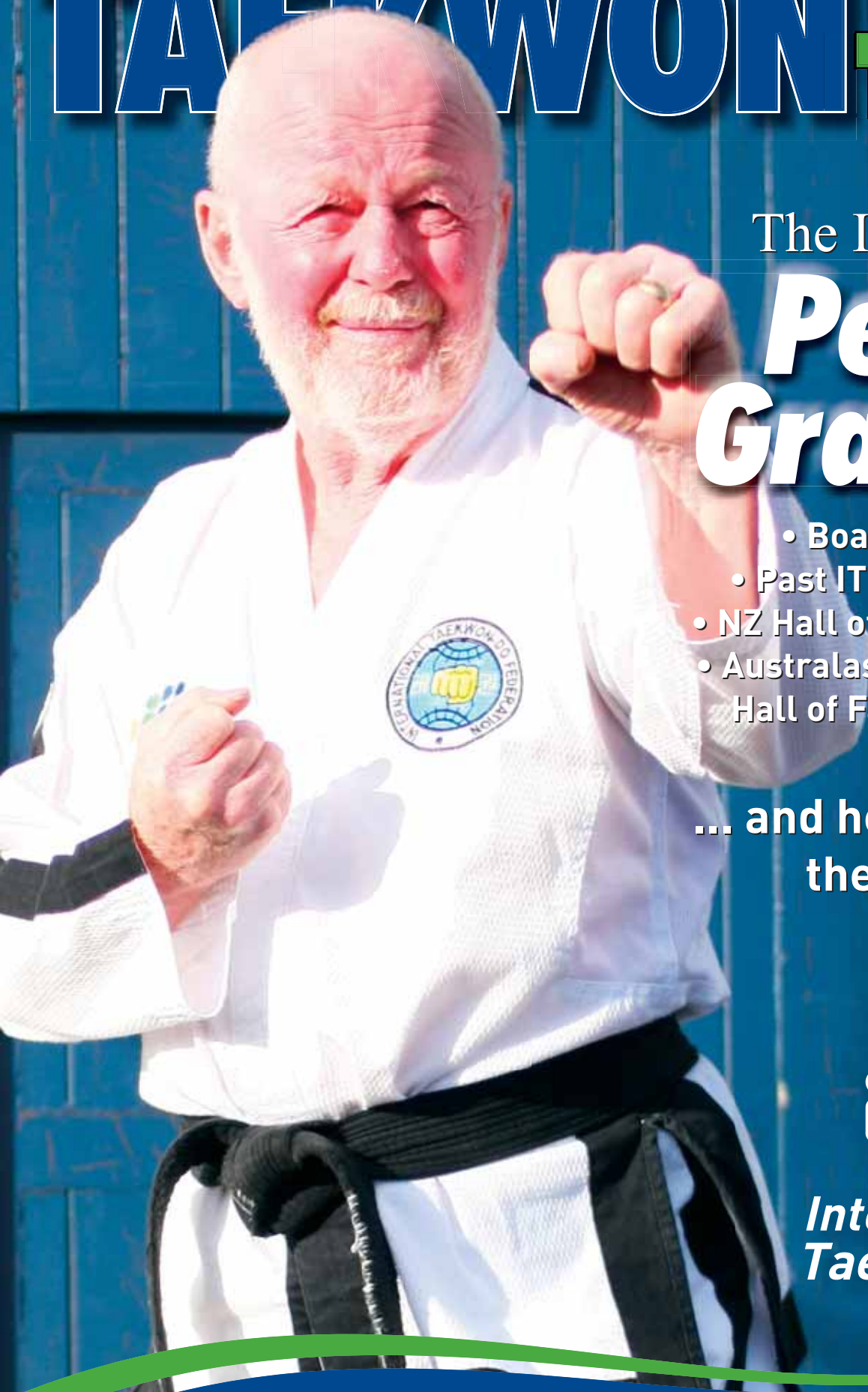


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FROM THE PRESIDENT



Master Evan Davidson

VII Dan, President

The 1st ITF Taekwon-Do Convention was recently held in Benidorm, Spain. From all accounts this was an inspiring event and a resounding success for the ITF. New Zealand was represented by Mr Mark Banicevich and Ms Carolina Dillen. We eagerly await their reports from this convention as well as the official ITF Report.

I attended the AMAHOF induction for Mr Peter Graham in Perth, Australia. Our wives accompanied us and we certainly found out how efficient their public transport was.

A warm welcome to our new Regional Director for the South Island, Mrs Lorraine Eade, 3rd Dan from Wairau TKD, Blenheim. Mrs Eade has already made an impressive impact with her full and detailed update report for the South Island. Remember your Regional Directors are there to assist clubs and Instructors, to coordinate activities if need be and to be the conduit between all our members, the Board and myself. Please use them.

Master McPhail and I have just completed the mid-year grading rounds which is the last under the old, '3 x Gup grading a year', system. A total of 949 students were tested throughout the country, which is fantastic and good to see many new white belts testing. Thank you all for your dedication and support for the International Taekwon-Do.

FROM THE BOARD



Mr Mike Thompson

Chief Executive Officer

It's been 18 months since I have taken up this exciting role and this edition presents an opportunity to update everyone on what has been happening behind the scenes, from my perspective.

Here are some highlights of the huge progress we have made as an organisation;

- Ongoing recognition and monetary support from government
- SPARC investment in ITFNZ to 2012 and World Champs
- Major Events NZ investment in World Champs
- Performance Enhancement Grants for 19 athletes
- Professional development opportunities including invitations to national forums and it was very exciting that our Chair Mr Burns was invited to a two day course for Chairs where he was able to share ideas with Chairs from major sports like Football and Regional Sports Trusts
- We have gained \$30,000 KiwiSport funding to pilot and deliver a Kiwi-TKD in Schools Programme in the Counties Manukau region

Pathways Project

The ITFNZ Board has established a working party that confirms a pathway for all of our existing and potential members. This includes but is not limited to pre-school, primary school, youth, adults, girls, women, self defence, competitive, elite and the more mature. It is great to see this issue discuss thoughts about these different user groups as we pursue a vision of International Taekwon-Do being accessible and relevant to all New Zealanders.

Hopefully you will be hearing a lot more from the Board and staff as we celebrate our successes and acknowledge and action our areas for improvement. Have a safe and happy summer.

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.

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

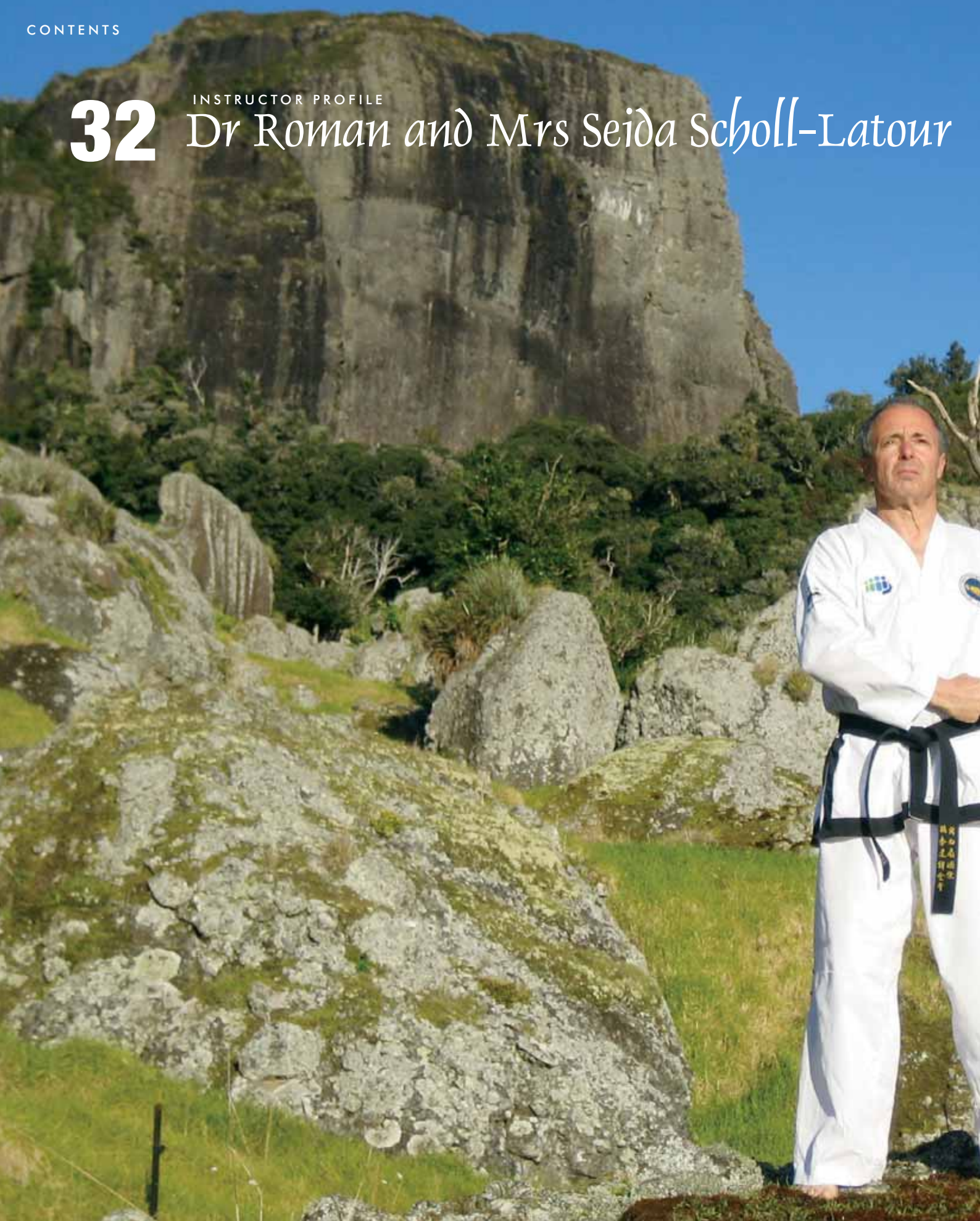
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OUR EXPERTS



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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



NUTRITION
MISS CAROLINA DILLEN

COVER



Cover photo by Paul McPhail



NEW SCHOOLS

Welcome to our new schools and instructors

Spirit Taekwon-Do Newlands

Instructor: Mr Brett Kraiger IV dan. Centennial Hall, 212 Newlands Road, Newlands, Wellington. Wednesday & Friday 7:15 - 8:45pm.

Brett Kraiger has been doing Taekwon-Do for over 20 years, and teaching since 1995. He has a passion for helping people achieve more than they ever thought possible through Taekwon-Do.



www.spirit.net.nz

Hillcrest Taekwon-Do

Instructor: Dr Krishna Reddy III dan. Hillcrest Normal School Hall, 218 Cambridge Road, Hamilton. Monday & Thursday 6pm to 7.30pm



Dr Reddy began training in 1987 in Central Districts, later starting his own club after moving to New Plymouth and later Hamilton. His whole family are involved in the club with all three children black belts.

Calibre Taekwon-Do

Instructor: Mr Jon Sawden III dan Henderson Intermediate Gym, 70 Lincoln Road, Henderson.

The Calibre branch of ITFNZ opened up in February 2011. It has come about as a result of the passion the instructor, Jon Sawden, has for Taekwon-Do. Calibre TKD runs separate classes for each age group; 6-9 yrs, 10-12yrs and 13+. Each class is designed to cater to each individual age group, thus allowing students to get the most out of each lesson.



calibretkd.weebly.com

Jungshin Kristin

Instructor: Mr Matt Davey III dan Kristin School, 360 Albany Hwy Albany Monday 3.30 - 4.30 pm

Jungshin Kristin caters for students of the Kristin School. Mr Matthew Davey has been practising Taekwon-Do since 1998, gaining his first degree black belt in 2001. He has achieved well both as a competitor and an instructor



www.jungshin.co.nz

Victoria Taekwon-Do

Instructor: Mr John Roxburgh I dan. Long Room, Recreation Centre, Kelburn Campus, Victoria Uni. Friday 5 - 6.30 pm

Mr Roxburgh started training in 1999, under Grant Evans at the Mosgiel Taekwon-Do club, Dunedin. An aspect of Taekwon-Do which he finds particularly appealing is the physical self-awareness it develops.



RTR Hastings and Havelock North

Instructor: Master Rocky Rounthwaite VII dan. Hastings Intermediate School Hastings Street, Hastings. Tuesday/Thursday 6.00pm-7.30pm

Havelock North High School Dance Room, 155 Te Mata Road, Havelock North. Mini kids: Tuesday 4.00 - 4.45 pm. General class: Tue & Thur 4.00 - 5.15

Commencing Taekwon-Do in 1976 in New Zealand, Master Rounthwaite has taught Taekwon-Do in New Zealand, Papua New Guinea, Australia, and Thailand, and, along with his wife Trish, received a commendation from Taekwon-Do's Founder, General Choi



Hong Hi for "pioneering Taekwon-Do in the Highlands of Papua New Guinea". Master Rounthwaite has held positions of responsibility both nationally and internationally, including Secretary General, ITF Asia; ITF Ethics Committee; Congress representative in Malaysia, Poland and Germany; President ITF Papua New Guinea; Board of Directors MYITF; and Director National Championships, New Zealand.

RTR Napier

Instructor: Mrs Trish Rounthwaite V dan Greenmeadows School, Osier Rd, Napier. Mini-kids (5-7 yrs) Monday 5pm - 5.45pm. General class (7 yrs & above) Monday / Wednesday 6.00pm - 7.30pm

Mrs Rounthwaite started Taekwon-Do in 1987 and has had umpiring experience at Asian Championships, Oceanic Championships and World Championships and attended 11 international instructor courses.



www.rtrtkd.co.nz

Also recently approved: Master McPhail as Instructor of Paul M Waiau Pa, Ms Joyce Lee – Instructor of Nibun ITF Diocesan, Mr Andy Wong – Co-Instructor of Miramar, Mr Michael Onland – Instructor of Feilding, Mr Ross Black – Instructor of Elite Kids, Mr Philip Hayward – Co-Instructor of Mosgiel, Mrs Liz Tee – Co-Instructor of Jungshin Shore Kids, Ms Sheryl Chase – Assistant Instructor of Khandallah, and Scott Sutherland – Assistant Instructor of Hamilton.

2011 NATIONAL AWARDS

Auckland, Saturday 13th August 2011

The 2011 National Awards were held in Auckland on Saturday 13th August. Mr Don Martin once again organised the event which was hosted by our CEO Mr Mike Thompson. The 2011 winners and finalists in the various categories were:

Dan Student of the Year

WINNER: Mr Don Leong

Mrs Pam Colee
Miss Kara Rae Timmer
Mr Christopher Broughton
Ms Sheryl Chase



Don Leong, Pam Colee and Master McPhail

Gup Student of the Year

WINNERS: Gena Salmon
WINNERS: David Blackwell

Zacharius Patai
David Parker



Peter Gudsell and Brett Kimberley

Junior Student of the Year

WINNER: Kara Rae Timmer

Liam Bramwell
Sarah Gudsell
Michael Davis
Ethan Parker
Simon Davis

Instructor of the Year

WINNER: Mrs Lena Walton

Mr Brett Kimberly
Mr Peter Gudsell



Club Instructors: Angerla Bartrop, Richard Iotua, Carolina Dillen and Michael Onland.

Club of the Year

WINNER: Tribal Taekwon Do

Ellerslie Taekwon-Do
Feilding Taekwon-Do
Pulse Taekwon-Do Merivale

The Presidents Award

a for Outstanding Contribution

WINNER: Mr Nick Lourantos

Lisa Davey
Mr Dave Ballard
Ms Angela Bartrop



ITKD CEO and Awards MC, Mr Mike Thompson

Photos by Craig Oliver

AUCKLAND NORTH KIDS CAMP

By Keegan Hay and Tessa Boyd (both aged 10) from Kickin' Kids Mt Albert

Last year we attended the AN Kids Camp at Shakespear Park, Whangaparaoa. The camp was for two nights, being Friday and Saturday night and it was held over the weekend of Halloween. The children ranged in age from 6 to 14 years old and everyone had a fantastic time with over 50 kids divided into six teams.

We were woken up at 6:00 each morning, and had a vigorous 30 min exercise routine before breakfast. One morning, we even did a zumba routine.

This was followed by a delicious breakfast and the start of the day. During the day, we had many great Guest Instructors (too many to name!) and did things like padwork; patterns; sparring (great fun especially as Mark Trotter and Carolina Dillen were our sparring opponents); specialty (Matthew Davey taught us awesome kicks such as the Flying Scissor Kick, Twin Front Snap Kick and the Side Kick.), destruction (with "The Destructor", Mr Jon Sawden taught us how to do a Side Piercing Kick and also how to break a board using a Sidefist. I think everyone broke at least one board and this made us feel great); and even morning tea...

For each part, medals were awarded (but not for morning tea). We also had ice cream, amazing food, hot chocolate & popcorn & marshmallows (yes the food was definitely a highlight), skits, war games, riddles, fun and a champions costume parade. Everything was in there - fun, fun, food, fun, and a fire alarm! In fact, the fire alarm was the worst bit and it happened just before everyone was going to rush inside to get changed for their skits. It turned out there was no fire

just a large bug that had made its home in the fire alarm.

Everyone who attended the camp got a 2010 AN Kids Camp ribbon and there were prizes for the best team, and a trophy for the best senior and best mini

kid at the camp. We played lots of games and generally had lots of Taekwon-Do orientated fun. It was a great camp, and we encourage all AN kids, whether you are 5 or 14, white belt or black belt, to start saving now and join in the next one. 🥋



CAMPS FOR DUMMIES, 101

By Rosie Collins, 1 dan Silla Taekwon-Do

So you've been umming and ahing about whether or not to organise your regional camp. You know that it's worth 5 contribution credits, but you really don't know where to start. Now I'm no expert. In fact I've only organised one camp. But I can still pass on what I've learnt, and I can definitely say it is not a relaxed, stress free, easy experience,

First of all, it doesn't matter if you have no experience. I'm not a black belt. *(she is now! – Editor)* I'm not an organizational star; I'm not even 15 yet. I am only a black tip, I've never organised a camp, and I'm 14. So yes, if I can cope, you can too.

When you show up for a camp, it really isn't obvious how much work goes into it. You show up, sign down your name, and dump your gear at a bed. But it really does involve so much more than just that. Where did you show up to? How did your name get registered? What bed are you sleeping in?

Before April 2011, I've always been a camp go-er; attending kids camps, regional camps, a Taupo camp too, and I never actually saw how hard it was to organize a camp. But on the 15th, 16th and 17th of April, I saw camps from another angle, and now, I share my ten tips for organising a camp.

Number One: Choose your location: Choose a camp that has the capacity to sleep at least 70 people. The camp I chose was Waitawheta Camp, as it was central, cheap, and could sleep up to 120. The only downside was that the training hall they had was rather small, and when the rain came, we struggled to fit in, utilizing every spare room we had at our disposal. But the dorms were large, the kitchen equipped, the field muddy for our morning warm ups so all and all the location was almost ideal.

Number Two: Choose a theme: A theme helps you to organise everything else. It gives you a basis to imagine, and a constant idea to relate back to. I went with "earn your stripes", a military saying about proving yourself. Midlands was having a Boot Camp.

Number Three: Entry Forms: Get them out; Get them to every corner of your region, fast. Fill your entry form with details, like names, numbers, medical, age gender etc. One thing I would definitely recommend is

an email address. I didn't ask for this, and it made it very hard for me to communicate with everyone attending. Encourage people to get them in fast, and say that camp is filling fast even if you only have three people registered, as this encourages people to get their forms in.

Number Four: Delegate: So camp is a go, now you have to worry about all the little things. From food, to bedding, to training, to Saturday night entertainment. The secret is to delegate. I admit I wanted to be the super woman of camp organization, and do everything. I wanted to organize food, as well as the rest. A few women from my club offered to help and I refused at first, wanting to organize food myself. Soon though, they convinced me to let them take care of the food and I am so glad that I let them. It just would have been too much to handle organising food, as well as everything else. Delegating is key, to your own success.

Number Five: Nag. So the entries aren't going to come in as fast as you hoped, and if you're anything like me, you will stress. So nag. Email instructors, bug anyone who says they're not coming, remind everyone as often as you can to get entries in. I even considered putting up a prize for the region with the most entrants. Just keep nagging, get people to camp.

Number Six: Stay on top of the entries: As soon as the entries come in to your letterbox, have a place to put them. Start an excel sheet with all the details on the entry form on it. Then say whether or not that person has paid, and whether or not it has been deposited. Try and deposit the money as fast as possible, as this keeps entrants from worrying about whether or not they're in. If you get it out of order, or there is a mix up, which I admit, happened to me, don't panic. Just systematically put it right. That's all you can do.

Number Seven: Entertainment: Make sure your entertainment is related to your theme. The thought of entertaining 70 people was a scary thing for me. I had to get their attention, make it fun, and make it work. Typically at a regional camp, we get to know each other on Friday night, and then have some sort of team challenge on Saturday night. Not wanting to disturb

the order of balance, I did just this. On Friday night, we did speed dating. Two rows of chairs, one row moves after 20 seconds and after everyone goes through, 'Wha lah', everyone has mingled. People told me that when I first said "speed dating" that they really didn't know how it was going to go, but after the first few rounds, everyone got involved, and I think it was a good activity to start off. Saturday Night, I did a team "Prisoner of War Quiz". I made up a list of random questions, as unrelated to Taekwon-Do as I could. I asked questions about Karate, Science, Dora the Explorer, English terms, Geography, as bizarre as I could get. Each team sent forward a hopping, blind folded or crawling representative to give me their answer. If they were right, they could take, or save a "Prisoner of War" from another team. Every few rounds, I'd have a physical challenge, like a team singing competition, building pyramids, the best press up, or balance off's. Overall, I think it fulfilled the purpose: It was very entertaining.

Number Eight: Training: Well, at first, I had not a clue about how I was meant to organize training, since I was not an instructor; and half the camp attendees were my seniors. Lucky for me, I didn't have to worry about the training. I just organised people into groups, and the seniors took it from there. My advice? Don't fret about organising training; just ask your instructor or another senior to sort it out.

Number Nine: Demand people's attention: When I first arrived at camp, and had to make the first announcement, I was nervous, quiet, and trying to be polite. I interrupted everyone with an "Excuse me, I ah, excuse me, attention, please, thank you". I was not getting the respect of the people, and Ms Lander actually pulled me aside and told me I needed to demand their respect. From then on, I went up, and yelled loudly, "Attention". Seniors, juniors, kitchen staff the like all stopped to listen. It was amazing to me that if I demanded the respect of others; I was much more likely to get it. That was the main thing I learnt that weekend.

Number Ten: If nobody sees it go wrong, it doesn't matter: Straight from the mouth of Mr Brown, one of the organisers of



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the National Kids Camp. Nobody else knows what is meant to happen, so if they don't see it happen, they won't know the difference. That was great advice, as I could relax so much more. So, we don't get up at 6.15 on the dot, the camp go-ers don't know the difference, and so it only matters to me.

Hopefully these tips will help you gain the confidence to organise a camp. It really is worthwhile, and seeing everyone have a good time, and even when they come up at the end and say thank you, all the hard work pays off. So relax, don't stress the small things, and set a date for your region's next camp. 🙌



Rosie and Emma, her 'assistant', who is also 14.



SOUTH ISLAND REGIONALS

By **Angela Bartrop**, 11 dan, Pulse Taekwon-Do

When Pulse Taekwon-Do opened on the 24th of May 2010, little did any of us know that we would be walking away from our first South Island Regional Champs with the title of Best Overall Club and a massive trophy!

Our club has about 25 members, most of whom train regularly, and 14 of those members went away to the 2011 South Island Regional Tournament in Blenheim for the weekend of the 7/8 of May.

It really felt like our first real outing as a club. We stayed in the cheapest accommodation we could find, which was complete with coin-operated showers that gave you five minutes of hot water for each \$1 that you put in!

We arrived out at the tournament venue at Woodbourne Airforce Base and the tournament was underway right on time. Mrs Lorraine Eade of the Wairau club was the tournament organiser and did a tremendous job, having the tournament

done and dusted in a single day, which for any of you who know anything about the South Island Regionals, will know hasn't happened in... well EVER that I can remember. So massive congratulations must go to Mrs Eade and all the wonderful helpers and crew she had.

I wasn't sure what to expect from my first tournament as a club instructor and coach. What I hadn't quite prepared myself for; was how difficult it made patterns judging when the burly teenager who has just entered the ring is competing against one of my adorable mini kids class students! Or how heartbreaking it would be when any one of those kids, who have such good patterns, would get nervous and make a mistake like not doing both sides of Saju Jiruigi or something, and they would have to be given a zero. Or how elating that it would be, when the student you didn't think would be the best at patterns was the only one to hold his composure, and do better patterns than he ever had in class,

and get through a couple of rounds to get a bronze medal.

I do not believe I've ever had a more proud moment than when all of the students' achievements resulted in us winning the Best Overall Club trophy at our very first competition. It was the reward they all deserved for giving up their Friday nights to me for a few weeks before the tournament for extra training!

Our club took a team of 14 to the Regionals, and we came away with 37 medals in total. Nine of these were Gold, 13 Silver and 15 Bronze. We also had the Best Over-all Blue Belt (Andrew Hadjis) and Best Overall Red Belt (Craig Oliver) who we are very proud of.

Any doubts I had about us being the new kids at the tournament and perhaps not doing so well our first time up were quashed this weekend and I hope that our club continues to grow and achieve at this great rate. 🙌





Photos by Craig Oliver



★ COMMUNITY NEWS Read our paper online 24/7 at StarNews.co



Members of the Pulse Taekwon-Do club in Merivale, with their trophy for 'Best Overall Club' from the South Island Regional Championships.

Fledgling club shoots straight to the top

By ANITA TURRIE

Merivale is home to the best Taekwon-Do club in the South Island.

When the Pulse Taekwon-Do club opened in Merivale last May, it only had five members. Now a year later, they have done up at the South Island Regional Championships in Glenelg — winning the title of Best Overall Club and taking home a massive trophy.

Instructor Angela Bartrop said it was "pretty amazing." She said when she started the club last year, she hoped this could happen, but never thought it would happen so soon. "This is our first major tournament, so it's pretty incredible. I'm very proud," she said.

The 14 members of the club who attended the tournament came away with a massive 57 medals in total — 9 of which were gold, 13 silver and 15 bronze.

The club's gold medal winners were Lucas Billingham, Liam Brownwell, Glen Johnstone, Paige Robertson, Andrew Hadjis and Craig Oliver — some of whom took home two gold medals. Andrew, 15, also won best over all blue belt, while Craig, 39, took out the title of

best overall red belt.

"I thought we would do well, we've got some pretty good students who work very hard," Ms Bartrop said. She competed in the championships, winning two bronze medals and a silver.

The club would soon begin training for the National Championships to be held in August. "I hope that we can achieve the same great results in future tournaments," she said.

Ms Bartrop said the club had received great support since opening, from the Christchurch City Council, Pub Charity, and Air Rescue Trusts. "We are very grateful for their contributions to our growth in this last year," she said.

Pulse Taekwon-Do Merivale club has 25 members, who train on Monday and Wednesday evenings in the Drama Theatre at Rangiora Girls' School. The club was only the second ITS Taekwon-Do to start up in Christchurch. Ms Bartrop said she hoped the club would continue to grow. "New Zealand is very good at competing in ITS Taekwon-Do. We're hoping to get more people involved in the sport," she said.



EXPERIENCING THE INTERNATIONAL IN ITF

By Katherine Kudo Booth III gup Bay Of Plenty Taekwon-Do Academy

One of the exciting aspects of International Taekwon-Do is it is a truly international organization with affiliated clubs around the globe. Like many New Zealand immigrants I have mixed heritage (Venezuelan / Japanese), with family dispersed over several continents. When we arrange to get together, it gives me the opportunity to travel around the world.

This year I travelled to The Netherlands to see my sister, dropping in to Spain to see my mother. On the way back to New Zealand, I stopped in Malaysia to see my brother. What was different about this trip is that in addition to visiting my relatives, I also took the opportunity to visit some of our ITF 'family' overseas. Not knowing what to expect, I gathered up courage and visited three clubs in three countries.

On Friday 18th of March, I had the pleasure of training with the Rocca Taekwon-Do club in Motril, Spain. Motril is a small town (population 59,000) in southern Spain. Taekwon-Do Granada (www.taekwondorocca.tk) is run by Mr. Juan Carlos Rocca 5th Dan, his son Alejandro Rocca 3rd Dan and daughters Sabrina and Solange, both 2nd Dan. The Roccas are originally from Argentina and have been working hard to promote Taekwon-Do in Spain.

On this occasion I met Juan and Solange. Fridays are 'noche de fiesta' (party night), so student numbers are small, as most people are out celebrating the weekend. They certainly seemed excited to have a student all the way from New Zealand to train with them. Juan and Solange were both very welcoming and treated me as if I was an old friend. Their hospitality went to the extent that, not knowing Spanish is my mother tongue, they had organized for Simon Horrocks, an English 1st Dan black belt from Granada, to commute the 45 minutes drive to translate!

The club was preparing for their upcoming grading, so the main focus was on patterns. Mr Rocca, not unlike our own Master Rimmer, is keen for his students to attain a high standard of technique. Interestingly, all instructions were called out in Korean. This meant I had to be extra alert as my shaky Korean knowledge and the unfamiliar



Altundag Taekwon-Do Rotterdam

Korean with Spanish pronunciation led to some confusion.

In the Netherlands, I made contact with Master Willy van de Mortel. Master van de Mortel has presented a number of accomplished sparring seminars in New Zealand. His club (www.difesa-willyvandemortel.nl) was located too far for me to attend but he was happy to recommend club Oh Do Kwan (www.ohdokwan.nl) – cool website, check out the breaking in their online video) in Capelle aan den IJssel (just south of Rotterdam) as having a very high standard. Ironically the club's contact person was in New Zealand for the World Championships at the time and I was not able to arrange to visit.

Instead on Tuesday 22nd March, I visited Altundag Taekwon-Do in Rotterdam. This club is run by Mehmet Altundag 2nd Dan, also known to Master van de Mortel. Like their Spanish counterparts, club Altundag divide the classes between kids and elder students. I joined the seniors class. I was the only female training and everyone was much younger than me. The class was predominantly of Turkish decent, and so the class was led in Turkish, Dutch and for my benefit English. Korean terminology was thrown in for good measure. The focus was mainly on sparring. Tactics training, pad drills and excruciating stretches, that

left me in no doubt of their effectiveness. Mr Altundag was passionate about getting his students to think strategically and to fight intelligently. It was an intensive hour and a half.

Soon after, I left the cold Spring weather of the Netherlands for the heat and humidity of Kuala Lumpur, capital of Malaysia. There I contacted Master Tan Eng Kiat 7th dan, instructor of Vision Taekwon-Do (www.vision.phuturedesign.co.uk). Master Tan was visiting a student in China at the time, but he invited me to join the class. Run by his assistant instructor and son, Lyonel Tan 4th dan, I joined their class on Thursday 7th of April.

My brother and I got a little lost finding the club and let's just say what we at first thought was the Dojang was not a pleasant looking place to get out of. Indomitable spirit was called for. To my relief we finally found the training hall and had a very good class with indoor temperatures exceeding 30 degrees celsius. We practiced a lot of patterns, technique drills, pad work and some sparring drills. Lyonel is a world champion medallist. I was not surprised as his technique, particularly his patterns were very sharp. I was surprised to find the instruction was much like training in my own club in Tauranga, except for the heat and humidity.

Continued on page 15

FROM PEE WEE TO BLACK BELT

By Flynn Martin | 1 dan Bay Of Plenty Taekwon-do Academy

My name is Flynn Martin. I train at Hwa Rang in Tauranga under Miss Young. I am 10 years old and am a first dan black belt. I am writing this article as a reflection on my TKD journey so far to hopefully motivate other kids (and adults!) to go for their black belt and also because the only other time I've been in TKD Talk was when someone took a photo of me with my sparring headgear on backwards at a pee wee tournament. I've always wanted to appear in the magazine for some other achievement than that!

I started training with Miss Young in Rotorua when I was six. There was only one black belt who always attended her classes, Mr Fraser. He had been to the Worlds and won a medal, and I wanted to do the same.

Pee wee tournaments opened my eyes to the competitive side of TKD. I attended my first pee wee tournament when I was six, and was so nervous when we got to Auckland, I wasn't sure I wanted to compete. I ended up winning my first medal that day (and getting that fateful photo taken!) and have competed at tournaments ever since.

Midlands has really supportive seniors and instructors who organise interclub events and seminars. I attended as many as I could, building in confidence and ability. Attending squad trainings and improving my skills has helped me to reach my goals and also to make friends with other people in the region.

The day I passed my red belt I started training for my black belt grading. I had always done training at home and with the help of my dad, we worked out a training schedule to build on my fitness and to master the techniques needed to pass the grading. That year, I attended a black belt pre-grading day in Auckland. Even though I wasn't ready to grade, this showed me the level of fitness and also the mental focus needed to pass the grading.

It took that year of hard work to reach the standard required. My first timed run for the 2.4 km was over 18 minutes, I couldn't do push ups properly, and as for flying destruction kicks, a lot of cardboard boxes got squashed. During this time I really learnt the meaning of the tenets, especially perseverance!

Miss Young and Mr Brown started doing extra trainings at the weekends for those of us grading. I want to thank them for their time and expertise in helping me reach my goal.

Miss Young asked me to fill in for her at a demonstration at Tauranga Intermediate, a few weeks before my grading. I am quite a shy person and the thought of standing up and speaking and doing breaks in front of all those people made me shake, but I realised that I had the ability to inspire others to achieve their goals so I agreed to do it. That day, I spoke to 1200 people at their assembly. I was so proud to have done this and this gave me the confidence to face my upcoming grading head on.

The actual black belt grading was surprisingly a really enjoyable two days for me. I had prepared well and knew what to expect.



My run time was 11.30 and I got full points for my press ups and sit ups. On the second day in front of my family and friends, I was proud to make my destructions and show with pride my patterns and techniques. The waiting for the results was the longest week of my life, I screamed when I found out that I had passed!

My journey in TKD is really only now beginning. I am learning the patterns so that I can start competing in tournaments as a first dan. I feel proud when I put my uniform on and still can't really believe that I passed. I have started taking warm ups in class and enjoy helping out the new students. I have made heaps of friends by doing TKD and have more confidence in myself. I know that if I set goals and put the effort in I can achieve my goals. If I can do it, with focus and effort, YOU can too. 🥋



Photos by Craig Oliver



COMBAT COALITION CAMP

By Carl van Roon II dan Impact

This November, at the purpose renovated Taekwon-Do academy at 198 Marua Road in Ellerslie, Auckland, two martial artists I greatly respect and I will be holding a camp designed to challenge ITKD members to take their training to the next level. For those attending, Miss Carolina Dillen, Mr Phil Thompson and I, are looking forward to a series of sessions sharing our unique experiences with you.

It is the primary aim of our 'Combat Coalition' camp to give participants inspiration to evolve in their approach to Taekwon-Do training in specific areas, with unique drills to add to their personal training tool-box, in terms of both theory and practice. For this reason, those that feel they have plateaued in their training may garner the most from the fresh and unique approach of this camp.

Each instructor is scheduled to coach two sessions throughout the duration of the 'Combat Coalition' weekend. Miss Carolina Dillen and I look forward to imparting the best of our knowledge as Sport and Exercise Scientists with methods field tested over the last decade of our competitive careers. All Taekwon-Do participants can greatly benefit from these sessions as the principles suit not only those looking to compete at a high level, but for those wishing to use the scientific method to refine and strengthen their Taekwon-Do techniques as devotees to our art as a way of life. Similarly, Mr Phil Thompson will present approaches regarding practical means for dealing with violence, based on tested principles, direct experience and an understanding of the science behind violent behaviour and scenarios.

During her sessions, Miss Dillen looks to highlight some of the leading advances in the science of strength and conditioning and how such revelations can be specifically adapted to Taekwon-Do practitioners wanting to get the most out of their training while decreasing their chances of sustaining injury. Miss Dillen will also extend the value of her background in sport and exercise science by applying principles based on research in movement neuroscience and sports psychology that are applicable not only to the movements of all 24 Chang-Hon patterns but to



Carl van Roon

learning or improving movements in any sport or activity in general.

In contrast, yet complimenting Carolina's approach to Taekwon-Do specific strength and conditioning, Mr Phil Thompson will draw on his experience with real world violence and impart information and approaches most relevant and specific to those practicing our art. Mr Thompson describes his aim as 'bridging the gap between martial arts training and the harsh

and chaotic realities of violence'. Along with an exclusive introductory session investigating the fundamental realities of self-defense, Mr Thompson will, for the first time, be running a session entirely devoted to the unique 'shredder' concept and its practical application.

Finally, my own sessions will cover the stylistic approaches found in various combat sports, in parallel, but on the other side of Mr Thompson's 'bridge' with real



Phil Thompson



Carolina Dillen

world violence. As with Miss Dillen, I will draw on both the application of knowledge as a sport scientist and my experience as a Taekwon-Do practitioner who cross trains in Mixed Martial Arts. It is the aim of my sessions to compare and contrast ITF Taekwon-Do sparring strategies with those of other popular combat sports I have studied in working to evolve as a martial artist and gain an edge as an ITF Taekwon-Do competitor. My first session will introduce effective combat strategies used by other stand-up striking arts such as Western Boxing, Muay Thai and Karate. Counter strategies for neutralising these contrasting striking approaches will be investigated, as well as ways in which ITF Taekwon-Do students may find inspiration in the strong points of these arts and their own comparable strategies. The second session will similarly investigate how Brazilian Jiu Jitsu and submission wrestling have influenced current popular trends in MMA (mixed martial arts) training and where Taekwon-Do may fit in with these developments.

On behalf of my fellow 'Combat Coalition' camp coaches, we look forward to seeing you at November's event. Places are limited so be sure to book your sport for the weekend 🍷

The International in ITF Continued from page 12

We often talk of ITF being a big family, but I had never experienced how welcoming and strong the Taekwon-Do community is internationally. I have travelled regularly over the years but had never thought of organizing visits to other clubs. I recommend that anyone with the opportunity to visit a new class, especially in another country, do so. No matter where you go. Everyone was enthusiastic to welcome a student

keen to train. A lot of valuable experiences, memories and new Facebook friends came from this.

What made the biggest impression was how warm and welcoming our extended ITF members are. I hope likewise that we also always show the same warm welcome to visitors to our Dojang and country. Just remember to pack your Dobok! 🍷



Taekwon-Do Granada Motril



Vision Taekwon-Do Kuala Lumpur

How to find clubs in different countries

Google using the search terms "ITF" and the relevant location e.g "ITF Rotterdam" Refer to the affiliated club listings on the ITF website: www.tkd-itf.org

How to organise a visit

Email the contact person in the club asking for permission to visit their club. It's also important to let your instructor know of your intentions and gain permission.

Remember your tenets

As a visitor, you are an ambassador and representative of your club and country. It is important to practice the tenets - courtesy, integrity, perseverance, self control and indomitable spirit when in another clubs dojang. Be respectful of the culture and be especially mindful of Courtesy by following correct etiquette.



TRAINING THROUGH PREGNANCY

By Naomi Denton | gup Paul M Taekwon-Do Papakura

When I found out I was pregnant at the beginning of the year, one of my first thoughts was, "Okay, so I'm going to have to stop TKD until baby is born. It's a martial art, there's no way I can continue training". At 8 months pregnant and still training, I am happy to say, I was wrong.

In fact, I believe the best thing I could have done was to carry on training through my pregnancy, despite quite a few people thinking I was mad. The benefits have by far

outweighed any negatives I was concerned about, especially staying fit whilst pregnant.

If you are, or are planning to become pregnant and enjoy Taekwon-Do, exercise or sports, I hope these few tips from my personal experience can help.

Firstly, tell your instructor you are pregnant. Make sure your senior members and other club members are made aware. This sounds obvious, but, Taekwon-Do is a martial art



and can involve full contact, even at training. It's not worth risking harming yourself or the baby at any cost. So make sure everyone knows.

From the beginning of the pregnancy I made sure I was not involved in any contact sparring. I did however, grade my black tip when I was four months and had to display free sparring techniques. I discussed this with my instructor, Master McPhail and our club is fortunate to have a lot of awesome Black Belts. So I chose one Black Belt, Ethan Parker, to train and work with for grading requirements. He was very careful, controlled and patient. Thanks Ethan.

It also pays to check with your mid-wife or doctor, if continuing physical training is okay with them. I did some reading, some research on the internet and spoke with my mid-wife, all saying that if you are physically fit before coming pregnant, then there is no reason why you shouldn't be able to carry on doing what you normally do. But, advise not to start any extra vigorous regimes you weren't doing before.

Listen to your body. Especially as you get bigger. From 6 months onwards, I found a few warm-up exercises (especially sit-ups, star jumps and running/jogging) harder than I imagined. I also found stretching and using full power in techniques became difficult at this stage. Do what you can and don't pressure yourself. I learnt this fairly quickly after straining and hurting myself a couple of times. There is a lot more demand on your body when pregnant, so always think about you and the baby first.


Obviously flexibility and certain exercise become harder as the months go by, but I found patterns fine and even press-ups on knees were still okay at 8 months. If



you choose to free spar with no contact, perhaps choose a female partner or experienced Black Belt who may exercise better control, rather than an inexperienced Junior Belt. The same goes with self-defence.

Pad work - do what your body can handle, but DO NOT hold pads for anybody. You don't want to be kicked in the wrong place, even behind a pad.

Overall, Taekwon-Do has been great for my fitness. It has helped me to maintain a manageable weight and has kept up my interest and skills whilst pregnant, as I am aiming for my black belt next year. So if you are thinking that pregnancy will be the end of your Taekwon-Do training, maybe think again.

I hope you will feel the benefits. 

NATIONALS 2011

2011 National Tournament 13-14 August 2011

RESULTS of the 2011 National Tournament held at the North Shore Events Centre, Auckland.

Patterns

Junior Male Patterns 8th - 7th Gup

Gold - Leon Tran (CM - DS Papatoetoe)
Silver - Nicholas Seuili (CM - Tribal)
Bronze - Zacharius Patai (AN - Ellerslie)
Bronze - Maui Ormsby (WV - Berhampore)

Junior Male Patterns 6th - 5th Gup

Gold - Jakob Braakhuis (WV - Berhampore)
Silver - Tuong Le (CM - DS Papatoetoe)
Bronze - Taine Hunter (CM - Xtreme Academy)
Bronze - Te Ao Marama Tango-Cooper (AN - Hurupaki)

Junior Male Patterns 4th - 3rd Gup

Gold - Aiden Wells (SI - Nelson)
Silver - Piripi Edwards (CD - Rangitikei Dragons)
Bronze - Matthew Laguda (CM - Botany)
Bronze - Viper Klomjai (CM - Tribal)

Junior Male Patterns 2nd - 1st Gup

Gold - V Vijayakumaran (AN - JS Red Beach)
Silver - Dejaimero Iotua (CM - PM Papakura)
Bronze - Matthew Jackson (MID - Te Karaka)
Bronze - Dylan Cooper (CM - Botany)

Junior Male Patterns 1st Dan

Gold - Matthew Chan (AN - Ellerslie)
Silver - Ryan McNie (AN - Ellerslie)
Bronze - Daniel Hall (CM - DS Papatoetoe)
Bronze - Damon Williams (AN - Tamaki-Mt Well)

Junior Male Patterns 2nd Dan

Gold - Mitchell Leong (CM - DS Papatoetoe)
Silver - Aramai Tahau (CD - SF Horowhenua)
Bronze - Trivette Murray (CD - SF Horowhenua)

Senior Male Patterns 8th - 7th Gup

Gold - Daryl Carter (CM - Botany)
Silver - Darrell Webster (AN - Ellerslie)
Bronze - Glen Johnstone (SI - Pulse TKD)
Bronze - Murray Greig (AN - Meadowbank)

Senior Male Patterns 6th - 5th Gup

Gold - Noel Porter (CM - DS Papatoetoe)
Silver - Craig Hart (MID - BOP Papamoa)
Bronze - Alistair Stevens (CD - Cloverlea)
Bronze - Tori Marsh (AN - Avondale)

Senior Male Patterns 4th - 3rd Gup

Gold - Kenneth McCallion (AN - Ellerslie)
Silver - Mark Coetzee (CD - IPC)
Bronze - Aliister Villiers (AN - Nib Central)
Bronze - Simon Linstone (AN - PM Glendowie)

Senior Male Patterns 2nd - 1st Gup

Gold - Andrew France (MID - BOP Papamoa)
Silver - Richard Forder (AN - PM Glendowie)
Bronze - Josh Livingstone (MID - BOP Papamoa)
Bronze - Ivan Ho (CM - East Howick)

Senior Male Patterns 1st Dan

Gold - Shane Black (AN - Ellerslie)
Silver - Winston Tupou (CM - DS Papatoetoe)
Bronze - Biane Morris (AN - Tamaki-Mt Well)
Bronze - Gopinath Ravi (AN - JS Glenfield)

Senior Male Patterns 2nd Dan

Gold - Dane Canton (CD - Southern Cross)
Silver - Ethan Parker (CM - PM Papakura)
Bronze - Tyrone Seeley (CM - East Pakuranga)
Bronze - Clint King (MID - Hamilton)

Senior Male Patterns 3rd Dan

Gold - Jeremy Hanna (AN - Ellerslie)
Silver - Matthew Davey (AN - JS Glenfield)
Bronze - Mark Hanna (AN - Nib Central)
Bronze - Brett Kimberley (CM - JS Maraetai)

Senior Male Patterns 4th - 6th Dan

Gold - Jake Pearson (WV - Khandallah)



Silver - Brendan Doogan (CM - DS Papatoetoe)
Bronze - Kris Herbison (SI - Riccarton)

Junior Female Patterns 8th - 7th Gup

Gold - Zaretta Sionetali (CM - Zeal)
Silver - Tiani Whakarau (CD - SF Shannon)
Bronze - Ashley Porter (CM - DS Papatoetoe)
Bronze - Georgia Vogt (WV - Berhampore)

Junior Female Patterns 6th - 5th Gup

Gold - Courtney Church (CM - PM Papakura)
Silver - Charitra Parkinson (CM - Inf Papakura)
Bronze - Sophie Beuth (AN - Ellerslie)
Bronze - Ruby Kendall (CM - PM Waiau Pa)

Junior Female Patterns 4th - 3rd Gup

Gold - Maia Van de Mark (MID - Te Karaka)
Silver - Kyla Walton (WV - Berhampore)
Bronze - Wikitoria Nolan (MID - Te Awamutu)
Bronze - Tiaretaina Leota (CM - Tribal)

Junior Female Patterns 2nd - 1st Gup

Gold - Angel McCreedy (CM - DS Papatoetoe)
Silver - Karlene Hunter (CM - Xtreme Academy)
Bronze - Shania Kennedy-Lowe (AN - Hurupaki)
Bronze - Lisa Sorger (WV - Porirua)

Junior Female Patterns 1st Dan

Gold - Sarah Jackson (MID - Te Karaka)
Silver - Hine-Anahera Nolan (MID - Te Awamutu)
Bronze - Rosie Collins (MID - Silla)
Bronze - Morgan Searle (CD - SF Horowhenua)

Junior Female Patterns 2nd Dan

Gold - Kara Timmer (MID - HR Otumotai)
Silver - Patrina Guptill (CM - DS Papatoetoe)
Bronze - Rebecca Styles (AN - PM Glendowie)
Bronze - Natalie Cale (MID - Te Karaka)

Senior Female Patterns 8th - 7th Gup

Gold - Kathryn Ritchie (CD - Cloverlea)
Silver - Zena Tango-Cooper (AN - Hurupaki)
Bronze - Florence Chen (AN - Ellerslie)
Bronze - Lydia Maxim (CD - Cloverlea)

Senior Female Patterns 6th - 5th Gup

Gold - Kay Robinson (AN - JS Glenfield)
Silver - Diem Thai Vo (CM - DS Papatoetoe)
Bronze - Glauce De Souza (MID - Hamilton)
Bronze - Rachel Bates (AN - Ellerslie)

Senior Female Patterns 4th - 3rd Gup

Gold - Courtney Weir (CM - PM Papakura)
Silver - Row Hope (AN - Ellerslie)
Bronze - Danielle Vignati (AN - Ellerslie)
Bronze - Robyn Ferrier (CM - PM Papakura)

Senior Female Patterns 2nd - 1st Gup

Gold - Alice Onland (CD - Cloverlea)
Silver - Vienna Parker (CM - PM Papakura)
Bronze - Charlotte Blair (MID - Hamilton)
Bronze - Dewi Knappstein (AN - Nib Central)

Senior Female Patterns 1st Dan

Gold - Paige Moki (CM - PM Papakura)
Silver - Annaliese Kerkvliet (CD - SF Horowhenua)
Bronze - Rebecca Walthall (WV - Berhampore)
Bronze - Shiau-Choot Tang (WV - Miramar)

Senior Female Patterns 2nd Dan

Gold - Courtney Meleisea (CM - DS Papatoetoe)
Silver - Kristy Leong (CM - DS Papatoetoe)
Bronze - Alisa Parker (CM - PM Papakura)

Senior Female Patterns 3rd-6th Dan

Gold - Melissa Timperley (CM - PM Papakura)
Silver - Sandi Legg (CD - PNAT)
Bronze - Alexandra Couling (AN - Ellerslie)
Bronze - Rebecca Smith (AN - Meadowbank)

Sparring

Male Peewee Micro/Light 4th - 1st Gup

Gold - Sean Kumar (CM - Zeal)
Silver - Alex Gasson (SI - Wairau TKD)
Bronze - Toby Langdon (MID - BOP Papamoa)
Bronze - Piripi Edwards (CD - Rangitikei Dragons)

Male Peewee Micro 8th - 5th Gup

Gold - Leon Tran (CM - DS Papatoetoe)
Silver - Nicholas Gudsell (AN - Ak Academy)
Bronze - Kasper Klomjai (CM - Tribal)
Bronze - Ciaran Bramwell (SI - Dunedin)

Male Peewee Light 8th - 5th Gup

Gold - Blaze Edwards (MID - Silla)
Silver - Xavier Mata (AN - KK Mt Albert)
Bronze - Mason Allan (CM - PM Papakura)
Bronze - Francis Prakash (CM - Zeal)

Male Peewee Middle 8th - 5th Gup

Gold - Zacharius Patai (AN - Ellerslie)
Silver - Logan Braakhuis (WV - Berhampore)
Bronze - Keegan Greig (AN - Meadowbank)
Bronze - Toto Leota (CM - Tribal)

Male Peewee Heavy/Hyper 8th - 1st Gup

Gold - Nikau Nolan (MID - Te Awamutu)
Silver - Jeremiah Saili (CM - Tribal)
Bronze - Dejaimero Iotua (CM - PM Papakura)

Male Intermediate Light 1st - 3rd Dan

Gold - Damon Williams (AN - Tamaki-Mt Well)
Silver - Michael Jarrett (CD - SF Horowhenua)

Medal Count

Region	Gold	Silver	Bronze	Best Belts/Teams	Points
Counties Manukau	39	34	48	6	251
Auckland North	35	37	61	1	243
Central Districts	21	25	16	5	144
Midlands	17	18	22	2	115
Wellington	8	4	12	0	44
South Island	3	5	13	0	32

Male Intermediate Middle 1st - 3rd Dan
Gold - Joshua Jamieson (AN - Ellerslie)
Silver - Ryan McNie (AN - Ellerslie)
Bronze - Aidan Campbell (CM - Tribal)
Bronze - Liam McDermott (MID - HR Pillans Point)

Male Intermediate Heavy 1st - 3rd Dan
Gold - Mitchell Leong (CM - DS Papatoetoe)
Silver - Eoghain Thomson (MID - HR Otumoetai)
Bronze - Luke Jackson (SI - Pulse TKD)

Male Intermediate Hyper 1st - 3rd Dan
Gold - Luke Cherrington (CD - TKD Cubs)
Silver - Sean McDermott (MID - HR Pillans Point)
Bronze - Wayne Tureia-Jnr (CM - DS Papatoetoe)

Male Intermediate Micro 4th - 1st Gup
Gold - Jared Wood (CM - PM Papakura)
Silver - Matthew Jackson (MID - Te Karaka)
Male Intermediate Light 4th - 1st Gup

Gold - Jacob McPhail (CM - PM Papakura)
Silver - Bradley Edwards (AN - Hurupaki)
Bronze - Tim Schroder (AN - Hurupaki)
Bronze - Callum Senior (AN - Ellerslie)

Male Intermediate Middle 4th - 1st Gup
Gold - Joshua Patterson (SI - Wairau TKD)
Silver - V Vijayakumaran (AN - JS Red Beach)
Bronze - Ben Linstone (AN - PM Glendowie)
Bronze - Viper Klomjai (CM - Tribal)

Male Intermediate Heavy 4th - 1st Gup
Gold - Connor Gordon-Stables (WN - United)
Silver - Jordan Gasson (SI - Wairau TKD)
Bronze - Alex Stacey (WN - United)
Bronze - Conor Hill (AN - Tamaki-Mt Well)

Male Intermediate Hyper 4th - 1st Gup
Gold - Dylan Cooper (CM - Botany)
Silver - Toby Tee (AN - JS Glenfield)
Bronze - Logan Bowden (AN - JS Whangaparaoa)
Bronze - Joshua Gudsell (AN - Avondale)

Male Intermediate Micro 8th - 5th Gup
Gold - Timothy Searle (CD - SF Horowhenua)
Silver - Hamish Clark (AN - PM Glendowie)
Bronze - Merlin Harris (AN - Jis Kerikeri)

Male Intermediate Light 8th - 5th Gup
Gold - Jack Varndell (AN - Ellerslie)
Silver - T Marama Tango-Cooper (AN - Hurupaki)
Bronze - MacKenzie Lamb (CM - Waiuku)
Bronze - Elliott Pedersen (AN - Dynamic)

Male Intermediate Middle 8th - 5th Gup
Gold - Jacob Kelly (AN - Dynamic)
Silver - Michael Searle (CD - SF Horowhenua)
Bronze - Carlo Bayogan (AN - PM Glendowie)

Male Intermediate Heavy 8th - 5th Gup
Gold - Maui Ormsby (WN - Berhampore)
Silver - Luis Borja (CM - Botany)
Bronze - Liam Bramwell (SI - Pulse TKD)
Bronze - Christopher Smith (AN - Ellerslie)

Male Intermediate Hyper 8th - 5th Gup
Gold - Devon Brown (CM - Xtreme Academy)
Silver - Johnny Aranui (MID - Te Awamutu)
Bronze - Thomas Beuth (AN - Ellerslie)
Bronze - Renardo Tuaoi (CM - Tribal)

Male Junior Micro/Light 1st - 3rd Dan
Gold - Michael Davis (CD - Cloverlea)
Silver - Jamie Searle (CD - SF Horowhenua)
Bronze - Jackson Taylor (AN - Tamaki-Mt Well)
Bronze - Joshua Campbell (CM - Tribal)

Male Junior Middle 1st - 3rd Dan
Gold - Robert Meleisea (CM - DS Papatoetoe)
Silver - Finn Holloway (MID - Te Awamutu)
Bronze - S Panthaki (WN - North Wellington)
Bronze - Simon Davis (MID - Te Karaka)

Male Junior Heavy 1st - 3rd Dan
Gold - Aramai Tahau (CD - SF Horowhenua)
Silver - Angad Nayyar (AN - Tamaki-Mt Well)
Bronze - Daniel Hall (CM - DS Papatoetoe)

Male Junior Hyper/Hyper+ 1st - 3rd Dan
Gold - Riley Phillips-Harris (AN - Jis Kerikeri)
Silver - Trivette Murray (CD - SF Horowhenua)
Bronze - Mitchell Craig (CD - PNTA)
Bronze - James Wright (AN - Dynamic)

Male Junior Middle 4th - 1st Gup
Gold - Aaron Crisp (CM - Xtreme Academy)
Silver - George Alexander (AN - Nib Central)
Male Junior Heavy 4th - 1st Gup

Gold - Ethan SherGold (MID - Silla)
Silver - Casey Dunstan (AN - Tamaki-Mt Well)
Bronze - Nic Buet (MID - Silla)
Bronze - Mitchell Snep (AN - JS Whangaparaoa)

Male Junior Hyper/Hyper+ 4th - 1st Gup
Gold - Sean Neary (AN - Meadowbank)
Silver - Tom Alexander (AN - Nib Central)
Bronze - Nathan Passfield (CM - DS Papatoetoe)

Male Junior Micro 8th - 1st Gup
Gold - Utkarsh Vora (AN - Nib Central)
Silver - Raymond Crawford (AN - Hurupaki)
Bronze - Tuong Le (CM - DS Papatoetoe)
Bronze - Harshil Patal (CM - DS Papatoetoe)

Male Junior Heavy 8th - 5th Gup
Gold - Cory Ogg (AN - Dynamic)
Silver - James Wood (CD - Cloverlea)

Male Junior Hyper 8th - 5th Gup
Gold - Jacob Hatner (AN - Dynamic)
Silver - Timoti Wharewaka (CM - Tribal)

Male Senior Light 1st - 6th Dan
Gold - Ogy Kabzamalov (AN - JS Glenfield)
Silver - Matthew Davey (AN - JS Glenfield)
Bronze - Tony Do (CM - DS Papatoetoe)

Male Senior Middle 1st - 6th Dan
Gold - Kane Baigent (CD - PNTA)
Silver - Ethan Parker (CM - PM Papakura)
Bronze - Gopinath Ravi (AN - JS Glenfield)
Bronze - Tyrone Seeley (CM - East Pakuranga)

Male Senior Heavy 1st - 6th Dan
Gold - Ross Black (MID - BOP Papamoa)
Silver - Bradley Wickman (CM - PM Papakura)
Bronze - Jeremy Hanna (AN - Ellerslie)
Bronze - Dane Canton (CD - Southern Cross)

Male Senior Hyper 1st - 6th Dan
Gold - Michael Onland (CD - Feilding)
Silver - Clint King (MID - Hamilton)
Bronze - John Roxburgh (WN - SP Karori)
Bronze - Hamish Duncan (SI - Redwoodtown)

Male Senior Hyper+ 1st - 6th Dan
Gold - Wesley Filiki (WN - Lower Hutt)
Silver - Brendan Doogan (CM - DS Papatoetoe)
Bronze - Joseph Hannan (WN - Lower Hutt)

Male Senior Middle 4th - 1st Gup
Gold - Craig Oliver (SI - Pulse TKD)
Silver - Darius Chapman (MID - HR Otumoetai)
Bronze - Levi Gardiner (AN - JS Whangaparaoa)
Bronze - Richard Forder (AN - PM Glendowie)

Male Senior Heavy 4th - 1st Gup
Gold - Alistair Villiers (AN - Nib Central)
Silver - Joshua Harris (AN - Jis Kerikeri)
Bronze - Josh Livingstone (MID - BOP Papamoa)
Bronze - Adam Herbison (AN - JS Whangaparaoa)

Male Senior Hyper 4th - 1st Gup
Gold - Jonathan Pelvin (AN - Dynamic)
Silver - Richard Jacobsen (CM - Botany)
Bronze - Kevin Onland (CD - Cloverlea)
Bronze - Nehasi Tai (CM - DS Papatoetoe)

Male Senior Hyper+ 4th - 1st Gup
Gold - Jason Bown (CM - East Pakuranga)
Silver - Alex Perkins (AN - JS Glenfield)
Bronze - Kurt Katene (CD - PNTA)

Male Senior Micro/Light 8th - 1st Gup
Gold - Kyle Peterson (CD - Cloverlea)
Silver - Joshua Neary (SI - Otago University)
Bronze - Ivan Ho (CM - East Howick)

Male Senior Middle 8th - 5th Gup
Gold - Merlin Woodhouse (AN - Dynamic)
Silver - Glen Johnstone (SI - Pulse TKD)
Bronze - Zhenxing Li (AN - Nib Central)



NATIONALS RESULTS



Male Senior Heavy 8th - 5th Gup
 Gold - Darrell Webster (AN - Ellerslie)
 Silver - Alistair Stevens (CD - Cloverlea)
 Bronze - Anthony Waith (AN - Dynamic)
 Bronze - Cade Taylor (AN - Tamaki-Mt Well)

Male Senior Hyper 8th - 5th Gup
 Gold - Stephen Mains (AN - Nib Central)
 Silver - Chris Spiers (AN - Meadowbank)

Male Veteran Middle 1st - 6th Dan
 Gold - Steven Pellow (CM - Inf Papakura)
 Silver - Brett Kimberley (CM - JIS Maraetia)
 Bronze - Richard Burr (CD - West End)

Male Veteran Hyper/Hyper+ 1st - 6th Dan
 Gold - Peter Guptill (CM - DS Papatoetoe)
 Silver - Duncan Styles (AN - PM Glendowie)
 Bronze - Peter Gudsell (AN - KK Mt Albert)

Male Veteran Heavy-Hyper+ 4th - 1st Gup
 Gold - Michael Brown-Cooper (AN - Hurupaki)
 Silver - Riki Lum (AN - Hurupaki)
 Bronze - Shane Searle (CD - SF Horowhenua)
 Bronze - Damion Keeling (CM - East Howick)

Male Veteran Heavy 8th - 5th Gup
 Gold - Craig Hart (MID - BOP Papamoa)
 Silver - John Dunningham (AN - PM Glendowie)
 Bronze - John Van Gorp (WN - Khandallah)

Male Veteran Hyper/Hyper+ 8th - 5th Gup
 Gold - Rob Bavin (AN - Ak Academy)
 Silver - Murray Greig (AN - Meadowbank)
 Bronze - Wayne Frecklington (AN - KK Mt Albert)
 Bronze - Tori Marsh (AN - Avondale)

Female Peewee Middle/Heavy 4th - 1st Gup
 Gold - Alexa Watene (AN - Hurupaki)
 Silver - Ngahuia Cooper (AN - Hurupaki)
 Bronze - Paschalia Tupou (CM - DS Papatoetoe)

Female Peewee Micro 8th - 5th Gup
 Gold - Ashley Porter (CM - DS Papatoetoe)
 Silver - Charitra Parkinson (CM - Inf Papakura)
 Bronze - Georgia Vogt (WN - Berhampore)
 Bronze - Bridgit Mary Hay (AN - KK Mt Albert)

Female Peewee Middle 8th - 5th Gup
 Gold - Kiriana Nolan (MID - Te Awamutu)
 Silver - Lena Vaughn Kaifa (MID - Silla)

Female Peewee Heavy 8th - 5th Gup
 Gold - Zareta Sionetali (CM - Zeal)
 Silver - Kate Taylor (AN - Ellerslie)
 Bronze - Pearls Leota (CM - Tribal)
 Bronze - Ruby Kendall (CM - PM Waiau Pa)

Female Peewee/Intem Hyper/Hyper+ 8th - 5th Gup
 Gold - Jessica Just (WN - Khandallah)
 Silver - Raquel Carter (CM - Botany)
 Bronze - Danielle Patai (AN - Ellerslie)

Female Intermediate Heavy/Hyper 1st - 3rd Dan
 Gold - Georgia Moore (CM - DS Papatoetoe)
 Silver - Morgan Searle (CD - SF Horowhenua)

Female Intermediate Micro/Light 4th - 1st Gup
 Gold - Holly Fleet (MID - Silla)
 Silver - Alli Veerbeek (CD - SF Horowhenua)
 Bronze - Courtney Robinson (AN - Ellerslie)
 Bronze - Karlene Hunter (CM - Xtreme Academy)

Female Intermediate Middle 4th - 1st Gup
 Gold - Abbey Gibson (MID - Silla)
 Silver - Michelle Gramse (AN - JIS Kerikeri)
 Bronze - Chloe Almey (MID - HR Pillans Point)
 Bronze - Tashiana Mexted (AN - Hurupaki)

Female Intermediate Hyper 4th - 1st Gup
 Gold - Angel McCreedy (CM - DS Papatoetoe)
 Silver - Georgia Kendall (CM - PM Waiau Pa)
 Bronze - Kyla Walton (WN - Berhampore)

Female Intermediate Hyper+ 4th - 1st Gup
 Gold - Monique Shepherd (CM - Zeal)
 Silver - Tiaretaina Leota (CM - Tribal)
 Bronze - Wikitoria Nolan (MID - Te Awamutu)

Female Intermediate Light-Heavy 8th - 5th Gup
 Gold - Courtney Church (CM - PM Papakura)
 Silver - Eden Bates (MID - Hamilton)
 Bronze - Paige Robertson (SI - Pulse TKD)
 Bronze - Natalia Dunningham (AN - PM Glendowie)

Female Junior Light 1st - 3rd Dan
 Gold - Kara Timmer (MID - HR Otumoutai)
 Silver - Sarah Jackson (MID - Te Karaka)
 Bronze - Samantha Couling (AN - JIS Kerikeri)

Female Junior Middle-Hyper 1st - 3rd Dan
 Gold - Rosie Collins (MID - Silla)
 Silver - Hine-Anahera Nolan (MID - Te Awamutu)
 Bronze - Rebecca Styles (AN - PM Glendowie)

Female Junior Heavy 4th - 1st Gup
 Gold - Maia Van de Mark (MID - Te Karaka)
 Silver - Lisa Sorger (WN - Porirua)

Female Junior Hyper 4th - 1st Gup
 Gold - Apii Tourangi (CM - DS Papatoetoe)
 Silver - Faustina Hickson (AN - Meadowbank)

Female Junior Heavy 8th - 5th Gup
 Gold - Jessie-May Kelly (AN - Dynamic)
 Silver - Tiani Whakarau (CD - SF Shannon)
 Bronze - Shenea Whakarau (CD - SF Shannon)

Female Senior Micro 1st - 6th Dan
 Gold - Melissa Timperley (CM - PM Papakura)
 Silver - Alexandra Couling (AN - Ellerslie)
 Bronze - Kavita Jaduram (AN - Nib Central)
 Bronze - Annaliese Burr (CD - West End)

Female Senior Light 1st - 6th Dan
 Gold - Rebecca Walthall (WN - Berhampore)
 Silver - Phillipa Henry (CM - Inf Papakura)
 Bronze - Rosie Polaschek (AN - Nib Central)
 Bronze - Ana Rakonjac (SI - Otago University)

Female Senior Middle 1st - 6th Dan
 Gold - Courtney Meleisea (CM - DS Papatoetoe)
 Silver - Vanshika Sudhakar (CM - DS Papatoetoe)

Female Senior Heavy 1st - 6th Dan
 Gold - Amy Reeder (AN - Hurupaki)
 Silver - Rebecca Smith (AN - Meadowbank)
 Bronze - Paige Moki (CM - PM Papakura)

Female Jnr/Snr Hyper 1st-6th Dan
 Gold - Toni Moki (CM - PM Papakura)
 Silver - Stacey Baigent (CD - PNNTA)
 Bronze - Lianna McCartney (CM - Zeal)
 Bronze - Patrina Guptill (CM - DS Papatoetoe)

Female Senior Micro/Middle 4th-1st Gup
 Gold - Sara Curtis (CD - PNNTA)
 Silver - Stacey Baigent (CD - PNNTA)
 Bronze - Genevieve Coffey (SI - Otago University)
 Bronze - Clare Cross (SI - Otago University)

Female Senior Heavy 4th - 1st Gup
 Gold - Courtney Weir (CM - PM Papakura)
 Silver - Charlotte Blair (MID - Hamilton)
 Bronze - Danielle Vignati (AN - Ellerslie)

Female Senior Hyper 4th - 1st Gup
 Gold - Alice Onland (CD - Cloverlea)
 Silver - Catherine Edwards (SI - Otago University)
 Bronze - Row Hope (AN - Ellerslie)

Female Senior Hyper+ 4th - 1st Gup
 Gold - Sasha Millar (AN - Ellerslie)
 Silver - Amelia Perry (CM - Xtreme Academy)

Female Senior Light/Middle 8th - 5th Gup
 Gold - Kathryn Ritchie (CD - Cloverlea)
 Silver - Florence Chen (AN - Ellerslie)





Female Senior Heavy 8th - 5th Gup
Gold - Kay Robinson (AN - JS Glenfield)
Silver - Diem Thai Vo (CM - DS Papatoetoe)

Female Senior Hyper/Hyper+ 8th-5th Gup
Gold - Zena Tango-Cooper (AN - Hurupaki)
Silver - Lydia Maxim (CD - Cloverlea)

Female Veteran Middle/Light 4th Gup - 6th Dan
Gold - Sonya Robinson (AN - Meadowbank)
Silver - Mary Daborn (MID - Hamilton)

Female Veteran Heavy/Hyper 4th Gup - 6th Dan
Gold - Fran Marshall (CM - Inf Papakura)
Silver - Arlene Graham (CM - Botany)

Female Veteran Hyper+ 4th - 1st Gup
Gold - Kylie Denton (CM - East Pakuranga)
Silver - Fiona Parrant (CD - SF Horowhenua)

Power

Junior Male Dan Power
Gold - Mitchell Craig (CD - PNTA)
Silver - Aramai Tahau (CD - SF Horowhenua)
Bronze - Corey Hunter (CM - Xtreme Academy)

Senior Male Dan Power
Gold - Brendan Doogan (CM - DS Papatoetoe)
Silver - Wesley Filiki (WN - Lower Hutt)
Bronze - Clint King (MID - Hamilton)
Bronze - Bradley Wickman (CM - PM Papakura)

Junior Female Dan Power
Gold - Kara Timmer (MID - HR Otumoetai)
Silver - Patrina Guptill (CM - DS Papatoetoe)
Bronze - Georgia Moore (CM - DS Papatoetoe)
Bronze - Natalie Cale (MID - Te Karaka)

Senior Female Dan Power
Gold - Amanda Cleland (WN - Berhampore)
Silver - Eliza Buckland (CD - PNTA)
Bronze - Kristy Leong (CM - DS Papatoetoe)

Best Overall Individuals

Best Junior Yellow Belt
Leon Tran & Zaretta Sionetali
Best Senior Yellow Belt
Kathryn Ritchie
Best Junior Green Belt
Courtney Church
Best Senior Green Belt
Kay Robinson
Best Junior Blue Belt
Mala Van De Mark
Best Senior Blue Belt
Courtney Weir

Best Junior Red Belt
Angel McCreedy
Best Senior Red Belt
Alice Onland
Best Junior Male Black Belt
Aramai Tahau
Best Junior Female Black Belt
Kara Timmer
Best Senior Male Black Belt
Brendan Doogan
Best Senior Female Black Belt
Courtney Meleisea & Melissa Timperley

Best Overall Teams
Best Male Team
Central Districts - 10 Points
Auckland North - 8 Points
Counties Manukau - 6 Points
Midlands - 2 Points
Best Female Team
Central Districts - 10 Points
Counties Manukau - 8 Points
Midlands - 4 Points
Auckland North - 3 Points
South Island - 1 Points



Special Technique

Peewee/Int Male Spec
Gold - Damon Williams (AN - Tamaki-Mt Well)
Silver - Luke Cherrington (CD - TKD Cubs)
Bronze - Luke Jackson (SI - Pulse TKD)

Junior Male Dan Spec
Gold - Aramai Tahau (CD - SF Horowhenua)
Silver - Robert Meleisea (CM - DS Papatoetoe)
Bronze - Jackson Taylor (AN - Tamaki-Mt Well)

Senior Male Dan Spec
Gold - Shane Black (AN - Ellerslie)
Silver - Clint King (MID - Hamilton)
Bronze - Brendan Doogan (CM - DS Papatoetoe)
Bronze - David Burr (CD - West End)

Junior Female Dan Spec
Gold - Kara Timmer (MID - HR Otumoetai)
Silver - Natalie Cale (MID - Te Karaka)
Bronze - Morgan Searle (CD - SF Horowhenua)

Senior Female Dan Spec
Gold - Sandi Legg (CD - PNTA)
Silver - Estelle Speirs (CD - PNTA)
Bronze - Nikki Galpin (SI - Wairau TKD)

Pre Arranged Free Sparring

Pre-Arranged Sparring Open
Gold - Auckland North
Silver - Central Districts
Bronze - Midlands
Bronze - Counties Manukau

Team Events

Team Sparring Male
Gold - Central Districts
Silver - Auckland North
Bronze - Midlands
Bronze - Counties Manukau

Team Patterns Male
Gold - Auckland North
Silver - Counties Manukau
Bronze - Midlands
Bronze - Central Districts

Team Power Male
Gold - Central Districts
Silver - Counties Manukau
Bronze - Auckland North

Team Special Technique Male
Gold - Central Districts
Silver - Auckland North
Bronze - Counties Manukau

Team Sparring Female
Gold - Counties Manukau
Silver - Central Districts
Bronze - Auckland North
Bronze - Midlands

Team Patterns Female
Gold - Counties Manukau
Silver - Central Districts
Bronze - Auckland North
Bronze - Midlands

Team Power Female
Gold - Central Districts
Silver - Counties Manukau
Bronze - South Island

Team Special Technique Female
Gold - Central Districts
Silver - Midlands
Bronze - Auckland North

AM I TOO OLD FOR THIS?

by **Mr Brian Ricketts** 1 dan

I was visiting my favourite local cafe the other day, when I walked, or I should say hobbled, a former Taekwon-Do instructor, who later showed me his lower-back brace. I've only ever had one major back spasm, but this was enough to remind me that, without a reasonably robust and flexible set of muscles there, life could become a little tedious, especially if there were no Taekwon-Do.

Earlier this year, while attempting to build up my fitness for the 1st degree grading, I read all about fitness training for black belts in various TKD Talk articles and black belt essays. It didn't take long to realise that much of this advice was directed mainly at students who are in their teens and twenty-somethings, perhaps thirty-somethings, and seemingly of more distant relevance to a person who had turned 60. At this point I looked again at the grading requirements for fitness, and it seemed that this test was also directed at a younger age group of students. Apparently, the black belt fitness test derives from Police training (information provided by Dr Jake Pearson, IV Dan and Master McPhail), which tends to confirm this age bias. Admittedly there is some relief for anyone over 40, but even this does not recognise the world of difference between 40 and 50 year olds, and the universe of difference between 40 and 60 year olds, especially if they only began Taekwon-Do at the tender age of 55. I don't know the history of the ITF/NZ grading requirements, but perhaps there were no 50 and 60 year old gup students at the time they were written.

There are a couple of issues I would like to broach with regard to black belt grading, as they relate to the expectations of those being graded and some of the dilemmas faced by older students.

The fitness prescription

The first issue is that there is something of a disconnect between the advice one receives about getting fit, and the actual prescription for the fitness test (see the black belt manual for these requirements). The sensible advice is to train within one's capabilities. If this means for example that the 2.4 km run (perhaps more aptly called

the coup de grace of the fitness test) can only be run in 15 minutes without keeling over, then it's best to stick to this plan. A 15 minute run will give you 1 point according to the prescription (for the over 40's).

Most students who grade (at least up to 3rd Dan) are at the younger end of the age spectrum; most will know where they stand with regard to the fitness requirements. Of course this still means that these students need to exert maximum effort but for most, high points fitness scores will be attainable. But the student who may struggle to beat the 15 minute deadline for the run, or to get even half the number of sit-ups, knows right from the start that a high points score is simply not possible. In this situation the fitness prescription may become something of a barrier to grading, rather than an opportunity to maximise ones score; the barrier may be as much a psychological one as a physical one. My own fitness score at the May 2010 grading was barely half the maximum possible, and not for want of trying. The reality I need to deal with for my next grading is that there are 7 or 8 points here that I cannot possibly count on, regardless of how much time and effort I put in beforehand.

This is not a discussion about making black belt grading easier, but rather to try and engage comment about making it more accessible. I have no doubt that some will argue there should be no change to the fitness requirements because this would dilute the quality of the grading system. There may be some truth to this, but I am now acutely aware that a black belt grading is much more than brute fitness and a collection of points; it is also about perseverance and all the other tenets that collectively make up the 'Do' in Taekwon-Do. And perseverance is not measured in 'points scored'.

Specific fitness test requirements

The second issue is related directly to specific test requirements. Dr Jake Pearson has reminded me (in correspondence concerning an earlier version of this article) that any exercise done incorrectly will cause pain and possibly damage. Dr



Cameron Snelling has also emphasized this in one of his Black Belt essays. This applies as much to running and push-ups as it does to any other stretching and cardiovascular exercise we do. It is also a truism that as a person ages, injury seems to take inordinately longer to overcome.

One of the fitness test requirements is to do as many sit-ups as possible in 2 minutes – 80 for full points; which is why I began this discussion with a comment about my friend with the back-brace. The reason I have chosen sit-ups as the specific example is because I dislike them intensely. They give me headaches and a sore back. I decided to talk to a knowledgeable person about this and made an appointment with a local (and definitely reputable) osteopath to find out what I **SHOULDN'T BE DOING** in terms of exercise and stretching. The first thing he said was "forget the sit-ups", and then explained why. The standard sit-up requires a student to lie on their back with knees drawn up (feet not supported), arms crossed in front of the body, and pulling the body up to a full sitting position. He explained in simple language (so that I could understand) that "sit-ups are only activating the superficial muscles of the abdomen, not the deep core muscles that surround and support the lower spine and pelvis". The only part of this exercise that helps strengthen the abdominal muscles is when the shoulders are first lifted off the floor (this is the 'crunch' part of the exercise). But to complete the required exercise to a full sitting position, the lower back muscles must play a more important role – this puts significant strain on the lower back muscles and vertebrae, hence the back pain and potential damage.

I cruised the web for more information on the pros and cons of sit-ups. Included in my search were sites for professional physiotherapy-osteopathy-homeopathy organisations, but these usually required a

member login, and hence did not contribute to my knowledge of the subject. However, it seems there are two camps; those who are against doing and promoting the exercise because of the potential for back problems that may not surface until years later; and those who think they are an excellent exercise for developing a six-pack and flattening that stomach before summer. In truth, it seems that the jury is out but there is no doubt that controversy exists about the usefulness of sit-ups as an exercise. However, most fitness instructors and physiotherapy-osteopathy-homeopathy clinicians seem to agree that crunches are good for strengthening abdominal muscles and are far less damaging. But I'm not sure that crunches would go down that well at a black belt grading.

So where does this leave the fitness requirement for black belt grading. Is the requirement to perform sit-ups during grading (and regular training) included because:

- It is helpful for students to develop their core strength in order to perform better techniques (this is often taught at training sessions); if this is the rationale then crunches would be far more useful.
- Are sit-ups included in the fitness test so that a student can show resolve and perseverance during the fitness test, especially after a day of hard work?
- Or are they included because no one has questioned whether they should be there or not? This last question is in fact not the case because fitness requirements have been discussed from time to time by ITFNZ examiners and instructors.

Perhaps the sit-up method can be modified, at least for the purpose of a Taekwon-Do grading. For example, many exercise gurus recommend having the hands behind the head so that the neck is supported, although Dr Pearson has suggested to me that this may encourage bending the neck rather than keeping it straight. My osteopath suggested I put a small pad under my neck if I was foolish enough to continue with sit-ups; this prevents the neck vertebrae from becoming over-extended.

I have tried this and it makes a huge difference to my headache problem. One of the other issues involving the head and neck is that many students that I have observed doing sit-ups, begin the exercise by jerking their head, neck and shoulders off the ground; in part this is dictated by the body mass distribution when lying with knees pulled up – about 60% of a person's weight is above the waist and needs to be pulled to a sitting position, while the other 40% below the waist is not even anchored to the ground (remember that our feet must be flat on the floor according to current Taekwon-Do grading rules). In other words, our centre of gravity when lying in the sit-up position makes it physically impossible to do a sit-up without an initial jerk-like impulse to begin with.

Given that we look to Newtonian mechanics to help us in most of our Taekwon-Do techniques, perhaps the standard sit-up should be considered in the same light. This can be overcome if our feet are anchored to the ground, but I am not knowledgeable enough to determine whether this modification also introduces its own problems.

In asking these questions (and at risk of being called a wuss) I hope that there might be some interest in discussing this and perhaps other issues related to fitness requirements for grading, and fitness for Taekwon-Do in general as they might relate to potential longer-term injury, in particular fitness (and flexibility) for the older fraternity. Although good essays on fitness and training abound (see Issue 1, TKD Talk 2010), I am not aware of any that analyse the fitness techniques we commonly use in Taekwon-Do in terms of their efficacy for aging students. Anyone in ITFNZ who has more clinical knowledge of exercises like this could certainly add a different dimension to the discussion. Again, this discussion is not about making



The author Mr Ricketts punching his way to his 1st dan

the black belt grading easier, but about ensuring that Taekwon-Do students can continue to do the art they love, especially as they get older.

In the end, I did about half the required number of sit-ups at my grading. I suppose this showed about half the necessary resolve, but a day and a half later I did regret it. The topic is not trivial for those of us who grade with less than an excess of points. One can always forego a particular grading exercise like sit-ups, push-ups or the run, but usually at the risk of losing all those important points, and as anyone who has graded knows, every point counts!

As to the importance of the title to this article, my general attitude is that if I can walk on to the Do Jang, then I can do Taekwon-Do! 🥋

Mr Ricketts will be pleased to know the Technical Advisor Group have indeed been reviewing the fitness requirements this year, including introducing extended point categories and replacing sit-ups with the "front plank". Editor



REFLECTIONS

by **Mr Peter Graham** V dan, ITFNZ Board Member

Thirty three years can flash by - time flies when you're having fun, so the old saying goes. It appears I must have been having a ball!

Why does one get involved in something that requires one to submit one's self to some serious physical abuse which is going to ultimately take a toll on one's body over a long period of time? The answer to that question is probably as varied as the number of fellow students who have been admitted to the Foundation's 25 year club!

Looking back, I think the friendships I've made over these years have been one of the major reasons for my continued involvement. These are great people that I would never have made the acquaintance of if I had not decided to get out on the dojang floor at (then) Mr Evan Davidson's club in Miramar that night, way back in 1978.

It has been a bit of a roller coaster ride at times and I have been fortunate to have been close to the action when some of the more important decisions were made to guide the New Zealand faction of General Choi's art to where it is today.

Not all of those times were happy and at times it appeared it was all going to be too difficult to get ourselves to the next level, but the combined positive attitudes of those in key positions ensured that the spirit of our art was stronger than anything fate could throw at us. A living portrayal of the third and fifth tenets.

Starting at the age of thirty six meant I had unfortunately past any athletic ability my body may have enjoyed in my youth and I remember feeling very stiff and mechanical whilst training with my younger peers. But again, the encouragement of those around me helped me overcome any self consciousness I experienced in the dojang. I'm the first to admit that technically I was never going to become a top student, but even in those early days I could appreciate the awesome abilities of the top echelon of students that have always been in our organisation. Over the years those faces have changed, but there has always been another wave of fantastic athletes to take over their respective places at the top level of our art.

This was never more evident than at the recent World Champs where we showed the world that we could not only produce perhaps the most successful event of its kind but that the young people of our ranks could produce a level of performance that won us, not just the 20 gold medals, but also the admiration of some of the top members of our International Taekwon-Do Federation from all over the world.

So, I guess it has been a journey of trying to get the best I could out of my students and help them reach their respective top level of expertise. I recall that one of our top athletic coaches, Arthur Lydiard, on his

75th birthday remarking "I may no longer be able to run a world time marathon, but I sure as hell can teach others how to!"

This brings to mind a remark that Grand Master Sereff made to me when I was toying with the idea of testing for my 5th degree and I made the remark that perhaps I was leaving my run a bit late. "Ya just gotta do the best ya can with what ya got - and any Examiner will recognize that."

You learn to adapt to what your body is capable of doing. Today I find I'm more at home teaching self defense than I am trying to perform the first six movements of pattern Juche!



Australasian Martial Arts Hall of
Fame Inductee – 2011



Younger Masters Davidson and Rounthwaite discussing the draw with Mr Graham prior to the 1984 National Tournament in Auckland.

Taekwon-Do has helped keep me thinking young. (Even if I'm not), has helped me stay reasonably fit and flexible, (for my age anyway) and the 'Do' has helped to shape my life and get me through quite a few nasty spots in my life.

And as this issue goes to print I'm 69, looking down the barrel of the big Seven-Oh and the only two regrets I have about TKD is that, one, I left it so late to start and, two, I didn't take advantage of the testing dates as they came due.

So, if you're not kicking as high as you used to, not squatting as low as you used to, not blocking as fast as you used to - just hold on to that 5th tenet. It's better than the alternative!



MR PRESIDENT

by **Mr Brian Ricketts** I dan

All of us know who the current President is, and most of us have some idea of what he does. But do all of us think that the role of the President is relevant? After all, there have been significant changes to the ITFNZ management structure and one may well ask whether these changes have rendered the position of President less important? The views herein are based on my discussions and general impressions as a relative new-comer to Taekwon-Do and ITFNZ. Consequently I have no profound insights borne of any involvement in the running of the organisation; but they are the views from someone at the bottom of the seniority ladder looking up.

March 9, 2008 saw ITFNZ evolve into a new structure, one that is consistent with the demands of ever increasing organisational challenges, in particular the complexities of planning and running international events like the 2011 World Championship. The original and relatively simple ITFNZ structure that consisted of an executive led by an elected President was replaced with:

- A Council that is the overall governing body and consists of the (elected) President and delegates that represent clubs and regions.
- A Board of Directors that has the primary role of governance and “determining strategies, policies and financial arrangements” (ITFNZ Constitution 2008, Section 19.1) and,
- A CEO and support teams that are concerned with the day to day running of ITFNZ

In addition to making ITFNZ a more professional entity, the restructuring has also resulted in a greater delegation of tasks; a necessary objective given the increasing complexity of the organisation. Although the Board and CEO are basically answerable to Council, the actual business of running ITFNZ is now the responsibility of the Board and its Chairperson, and the CEO. So where does the President fit in the grand scheme of things? Clearly, the President's role has changed with the advent of the new ITFNZ management structure; has it become little more than a

titular role, or is it one that has real purpose and meaning?

Our first President was Mr Bill McPhail (and yes, this is Master Paul McPhail's dad), elected at the inaugural meeting that created ITFNZ on March 28, 1981. Mr Graham has been the longest-serving President. Our current president Master Davidson has served three terms that spanned the transition to the new management structure (information from Mr Graham's Black Belt essay; and Taekwon-Do in New Zealand: The Early Days by Master McPhail, www.itkd.co.nz/about-taekwon-do/tkdNZ/past-to-present.php) and similar articles in TKD Talk).

The President's job description

Under the previous system of ITFNZ management, the President and Council, from which an executive was formed, were responsible for pretty well everything that the organisation did; management, financial, personnel, grading, training and so on. Many of these roles were subsequently assumed by the new Board and Operations sectors of ITFNZ. Interestingly, the current position of president has no job description; Master Davidson and Dennis Burns (our current President and Board Chairperson respectively) have indicated that this task is on the 'to do' list for ITFNZ. The new job description will necessarily be different to that of the former presidential role, because it will no longer require that person to specifically oversee or become involved with many of those management and operational activities.

The points I raise below are not intended to be prescriptive (this article is not a proxy for the President's job description), but perhaps will generate discussion amongst the general membership, the voices of whom are often lost in the hubbub and general excitement of ITFNZ events.

1 Only the ITFNZ Council can affect changes to the constitution. Our constitution serves as a guide to the manner in which all the components of ITFNZ are allowed to act, or in other words, how we conduct ourselves. It applies equally to the



Bill McPhail
1981 – 1982
(at the inception of ITFNZ)



Peter Graham
1982 – 1997

Roll call of

Council, Board, Operations, Panels, Committees, and Members. However, the constitution fundamentally serves the ITFNZ membership. Therefore, a fundamental task for the Council, under the leadership of the President, is the protection of the constitution.

- 2 At a practical level, the ITFNZ constitution (revamped in 2008) requires the Council to review and evaluate the Board's performance. This is a critical role for the President and Council because it provides a reasonably independent assessment of whether the Board is doing what it is supposed to be doing. This is no trivial task, because for this evaluation to proceed smoothly the Council needs to be familiar with all the specific roles that the Board and its members are tasked with, as well as being able to evaluate the outcomes and behaviour of Board activities. This is not simply a box-ticking exercise; an important role for the Board is to develop new ideas and plans for ITFNZ (e.g. major tournaments or new funding goals). Council's evaluation of future directions by the Board for ITFNZ, requires as much thinking and imagination as the originators of these ideas.
- 3 At the opposite end of the operational structure – the tiny box at the bottom of the flow chart (itkd.co.nz/governance/structure.php) – sit the Members. Every one of these members is a stakeholder of ITFNZ and needs to be consulted on matters that impinge on the viability of the organisation. Communication to Members is accomplished in several ways – for example via club instructors, regional directors, TKD Talk and the new eTalk email newsletter. Some communications will come from



Lawrence Mantjika
1997 – 1999



Norman Ng
1999 – 2003



Evan Davidson
2003 – present

ITFNZ Presidents

the Board, some from the Council, but whatever their origin it is the Council's role to make certain that this communication is actually taking place; the Council cannot just assume it is taking place. This is particularly important for any constitutional issues, but is also important for some of the more mundane issues such as the commonly annoying decisions to raise ITFNZ registration fees; annoying because it is not always clear where the extra dollars out of our pockets are actually going. The role of communication between President – Council and the general membership is critical to the overall health of our organisation from both practical and moral culture view points. This role is explicitly stated in the organisational structure by virtue of the direct and unimpeded link between the President-Council and Members.

- 4 Our current President, Master Davidson is also on the Advisory Panel that oversees and reviews the roles of groups specifically tasked with managing the technical aspects of Taekwon-Do, examiners, tournaments, coaching standards and discipline, and so on. Whether the President should be required to be involved with this Panel is arguable, but it seems to me that involvement in the actual Art (Do) is pivotal to the presidential role; after all this is the reason most of us belong to ITFNZ. I discuss this point further in point (5) below.
- 5 By and large, points 1 to 4 above represent some part of the 'practical' face of the Presidency that most of us see. However, there are also important symbolic roles that underpin the position of the President; these are not

always obvious to those of us who are not involved in the heady day to day running of ITFNZ:

- The President provides a symbolic link to the founder of TKD, Gen Choi. Although Gen Choi passed away in 2002, the position of the President provides a link to the concepts and philosophy that the General embedded in TKD, in addition to the more obvious role of representing NZ at the International level.
- Given that Presidents generally are the more senior people in our organisation, they serve to remind us of our history; providing a face to TKD past and present in New Zealand; in business this is sometimes referred to as 'corporate memory'. Of course there are many individuals in our organization that share this experience, and not just the actual person of the President. But the position of President itself helps to focus this shared past.
- The President embodies the technical expertise that enables students to develop; again this is not solely the responsibility of the President, and in NZ we are indeed fortunate to have so much technical expertise, from the local clubs and through the various levels of our organization structure. But the role of the President in some way epitomises and focuses this collective experience and expertise.
- Likewise, the role symbolises our moral culture. This does not mean that the individual of the presidency is necessarily more 'moral' than anyone else. What I think it means

is that it can be looked upon as a symbol for our moral culture, wherein the position embodies the collective wisdom and experience of Taekwon-Do and the broader community.

- The role provides a focus for constitutional integrity; only the Council has the authority to change the constitution; the corollary to this is that the Council also assumes the responsibility to protect the constitution. This is, I think, as it should be; the constitution cannot be changed without the explicit agreement of member clubs and regions (who represent all ITFNZ stakeholders; viz. all of its members), and these same members are in turn also responsible for maintaining the integrity of the constitution.
- The position of the President puts a very 'real face' to TKD, a face that we become familiar with because that person is involved with many of the TKD activities that all students are involved with, especially grading and tournaments.

Perhaps some of these symbolic roles are "a bit over the top". Fair enough, but before they are dismissed, we should keep in mind some of the protocols and etiquette we all practice in TKD – we bow on entering the Do Jang, we bow to our instructors and examiners, we adhere to a set of tenets, and we recite the Student Oath. These might be considered by some outside TKD as also over the top, and yet to us they are an integral part of our protocol, and we perform them because they at one level indicate respect for people and ideals, and at another level symbolise the 'Do' part of TKD. And this is what the list of attributes above also does. They all, in some way are a manifestation of the 'Do', the philosophy and moral culture that we espouse.

Which hat should the President wear?

Past presidents have had several hats. Future Presidents will also have several hats although some of them will be different. The list that follows summarises some of the hats in the President's wardrobe discussed

Continued on page 28



ADULT ADHD AND TAEKWON-DO

by **Mr Dennis Burns** III dan, ITFNZ Board Chairman**Mr President****Continued from page 27**

in the preceding paragraphs (this list is not exhaustive and not in any order of priority):

- Those hats requiring direct involvement in ITFNZ management and operations have now been replaced with oversight hats; the President and Council are now required to evaluate the performance of others who do these tasks.
- Representation at ITF and International events.
- Guardian of the ITFNZ constitution.
- Communication with Advisory Panel groups
- Communication with the membership.
- Involvement in the maintenance and development of the Art.
- Various symbolic roles.

At the beginning of this article I asked whether the President's role in the new ITFNZ structure was mainly titular (to put it bluntly, a not very useful figurehead) or if it has real purpose. I think the answer is pretty straight forward. The role is as important now as it has ever been. It may even be more complicated because this person will need to bridge whatever gaps in communication and opinion that might develop between management and membership, or even within management. Perhaps 'arbitration' should be added to the list of hats – but then it is probably best to keep the list finite.

My thanks to Master Evan Davidson and Board Chair Mr Dennis Burns for clarifying issues on the new management structure, and to Master Davidson for reading an early version of the article. 🙏

The official terminology of ADHD is where the first part is commonly referred to as attention deficit. I personally prefer the description of attention inconsistency which I recently found in a book 'Driven to Distraction'. This is accepted as being caused by a short circuit in the brain's inhibitors, whereby the person lacks the "Pause Function" between impulse and action which allows the person to stop and think, thus frustration and anger set in quicker.

I will summarise some main points to indicate the parts of ADHD which Diane (my wife) and I recognise, both in myself, our son Stuart and others with ADHD, but will first begin with the following analogy, we:

1. Have a neurological syndrome defined classically as impulsivity, distractibility and hyperactivity/excess energy.
2. Are generally smart, but unless trained to do so, the smartness gets tangled up inside which leads to frustration and at times anger.
3. Can hyper focus on an upcoming event/goal, and can be irritable, even rageful, when interrupted or when making transitions between tasks.
4. Have the advantage of high energy, intuitiveness, creativity and enthusiasm (though these can be short lived and not encouraged/directed in the right fashion. i.e. they need lots and lots of positive reinforcement).
5. Can at a young age be termed to be socially inept and it takes longer for them to pick up on social triggers and nuances associated with social interaction.
6. Need exercise to calm and focus the mind.
7. Can be classed as having a missing pause button – the instinctive reaction to think before reacting.

Most people focus on the negative aspects of ADHD however this can be turned around by looking for the positives, namely:

- Spunk
- Resilience
- Persistence
- Charm
- Creativity
- Hidden intellectual talent

Having ADHD is like listening to many radio stations at once, but not really taking any of it in, we need simple tools to reduce the chaos, in the form of diaries, clearly defined goals and daily planning.

History

Those who have known me in the many years before Taekwon-Do cannot begin to understand how I have the patience and the stability required to practice a martial art.

By its very nature, having ADHD means I do not naturally have the ability to concentrate on a specific subject for any length of time, though at the same time it does endow me with the ability to change thought patterns very regularly. These traits



A weakness or a strength – a personal viewpoint

are very apt for the hustle and bustle of business and a sport like basketball, but totally against sitting on the beach on a hot summer's day, drinking a glass of wine and watching the sun go down.

I naturally fit into the quick/fast aspects of Taekwon-Do but find the fortitude required to learn a foreign language (I have yet to master English as my primary language) and the intricacies of a tul, a major challenge.

So how did I cope and get through life before and following my introduction to Taekwon-Do? In a nut shell, by surrounding myself with people who are the direct antithesis of myself, i.e. calm, collected and reasoning.

And I think this gives me an insight into why I love Taekwon-Do so much.

Diagnosis

To cut a long story short, it wasn't until our son Stuart was born and growing up that I even heard about ADHD and it's through watching him that I began to understand myself.

Before this I was just who I was. Putting our son through a less structured school system, than in my day, exasperated a condition which for me (during my school years) was controlled by strict (often brutal) discipline. Stuart's and our journey as parents, led eventually when he was a teenager, to us joining Taekwon-Do (though I would be remiss in mentioning that it was our daughter Laura who introduced the family to Taekwon-Do).

Both of us struggled with the patterns and the theory but relished the leadership/discipline, destruction and the sparring. The fitness and fun were an added bonus. We also relished an environment where each lesson was different but the overall skills taught and message was consistent.

And slowly but steadily, as the length and skills of tul developed so slowly and steadily we began to realise how it was affecting us.

Taekwon-Do as a Student

Due to the aforementioned overt attempt at control through my school years, I had developed a healthy disrespect of

leadership, especially when not earned. So it took me a while to develop a respect for my tutor; I felt it was not okay for it to be right just because he said so.

This may sound disrespectful, but to me as an adult learning Taekwon-Do, especially from a younger Instructor, the need to earn respect was a vital component.

And vice versa, it took a while for the instructor to fathom me out. As I was in my 40's, he was not used to the constant barrage of 'why' questions. In his mind I could picture his thoughts, *'this is something that should not be questioned, it should just be done'*.

(For Stuart, this was not so much the case as, he I think welcomed this additional level of discipline, coupled with exercise which added another level of calm to his busy mind).

So looking at some of the various aspects of Taekwon-Do, how do I fit into them?

- ✓ Sparring – its quick, its fast and you need to think on your feet,
- ✓ Destruction – you get to break things, legally,
- ✗ Pattern – for me learning a tul takes an inordinate amount of concentration and repetition,
- ✗ Theory (with the added bonus of a mild case of dyslexia) – Korean, dyslexia and ADHD, just don't mix. With English I have the advantage of spell check, no such luck with Korean, the only way I can get the message stuck inside my head is a mountain of rote learning, tens of pads of written notes, flash cards and constant quizzes leading up to a grading, and yet within one month after the grading 80% of it is lost.

Developing this further how have I changed/adapted so that I can take advantage of the completeness of Taekwon-Do.

ADHD and sparring – Though it's quick, its fast and you need to think on your feet, I have learnt to analyse how to spar:

1. By understanding how to action a move and then repeating it through line work and tul, your naturally ability is enhanced.



2. By learning to analyse an opponent before action you increase your ability to respond correctly, thus increasing the natural ability to think and act fast.

ADHD and destruction – it's not quite that simple if you want to do it better:

1. From my first training when I got to break a board with a front snap kick, I have loved destruction and I wanted to do it more.
2. Again the key to doing it better is to practice it over and over again. Yet at the same time imagine that each time you do it, it is the one and only chance to get it right.
3. Forcing myself to slow down and analyse makes destruction, easier, faster, safer and more fun.

ADHD & Patterns – Learning a tul forces you to slow down and concentrate. At first it appears boring monotonous and with no specific aim, but you soon learn that to do it right you must continually strive for better results.

Yes it's hard, and to me it is still boring and monotonous, however I now know there is a benefit to the hard work

As an aside, I can imagine those reading thinking this is the same for all learners, and to a degree I agree, but having now progressed from purely a student to a student and teacher, I try and see the differentiation between people and how each part of Taekwon-Do either suits them or is a struggle.

ADHD & Theory – The key to learning theory is its relevance in the practice of the art of Taekwon-Do and the daily rigours of life, so I have separated it into two aspects:

1. Theory of how to do Taekwon-Do

This is probably the easiest part of theory to learn as it has a direct correlation to



Adult ADHD Continued from page 29

practicing the aspects of Taekwon-Do I enjoy the most, The theory of Power is a prime example; though the difficulty remains in trying to recall it verbatim, the basic ideas eventually sink in.

2. Theory in pattern meanings, translation to Korean, etc

This part of Theory has no particular relevance or use in my daily life, especially as I generally attend practice only 2-3 times per week, and the use of Korean terminology is at best haphazard (this is not intended to be an indictment or otherwise).

There is no simple and easy solution to this, other than spending time every day learning theory. This unfortunately is just not practical, especially when I take into account work and family and community commitments. So for me it's a bumpy ride and a need to accept that to pass I have to swot up for gradings. This was easier during the *gup* years but harder and harder as *dan* gradings fall further apart.

As noted above it would be easier if I had the opportunity/desire to practice every day, I can only imagine this happening once I take up the mantle of a permanent instructor. I will then be able to use the opportunity to cement this aspect of theory in place.

Based on the maxim, 'To teach is to learn twice', I have found that teaching all aspects of Taekwon-Do not only increases my own knowledge, it also reinforces the learning to date and invigorates the quest for additional knowledge.

Myself as an ADHD Taekwon-Do Instructor

As a general rule, my lessons are not planned in detail; rather I tend stick to what I think are the basic principles of a good session incorporating the following elements, in a relatively fast session where pauses and stoppages/breaks are kept to a minimum.

Variety, fun, and fitness is the key. These can be achieved through the varied use of:

1. Basic movements
2. Patterns
3. Self Defence
4. Step Sparring
5. Free Sparring
6. Destruction



The major key for me is variety, because this is what keeps me interested, however I need to further develop the skills to recognise that some students will take longer to develop in some areas. If I am bored as an instructor then I believe my lessons will be boring.

Having said this, I do need to learn and acknowledge different learning styles and that can only be learnt as I take up the mantle of instructing more.

Conclusion

As a student, should I be treated any differently? No, as I believe good instructors inherently recognise different learning styles and take action accordingly.

As a Student, should I get preferential treatment? You may be surprised to learn that I once thought so, especially when I came over to ITFNZ from my previous club. And it was only with the patience and fortitude of my new instructor, did I come to realise that though each student is an individual and though we practice an art, there is still a correct way and a minimum standard we should try and attain.

So as a student, is having ADHD a strength or a weakness? One of the key attributes in succeeding in any given area is to know your own weaknesses and develop strategies to either negate them or turn them into strengths.

Prior to taking up Taekwon-Do this was primarily achieved by:

1. Being quick off the mark, in other words react faster in sport, think of an idea in business first and then,
2. Surrounding myself with people who are the direct antithesis of me, i.e. calm, collected and reasoning.

To go back to the title of this article: Adult ADHD and Taekwon-Do, a weakness or a strength – a personal viewpoint...

Following the realisation that I am ADHD and having now practiced Taekwon-Do for over ten years, I firmly believe having ADHD can be both a weakness and a strength. However, and more importantly knowing I have ADHD has made it a definite **strength**. 🏆



As an aside I couldn't resist adding this cartoon from the Dominion Post on Monday 1 November 2010

SENIORS IN TAEKWON-DO

by **Master Rocky Rounthwaite** VII dan

Master Rounthwaite is involved with iTKD's new Pathways initiative, which aims to expand the involvement of all age groups in Taekwon-Do. Here is an excerpt from his presentation to the Board, outlining ideas for targeting the older age groups.

People look for a focus. If not mentally challenged the mind goes for a walk.

Recent figures of NZ populations indicate:

- 17% are already over 85 years of age
- By the year 2021 21% of the New Zealand population will be aged over 60.
- New Zealand's population is projected to eclipse 5 million in the mid-2020s and reach 5.75 million by 2061.
- The population aged 65+ will increase from 550,000 in 2009 to 1 million in the late 2020s, and will exceed the number of children aged 0–14 years.
- One in five New Zealanders will be aged 65+ by 2031, compared with one in eight in 2009

Indications are that adult martial artists often “move up” as karate kids who have got tired sitting in the audience watching their kids have all the fun and, as busy professionals, want to unwind and get in shape, or even as grandparents, want to share a special activity with their grandchildren. More grandparents are the instigators of children taking on Taekwon-Do.

Surveys in America have shown that only 35% of adults 65 and older follow a regular exercise programme, and those aged 45 to 65 years, the percentage is even lower at 30%. We know that this is a prescription for trouble. Taekwon-Do can provide a quality activity for the transition from

middle age to senior citizen. We need to get to our ‘spirited seniors’ before old age gets to them.

Falls are a leading cause of death in the elderly. Recent studies of a ‘hard’ martial art of TKD as opposed to the ‘soft’ martial art of Tai Chi show, of participants that attended 85% of classes, an increase was observed in the average number of push-ups, trunk flexion, and balance time on each foot. TKD proved effective at increasing one-leg balance in the population examined. Additionally, the overall dropout rate was extremely low suggesting both that the elderly are capable of participating in a hard martial art and that they have an interest in it as a viable

“...it’s not aging that forces us to take it easy, it’s taking it too easy that makes aging more debilitating than it needs to be.”

alternative to other forms of exercise. The present study suggests that TKD as a form of exercise for an elderly population is both viable and potentially popular and warrants further study. 🏪



The human body is much better at repairing and maintaining itself when you keep it well conditioned through a programme of regular physical activity, exercise, and good nutrition. This doesn't change when you move into old age—in fact, the old adage “use it or lose it” is probably more true when you're in your 60s and beyond than when you're in your 40s. Slacking off on healthy habits is the primary factor in age-related problems like excessive muscle loss, deteriorating bone density, declines in strength and aerobic fitness, and increased difficulties with balance and flexibility.”
(Dean Anderson, fitness trainer, USA)



INSTRUCTOR PROFILE

III Dan • Kaeo Instructors, Far North



Roman was born in Saarland at the border between Germany and France. In the 60s he had the opportunity to train for a while in "Korean Karate" – the name Taekwon-Do was not yet popular at that time. It was not at a Martial Arts club but with a small police unit. Unfortunately the Instructor moved out of the area.

Seida was born in the Italian part of Switzerland. She went to school in the French part and had a go at Judo in her mid teens in Geneva.

We met in 1977 during ski-holidays. The only way to live together and still be able to work in our profession – Roman as a Neurologist in Germany and Seida as a Lawyer in Switzerland – was to move to Lake Constance in Southern Germany. Here we discovered our passion for sailing which would change our lives. We both loved travelling, so what was more logical than to combine both?

One cold foggy winter day Roman suddenly said "let's sail to Asia". Seida's answer was spontaneous "You are nuts!". We had very little sailing experience and had only just bought a 31 foot sloop!

But this idea suddenly became our goal and started a turbulent exciting phase of our life. Every free minute was used to accumulate sailing experience. First on Lake Constance then in the Mediterranean during the winter. We decided to sail to Asia in the unusual West-East direction, which is much more difficult – but so much more interesting.

In 1984 thanks to our understanding employers we took a 2½ year leave. Our journey took us through the Red Sea, Indian Ocean and South China Sea to Japan and back. We experienced extreme highs and lows, lost our rudder close to Borneo, leaving us without steering and a hole in the hull. Later in Japanese waters we lost the mast. Each time we licked our wounds and continued with new enthusiasm.



Back to Europe and our jobs the following years were marked by working very hard and saving money – we had a new project: getting a stronger boat and sailing the other half of the globe. We left from France crossing the Atlantic to the Caribbean, up to Newfoundland, down the river system of the United States, through the Panama Canal, across the Northern Pacific to Hawaii and Alaska, and finally the South Pacific and New Zealand. In 1995 we entered the Bay of Islands after sailing a total of 70000 nautical miles and visiting 56 countries.

In no way we had intended to stay in New Zealand – but after spending two cyclones season here we got to love this country and the people and we decided to put one foot ashore. This one foot turned into a farm in the Far North and permanent residency. When Roman added the breeding of Arabian Purebreds to the farm life our cruising life came to an end.

Having to give up sailing and travelling combined with several freak accidents with the horses was very hard on Seida.

She considered practicing a Martial Art. One day in the Kerikeri bakery, she stumbled over a leaflet saying "Taekwon-Do will change your life". Indeed it did. Beginning of 2004 Seida started at the Kerikeri club which had just joined ITFNZ.

Roman was approaching 50 as well and felt that since living ashore his physical fitness started to

decline. So after realizing that ITFNZ was a very good and serious organization, a few months later he also joined.

Taekwon-Do would evolve into a new passion with new challenges.

With the support of Mr Tim Couling and Mr Justin Rogers and towards the black belt grading with the help of Mr George Konia, we achieved our 1st Dan in May 2007. Later that year we opened the Hwarang-Do Whangaroa club in Kaeo.

What are some of your biggest Taekwon-Do achievements?

Roman:

Each black belt grading gave me a great feeling of achievement.

Thanks to the complexity of Taekwon-Do and our Syllabus in NZ one does not only have to perform at his or her best physically. There are many more aspects that come into play as well: staying focused over an extended period of time, willpower when you reach your limits, testing your knowledge, maintain courtesy, respect and



Dr Roman and Mrs Seida Scholl-Latour

etiquette under pressure – to name only a few. These two days are truly a unique experience.

What is the highlight of your TKD career?

Seida:

My 1st black belt grading. The atmosphere surrounding the preparation of the tile break. The careful and meticulous setting-up by the black belts which gave reassurance. The tense silence filling the hall. Me alone in the middle. It was like a ceremony. Then the sudden success having achieved what I had worked for during the last months. It was an indescribable feeling.

What is your most embarrassing Taekwon-Do moment?

Seida:

At my last grading, when – despite all the great support – I completely messed up the break that mattered the most to me – a combination of vertical, side and reverse turning Kick.

What are your goals for the future?

Seida:

For myself – to improve my techniques especially my flying kicks. When you start Taekwon-Do at a certain age it takes more commitment even to reach a modest level, but it is a very rewarding experience when you discover that with training your body can do things you would never have thought possible. Often your mind can win over your body.

For our club – to form black belts who are not only technically able to run their own club but who have understood the importance of the Do-aspect in Taekwon-Do and who will make it a part of their teaching.

Roman:

For myself – to reach a level in Taekwon-Do to be qualified to attend a Stripes 1 to 1 weekend.

For our club – to help especially the younger students to built up through Taekwon-Do the physical and – at least as important – the inner strength and values needed for challenges ahead in life.



The Scholl-Latour's home gym



Mrs Scholl-Latour's mini-kids class

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

Roman & Seida:

Sometimes one has the impression that the sport aspect becomes more and more than everything else dominating part of Taekwon-Do for many. If competition is overemphasized we may risk dwarfing the real values contained in Taekwon-Do. Let's not forget that Taekwon-Do was created as a Martial Art and not a sport.

What are your favourite techniques?

Roman: Backfist Strike – I believe it is the most versatile technique. It is fast and powerful and you can use it in any stance.

Back Kick – for me it is the most powerful kick

Seida: Knifehand – it is my most powerful hand technique, for women relatively easy to condition and it is aesthetically beautiful. 🙏

STUDYING FOR THEORY

By **Peter Gudsell** Il dan, Instructor, Kickin' Kids Mt Albert

While I was studying for my last grading I noticed that a lot of students freak out over the theory test and see it as something to fear. I have the completely opposite view as it is an area where with proper preparation you can't help but do well.

Why study

Theory is worth around 10% of your total marks in the first through third dan black belt gradings and is an area you can get over 90%. Of course if you flunk then you need 68-69% on average everywhere else so nailing the theory can be the difference between passing and failing. If you want your black belt then you need to just do it.

By the age of seven Yul-Gok had finished his lessons in the Confucian classics, and then passed the Civil Service literary examination at the age of 13 – you really have no excuse.



Yul-Gok (a later picture as I doubt he had a full beard by the age of 13)

Learning is fun

I consider learning your theory to be fun especially if you start early enough and look widely enough. You can't physically train all the time and any injury breaks become useful study periods. BUT you do need to start early or it can be overwhelming especially as you spend most of your time physically training during the final stages before the grading.

What can you learn from?

- The main sources are the gup syllabus booklet and black belt syllabus handbook. The glossary in the gup handbook is absolutely fantastic and the CD helps with understanding pronunciation and for self testing as you get a moment before the Korean translation comes through.
- The Encyclopaedia is the definitive source of the truth if you have access to it – I have seen web based versions but I prefer the hard copy myself.
- Our website(s) – particularly www.itkd.co.nz and www.tkd-itf.org and also www.hamiltontkd.co.nz/blog/theory-tests/. The Hamilton TKD online theory test is a good way of quickly giving you a feel for how much you know.
- Your Instructor – they have passed their black belt grading so they know all their theory inside out.
- The wider internet – I like searching for deeper explanations around characters and pattern meanings and the Blue Cottage website is good for this (and did you know that Blue Cottage is the English translation of Chang-Hon the pen-name of General Choi, Hong Hi) but as always with the Internet unless it is an official site you'll need to assess whether the information is accurate or not. Once you've started exploring widely you'll enjoy discovering the richness of Korean myths and legends e.g., what animals were in a cave trying to be human over 4000 years ago and what pattern meaning does this legend underlie?

How can I remember it all?

Create a reference folder and a study book and use them. Also create some tips and tricks for prompting your memory e.g.,

- Theory of Power is RCESBM which stands for reaction force, concentration, equilibrium, speed, breath control, and mass.
- Reaction force has an R so Bandong **R**yuk. Mass is the last of the elements and Z is the last letter of the alphabet so Korean for mass starts with Z – **Z**ilyang.

- Circular block is like stirring pasta and Dolmio is a brand of pasta sauce hence Dollimyo Makgi is circular block.
- U-shaped block is a defence against someone attacking you with a stick or perhaps a shovel. So I think of a digging implement and into my mind pops **D**igutja Makgi.
- Some phrases just sound cool like Apcha olligi, Bituro chagi, Baekjul BoolGool.
- Some of the patterns repeat or have lots of the same letter in them i.e., Yul-Gok and Toi-Gye.

Of course, these memory tricks and prompts only really work for me so you need to develop your own. It is a lot of fun developing these tricks and I'm looking forward to coming up with more as I continue learning.

Once you think you know your theory you need to assess yourself. You can do this in a variety of ways e.g.:

- Write it down repeatedly – repetition is crucial.
- With some like items like vital spots you can photocopy the pictures without the answers and then fill in the blank sheets (see figure 1).
- Cue cards. Write English on one side and Korean on the other.
- Use other people to ask you questions from the syllabus handbook and share memory tricks.
- Use Korean during your club trainings and if a technique is called out in English translate it in your head to what it would be in Korean.
- If you're lucky enough to have an organised quiz night for gradees then make sure you go along. If there isn't one organised then perhaps ask a senior to organise one. This sets a deadline for your study, exposes weaknesses and also creates a healthy competitive atmosphere.
- Use the tests on the internet.

SOCIAL NETWORKING

By Kane Raukura V dan, Standards & Discipline Advisor

The birth of the internet on April 7th 1979 has led us down a path that I think few of us could have ever imagined. I was only three and it wasn't until I won an Apple IIc in a NZ Herald competition that computers began to be a real part of my life. By then I was 15 and the internet still wasn't a tool being used by the masses but was restricted to universities, institutions, big business and the military. It was just beginning to be seen as the next big thing and steps were being taken by the large telcos to bring it into the homes of the general populace.

I am sure that many of you are like me. Disconnect me and I feel like my right arm has been amputated at the shoulder. As a teacher, I have found the internet an invaluable tool of information, ideas and inspiration. As a person it has allowed me to travel and stay connected with friends and family from the other side of world. I talk, I type and I video. I digitally take myself, my actual thoughts, and my persona into the global community. If this is so, and it is still me, then common courtesy and etiquette still apply to what I do and say.

It is unfortunate that the internet provides a false curtain of security though. When using the modern phenomenon of social networking, using emails, utilising sites such as Facebook, Twitter or Myspace, or creating blogs etc. It is often easy to forget some simple manners, to use language you wouldn't normally use, to express views or opinions that you would not normally share as openly or freely. This occurs because you are not standing in front of the person you are corresponding with or talking about. Separated by distance, time and the internet, you have stepped temporarily behind that false curtain of security. I say temporarily, because for most, a slip of manner or etiquette online is more often than not absentmindedness or words used in a passionate moment.

You are leaving your digital signature on the internet right now. Always think about the consequences of your engagement on any social site. Remember, that as a member of International Taekwon-Do you represent us, whether you are a white belt or a black belt, your words can carry impact. Consider how your comments would be perceived before you actually post them, and think about logic above emotion at all times. Above all, think about maintaining a certain level of courtesy, since you are still you, even in digital. Our tenets, our guidelines as members as contained in the Standards and Discipline Document and in the Coloured Belt Handbook still apply online.

Email communication should also be regarded as a face to face encounter. All the same courtesies apply as they would if you were actually addressing that someone in person. Use peoples correct titles at all times, keep language moderate and civil, reply in a timely fashion and sign off appropriately. As with posting comments on sites, re-read and review before hitting the send button. Remember, that social networking communities can build real relationships, you are having real conversations, and as such, they should be treated like they are real at all times. It's not about a me, myself, and I mentality. It's about the collective, our organisation, and the common good of all our members.

This article is by way of introduction for a new policy document created for International Taekwon-Do (ITF NZ Inc.) entitled the Social Networking Policy. All members should be aware of this policy. Regional Directors and Instructors are tasked with ensuring that its information is shared and understood, as ignorance of this policy will not be an acceptable excuse at a later date.

Go to: www.itkd.co.nz/reference/documents for a copy of the policy. 📄

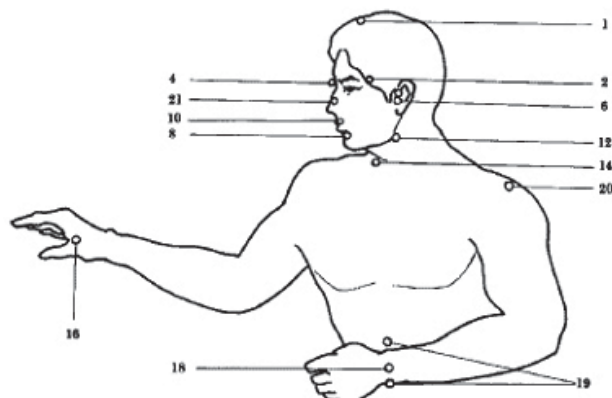


Fig. 1 Fill in the blanks to test your knowledge

Summary

You should focus on getting as many points from your theory test as you can. Using another acronym I'd suggest RUSES

- Reference material should be kept in a folder
- Use memory tricks
- Search widely
- Examine yourself
- Start early

Good luck with aceing the test and do let me know your memory tricks. 📄



STRETCHING - ROUTINE

By **Master Paul McPhail** VII dan

A new stretching routine was introduced to Instructors at the Instructor Update courses in February 2011. The routine highlights 7 main areas of the body to stretch and also the order to do them in. We recommend these are done at the start of the session, immediately after the warm up.

Stretching at the start of the session is in many ways "back to the old days", when we always used to do the same stretching routine at the start of every training. This was abandoned many years ago on the advice from some experts that flexibility training should be done at the end of the session, with only Dynamic Stretching performed at the start. Our own experience has found however that this has caused flexibility levels to decrease noticeably over the last decade or so. This new routine is a start to address this.

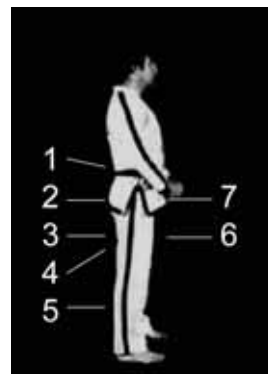
I also note that many Strength and Condition professionals are also now using static stretching again before all training sessions, whether it be a power, speed or strength workout. Stretching should also be done after a training as a part of your cool down.

The order of exercises is also important, and that is something emphasised at the course. For example it's no use trying to stretch out your hamstrings if your lower back and glutes are very tight. Lengthen the

Stretching Routine

Start with the lower back, moving down the back of the body then back up the front, finishing with the hip flexors.

1. Lower back
2. Gluteus
3. Hamstring
4. Adductor
5. Calf (high and low)
6. Quads
7. Hip flexors (psoas)



large muscles around the hips and back first before moving to the other areas. Similarly, the hip flexors won't stretch effectively if your quads are tight.

We also introduced several strength exercises designed to build strength in the important areas for us, such as the deep abdomen muscles. Many of you will be now

experiencing the joy of the Front Plank position in your trainings!

The photos to follow show the main stretches for each of the seven main areas we need to target. There are many variations of course, but these are some of the basic stretches you should be doing. Hold all stretches for 10 to 30 seconds.



Lower Back

Lie on your back with arms extended to the sides, legs bent at 90 degrees at the hips and knees. Keep the knees and ankles together as you slowly lower the legs to the floor. Turn your head the opposite way, keeping the shoulder blades on the floor. Repeat on the other side.



Gluteus

Place your right foot on your left thigh and support your right knee with your hand. With the head up off the floor, gently pull the legs towards the chest. Repeat both sides.



Hamstring I

Sit with legs apart and feet pulled back. Turn and place one hand each side of your leg, keeping your back straight and head up. Do on both sides then repeat, this time going as far towards the leg as possible.



Adductor

Keeping a good posture, lean forward gently, letting your hands rest on the floor. Repeat trying to get as low as you can, maintaining good posture.



Short Calf

Squat with both feet flat on the floor. Gently lean into one foot, stretching the achilles tendon and lower calf muscle. Do both legs.

SHAPELY TECHNIQUES

By **Brendan Doogan** IV dan

5b



Long Calf

Keeping both feet facing forward, and legs straight, walk your hands forward on the floor until you feel the stretch in your upper calves. Then bring the head between the elbows maintaining straight legs and back.

6



Quads

Stand straight keeping the hips in a neutral position. Suck your tummy button in then gently pull the leg back, trying to get your knee behind your standing leg.

7



Hip Flexor (psoas)

Get into a long lunge position with the back knee gently resting on the floor. Keeping the tummy button pulled in, push forward with the hips. You should feel it stretching the psoas, at the top of the rear leg.

NB The psoas travels from your spine to your femur, and is the link between your body to your legs. A free psoas gives you over-all balance and the power to move, lift and kick properly. A tight psoas muscle affects your posture, balance and power, and can even affect your breathing.

The core of your body should be balanced around a free psoas muscle. The psoas more than any other muscle has the potential to disrupt your internal power. 🍷

A few of the techniques in the Taekwon-Do arsenal are named after shapes. Most of the shapes are letters in Korean or English. Taekwon-Do has no techniques named after animals or supernatural beings, unlike many other arts.

Niunja Sogi is named for the Hangul (native Korean alphabet) letter N, called niun. It looks very similar to L in English. The figure in both languages looks similar to the shape our feet make in L-stance, hence the name. You can see niun in the calligraphy for 'kwon' on the back of the Dobok.

Giokja jirugi looks like another Hangul letter called giok. Giok is a mirror image of niun, and is in 'kwon' as well. Because we don't have a similar letter in English another name had to be found. The shape of the arm is a right angle, but if it were called 'right angle punch' then we might have ended up with a 'right right angle punch' or even a 'left right angle punch'!

Digutja makgi / japgi / jirugi is named after a third letter in Hangul, digut. It looks like a staple, and a very similar letter is in the calligraphy for 'do'. U shape is the English name, although some have asked why it wasn't called 'C' shape, because C faces the side, while U points upward. Perhaps the General wanted the name to convey the boxy, angular feeling it has in Korean. U is a bit less curvey than C. I wonder if it's coincidence that these techniques have names that look like the letters in the calligraphy?

A letter we have in English that Hangul doesn't have is x. X-fist / knifehand etc are formed with crossed limbs, so the English name fits nicely. The Korean meaning seems to be approximately the same, something like 'cross'.

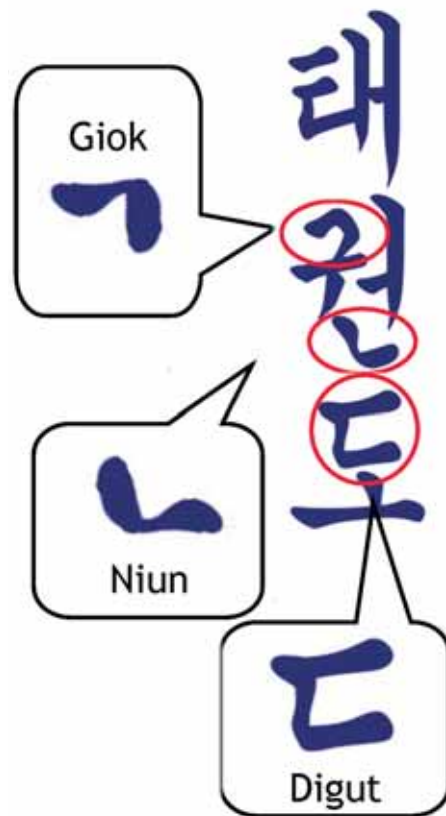
Gutja makgi / 9 shape block is a little harder to see in the shape of the arms, but it is named for the Sino-Korean for 9, gu or ku.

All the techniques above end in '-ja' or '-cha', which can be a handy way to remember their Korean names. The next three don't, although gokaeng-i and kawi both end in an I (The old name for U-shape block also had an I at the end: mondung-i makgi). These two names are more like techniques called 'twisting' or 'rising' than the others above, because they say more about the movement of the technique rather than the

finished position. The name of gokaeng-i chagi / pick shape kick gives a sense of how the kick is executed; a chopping downward sort of motion. Scissors shape kick / kawi chagi also tells us how the kick is executed. It has an identical meaning in both languages.

The last technique named after a shape (I think – can you spot any others?) is W shape block / san makgi. San in Chinese-influenced languages such as Korean can mean 'mountain'. Indeed, an old name for this technique is mountain block, which a few other arts still use. This name is not because the shape of the body looks like a mountain, but because it looks like the Chinese character for mountain. This is the same character that the Juche tul pattern diagram is inspired by.

These techniques are all unique in Taekwon-Do, having names related to shapes rather than directions or ways of moving. 🍷



For the Ladies: Dispelling

By Phil Thompson

www.protectselfdefence.co.nz

The subject of women's self defence is littered with myths and misconceptions ranging from the bizarre to the downright dangerous. The following is an excerpt from our book 'Every Woman's Guide to Being Safe...For Life' from the chapter 'Dispelling the Dangerous Myths'.

'Don't fight back as you'll only make him angry'

This has to be one of the most common myths around self defence for women and is without doubt one of the most dangerous. The general belief, particularly supported by men, is that fighting back will only make the attacker angrier and you will only get more hurt. The level of ignorance in this belief is not only astounding it is blatantly defeatist, sexist and factually inaccurate.

Whenever we hear this we are quick to ask the person espousing this 'advice' what they suggest as an alternative. The most common response (again, particularly from men) is to 'just submit' and let it happen, often backed up with 'it is better than being hurt'. This of course assumes that rape does not result in injury, whereas it could be suggested that rape is one of the ultimate injuries as the damage goes so much deeper (on a mental and emotional level) than a physical injury ever could.

Of the hundreds of survivors of rape and sexual abuse that we have worked with we have seen an overwhelming commonality around this issue. Many of them have said with absolute conviction that if it were to happen to them again they would not only fight back, but they often describe what they would do in the most ferocious and definite terms, sometimes going so far as to say that "if he wants to rape me, he will have to kill me and he's going to have a damned hard time!"

There have been dozens of studies done on this subject that definitively show this myth to be erroneous and completely misinformed. One study in particular that we read about highlighted a survey which was carried out by The American Justice Department, of which the FBI is a part, on 1.5 million rape cases over ten years.

The researchers found that the injuries sustained by the women who fought back against their attacker were no different from those who did not. It was proven that the belief that resistance increased the risk of injury or death was a myth. It was also found that **the women who used some form of self defence more than doubled their chances of escape.**

Additionally it has been shown that women who fight back generally have faster psychological recoveries whether they were raped or not.

The key here though is of course HOW to fight back. If the resistance offered is half-hearted and lacks conviction then this myth may very well become accurate. But we are not talking about that type of resistance; we are talking about a determined, focused, and feral attack on our attacker with absolute conviction which switches the predator/prey mentality around in the moment.

'Just scream'

Another very common belief is to 'just scream' whenever you are facing an attacker. We have heard many times that as soon as a woman realises she is in a dangerous situation that she should scream her head off. On the face of it the information is sound but you need to be aware that it could result in massive escalation of the level of physical violence against you if used

at the wrong time. The issue we have with this message is not in the message itself but in its context. Screaming and yelling can be one of the most highly effective deterrents to an attacker. Remember, they DO NOT want attention drawn to the situation. We absolutely train and encourage women to use their voice as part of their self defence toolbox but the question is; when is the right time to use it?

Again, there are no black and white answers to dealing with violence. What may work well in one situation could be detrimental in another. And that is where it is important to remember that your situation will dictate your response. There are no "you should do this every time" solutions which is how this is often espoused.

If you found yourself on a public residential street with houses all around and you are confronted by an attacker then immediately screaming (maybe also physically fighting as a means to escape and run to safety) could very well be a good option. In this situation the attacker does not have privacy or control and once he realises that he is not dealing with a submissive victim who can be controlled and once you start raising the dead by screaming your head off and drawing attention to the situation, then he is going to want to be somewhere else.

But what about the other context where he does have privacy and/or perceived control? For example you find yourself in



g the Dangerous Myths

an isolated environment with him, maybe inside a house with no-one else there, when he attempts to assault you. At this point, if you 'just scream' what you are effectively doing is challenging his control and power over the situation. The likely outcome of this is that he will now move to regain control and silence you. This will probably result in him escalating his level of physical assault on you. He may now beat you which may result in you being knocked unconscious or rendered incapable of fighting back or 'muzzle you' by placing his hand over your mouth while he puts himself back into a position of control. This action can be disastrous. You have now also put him on high alert which is not where we want him which you will see later on.

So does yelling and screaming work? Yes, absolutely. It is brilliant in fact. But the distinction here is in knowing WHEN to yell and scream. The general guideline we work to is this. If you are going to yell and scream ('No!', 'Help!', 'FIRE!' etc) you must also be:

- Already fighting and/or
- Able to run to safety

Once you are able to start fighting and/or running to safety then scream like crazy! Keep in mind too that sometimes you may not be able to scream, under serious levels of stress we can literally be 'scared speechless' and not able to speak or scream. Be ready for that, if you can scream when it is appropriate great, if you can't just then stay focused on getting to safety and getting attention drawn to the situation any way possible.

Note: Often people will ask (quite reasonably) what happens if you start screaming and nobody comes as we often hear is the case. The answer is to do it anyway and don't worry about that. You are screaming to firstly create the possibility in the attackers mind that attention MAY be being drawn to the situation to cause him to want to disengage. If help does come that is great but never depend on it. You need to get to the help as the help may not come to you.

The myth of defencelessness

This is one of the most dangerous of them all and causes more pain, trauma, and death than any of the others. This is the myth that women cannot defend themselves against a man. The media do their part to help support this myth on a daily basis. Constantly we hear stories of the woman who was attacked or killed and often the underlying implication is that she somehow caused it which is of course never the case. It is very rare indeed that we hear stories of the woman who fought off the man and escaped or did significant damage to him, but these things do happen all of the time.

One woman who attended our 'Safe For Life' women's self defence course told us that her husband had ridiculed her for attending and told her that no matter what she learnt, if she ever went head to head with him in a fight she would lose. She was very disheartened by this and asked us what we thought. We told her that he was probably right, to which she looked at us with disbelief. Quickly we went on to explain that the chances were if she went 'head to head' with him in a 'fight' that she may well be overpowered, maybe. But that has NOTHING to do with what we are talking about! What have the behavioural dynamics of rape got to do with the dynamics of 'squaring off' with someone in a fight? The answer is; absolutely nothing! Imagine for a minute a world champion heavyweight boxer. Imagine now that he is also a rapist. Do you think that if he were to attempt to rape a woman that he would square off in a fighting stance and attack her with a jab/cross/hook combination? Of course not. Even if he was a power predator that is not the way men attack women. So sure, if you look at it purely from a 'fight' basis then 'maybe' there is merit to believing that a woman (unless she is a trained fighter too!) will find it hard fighting off a man. But if you look at it from the perspective of reality, which is taking into account the behavioural and psychological dynamics of rape and sexual abuse then it is a VERY different story. Because we have seen proof of this so

many times to us this is just laughable, but at the same time it is not funny because many women believe it and unnecessarily become victims because of it.

At the start of our women's seminar, I will often say to the audience that every single woman in the room could absolutely 'kick my butt' in a real situation and that is taking into account that I have been training for over 25 years, have fought in full contact fights, and have experienced very serious violence firsthand. It is generally obvious that almost nobody in the room believes me. By the end of the day however, it is a very different story. The participants understand that none of my training and experience (or any of our other male 'assistants' for that matter) means a damn thing if they had to protect themselves against me in the context of a rape situation. The woman can and will prevail, there is just no contest.

The power and confidence that participants gain when they realise this and KNOW it is incredible. The change is usually visible, quantifiable, and obvious from the time they walk in to the time when they leave because they have just realised that the most commonly held belief on this subject, the belief that women cannot fight off a man, is a huge lie.

Phil's book is available at Amazon.com and in most bookstores.



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.

FITNESS AND THE OLDER STUDENT

By Sonya Robinson III dan

One of the major reasons that a lot of people start and continue with Taekwon-Do is to improve their fitness.

General Choi's basic ideals for Taekwon-Do practitioners, was that "by developing an upright mind and a strong body we will acquire the self-confidence to stand on the side of justice at all times".

The major components of fitness, to build that "strong body" are body composition, cardiovascular endurance, flexibility, muscular strength and endurance which are largely health related, as well as agility, balance, co-ordination, power and speed, which are skill based and training related. (See TKD Talk 2009 – Issue 1).

These are all things that can be improved by training and that greatly enhance your Taekwon-Do experience particularly as you improve in these areas.

We have also looked at getting F.I.T.T.E.R by playing with these components – Frequency, Intensity, Time, Type (of training), Enjoyment and Rest. (TKD Talk 2009 – Issue 2)

So we have a basic understanding of fitness, a forever growing understanding of Taekwon-Do, but what happens when age is popped into the mix?

Try as we might we cannot deny that the systems of our bodies decline as we get older. Our lives are finite and we are aging all the time. As they say, getting older is compulsory (growing up is optional!).

There are numerous and various ways to classify age. First let's look at **Physiological age**. Your height, weight, body fat, muscle mass, bone development all play a part. Your joints also can feel their age. Joints are comprised of a combination of bones, ligaments, tendons and connective tissue, and as adults age our joints lose a significant amount of flexibility. This begins at the surprisingly early age of around 30.

The range of motion at most joints is severely reduced if stretching exercises are not performed regularly.

On the flip side of this – if you have seen Mr Graham who is in his late 60's kick his leg up and land in the splits without injuring himself then you can accept that by stretching regularly we can definitely improve our own flexibility!

The heart muscle experiences very few large or small changes due to aging alone. With age however, both the heart and the blood vessels become less sensitive to neurological stimulation. This reduction means the aging heart (we are talking 60+ here), can't achieve maximum heart rates that were possible during youth. When an older adult begins to exercise it takes the entire cardiovascular system longer to adapt to the increased workload.

Average resting heart rates for older adults are similar to those of younger adults. On the other hand, the maximum rate the heart can achieve during heavy exercise decreases by about 5 to 10 beats every 10 years and the heart recovery from exercise is slower than in young people.

As we age, older adults produce more lactic acid with exercise effort and the removal or clearance of the lactic acid produced is also slower. The aged anaerobic system is less efficient at producing energy anaerobically. The proposed reason for the decline is due to the decline in muscle mass and especially the loss of many of the fast twitch muscle fibres that are the anaerobic engine. The older adult also has reduced blood flow inside the muscle region, which also slows the recovery /clearance of lactic acid production with age. This helps to explain why older practitioners will feel hard work outs more than our younger counterparts and why recovery is longer.

There is also **Chronological age** – a statement of age based on the number of years that a person has lived since birth. Unfortunately we can't change this one even if we can "hide" it.

Functional age – a statement of age based on the individual's functional ability in reference to others the same age.

Due to the fact that we have to train (and train quite hard, at times) to achieve the physical abilities to perform Taekwon-Do competently, I would be of the opinion that the majority of Taekwon-Do practitioners would have very positive functional ages across most of the chronological age groups and particularly at the older end of the scale.

Psychological age – a statement of age based on the individual's state of mind. Some older adults show the mental ability



The author showing she still has it!

similar to others of their age whereas others demonstrate a psychological profile that is typical of individuals who are younger (differences can be noted in ability to learn, remember and self-esteem).

As Taekwon-Doins we have to remember our patterns, the theory behind our practices, the Korean, to co-ordinate our bodies so that we can practice on the left as well as the right so whilst we are training our bodies we are definitely using our brains. As we have so often heard "Use it or lose it", during Taekwon-Do practice we are definitely using it – our minds that is – this is why I believe Taekwon-Do helps all of us psychologically regardless of our chronological age.

Social age – a statement of age based on the individual's behaviour. Some older adults behave similar to others of their age, whereas others demonstrate behaviour that is typical of individuals who are younger.

As we train together without preference or reference to age I believe that by doing so this assists the "elders" among us keep in touch with our own youth. A win/win I think.

In summary, over time we experience small and gradual declines in our capacity to perform physical activity.

There are however significant individual differences in work capacity at all stages of life. A physically active lifestyle has a positive impact for older adults.

"The more we move the better we feel. More active adults have the function and fitness of those much younger."

So there are plenty of good reasons to persevere with your Taekwon-Do training and keep going! 🥋

SPORTS MED MATTERS

By Dr Jake Pearson IV dan

Tender Tendons

In this issue I thought I would cover an injury that is most commonly a problem for our more "mature" TKD practitioners. All of our body's tissues become more brittle as we age, and in tendons this means that an initial minor injury that would normally "come right" can unfortunately develop into a chronic injury.

Tendons are relatively stiff connective tissues that transmit the energy generated by our muscles to allow movement, and therefore are put under a fair amount of repetitive strain. The most commonly injured tendon in the TKD setting is the Achilles (Figure 1), but problems also commonly occur in the shoulder ("rotator cuff"), elbow ("tennis elbow") and knee ("jumper's knee"). Complete Achilles tendon ruptures are severe injuries that need to be initially managed in the hospital, and will not be discussed further here.

Tendons have a poor blood supply, which essentially means that everything tends to happen quite gradually. The extent of an injury is often not evident until some time later, and likewise recovery is typically frustratingly slow. The typical scenario is that there is an inadequate recovery period after an initial minor injury, resulting in a weakened tendon that is then easily reinjured. A vicious cycle of reinjury can then develop that leads to quite a severely injured tendon. One reason the injury is often ignored until late is that in the early stages it will often warm-up with activity and not hurt until afterwards; but eventually it is sore with any activity. A chronically injured tendon may be swollen, "lumpy" and usually tender to touch. It is often stiff and painful first thing in the morning or after any period of rest, and then painful again with too much use.

The Achilles tendon is maximally stressed during high impact activities, such as jumping or to a lesser degree running. Complete rest is not the solution on its own however. Tendons like to be loaded, and in fact get progressively weaker with complete rest; the key is the right amount and type of load. An injured tendon likes a very controlled repetitive load that

stimulates it to gradually strengthen and recover.

So what do you do if you have a grumpy tender tendon..? Being sensible and realistic about the demands you place on your body is a good start. You may find that by avoiding a few specific things (e.g. too much jumping/running) you can still do the vast majority of Taekwon-Do related activities (e.g. most patterns, line, drills, pad work, self-defence). A progressively challenging strengthening program (e.g. heel raises over a step for the Achilles moving from double-leg to single-leg – see Figure 2) of the appropriate intensity will improve the resilience of the tendon over time. These exercises are best prescribed and monitored by an appropriately trained health professional such as a physiotherapist. In addition, if the relevant muscle (e.g. calf) is tight then extra stretching is recommended. If the problem is at least in part related to road running (e.g. in preparation for a black belt grading) then ensuring that your shoes are optimal is very important and you may consider seeing a podiatrist for advice. Taking anti-inflammatory medications is probably best avoided as they can mask further damage, and while applying ice when sore may help with symptoms it will not help the tendon to strengthen.

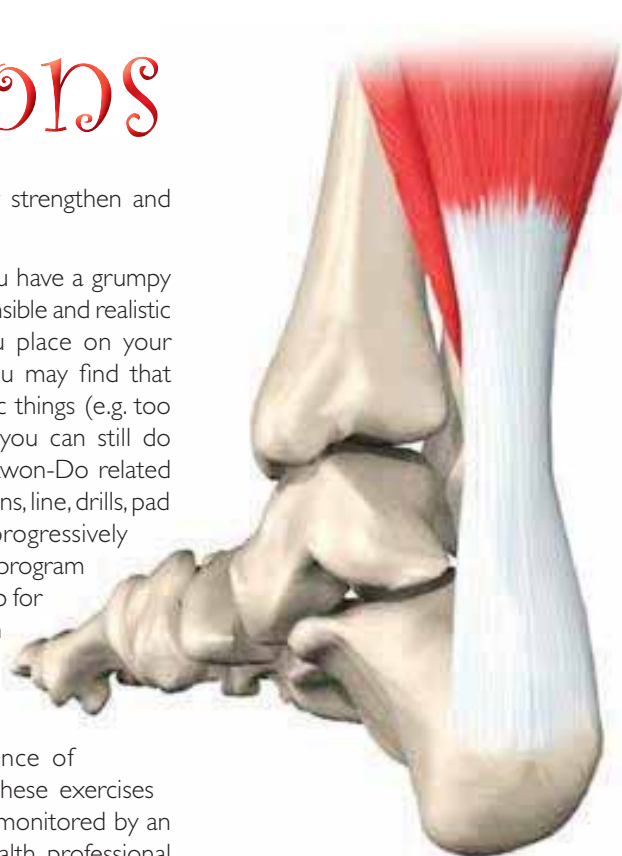


Figure 1. The Achilles tendon attaches the calf muscle to the heel bone and transmits the energy to move the ankle.

The key of course is to avoid the problem in the first place by giving your body the opportunity to condition itself by making any increases in training gradual and progressive with adequate recovery time; however once an injury has occurred it is important to gradually strengthen the tendon in a controlled fashion while avoiding significant re-injury. 🦿

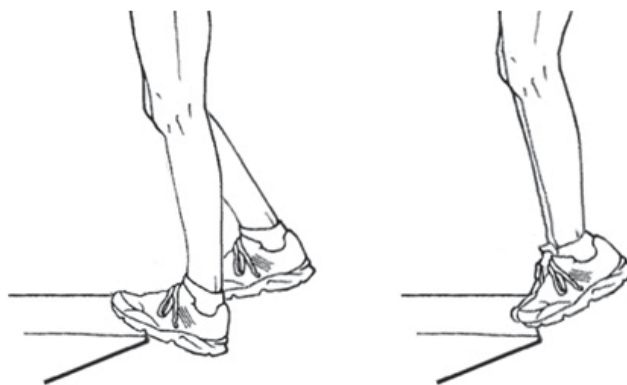


Figure 2. "Alfredson's exercises". These are traditionally performed raising up on both legs (right image) and then lowering only on the affected side (left image), known as "eccentric strengthening".

JUST EAT REAL FOOD

By Miss Carolina Dillen Il dan

Despite my best efforts to live as healthy a lifestyle as possible, I have always put more emphasis on training than on my diet. Many of us who train hard and so often partake in the school of thought that we can 'get away with' eating whatever we want. In reality, if you are not eating optimally no matter how hard you train, your health and performance will be compromised. Looking back I was tired a lot of the time, often sick and either not being able to meet the demands of so many hours of training or not seeing the results I wanted.

Determined to be at my very best for the World Championships in NZ and my 2nd Dan Grading I decided to really invest time and energy into optimising my nutrition to increase my energy levels, training gains, reduce excess body fat and increase my lean muscle mass. I wanted to have every advantage possible for competition and grading and also make changes that would be sustainable and enjoyable long term. I was fortunate enough to be exposed to some very good influences around this time, having started training regularly at CrossfitNZ to improve my general fitness with coach and nutrition guru Darren Ellis.

I still can't say my diet is perfect, but it's certainly better than what it was. The combination of hard general and sport specific training and vast improvements in nutrition really helped me to reach my goals. My body fat percentage has never been so low, my lean muscle mass so high and the results speak for themselves. I made it through round after round of sparring, followed by patterns on the same day, to reach the finals for both winning silver and gold medals respectively. I also made it through the gruelling two day black belt grading with enough energy to be the first to score 100% on the fitness test, achieve a pass with Distinction and be back at the gym training on Monday morning with minimal after effects to prepare for a competition that weekend.

I am not a nutritionist and won't pretend to be an expert on the subject but I agreed to write this article precisely for that reason, I am like most of you. I want to be healthy, train hard and see awesome training results, so over the next few articles I will share with you things I have tested out and know work. My main piece of advice for anyone

looking to be healthy and experience awesome training gains and Taekwon-Do results is very very simple, just eat real food.

WHAT IS REAL FOOD?

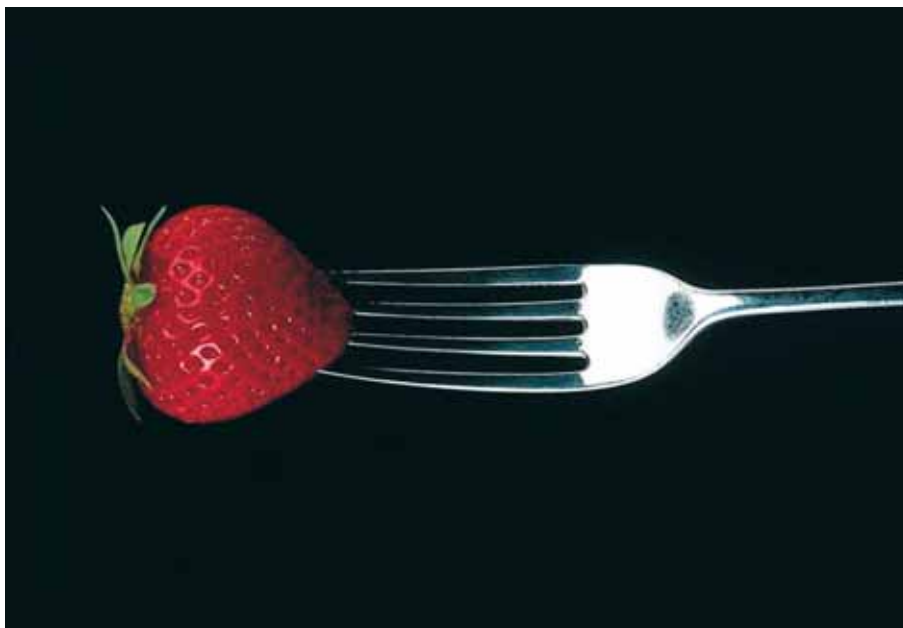
What do I mean when I say just eat real food? Darren explains it quite simply as the food our bodies were designed to eat. This includes good quality protein from grass fed beef, pork and lamb, fish (preferably salmon and tuna for their omega 3 fats), free range chicken and eggs. It also includes a ton of fresh seasonal vegetables and fruit, with decent servings of healthy fats from raw nuts, avocado, coconut, eggs, fish oil and olive oil. It's not a fad or a special diet it's really just about eating real, fresh, natural food. Eating like this does mean cutting back on and eventually cutting out certain foods that have become firmly entrenched in our society, namely sugar and grains.

Sugar, as Darren explains is a fairly obvious no-no to most people. Unfortunately our taste buds, which already love sweet stuff have been cultivated to desire sugar even more by big food companies putting it in everything from sauces to cereals to meat. Sugar improves the flavour but it is not good for us. It contributes to tooth decay and poor energy levels from blood sugar peaks and troughs, and ultimately to

chronically high insulin. Insulin is a hormone that can cause much havoc in the body, from fat storage to high blood pressure to heart disease. You'll find it quite interesting as I did when you quantify exactly how much sugar is in your diet. Some easy ways to do this are just by keeping a food diary or reading the labels on the food you eat. There are some quite simple steps you can take to reduce your sugar intake. Darren recommends things such as cutting down and then removing the amount of sugar you add to coffee or tea, eating a piece of whole fruit instead of drinking a glass of juice, drinking water instead of soft drinks or having some dark chocolate instead of a Moro bar. These steps all add up and then of course you can build on them. A common sugar no-no I see around Taekwon-Do trainings is the amount of people who drink Powerade or other equivalent sports drinks during an hour long training session. This is a result of clever marketing, but from a nutritional perspective is completely unnecessary. My own personal challenge was my sweet tooth. I loved lollies and chocolate and would often resort to eating these for a quick energy boost when rushing around too busy to sit down and eat a proper meal. I literally had to ask myself every day for several weeks what I truly wanted, an



A beginner's guide to nutrition for healthy living as well as a few tips for grading and post grading recovery



instantly gratifying sweet treat or to achieve my training goals and be healthy long term. When you put it like that in theory it is a no brainer but it meant being more organised, planning meals in advance and making sure every calorie I put into my body had real nutritional value.

Most people understand about the sugar, but struggle with the idea that foods such as bread, pasta, rice and potatoes could be problematic. These are the main source of carbohydrate for most people (besides sugar) and result in the release of insulin. Insulin helps store blood glucose and fat. If you eat more carbohydrate than what you need, the consequential insulin release results in you storing body fat. It's that simple.

Many of us consume far too much carbohydrate for the actual work we do on a daily basis and this means we are constantly in a state of fat storage. The average person in NZ eats between 300-450g of carbohydrate per day. Our ancestors couldn't get hold of 150 grams

of carbohydrates a day if they tried, yet they had plenty of energy for daily living and maintained their lean mass. Our bodies just cannot deal with this energy surplus and it is why we often feel tired and lethargic, why every third person in the country is overweight and hundreds of thousands of people have diabetes. By eating tons of colourful vegetables and avoiding white refined carbohydrates, grains and sugars you can more closely match your carbohydrate intake to the amount you need to provide glucose for your brain and reasonable amounts of hard exercise.

Nutrition is a huge topic and far too broad for the scope of this one article. We will spend more time covering areas such as carbohydrates, fats and proteins in more detail in subsequent articles. For now, if you can stick to eating real food, that is good quality protein, fresh seasonal vegetables and fruit, complemented by healthy fats, and cut down or eliminate foods with lots of empty calories you'll be off to a great start! 🍌

Carolina Dillen has a BSc first class honours majoring in Sport and Exercise Science and Physiology and manages the Health and Performance Clinics at the University of Auckland. She is also a II Degree Black Belt and the Head Instructor of Ellerslie Taekwon-Do Club.

Darren Ellis has a MSc majoring in physiology and has dedicated his life to studying nutrition and human movement. He is the owner of CrossfitNZ, the pioneer Crossfit affiliate in NZ and has experience in an extensive range of martial arts.

TIPS FOR GRADING

Pre Grading

Optimal performance and recovery requires preparation and planning. Without preparation grading will not only be a painful and arduous process, but also the recovery will be a long and painful one. A black belt grading isn't a 2 day experience, it starts from the moment you started training and more consciously from the moment you make the decision to grade. Wouldn't you rather enjoy the whole experience? No doubt you will have a good training plan for your Taekwon-Do specific training, physical strength and conditioning (fitness). Make sure you use the same approach to your nutrition - start eating real food now!

At Grading

Sports psychologists teach elite athletes that any major event or competition is not the best time to start experimenting with new ideas. This rule applies to everything, from training methods, mental skills and includes your nutrition - do not try anything you haven't tried before! Make sure you have tried or experiment with what you are consuming well in advance such as in training sessions or smaller build up competitions. Practise what you eat and drink and have a routine. What works for one person may not work for you. It's important to know what your plan is and to have confidence in this. Some people find caffeine gives them an edge in their performance and there is some research to back this up. Experiment in class or at training first. Current recommendations are that caffeine in a pure form (without sugar) is better as it doesn't produce the large insulin related energy spikes.

Post Grading

Post grading may just be the right time to relax and indulge a little as you have just completed an enormous amount of physical activity. Having a day off every now and then can be a good thing, in fact a lot of people experience more success with eating healthy and sticking to their new eating plan long term by designating a 'cheat day' where they can eat old foods they used to have (and often actually don't as their bodies still crave real and healthy foods!) Just remember, it's all about leading a healthy lifestyle and it being sustainable long term. Monday after the grading it's back to eating real food (and back to training!).



Taekwon-Do-Do doing the Do!

Kicks for Kids



by Shirley Pygott - II dan

Welcome to Issue #28

This edition of Kicks for Kids is looking at 'Do'. Taekwon-Do Teddy looks into the dobok - why we wear it and what it all means. We also have some cool reports of kids showing their passion for Taekwon-do and building a more peaceful world.

Taekwon-Do Teddy investigates: The Dobok

There is a lot of Korean tradition and history about the dobok. It comes from traditional Korean clothing called Hanbok, which was worn nearly 2000 years ago in the time of the Three Kingdoms - Silla, Goguryeo, and Baekje. The Hanbok was a pair of loose trousers and a long jacket, tied around the waist with a silk belt.

Why do we wear a dobok?

It gives us pride in the martial art we do and the style we practise. It shows the level we have earned (eg the belt colours, or the sort of black trim on the jacket and trousers). It is a symbol of Taekwon-Do's heritage and tradition. It is practical and healthy for physical activity. It makes us different to other martial arts.

Why is it white?

White was a very traditional colour for the Hanbok worn by common people (the rich and famous got to wear coloured

clothes). When we put on a plain white dobok it helps us remember to be humble and shows cleanliness, innocence and willingness to learn.

Why should you look after your belt?

You should respect your belt because it shows all the hard work, dedication, sweat, pain, tears, sacrifice and injuries you have gone through to get it. It should mean something to you so you should take good care of it.

Why do senior black belts sometimes have frayed, whitened belts?

It shows hard training over a very long period of time. They have worn it for so long and trained so hard that the black has actually worn away!

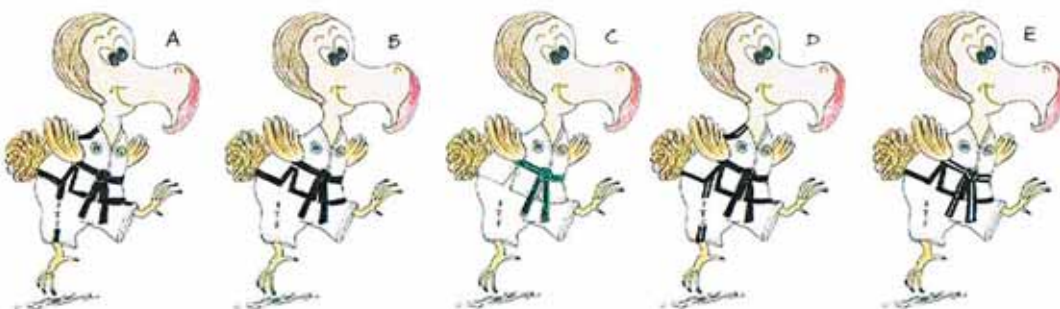
The dobok also represents the idea of Yin and Yang - two opposites that make up a whole.

Yin - trousers (or the earth),
Yang - Jacket (or the heavens), and
man is the belt that holds it all together.



The dodo at the top of the page is obviously a mini-kid. But what rank are the dodos below? There is a coloured belt, a Junior Black Belt, an adult 1st - 3rd Dan Black Belt, and 4th-6th Dan Black Belt and a Master Dodo.

Which is which? How do you know?



We can build a more peaceful world by helping people. Sarah Gudsell did her bit to help the victims of the February earthquake in Christchurch.

Read about what she did.....

Camping for Canterbury

By Sarah Gudsell
(3rd Gup) aged 10



On Tuesday 22nd February Christchurch was hit by their biggest aftershock yet, measuring 6.3 on the Richter scale, at a depth of five kilometres. The earthquake will be remembered forever by people from all over the world for the terror and anxiousness it spread right around the globe.

At the time the quake hit I was at school in the middle of lunch, with no idea that all over Canterbury families were searching desperately for their friends, husbands, and in some cases people were just searching for strangers, for a sign of life.

After school I was sitting in my room thinking about what I could do to help out, I had already donated \$10 but it didn't seem enough. So I thought about what fundraisers I had done before this. There was the 40 hour famine which I had done three times, and some fund-raising at the Best of the Best tournament but that was really it.

Brain wave, how about I camp out in my back yard for 24 hours with no power; toilet or running water and get people to

sponsor me. So I went downstairs to talk to my Mum about it and I started straight away; getting fliers typed up and calling my relatives. I set the date for Friday 4th March 8:00pm – Saturday 5th March 8:00pm and started planning, making lists, getting sponsors, figuring out my meals and getting more sponsors. Most of my sponsors were from the Avondale and Kickin' kids Mt Albert Taekwon-Do clubs as well as friends and family.

Then it was Friday 7:52, I was racing around getting all my last minute things into my tent. And only getting to watch half of my favourite programme – Glee. At 7:56 I said, 'Mum, it's raining, have you waterproofed the tent?' (We had got a new tent after our old tent started disintegrating during our last camping holiday). Mum replied, 'I'm not sure honey, if not it will be by tomorrow!' So I sprinted to my tent with the rain pelting me on the back, unzipped the tent and clambered in.

The next morning I got up around 7:00am and made toast for myself and my six year old brother, on a gas cooker. Next I sat in my tent and read my book while listening to my battery powered radio.



Soon it was 8:30am and my brother and I had played a variety of board games to keep occupied. I made a toasted sandwich for lunch with my gas cooker in the garage as it was raining. I made Spaghetti on toast for dinner. I did some drawing and by that time it was 8:00 pm.

I hope that all the people in Christchurch stay strong and keep faith in all the people who are even now helping the people in the hospital and trying to recover the missing people.

All together I raised over \$800 for Christchurch.



Isaac and Mani take it to Mr Pellow!

Have a look at these Self Defence video clips on the PulseTKD website. Isaac (age 7) and Mani (age 9) take on Mr Pellow, and live to tell the tale!

Check out the action at www.pulsetkd.org.nz/photo-gallery

Philosopher Sun Tzu said....

To win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.

What do you think he means?



Keegan Hay of Kickin' Kids Mt Albert with part of his school passion project on Taekwon-Do which helped him to successfully grade to Green Belt at the end of 2010. Looks terrific Keegan!

GALLERY

By Doug Hanna

www.tkdaction.com

2011 Nationals Shots



After assembling a Photography Team for the World Champs in Wellington in March when the Nationals event came along we picked up where we left off and largely the same team covered this event too. Keen amateur photographers Mr Craig Oliver, Mr Neil Breen and Mr Doug Hanna covered the two day event photographically. The team processing images and updates on the computers consisted of Patrick Hanna downloading images, Jan Hart selecting, Mark Hanna publishing results and Mrs Liz Tee tweeting commentary throughout the event. We published our images and tweets via TKDAction.com with automated feeds updating the iTKD.co.nz website. Below is a selection of interesting images from the Nationals.



Colour coordinated in front of the giant ITF logo. Photo: Mr Neil Breen



That moment of joy for Lianna McCartney in seeing another team member win. Photo: Mr Doug Hanna



Go Central Districts! Photo: Mr Craig Oliver



Blue, white and yellow action. Photo: Mr Craig Oliver



Precision kick by Ryan McNie. Photo: Mr Craig Oliver



Dejaimero lotua giving 100%. Photo Mr Craig Oliver



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