health professional. Instructors should consider promoting good landing technique and structure classes with injury prevention in mind. 🏆

Figure 2. The example on the left is the encouraged squatting/landing technique compared with the example on the right



Photo by Paul McPhail



# Stand Up and...SHOUT!

By Phil Thompson

[www.protectselfdefence.co.nz](http://www.protectselfdefence.co.nz)

Recently, I was asked by an instructor about the value of a kihap from a self defence perspective. He told me that he knew the value from a martial arts angle but wondered if there was any value to actual self protection. I thought that was a pretty cool subject and one that many ITF students may find interesting since they do it thousands of times but may not fully realise its benefits. So, that is the subject of this edition. It may seem strange to devote an entire article to something seemingly so 'small', but outside of explaining the self defence benefits of it I think this may also serve as a reminder that every small piece of the puzzle has a place somewhere. And that it is important to ask the questions and explore the answers to give us a full understanding, and then apply ourselves to it fully to get maximum benefit.

So, the kihap. The martial arts are famous for it. Tell any non-practitioner that you are a martial artist and they will usually do some strange knife-hand type stance with their hands and make a "ha-ya!" noise as a response. But what is the "Ha-ya!" (or whatever noise you adopt) all about? It has application in the martial arts for sure but does it have application in self defence? The answer is yes it does. There are multiple applications from a self defence perspective and I will cover several here.

Before I do though I'd like to point something out: like anything in the martial arts and with most things related to self defence, only perfect practice makes perfect (there is no such thing as 'perfect' but you get the point). If we're going to train our kihap to ensure it grows and develops to deliver us with the benefits I will cover below, then we have to do it properly or not at all. After 24 years of martial arts training across multiple arts and systems I have seen one thing to be generally true regarding kihaps and that is that many people just 'go through the motions' of it. They do it because they are told to and really it has no more impact than a loud cough a lot of the time. If that is the case we are truly better off not doing it at all than doing it half-pie. When you see/hear someone who truly applies

themselves to it, the effect is powerful and impressive.

My purpose with this article is to add additional distinctions to the kihap so that if you have not understood its application and therefore not applied your full energies to its development then now you may choose to do that. These distinctions will be solely from a self defence perspective, not a martial arts perspective. So, for those reading this who are solely interested in the sporting or traditional side of training these may not be of full value to you.

So here are seven applications of a strong kihap for self defence purposes:

Firstly, from a pre-emptive strike perspective (we are only discussing kihap here not the ins and outs of pre-emptive strikes), every martial artist knows the difference in power that a strike generates with a kihap vs without one in most cases. Just have a

partner hold a focus mitt and strike it a bunch of times with no kihap and then have them gauge the difference in power once a strong kihap is introduced. The difference is usually immediately obvious. A strong kihap delivered at the moment of your strike generally adds significantly more 'stopping power' to your strike. There are a lot of reasons for this: muscle tension, breathing factors, focused energy etc but space does not allow explanation in this article, but if you are someone who regularly trains kihap properly you will already know these things anyway.

Secondly, something very important happens to your respiratory system. I have trained people across every range of the fitness and conditioning spectrum. One of my private clients is a member of one of the most elite special forces units in our country. He is the fittest, most conditioned person I have ever met. I am very fit, and he



Photos courtesy of Protect Self Defence



runs rings around me. But even with all of that fitness, when we expose him to certain 3-dimensional scenarios (particularly those involving energy negation) he is exhausted after 20-30 seconds. Why? Because those types of scenarios typically cause us to hold our breath, and regardless of your level of fitness, if your body is placed under stress and deprived of oxygen your energy will deplete rapidly. The kihap is a way of forcing this breathing process back into action and is highly effective at increasing your available energy during these situations.

At this point it is important to point out that sometimes we just can't yell/scream or even speak in real situations. Speech is a higher thought process and is usually one of the first processes to go in high stress situations (literally 'scared speechless'). A strong yell is a lot more gross, motor-based and primal than a complex (standard) conversation, so will more likely be accessible. But, sometimes even that doesn't happen. If it does, it is more likely an automatic conditioned response (embedded neural pathway) than a conscious decision made in the moment. It is for that reason that it is so vitally important to train it all the time and train it right. If it simply doesn't happen, does it matter? Of course not. It is a bonus if it does, that's all.

Thirdly, there are three things an attacker never wants to have happen to them: they don't want attention drawn to the situation; they don't want to be caught; they don't want to be hurt. (These apply at a criminal level, not necessarily an ego level). By striking with a loud, and often repetitive kihap you are delivering all three simultaneously. The kihap can help attract attention, and even if there is no-one around or no-one around who will help, it plants doubt into the attacker's mind and introduces the possibility that attention may be drawn to the situation. So the attention element can be real or perceived.

Number four: when done right - that is with strong intent and purpose - a kihap assists in switching the 'Predator/Prey' mentality in the attacker, in addition

to whatever physical response you are delivering. It sends an extremely strong message to the person: they have messed with someone who will not take it easy. It can quite literally 'scare' the person, albeit often not at a cognitive level.

Fifth is the distraction element. The difference between landing a pre-emptive strike (or often-times any other strike for that matter) can be fractions of a second as it relates to the focus and reflexive response override in your opponent. A strong kihap is one more piece of information that has to be processed in the moment, thus oftentimes extending your opportunity time to land your strike.

What about what it does to your own focus at that pivotal time (often times referred in martial arts as 'building your spirit')? Number six is exactly that. A strong kihap can give you laser-beam focus at a split second in time when it is needed the most.

And number seven is witness management. When it is trained repetitively, the kihap can extend to verbal commands even under intense pressure (again sometimes we won't be able to and that doesn't matter) such as commanding the person to "Stop fighting" or "Drop the knife" etc while delivering your physical response. What use is it saying these things? Clearly we don't expect the person to just comply and they probably can't even hear you anyway due to auditory depletion and other factors. It is for the witnesses. It makes it very clear to anyone watching who the 'bad guy' is and who the 'good guy' is. This is important from a third person intervention perspective (they might jump on the wrong person in an effort to 'break it up' offering opportunity for the attacker to capitalise on), a witness report perspective (same reason that we train behavioural and psychological elements so strictly; without them we are in trouble) and a defence in court as well if it applies.

Will all of the above seven points apply all of the time? Absolutely not. Nothing with self defence ever does. But whatever benefits do apply, given the specific

situation you are in at the time, there are very few instances where a kihap can be anything other than helpful so you have basically nothing to lose and a lot, maybe everything, to gain.

So these are some of the many benefits of training kihap from a self defence perspective. There are other benefits from a competitive, traditional, and health perspective as well of course. So the message here is that the old "Ha ya!" (or whatever) is a very useful, applicable, and valuable tool. And when something this valuable is given to us it is worthwhile giving it the energy and commitment it deserves in training. Basically, make it loud and proud!

As always, I love receiving your questions and comments so feel free to email me at [phil@protectselfdefence.co.nz](mailto:phil@protectselfdefence.co.nz) or post on our Facebook page 'Protect Self Defence'.

Take care.

**Phil**



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



# MAINTAINING IN THE "OFF SEASON"

## AKA FITNESS FUN IN THE SUN

By **Sonya Robinson** III dan

The end of the year is getting scarily close and I do hope that you've trained hard and achieved at least most of your TKD goals this year.

If you did then give yourselves a pat on the back and look forward – if you didn't then it's good to recognise that, have a little think about why and then start formulating ideas as to how you can make the next year an even better one for you.

Whichever position you find yourself in, and knowing that your club is probably going to be closed for a little while over Christmas/New Year then it's a great time to make the most of your "off season" and have some fitness fun in the sun.

Why? Training effects are reversible in that if we stop training altogether or

don't train often enough at a sufficient intensity then the benefits that we have achieved throughout the year can be lost. That's no good! We must come up with a maintenance plan.

Now if I said to you, "Ok you need to run three times a week, do weight training twice a week and here's a 5-minute stretching routine to do five times a week after the other workouts", you'd probably look at me sideways and think "yeah, right" because although it would work - if you did it (the doing it's the bit that makes the biggest difference!) it doesn't sound like much fun does it?

So let's come up with some ways we can make it a little more interesting.

There are three parts of our general fitness we should keep working on.

1. Our aerobic capacity – or "keep up the puff"
2. Our muscular strength – keep up the power and
3. Our flexibility – this becomes even more of a challenge as we get older, so it's definitely worth continuing to work on this one.

### Puffing ideas

Try doing an aerobic style group class that you've never tried before – I'd recommend Zumba! (no need to guess why) - great fun and a guaranteed sweat.

Or try a spin class or a kick boxing session or mega dance style class – scour the local paper's "what's on" section or community notice boards, you'll be surprised at what you'll find.



Photo by Doug Hanna





Photos courtesy of Ill Shim Taekwon-Do Australia

Training on the beach. Try it - it's great fun!

If those activities aren't on over that time then you could see if the local gym has any 7-day free trials going, or get out a couple of fitness DVDs or Wii and try them out in the privacy of your own home.

If it's raining there's always Wii or get a couple of people together and try laser strike, ice skating or roller skating.

Get out the video camera and make your own martial arts movie.

Call a friend and go for a run together outside in an interesting area.

Take turns at being in the front and pushing each other to complete the run within a certain time so that there's also time for a cold drink and a chat afterwards.

Some parks have fitness trails so you can puff, strengthen and stretch all at the same time. If so, time yourself weekly as well as note how hard/easy the different challenges get as time progresses.

Get the wheels out – skateboard, streetsurfer, rollerblades, or cycling. Again those activities are generally more fun to do with company.

Balls. tennis, squash, netball, soccer, or touch rugby – if the sun is out then so should you be – catching some vitamin D and being active.

## Strength Activities

Practise your patterns in slow motion. Tai Chi slow. This is an excellent opportunity to check the length of your stances and your timing.

If you get a chance to do this at the beach – take a run up and leap to an area of sand that has no tracks or marks on it and find out whether you can make the correct pattern diagram when you do them.

If you are at the beach do line work knee deep in the water. Or just plain water walking. A real thigh burn if you keep your legs semi straight and walk through the water rather than lifting your knees.

Photo holds – with a training partner and a camera go outside to an interesting spot. Find your shadow and practise making great looking shadow photos – and/or some great flying photos! Side kicks can be very photogenic. Please post them to TKD Talk as well as your Facebook page.

If you are in a pool and aren't too self-conscious, try doing your patterns chest high in water. You need to keep your core tight for this to work.

Day walks, hiking or tramping. New Zealand is blessed with some amazing scenery and excellent walking tracks – give them a go.

## Stretching

Remember your body should be warmed up first if possible, so this is best done straight after a "puffing session". If you aren't then please "listen" to your body. Mild discomfort is OK but pain - no way.

Try a yoga class or yoga DVD. Yoga is holistic in that it trains both mind and body and is a great stretch and strengthen. I would do yoga year round if I had more time as I find it can be like a moving meditation if it's a flowing style of yoga (not all are – so try more than one).

Read a book or magazine (or watch TV) whilst in different stretching positions. Try to hold a stretch per page. I hope you can read fast.

Use a playground apparatus or furniture at home to hold different stretches. 15 to 20 seconds each side is optimum.

Or play Twister – great game, lots of fun.

So make sure that you keep moving over the summer and between your TKD Club trainings.

Do some fitness and be inventive with how you can get more puff, power and stretch into your summer days.

Fitness Fun in the sun. 🌞



## TOURNAMENT DRAWS - THE ONLINE TOURNAMENT SYSTEM.

By Mr Neil Breen II dan

## A GUIDE FOR ORGANISERS

Hands up anyone who can remember when preparing a tournament draw meant a living room festooned with hand-written draw-sheets.

Of course these days it's all point and click - there's sure to be an iPhone app out any day now :o)

Seriously though, organising a tournament draw still requires someone willing to put in many hours, with a reasonable amount of familiarity with the significance of such things as height, weight, age and rank differences, and all the other things that must be juggled to give competitors a good and safe experience.

There are a number of computer programs around to help with the job.

This article will describe the system built up over the last 17 years by Neil Breen to do Draw Administration.

### Online Tournament System.

This is integrated into the ITFNZ online administration system, and is readily accessible by any ITFNZ tournament organiser. It has been used for several Nationals, for peewee tournaments, and everything in between - all you need is a browser.

It handles online entries, eases the arrangement of divisions, prints draw sheets, and allows quick entry of results with automatic formatting for publication.

A very useful aspect is the facility for the organiser to arrange access to their tournament data for another user, maybe someone with more experience who can act as mentor - quickly casting their eye over the divisions and making suggestions.

Or conversely the Organiser may be the one keeping an eye on the progress, while they have someone "learning the trade" doing the draws.

There are three steps laid out on the Tournament Events "Apply to Host" section of the website. These should be

carried out several weeks in advance of your tournament.

- 1 Contact the Tournament Advisor (tournaments@itkd.co.nz) to get approval to run the tournament as an ITFNZ event.
- 2 Advise the Webmaster once you have approval, with some descriptive details to be put in the website events calendar.
- 3 If you choose to use the Online Tournament System (OTS), contact Neil Breen (NB) with technical details of events, fees etc.

Once you have approval, (which is for you as an organiser as well as for your tournament), you can request NB to add your tournament to the system.

If you are an Instructor you will already have a login to the online club list system, which allows access to the OTS.

Otherwise you will be issued a temporary login with access limited to your tournament info.

There are 4 stages to running a draw.

- 1 Online entries
- 2 Division entries editing, producing printed draw sheets.
- 3 Result recording during the tournament.
- 4 Publishing of results on the website

### The OTS Entry Form creator

You supply details to NB, (e.g. date and location, the events, fees and discounts) and it produces the entry web page that the Webmaster will link from the main website, e.g. from the Events Calendar.

You have access so you can update details on the entry form - and such changes are immediately visible online.

Members can access the entry form either from the events link, or from their "My Information" page. The latter has an advantage that after Signing In with their membership ID, much of the tournament entry form will automatically be filled in with the member's details.

The entry form screen calculates the entry fee, and advises the entrant of payment options. It automatically creates an Entrants List - so after members have entered, they can see that their entry has been received. There is an organiser entrant's list screen, which shows fee details.

There is also a summary of fees by club, for those tournaments where fees are taken from each club rather than from individuals, and Team fees.

Screenshot of the OTS as the organiser works through the divisions

Division	Age	Weight	Height	P50+	E200	Debit	SE200
Dist. 1.62: Dist. Bree 3-8 Girl Middleweight (32 kg)	12	32	164	162	1	4.8	10%
Dist. 1.60: Dist. Bree 3-8 Girl Heavy/Middleweight (25 kg)	12	25	160	160	1	3.2	0%
Dist. 1.15: Peewee Bree 1-4 Girl Lightweight (15 kg)	10	15	115	115	1	-0.8	-3%
Dist. 1.04: Dist. Bree 3-8 Girl Microweight (10 kg)	12	10	104	104	2	-2.1	-9%



It also shows total entrants per club, as well as an overall breakdown by age groups, gender, and event.

### Sorting Divisions

When the form is saved, the OTS sorts the competitor into the standard divisions in each event.

Power and Special technique are reasonably straightforward - people are in a division or not.

Patterns are similar, a little more work required, but Sparring is the most complex to finalise. This is where the automation starts to need a helping hand.

There are always some divisions which end up with one person in them. You need to make the decisions about merging competitors into other divisions, while keeping bouts within acceptable ranges of weight, height, rank and age, and trying to avoid "same-club" bouts, at least in the first round.

Luckily, the OTS makes it straightforward to move people round the divisions, with similar divisions displayed on the one page. If divisions are merged, the resulting division can be renamed.

The entrants record editing is accessible from the division editing screen, so obvious errors can be quickly corrected.

One click from a division editing screen displays the draw sheet, which is often the best way to judge the "balance" of a division. And the draw display is "Print ready".

In the divisions other than patterns and sparring, it produces scoring lists for Special and Power, and Team lists.

Each division can be assigned to one of the rings. There is a "set trial ring numbers" function which allocates divisions across the rings to give even timing in each. A report screen shows a summary of timings across the rings, listing each division's time. (that report also shows the required medal counts)

There are lots of help notes on each screen. Most of these operations are much easier after you've worked through them once!

### The Results

If results are entered into the OTS, then

at the touch of a button it can create a publishable Results Page.

There are three ways to record results for the OTS.

The simplest is just to retain the completed draw sheets from the rings, and enter the results into the OTS afterwards.

This is quite quick when all the entries are already in the system, in their correct divisions.

More usefully, the OTS can output the entry data for an Excel spreadsheet. Running this on a laptop on the recorders table, results can be entered progressively through the day. The spreadsheet can sort into divisions for easy result entry, and also sort into Best Club order, or Best Belts order.

This is very handy if "bests" trophies are being handed out at the end of the tourney - saves frantic totting up of paperwork.

Best Belt result progression can be monitored during the day, to give a hint in advance in case tie-breakers are needed.

The best method of the lot is to have a laptop with internet access. If you take a printer along, last-minute changes can be made and draws reprinted.

Entering results directly into the OTS, it not only provides the "bests" calculations, but the results are immediately available in an html format, ready to add maybe some photos, and publish on the main website.

Some results are very important to be entered into the OTS - as opposed to being supplied to the Webmaster as a separate page to be published.

For a series like the Star series, keeping track of who has the leading points out of 100+ competitors in eight divisions of

#### Best Overall Belts

Yellow Jr	John Arnold	DSP
Yellow Sr	John Arnold	DSP
Blue Jr	Conan Phillips	ARD
Blue Sr	Jason Brown	EPAP
Red Jr	John Handall	PMWP
Red Sr	Thorne Gentry	EPAP

#### Patterns Places

Female Dan Patterns Adult		
Gold	Anna Mowbray	COL
Silver	Anna Farnish	PMP
Bronze	Anna Mowbray	COL
Male 3rd Dan and above Patterns Adult		
Gold	Neil Johnson	COL
Silver	Neil Johnson	COL
Bronze	Neil Johnson	DSP

age, gender and rank is not fun to do manually.

The OTS can sort them out automatically - as long as the organiser enters the results! 🤖

*The Breens have a long association with tournaments in International Taekwon-Do.*

*They managed the draws for 13 Nationals since 1993, at least one in that time in every region, two or three in most. Neil was chairman of the Tournaments Committee for 3 years, and Worlds Champs journalist twice.*

*Apart from running countless smaller tournaments, Sue played a key part in the setting up and management of the Initial Oceania tournaments in New Zealand, and drove the very successful Under 18 / Star series for several years (Paul McPhail suggested it, Andrew Niven designed it, Greg Skinner and Epson made it practical, and Sue Breen made it happen, and keep on happening).*

*Although Sue and Neil have retired from the front line, they are willing to provide advice - which of course can be done from the comfort of their lounge via the Online system :o)*





It's  
all  
about  
time.....

# Kicks for Kids



Welcome to Issue #26

by Shirley Pygott - 11 dan

This edition of Kicks for Kids is all about time. There are some tips for how time can help you with your training, some traditional Korean clocks and Match-up-the-Time Puzzle. We have 3 very important minutes in the life of the Founder, and Taekwon-Do Teddy has gone back in time and found out what some Peewees from 2003 are up to now.

## Just how fast can a kick really be?

General Choi did some experiments to find out just how fast Taekwon-Do kicks actually were. He found out that the average time it takes to perform a kick such as a side piecing kick was one-tenth of a second. That's pretty fast especially since the time it takes for a person to react to that kick and either block it or dodge it was twice that long at two-tenths of a second. A punch was even faster at three-hundredths of a second. Now of course when you first learn a kick it won't be anywhere near that fast, but if you put time and thought into practising it, you will get faster. And if it is faster than your opponent can react to, you will score lots of points at your next tournament! General Choi advised that since the techniques are so fast, we cannot wait for the opponent to start their movement before we start to block, but if we look in their eyes instead of at their hands or feet, it will help us to know when they are about to strike.

## Timely Wisdom:



A Philosopher once said: Man soon grows old and there are limitless things to learn; study hard without wasting a second.

Here are a whole lot of different clocks. You almost certainly use a digital clock, and maybe the analogue and the hourglass. But what about a sun clock or even more unusual - a water clock? Both were very common hundreds of years ago in Korea.

Digital



Analogue



Hourglass



Sun



Water



## Traditional Korean Timekeeping



This rather interesting looking fellow with the unusual hat was a very famous Korean called Jang Yeong-Sil. He is not famous because he was a great king, or a brave fighter or even a poet or a philosopher. He is famous because he was an inventor, and he invented in the 15th century, amongst other things, two very unusual clocks.

The first was a water clock. Water clocks had been around for a long time, but they needed someone to watch them closely and ring a bell or beat a drum to announce each hour - it must have been a very boring job! Jang Yeong-Sil invented the first self-striking water clock - so the guy with the bell (or the drum) was now out of a job. The water would trickle down into several containers and cause little iron balls to roll down a pipe every hour and hit a cymbal. It looks kind of weird but they were used in public places all over Korea for centuries.

Unfortunately they were very expensive, which led Jang Yeong-Sil to his second clock invention - this time using the sun.



Sundials are usually flat and very simple, but this one was very unusual because it was in the shape of a pot. Its name (Angbu Ilgu) means "pot-shaped sun clock staring at the sky".

It was marked with lines inside it, and had numbers engraved around the top. It could tell you the time and the season - as long as the sun was shining. (Wonder what they did when it wasn't though?) Because most of the people couldn't read there were also 12 shapes of animals next to the numbers, so everyone could tell the time. (So instead of noon it might have been Mouse hour!)



## MEET THE FOUNDER PART 14.....

## 3 on to 1 for Three Minutes



It was 1947. Choi Hong Hi had been in charge of his regiment for some time, and he was upset to realise that the local Police did not have any respect for his troops. He had to spend a lot of his time proving to various police chiefs in the province that his regiment was worthy of respect and could do its job well. He had quickly gained a reputation for his courage, his fearsome fighting skills and awesome physical power, even though he was small and insignificant to look at.

One day in Seoul he was invited to a fancy military dinner at the US Military Academy only to find out that he was suddenly expected to give a demonstration to all the American soldiers there - they had heard of his skill from others and they were filled with curiosity. Choi felt that to do a good demonstration he needed to warm up and prepare, but they wanted the demonstration right now!

So he took off his fancy jacket and shoes and showed them 10 minutes of techniques and tile breaks. But there was no applause, no cheering.

Obviously they were a hard crowd to impress, and only a fighting match would please them. But Choi decided that to really show them the power of his technique, three huge American soldiers could fight him all at the same time. He explained he would only defend and attack without actually hitting them, but they were allowed to hit him as hard as they could, and as much as they wanted. As they were all boxers and much bigger than him, they were very confident. But after only three minutes it was obvious that Choi could easily defend or dodge whatever they threw at him, and he was scoring 'hits' all over the place. All three of them admitted defeat and everyone in the audience was on their feet clapping and cheering. One officer said "Wow, indeed you move like lightning! I did not know you were invincible like that."

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

**3 of us onto him?**

**No Sweat !**



## Time for a Puzzle

Use a line to match up each thing on the left with its correct time. You will have one left over and can only use each time only once. The first one is done for you.

Break between rounds at a tournament	1955
Length of a 1st - 3rd Dan Black Belt Grading	10 minutes
Length of the World Champs in Wellington in March 2011	30 seconds
Length of a 3rd round bout at a tournament (after a draw)	18 years
The year Taekwon-Do was named	2 minutes
Time to arrive before training to prepare mentally & physically	2 days
Minimum age to compete as a senior at the World Champs	2333 BC
Minimum age to compete as a Junior at the World Champs	35 years
Time from White belt to Master	5 Days
The year Korea was founded	1 minute
	13 years



## Blast from the Past



Taekwon-Do Teddy found this picture of a peewee tournament 7 years ago, and was amazed at how well some of them have done. All the kids circled in red are now black belts: Six are 1st Dans (Zane, Hannah & Claire Kendall, Emma Pygott, Josh Little, Waka Clencie), Robert Meleisea and Mitchell Leong are 2nd Dans and Melissa Timperley is a 3rd Dan. Emma is an Assistant Instructor; Hannah, Claire, Robert, Mitchell and Melissa have competed for New Zealand at several international tournaments with the girls all winning medals. The standout is Melissa who has represented New Zealand at 3 World Champs and so many medals we lost count! (TKD Ted apologizes if he missed anyone out or circled the wrong face - it was a very loooooong time ago for a bear to remember!)



## GALLERY



## Focus on Polaroid

Polaroid instant film cameras first hit the market in 1948 and continued to be Polaroid Corporation's flagship product until the February 2008 decision to cease all production in favour of digital photography products. After bankruptcy and sale, it has been reincarnated in a new company in 2010 partnering with Lady Gaga as Creative Director. She is the new face of Polaroid alongside the recent release of a new Polaroid instant film camera with the classic 10 packs of instant film.

By Doug Hanna

[www.tkdaction.com](http://www.tkdaction.com)



Alexis Hepana contemplating at the 2010 Impact Tournament



Polaroid cameras and film produce some fabulous classic “polaroid” effects. I don’t have a polaroid camera [yet] having just read about the reincarnation in a photography magazine today. To celebrate the reincarnation of Polaroid, this Photo Gallery feature includes digitally produced Polaroid effect Taekwon-Do community images using a free downloadable program called “Polaroid”. These photos were taken over the last few months.



Jeremy Hanna in a relaxing stretch after his patterns trial



Robert Meleisea, Ethan Parker and Ross Black



Alisa Parker awaiting the call for her next pattern



Mr Richard Burr and Mr Mark Trotter share a quiet moment at trials



Paige Moki profile



Jeremy Hanna and Shane Black in deep debate



Kate Flynn and Carron Hunter share a laugh while trying to avoid my camera



Damon Williams performs at a Star Series Tournament



Mr Dave Ballard addressing the World Champs trialists

## **Dave Ballard**

30.4.63 - 16.9.10

*The International Taekwon-Do Board, staff and members are deeply saddened and upset with the news of Mr Ballard's sudden death. He was a valued and loved member of the International Taekwon-Do family.*

*His value as an International Taekwon-Do office holder is evident, but the genuine grief that this news has been met with, shows the true measure of his person.*

*As people, and as members of the International Taekwon-Do family, we mourn.*

**Dennis Burns**

Board Chairman





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