

Taekwon-Do **Talk**



Self-defence
Bridging the missing link



**International
Taekwon-Do**

Issue 1 2014 - Featuring:

The New Self-defence Syllabus

PLUS: M.E & ME • Ability from Disability • Quality Fitness Training for TKD • Stretch or not to Stretch?

AND MUCH MORE

CHECK OUT THESE HOT DEALS FROM



Black Sparring Gear
\$60 each



And for the black belts...

Champion Doboks
\$90 each



Blue & Red Sparring Gear
\$50 each



Available online only during **AUGUST**



Ultra Champion Doboks
150-210cms
\$100 each



Ultra Elite Doboks
150-210cms
\$90 each

sales@toppro.co.nz
www.toppro.co.nz

Check out prices online for 4th dans and above

Existing stock only. Stock and sizes are limited so get in quick.



FIND US ON FACEBOOK

EPIC



Trophies & Engraving

Award your best students!



Trophies from \$10



Medals from \$5

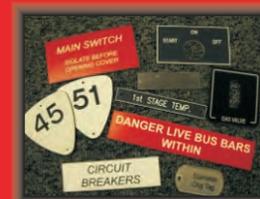


Mention *Taekwon-Do Talk* to receive a 10% discount

Every job is unique, that's why we specialize in customization

Proud to supply the 2014
ITKD National Championship
Trophies & Medallions

We can also supply engraved labels, signs, control panels & more



info@epic-engraving.co.nz
www.epic-engraving.co.nz

FROM THE PRESIDENT



Master Evan Davidson

VII Dan, President

'Self-defence' - what does this mean? Literally speaking it is the use of whatever means possible to defend yourself from harm or from an attack (a dictionary meaning). It is not only through the use of physical action, but more importantly the ability to see or perceive possible danger, anticipate and react accordingly.

Taekwon-Do is a complete self-defence system. In this issue of Taekwon-Do Talk Magazine more is covered on this subject. Our International Taekwon-Do has released a new practical self-defence handbook to assist your learning, understanding, and subsequent teaching. I hope you will all make good use of this resource material. My thanks go to Master McPhail and Mr Banicevich for their hard work and effort in putting this handbook together and also to the many others who had input into its content.

Lately, of concern to me and ITKD is the use or misuse of electronic communication by way of social media, e.g. Facebook, twitter etc. A current issue in the National News is where our politicians (people of responsibility), have been reprimanded over items they have published on twitter or Facebook. Certainly not a good look. We as 'Taekwon-Do' martial artists need to be mindful of what is said and done over the Internet. Watch your language and do not slate anyone behind their backs. Once it's published it cannot be retracted. The Tenets of 'Courtesy' and 'Integrity' should always be in your mind when you do post anything onto the Cloud and World Wide Web. I refer you back to an article in TKD Talk - issue 2 - 2011 by Mr Kane Raukura, then Director of Standards & Discipline. Please revisit this. Also check our Social Networking Policy at: www.itkd.co.nz/reference/documents.

I am only too happy to receive any suggestions and comments, or discuss ways we can improve the organisation and move forward into the future. Please feel free to contact me at president@itkd.co.nz

'Taekwon'



Mr and Mrs Patterson on location for Self-defence manual photo-shoot.

TKDT TEAM

Publisher

International Taekwon-Do Foundation of New Zealand Inc.

Editor

Master Paul McPhail

Regular Contributors

Mr Brendan Doogan
Master Paul McPhail
Dr Jake Pearson
Mrs Shirley Pygott
Mrs Sonya Robinson
Mr Phil Thompson

Photography

Photos supplied by the authors unless otherwise indicated.

Proof Readers

Ms Vivienne Holmes
Mr Phil Dunn

Production & Distribution

Paul M Limited

Approved Suppliers:

Fuji Mae New Zealand
Paul M Taekwon-Do
Top Pro New Zealand
Top Ten

Contributions

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? 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.

© 2014 International Taekwon-Do
All rights reserved.

Register now for the 2014 Instructors' Conference

itkd.co.nz/events/courses/2014-conference





6 NEWS

NEW SCHOOLS
TEAM TOP TEN
DS ROAD TRIP
AND MUCH MORE

12 FEATURES

M.E. AND ME
ABILITY FROM DISABILITY
SELF-DEFENCE FEATURES
AND MUCH MORE

18 Self-defence

The new syllabus

“The new self-defence syllabus has been launched! This is a fantastic step forward for International Taekwon-Do and also the whole NZ martial arts community since the new syllabus moves away from a purely ‘self-defence’ focus and into a complete ‘self protection’ focus.”

26 REGULAR

SPORTS MED
TKD SCIENCE
INSTRUCTOR PROFILE
AND MUCH MORE

38 KIDS

KICKS FOR KIDS
– ISSUE 33

OUR EXPERTS



SPORTS MEDICINE
DR JAKE PEARSON



KIDS
MRS SHIRLEY PYGOTT



FITNESS
MRS SONYA ROBINSON



Self-defence
MR PHIL THOMPSON



TECHNICAL
MR BRENDAN DOOGAN

COVER

Mr and Mrs Patterson on location photo-shoot for the new Self-defence manual



OUR INAUGURAL REGIONAL TOURNAMENT

By The Kilcullen Family Pulse TKD

We joined Pulse Taekwon-Do in October of 2013. Our two children, Gemma age 9 and Coen age 12, love it. So when Regionals started being discussed at training it seemed like the right next step. Before we knew it the time was nigh. The club was bustling with excitement, making travel and lodging plans, loading up gear and getting those last kicks and patterns practiced.

We arrived in Nelson later than the others, due to prior commitments, but as soon as we pulled into the Holiday Park we felt the camaraderie, much like we did the instant we walked into the dojang. We really had no idea what to expect, and the kids were full of nerves. Everyone was supportive and encouraging, just like a big family. I was a bit taken aback by how much was going on at once, and missed a few of my son's first events. That was a wee bit disappointing but we were able to figure out a system to make sure that we were aware when both of our kids were competing. We were so very proud of them, just for getting out there! They both came home with medals, an understanding of what they needed and wanted to work harder on, and self-confidence. We were amazed by the poise, determination and guts that we witnessed in all of the competitors. It was amazing to



watch the upper level members spar; do patterns and break. It was very exciting to see the Pulse Men's team win in sparring and breaking and to get to cheer them on. And of course, helping our much deserved club take home the big trophy.

Coen explains, "My first Taekwon-Do Regionals experience was fun and interesting. Considering my weight, as a yellow stripe, I had to spar a green or red belt, I got the red belt. I learned a lot, especially not to turn my back, it earned me 12 warnings. But I enjoyed it fondly and can't wait to go to the next one."

Gemma remembers, "I had many adventures at Regionals. We lived in kitchen cabins. I had to vs. Emily, Chris and Ryan from my own club. We all did really well. I earned a silver medal in sparring, it was really fun."

We experienced and observed all of the important tenets of Taekwon-Do: integrity, courtesy, perseverance, self-control and indomitable spirit. These athletes were respectful, the judges were dependable and kind and the organizers were hard working and made it an enjoyable event for all. We look forward to seeing you all again next year, here in Christchurch, for Regionals 2015. 🏆

NEW SCHOOLS

Welcome to our new schools and instructors

Warrior Three Kings

Instructors Mrs Debbie Hart III dan
Assistant Instructor: Miss Kavita Jaduram I dan



Three Kings School 944 Mt Eden Rd, Three Kings

Warrior Three Kings came about as a direct result of a KiwiSport course run at the school in 2013. A group of over 30 enthusiastic kids ask for the classes to continue and so the club was born. The club is part of Warrior Taekwon-Do, formally run by Ms Carolina Dillen and now under the guidance of Master Paul McPhail.

Instructors recently approved



Mr Dean Jenkins – Otago University



Mrs Debbie Hart – Hart Taekwon-Do



Mrs Mera Horton – Paul M Waiiau Pa



Mr Chris Woodill – Kapiti Coast



Mr Michael Archer – Paul M Waiiau Pa



Mrs Sonya Robinson – Warrior Taekwon-Do

Assistant Instructors recently approved:

Vinu Vijayakumaran – Red Beach and Stanmore Bay
Tracy Rouse – Hwarang-Do Whangaroa
Toni Rouse – Hwarang-Do Whangaroa
Graeme Ritchie Assistant – IPC
Sally Cale – Te Karaka TKD
Rebekka Upston – Te Karaka TKD
Kevin Joe – Remuera
Kavita Jaduram – Warrior TKD
Roisin Giles – Warrior TKD
Jacky Geurts – Warrior TKD
Andrew France – BOP TKD Academy
Bjame Morris – Tamaki
Brice Valles – Paul M Glendowie
Helen Carey – Paul M Glendowie
Nicola Tse – Riccarton International TKD
Alice Onland – Riccarton International TKD
Suzanne Woodill – Kapiti TKD
Jade Gibson – Silla Taekwon-Do
Craig Hannah – Pulsung
Fiona Simmonds – Hwa-Rang Tauranga
Cathy Linton – Hwa-Rang Tauranga

TEAM TOP TEN

By Greg Skinner Top Ten NZ

Late last year we were approached by Mark Trotter who was in the early stages of putting together a group of highly talented competitors who had all placed at the 2013 World Championships, many at Gold medal status.

The intention was to form an elite team that would compete at ITF Taekwon-Do, WAKO and WKA Kickboxing and other selected tournaments.

The team members comprised of Mark Trotter, Estee Spiers, Kane Baigent, Melissa Timperly, Chris Broughton, Shane Black, Josh Campbell, Sean Neary and Ethan Parker.

All of the team members use TOP TEN as their personal choice of equipment, as have the vast majority of New Zealand team members at World Championships over the last 10 years.

We thought that this was a great idea and are excited to be the team sponsor; Team TOPTEN was born!

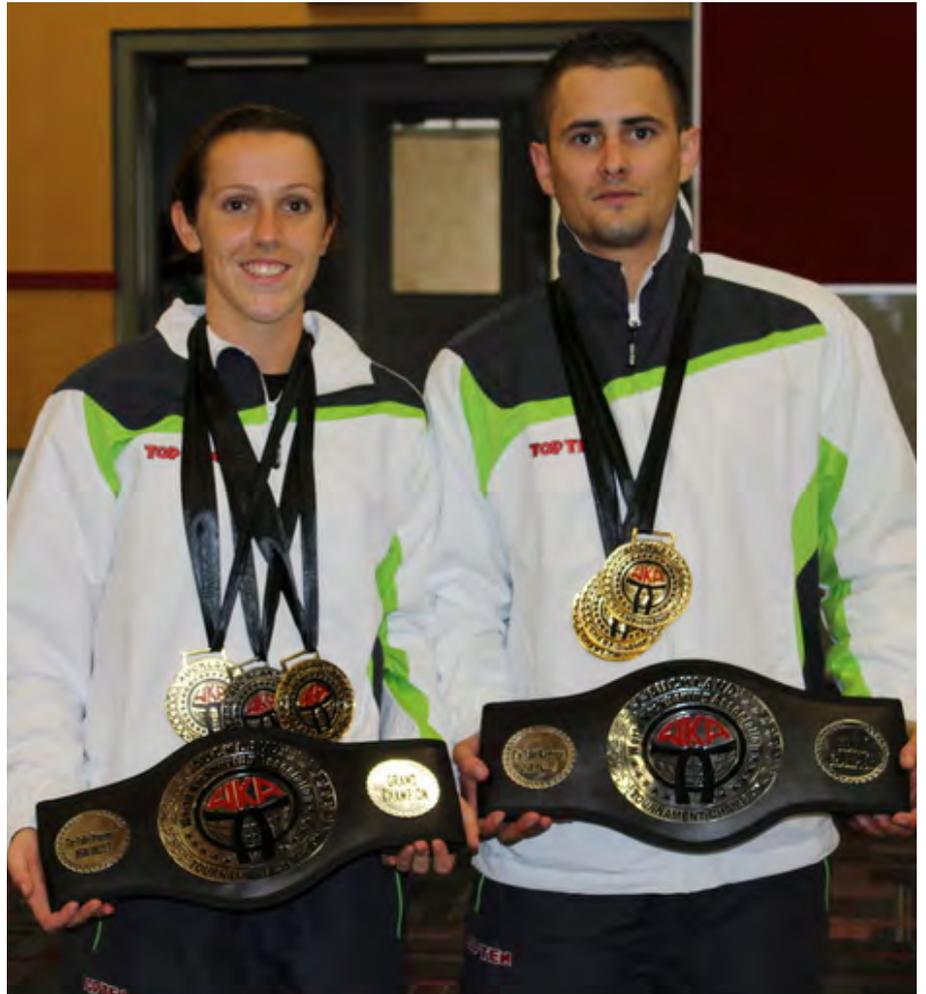
First up for the team was the Auckland WKA kickbox tournament in April. The team was hugely successful with most winning their respective divisions, with the highlight being Melissa and Mark winning the Best Overall Belt for female and male competitors.

Next up for the team members is another WKA tournament in June and then the ITKD National Championships in July in Tauranga. TOP TEN will have a stand in Tauranga, so we will see you there.

In the meantime you can visit our new website at www.toptendownunder.com where you can also connect to our facebook page.

We wish the best to all of you who are now preparing for the National Championships and leave you with one of TOP TENs mottos,

TRAIN HARD – FIGHT EASY



www.toptendownunder.com

DRAGONS' SPIRIT ROAD TRIP

By Mr Kane Raukura VI Dan

Members of Dragons' Spirit Papatoeote recently had a very successful road trip and seminar at their sister club: Dragon's Spirit Wanganui. Mr Raukura, Kristy Leong, Courtney Meleisea and Brendan Doogan conducted a full day seminar, with over 30 participants from Wanganui, Levin and Palmerston North.

Session were:

Session 1 - Self-defense – Mr Raukura | Session 2 - Sparring – Ms Meleisea | Session 3 - Specialty – Mr Doogan | Session 4 - Breaking – Ms Leong





KICK START: Wanganui taekwondo teacher Darren Andrews, second from left, with Papatoetoe members Kristy Leong, Brendan Doogan and Courtney Meleisea. PHOTO / BEVAN CONLEY 290314WCBRCPOWER01

World champs help out club

By Merania Karauria

Three world taekwondo champions from Papatoetoe were at the Dragon Spirit Taekwondo Club in Wanganui East on Saturday to give pointers on how to make the champion grade. Brendan Doogan, a 4th dan, won the men's individual powerbreaking world championship at Benidorm in Spain last year, and 3rd dan Kristy Leong and 3rd dan Courtney Meleisea both won silver in the team

patterns. Ms Leong also won silver in the individual powerbreaking. For the women, Benidorm was their fourth world championship, while it was the second for Mr Doogan. Wanganui's Dragon Spirit club was started 10 years ago by Darren Andrews, also a 4th dan. He brought the world champions to Wanganui to help train members — and also to inspire them. Participants also came from Levin and Palmerston

North for the sessions. "New Zealand is ranked third in the world behind Poland and Norway, something which is not very well-known," said Mr Andrews, who has started a class for children aged 5-9 years which meets Mondays and Thursdays from 5.30pm to 6.15pm. The 2015 world championship will be held in Vienna. For more information about the Dragon Spirit Club, visit www.itkd.co.nz and find the Wanganui location.



FULL TIME MARTIAL ARTS CENTRE

By Jack Miller Hwa Rang TKD Academy

Hwa Rang Taekwon-Do in Tauranga has moved into a new permanent training facility at the Martial Arts Academy (the MAA). Chief Instructor of Hwa Rang and Co-founder of the MAA, Mrs Christine Young explains why she has undertaken this big move, "I have been interested in all Martial arts since I watched my first kung fu movie at age 7. ITF Taekwon-do has been fantastic as my main art and I'll never stop practising this. However there are so many other amazing styles that I want to introduce to the people of Tauranga. Not everyone is suited to Taekwon-Do so I want to have a place where anyone wishing to learn a true martial art can find the right one."

The Martial Arts Academy in Tauranga was founded on a philosophy to provide a home where aspiring martial artists, regardless of code can hone their skills. It offers an extensive range of martial arts such as Taekwon-Do, Muay Thai, Kung Fu, Brazilian Ju-Jitsu, Capoeira and MMA. Students can learn these disciplines with



highly skilled teachers in each art who give encouragement and put a lot of effort into creating an environment where you can strive to reach your own personal goals. The academy welcomes people of all ages and skill levels.

It is with this vision in mind that the Martial Arts Academy was created. It strives to be a centre of excellence for

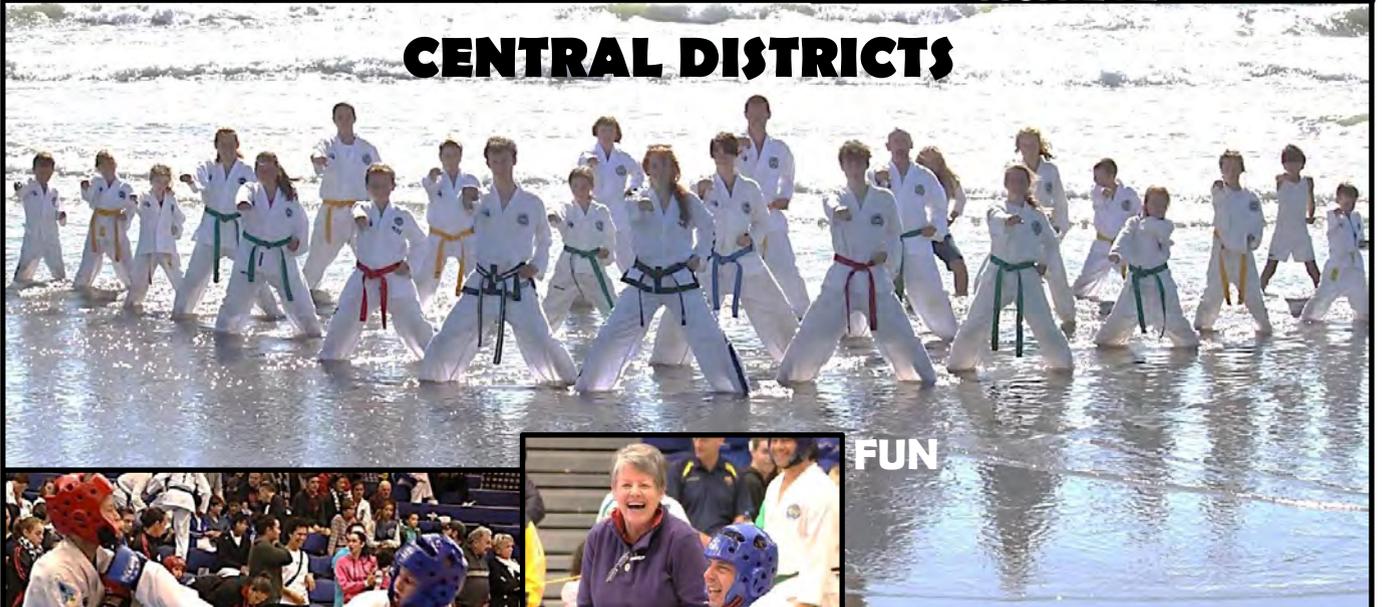
martial arts training, so that those with enough dedication and perseverance can be the ultimate mixed martial artist. More information about the MAA can be viewed on their website at www.tmaa.co.nz.

The Martial Arts Academy
154 First Avenue West
Tauranga





CENTRAL DISTRICTS



PASSION



FUN



EXCITING



KNOWLEDGE



FAMILY

“Central Districts – Diversity within Unity”



M.E. AND ME

By Ms Stephanie Crossley || Gup, Jungshin Glenfield

When I began Taekwon-Do classes I was very much an athlete. While you may not have known it to look at me, I had more sports trainings and games in a week than days. I used to joke that I spent more time practicing than sleeping, and for a while there may have been some truth behind it. A good friend of mine introduced me to Taekwon-Do in my early teenage years. He had been training for many years and was a black stripe by the time we met, and when he heard I was struggling with anxiety problems, he suggested it might help me as it did for him.

Fast forward almost a year and find me again, with greatly improved mental health in addition to two tournaments and, thanks especially to Mr Matthew Davey and Mrs Yvette Rein (nee Perrott), a double grading under my now-green belt. My story was moving forward rapidly, and the world was looking bright.

Then, as fate would have it, the trouble began.

I was suddenly struck by intense migraines; constant colds, flu and throat infections; and worst of all, crippling fatigue. I was

stuck bedridden for eighteen hours a day, unable to focus mentally, and much of the time I was unable to force my body to do what I wanted it to do. For an athlete with aspirations of various World Championships and Olympic Games, the inability to use your limbs is not only frustrating, but one of the most terrifying experiences you can go through.

My health declined rapidly through various stages, based mostly on my own priorities, as I forced myself to keep going and told myself "I'll be back to normal soon". First I lost the capability to go to school, then to umpire and coach sports, and eventually to compete in them myself. The visits to doctors began - I have lost count of how many specialists I have seen over the years, and they all found a different point to blame. My weight, ovarian problems, glandular fever, depression - but after a year I finally got the diagnosis.

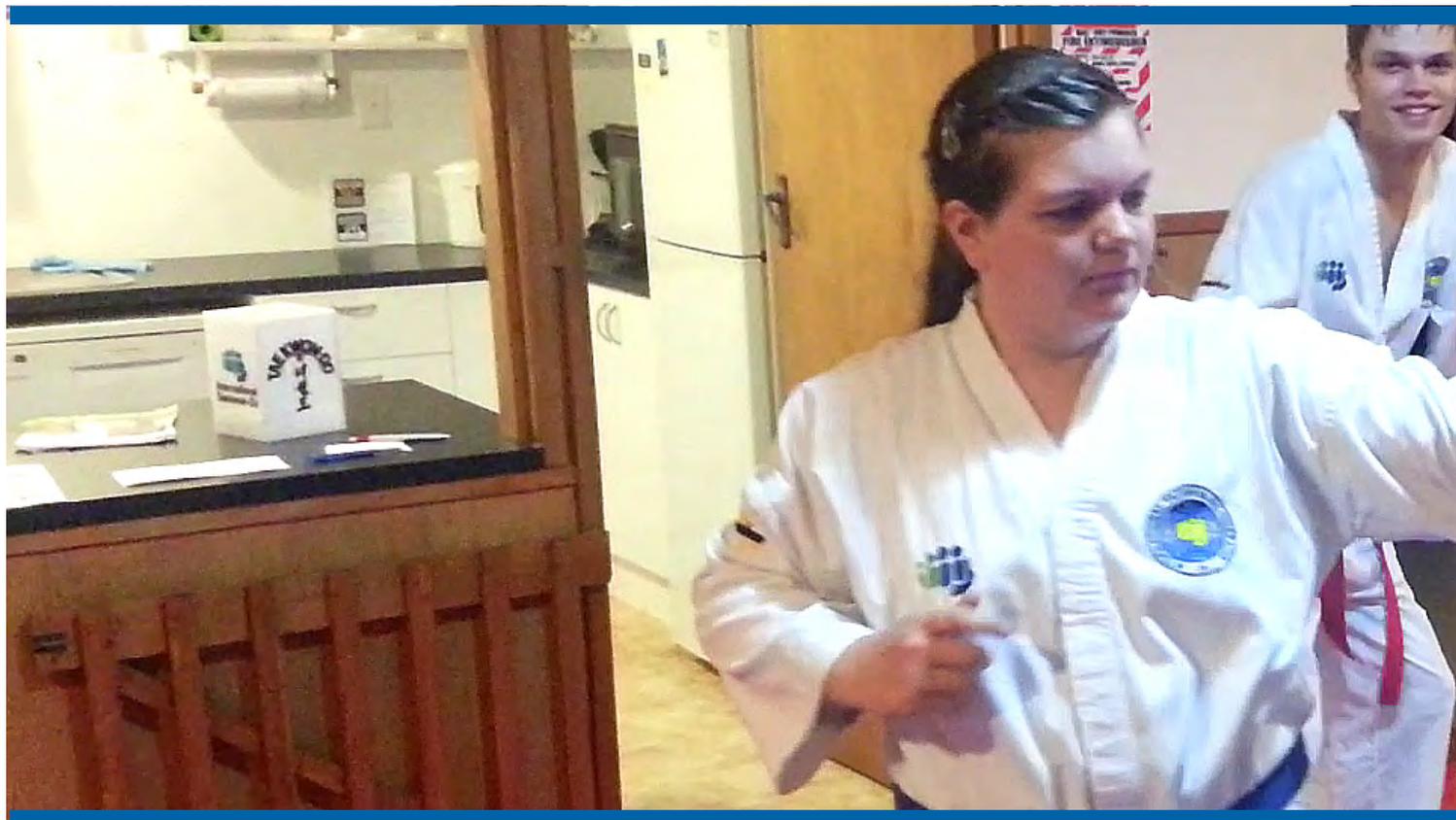
"Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), or Myalgic Encephalomyelitis (ME) is a complex and debilitating chronic illness that affects the brain and multiple body systems."

The CFIDS Association of America gives the above summary on their website, but it explains very little about the condition itself. The following comes from their symptoms page, which is much more in-depth

"CFS is characterized by incapacitating fatigue (experienced as profound exhaustion and extremely poor stamina) and problems with concentration and short-term memory. It is also accompanied by flu-like symptoms such as pain in the joints and muscles, unrefreshing sleep, tender lymph nodes, sore throat and headache.

A distinctive characteristic of the illness is post-exertional malaise, a worsening of symptoms following physical or mental exertion occurring within 12-48 hours of the exertion and requiring an extended recovery period.

The symptoms of CFS are highly variable and fluctuate in severity, complicating treatment and the ill person's ability to cope with the illness. Most symptoms are invisible, which makes it difficult for others to understand the vast array of debilitating symptoms with which people with the illness must contend."



MY JOURNEY THROUGH TKD WITH CHRONIC ILLNESS

Over the time it took to get this diagnosis, and even a little while after, I was a typical stubborn teenager. I kept forcing myself to attend Taekwon-Do classes and various other activities, forcing myself through a two hour class and taking a week or more to recover from it. During this time I was extremely fortunate to have such an understanding instructor on my side – in the beginning, he probably dealt with my illness better than I did myself. He let me sit out in classes as I needed to, he never complained about me missing classes without warning, and he was always kind and helpful through my decline and eventually my rise.

Once I got the verdict, reactions were split two ways. While one group of the people I associated with, like Mr Davey, were accepting and supportive, there was another side too. Some quotes I vividly remember to this day are:

“Stop exaggerating and just get over it, it won't get better if you stop bothering”

“I get that you aren't feeling well, but you need to stop making such a big deal out of it” and my personal favourite, “You're

just being lazy. Get out of bed and come to class”

I understand, of course, that these people never had to deal with these problems - and with all my heart I hope they will never have to – and for this reason I don't hold a grudge against any of the people who talked down to me during my worst times. In 2009 it was estimated that nearly twenty thousand people in New Zealand suffered from CFIDS, which equates to less than 0.5% of the population. Now that my health has picked up again, I make it my job to educate others on my condition, not only so they will understand my own health problems, but so that when they come across someone else in their life with an “invisible illness”, or - God forbid - experience it themselves, they will appreciate a little more what the person is going through, and hopefully not tell them to “stop being lazy”.

So what have I learned from having CFIDS/ME, and what can others take away from it?

First of all, invisible illnesses are just as real and valid as visible ones. I may not “look” sick, but you can't see the way I feel. And

aside from that, if I am well enough to see you face-to-face, you are undoubtedly not seeing me on my worst day. There are such a large number of conditions – both physical and mental – which can't be seen on the surface. Try to appreciate what it means to put on a brave face and push through something just so no one will call you weak.

Further, realise that no one else knows your limits as well as you do. This goes double when your limits suddenly and unexpectedly decline. People living with chronic illnesses constantly reach, push, and test these limits without ever trying to do so. Never judge someone for having a lower limit than you, than someone nearby, or even than what you are used to seeing from them. Believe me, they know perfectly well that they have declined without you pointing it out. This applies to people who aren't sick, too. Everyone is good and bad at different things, and sometimes we take for granted the things we can do, that other people can't.

Finally, try to be understanding and forgiving when it comes to dealing with



M.E. AND ME Continued

someone with Chronic Illness. If they have to cancel plans with you, don't complain at them – it won't help anybody. Ask anyone who is bedridden for long periods of time and they will tell you that isolation becomes a major problem. It is extremely difficult to maintain friendships or relationships when you lack the energy to move, talk or think. If they tell you they will do something, and it takes a little longer than you were expecting, take a step back and look at the situation from their point of view, as you should do with anyone. They are doing the best they can, and it is not easy for either party.

Despite being bedridden a large portion of the day, the level of exhaustion from day to day activities is higher than you could ever anticipate. I can tell you from experience that sometimes taking a shower can be more exhausting than running a marathon was just a year prior.

I've talked a lot about my condition and others like it, and how they affect you, but what I ultimately want to get to is the effect that it has on my Taekwon-Do – and that my Taekwon-Do has on it.

One strange fact about my illness is that I was, and still am, better and worse at different times of day. I still struggle with early mornings more than anyone 'normal', and sometimes I still wake up with no control of my limbs, but my health has finally improved enough to go back to Taekwon-Do classes, which are thankfully in the evenings.

Mr Davey was just as supportive as ever when I came back to training after two years off, and he and Mr Alex Perkins helped me more than I can ever hope to thank them for. They welcomed me back as if I'd never left, and as I worked through classes with the lower grades to regain my fitness and technique they were constantly kind, patient and encouraging with me. Over the course of the past year, with their help, I have gotten back to gradings and tournaments, moved from my green belt to my red one, and competed in my first Nationals. I still have issues at times in class – sudden blood pressure drops are one fun remnant of my worst times, leaving me dizzy and lightheaded in the middle of a class, and some days I just can't make my legs follow quite the path I want them to – but I know my limits, and most of the

time I can safely test them without major backlash. I still take a few days to recover from tournaments or gradings, but I sign up for them with the foreknowledge of this fact and choose to reap the rewards and consequences for them. I've also discovered the joys of helping other people with their own Taekwon-Do, to pay forward all the help I have received over the years, and have started to assist in other classes, for younger practitioners and lower ranks. This is something I'm not sure I would have thought to do if not for wanting to help out and give back to the people who helped me when I needed it most.

As I mentioned earlier, Taekwon-Do has always had a positive effect on my mental health, and now is no different. It prevents the isolation problem during my low periods, helps with the stress that develops constantly, and has once again stemmed the flow of anxiety issues and depression that got me involved in the first place.

Most of my classmates don't know about my ongoing condition, so I get flak sometimes for not training enough outside of classes or for struggling to teach my body a new concept, like one-step sparring when I got my green belt, or flying kicks with my blue. It can be painful to be told constantly "you just need to practice them more" when I know I am doing as much as I can without major repercussions, but it is something I have gotten used to, and those who know about my problems are continually supportive. Everyone has off-days, some of us more than others, and my friends and classmates are always reassuring me that they will pass, that I don't need to get so frustrated with my body not cooperating. I know, of course, that I will not be running a marathon again anytime soon, and I definitely won't be forgoing sleep in favour of more practice like I used to, but I certainly know when I can and cannot afford to put in extra hours. CFIDS is a balancing act between health, work, training, sleep, and anything else that might come up, and I am proud to say my balance has gotten a lot better through this experience. I have developed a newfound appreciation for the things my body can do, as I know a lot of people have come through similar illnesses in a far less convincing fashion. I attribute some of this recovery to the fact that I was so active



pre-illness, and in that sense Taekwon-Do has once again worked in my favour. I will always be grateful for the people who run and participate in ITF in New Zealand, who have always been so welcoming and encouraging through the good and the bad. I will continue to work toward my black belt, and other goals well beyond that, and I hope anyone else who has or develops chronic illnesses, whether mental or physical, will find the support they need to get through it and do the same. 🙏



ABILITY FROM DISABILITY

By Mr Daniel Real | 1 dan, Masterton Taekwon-Do Club

Mr Daniel Real is a member of Masterton Taekwon-Do Club. In 2013 he achieved his 1 Dan Black Belt which was a huge accomplishment for someone that suffers from Tourettes Syndrome (TS) and Obsessive Compulsive Disorder (OCD). Daniel and his instructor Mr Simon O'Hara were recently interviewed.

Why did you join Taekwon-Do?

Daniel – I was having problems with my medical conditions (TS and OCD) and was hitting out at myself and kicking walls uncontrollably which was causing me harm. I was very frustrated that I couldn't control these sudden outbursts. I was living with my parents and it was very frightening for them watching me do these things. I saw an advert for Taekwon-Do in the paper, so I looked up further information on the internet and was impressed with the philosophy, especially that there was more to this martial art than fighting or self-defence. Although I had been hitting a boxing bag I didn't know how to do it properly, so I thought it was time I learnt.

Can you explain a bit about Tourettes Syndrome?

Daniel – I wasn't diagnosed with TS until my mid 20's. I had been down the South Island on an outdoor recreation course but upon my return I became unwell and ended up in hospital. The doctors took quite a while to diagnose TS and they also found I had OCD and social anxiety. I was pretty bad. I struggled to speak or formulate words. I couldn't stop moving and I kept making odd noises, yelling out or whistling. (I did not swear like you might have seen on some TV documentary programmes displaying TS.) The uncontrollable body movements were very tiring. I also found I was affected by noise, so I became a recluse at my parents' house.

Can you remember your first night at training?

Daniel – It was early 2009 and I was very nervous when I arrived. I saw a man in a black belt who I found out was Mr O'Hara the instructor. We talked outside for a few minutes and he said that when I was ready, I could come in and join training when I was comfortable enough to do so. Everyone

had already formed up by the time I had the courage to enter the dojang but I joined in. I found I was all right when doing techniques but waiting in between was very hard as my tics were quite bad then. I watched some students do step sparring and demonstrate a reverse knife hand and I was impressed that a potentially lethal technique could be controlled. There was quite a range of people of various ages in the club and I felt comfortable enough to go back to the next training session. I didn't feel intimidated that I might get beaten up by black belt martial artists because I was already beating myself up.

Mr O'Hara – Daniel was a bundle of nerves on his first night and was very hunched up due to his lack of confidence and he was making strange noises. He also struggled with his speaking and had uncontrollable tics. After telling Daniel it was fine for him to come in when he was ready, I was pleased to see him join in. Even on that first night Daniel showed his determination to learn new techniques and wanted to be perfect at them. It was only when Daniel had to stand still that his tics returned.

How did you prepare for your Black Belt grading?

Daniel – I did a lot of fitness training. I had to determine how far I could push myself before fatigue or the effects of TS made me incapable of training. I did some very intensive training sessions and pushed myself to the limit. From this I learnt that I needed to rehydrate frequently and I researched the proper foods I needed to put into my body. I made sure I also had rest days. I read things over and over plus I recited patterns as I exercised. I was determined to grade and kept asking myself "How bad do you want this?" Another technique I practised was visualisation which was helpful during the grading. I was pleased I had done all this preparation



because I found the grading took a lot out of my body.

What are your interests outside Taekwon-Do?

Daniel – I attend the King St Art Studio five days a week where I draw, paint and do 3D art work. I am also involved with "Like Minds Like Mine" and help present workshops in the community to address the stigma and discrimination associated with mental illness. My speech has improved so much that I also present items on Access Radio to do with Like Minds Like Mine. I was fortunate to win a national radio award along with the co-ordinator. One highlight was interviewing Sir John Kirwin. I also took up Tai Chi which I found to be complimentary to Taekwon-Do.

What is the greatest benefit you have gained from Taekwon-Do?

Daniel – I have a better quality of life. Taekwon-Do has put life into perspective for me. The tenets have helped the most; especially self control. I realise now that you can only do the best you can. I just deal with challenges and I have learnt not to stress about things. My speech has improved and the tics have reduced. Socially I have gained so much. I am not afraid to get out and meet people so a whole new world has opened up. I drive and help my father out as a courier driver. My self esteem and self confidence has really improved. I am also more aware of triggers that bring



HOW OLD DO YOU THINK YOU ARE?

By Dr Brice Valles III Dan, Paul M Papakura

If you are a 4th Gup (blue belt) and above, you know the pattern Joong-Gun and you have learnt the meaning of that pattern as written by our founder General Choi Hong Hi. If not, it reads:

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

According to that meaning, we learn that Ahn Joong-Gun died at the age of 32. Those of you who are curious and always try to know more about the concepts and the characters that our patterns are dedicated to, may have noticed that Ahn Joong-Gun was born on September 2, 1879 in Haeju, a seaside city located in South Hwanghae in today's North Korea. He died March 26, 1910 in Lui-Shung prison (located in today's Lüshunkou district in Northeast China). You will now realize that Ahn Joong-Gun was actually 30 years, six months, and 24 days old when he died... and not 32! So where does that discrepancy come from? Could General Choi have made a mistake?



In New Zealand, like in all Western countries, we know our age by counting the number of days we have lived since the day we were born. When a full year has passed, the "birthday" is celebrated and we become one year older. This way of counting has spread throughout the world and is the most common one used.

However, other cultures have different ways to calculate one's age, as in East Asian countries. One of the reasons why the age calculation between Western and East Asian cultures is different is the use of different calendar systems. Like other Western countries, we use the Gregorian calendar, which is the international standard. But many East Asia countries historically used the Chinese calendar (and some still do). This is due to the strong influence Chinese culture had on the region. Technically speaking, it is a lunisolar calendar, which means that it incorporates elements of both the lunar and the solar calendars.

According to the Chinese system, a person is one year old at birth and on each lunar new year they become one year older. Since the lunar year and the standard year (as defined by the Gregorian calendar) do not have the same number of days, correspondence between the two systems is not easy. Typically, a person will be one to two years older with the Chinese calculation compared to our Western calculation method.

In Korea, the age calculation is very similar to China's. A new born baby would be one year old at birth and its age would increase by another year each New Year's Day. Consequently, a baby born on December 31 is immediately one year old and then turns two years old on the very next day, January 1! Is that not impressive? This means that everyone becomes one year older on New Year's Day and not on their birthdays. You can still celebrate your birthday though... but you will not get older on that particular day (unless you were born on the first of January!).

Another aspect of interest in the Korean culture is the importance of the first anniversary of birth. Traditionally a ceremony takes place to celebrate the child's first year and the child wears



a traditional outfit. This anniversary is called "doljanchi" or more simply "dol" in Korean, which means, as you all know, "two", thereby emphasizing that it is a two-year old child who is celebrated, not a one year old.

I am sure that by now you understand where I am leading you. Let's take a closer look at Ahn Joong-Gun's dates of birth and death. He was born on September 2, 1879, so on January 1, 1880, according to the Korean tradition, he turned two years old. Consequently, he turned 32 on January 1, 1910 and according to the Korean way of calculating one's age he died at 32 years, three months and 26 days. He was indeed 32 years old when he passed away as it is said in Joong-Gun's pattern... if you use the Korean calculation. So General Choi was right after all!

So now, how old are you really? 🐉



Ability from Disability Continued from p15

on the symptoms. I have learnt to rehydrate and eat better. It was my choice to move into a flat by myself which was something my parents or I thought would never happen. It was a huge obstacle to overcome but I am enjoying flatting and am content by myself. Achieving my black belt highlighted the progress I have made in my life.

Mr O'Hara – I can see major changes in Daniel. His physical makeup and mental ability have all improved. He is now in control of himself. As his instructor I am very proud to see what he has achieved but I know his family are even more proud to see the confident Daniel that he has become. Daniel is a positive role model to everyone. He is now helping to instruct at training and he shows a great rapport with the students in class especially the children. I am also impressed with Daniel's control of techniques especially the power he shows at tournaments. Daniel is certainly a changed man.

What are your goals for the future?

Daniel - I will keep on training. I am currently working on my II Dan requirements. I like competing at tournaments especially in power, special techniques and sparring. I have always felt welcome at events that I have attended and I have made some good friendships. The support I have received from others and their encouragement is always appreciated and makes me feel very humble. 🍷

TOURNAMENTS... JUST FOR THE ELITE?

I have heard it said over the years from some students that tournaments are for the elite and a waste of time. That TKD is not a sport, it's a martial art.

I am still surprised that this train of thought exists today. The General clearly outlined why TKD is both a sport and a martial art, and why tournaments are so important to our overall training. But I think that we have gotten confused a little about what we perceive to be an outlet for elite students, when in fact it's a very valuable training tool for the masses.

Some clubs are strong on tournament themed training, some not, but whichever way you go, I believe that all students should enter. At my club, we have a policy on it, which is simple: Everyone enters! And not just because I am the Tournaments Director either.

But lets face it, tournaments are not everyone's thing. Personally I love to compete in patterns. But sparring, not so much! I guess I don't really have anything to prove anymore, but my philosophy is that I don't ask any of my students to do something that I'm not still prepared to do myself. So I compete...every year. I also find that it helps to keep your own personal level of competence up.

But, why compete? You certainly won't use tournament style sparring out in the street to defend yourself, will you? Would you attack the back or kick below the belt? Who knows? Maybe you compete a lot and will default to tournament rules. I hope not.

So what do tournaments have to do with TKD training? Well, everything. You will not learn to step aside faster than practicing to avoid a sidekick. And if you are able to step aside, you can learn to step in close or to anywhere that gives you the advantage just as fast. That's tournament sparring. It's an essential part of your overall training and part of the circle of training. Without it, you are not training properly.

These days we are encouraging a stepping in close policy for striking for self-defense technique, but really, all of TKD is self-defense. And tournament sparring is practicing TKD in a simulated combat arena: You are practicing self-defense.

What about patterns? Do they teach you real self-defense? Well of course they do. All your strikes and blocks are in your patterns. And having to perform them under pressure in the ring really teaches you a lot about yourself.

Growing in confidence as a young TKD practitioner in the ring pays off in real life. If you can perform under pressure here, you can do it in real life in areas you may not have thought of. Maybe public speaking at school or at work, maybe learning leadership roles, or maybe it's just getting ready for a grading. Whatever goal you want to achieve, you will need confidence.

I also compete for another reason. Something I've learnt from instructing is that your students get a big kick out of seeing their instructor actually 'doing it'. They encourage you, they cheer you on, and they see you doing what they do. It doesn't matter if you are successful or not. Tournaments are not gradings. And just like camps, tournaments bring club members closer together, and that builds leadership and teamwork. Something that is vital in the real world and pays off big time in terms of club spirit.

Tournaments are not for the elite and they are not for those that feel they have something to prove. And they are most definitely not just for the young! Tournaments are for everyone. They are fun, exciting, and challenging. It would be simply awesome to see those of you that don't normally attend tournaments coming to Tauranga with your students and standing proud next to them! 🍷

Mrs Young-Jasberg

VI dan, High Performance Advisor



SELF-DEFENCE IN THE REAL WORLD – THE NEW ITKD SYLLABUS

By Mr Brian Ricketts II dan, Te Awamutu

“The new self-defence syllabus has significantly advanced... and now attempts to incorporate both the physical and mental approaches to self-defence”

Self-defence means different things to different people. Master Evan Davidson, in this issue's editorial encapsulates his understanding of self-defence as "...the use of whatever means possible to defend yourself from harm or from an attack". This is pretty broad-brush stuff, but he then qualifies the statement in the context of Taekwon-Do – *"It is not only through the use of physical action, but more importantly the ability to see or perceive possible danger, anticipate and react accordingly"*. We all learn Taekwon-Do techniques in our patterns and step sparring that we are told will help us out in the event of some unfortunate aggro'. But learning the techniques is the easy part; learning to anticipate an adversary's intent or reaction, and knowing which technique will work best under any number of possible circumstances is something that is difficult to teach, and perhaps without first-hand experience difficult to learn.

And this is where the new self-defence syllabus has significantly advanced Taekwon-Do in New Zealand. Thanks to the efforts of Master McPhail and Mr Banicevich, with significant input from several other Taekwon-Do exponents, ITKD now has a syllabus that attempts to incorporate both the physical and mental approaches to self-defence: de-escalation that emphasises body and verbal language, and the physical approach that most of us will be more familiar with. The new syllabus points us in the direction outlined by Master Davidson – perception, anticipation, reaction.

The new syllabus also provides appropriate flexibility to instructors and students in terms of their leaning. Rather than being too prescriptive, it allows instructors to see what works for their students or use what they know works in the real world. I have been fortunate to have had instruction from two of the most experienced seniors in our organization in terms of their self-

defence skills – Master Davidson (8th Dan, Cambridge) and Mr Ian Campbell (6th Dan, Te Awamutu); Master Davidson in the Police Force and Mr Campbell for the Corrections Department. In fact both eventually became involved in developing training programmes for their departments; in each case Taekwon-Do played a major role in these programmes. Both gentlemen have had to deal with situations involving attacks with knives, axes, pieces of 4x2, bottles and fists; both survived because of their de-escalation and physical skills.

When I quizzed Master Davidson and Mr Campbell about their use of self-defence and the role Taekwon-Do has played for them personally, their responses had (perhaps not surprisingly) some common themes grounded in the real world:

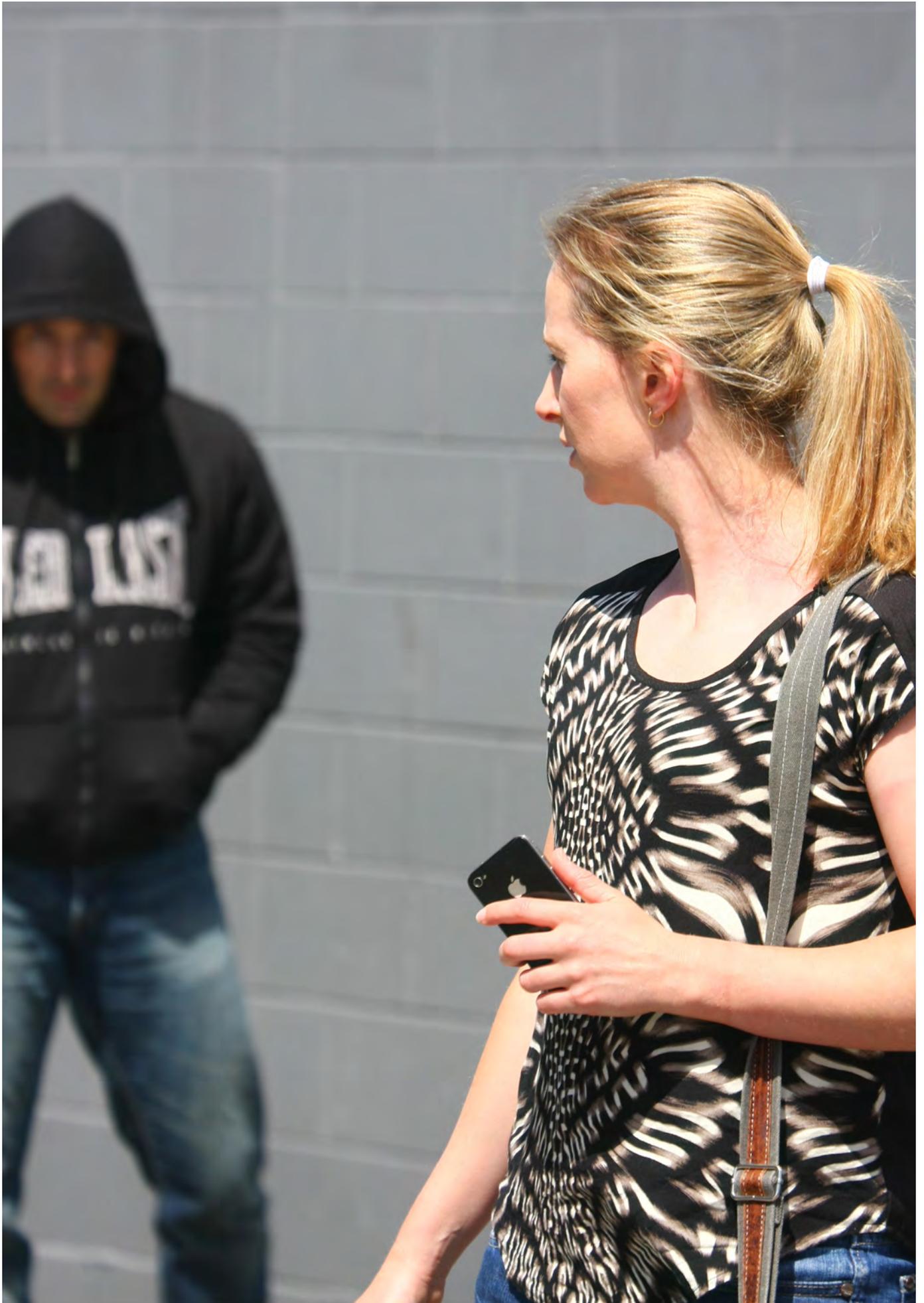
Not having been in any serious argy bargy myself, I can only imagine the adrenalin rush that confrontation brings. During normal training we never experience this and yet it could have a major impact on how we might react in a real conflict. For Mr Campbell *"Any altercation, whether it be a verbal or physical one, for me adrenalin becomes a factor. ...I find verbal confrontation a more difficult situation to manage because the adrenalin pumps while you are trying to de-escalate, whereas when the physical stuff happens I tend to use this to my advantage by focusing on application of techniques"*. For Master Davidson *"With my TKD skills, I believe having heightened awareness and using breathing techniques helps minimise any over-reaction. It is about taking control of yourself and getting control of the situation at hand"*.

Continuing to develop all Taekwon-Do skills plus a better understanding of the Theory of Power provides both instructors with the necessary tools to resolve confrontation, most often using de-escalation skills, but when necessary

physical techniques. Master Davidson emphasized that this skill set provided *"a better understanding of distance and timing as well as having a heightened awareness of the situations at hand and where and when situations can suddenly change (for better or for worse)"*. Mr Campbell's *"... continued development with TKD is always a part of how I react and act in all aspects of my role in my job, Not having to get to a point when there needs to be a physical intervention is key , so I believe the soft skills sets i.e. communication and situational awareness are the essential keys to self-defence"*.

Simplicity is the key. For example wrist-locks – are they simple or difficult? Simple when your opponent on the dojang is quietly presenting their arm, but in a real situation your attacker will move quickly and may change hands; a wrist under those circumstances becomes a much smaller moving target. So the technique is simple if you've been doing it for years, but perhaps more awkward for those less versed in self-defence. The bottom line is – use what works for you at the time given your training and experience, but keep to the basics.

Self-defence is one of the 5 components of Taekwon-Do – commonly referred to as the Composition of Taekwon-Do (fundamental movements, patterns, sparring, conditioning, and self-defence). We can also think of self-defence as the 'combat' part of Taekwon-Do – the part that has no rules (unlike sparring) other than common sense and the legal requirement to only use force appropriate to the situation. We need to understand the different responses required in dealing with the drunkard who is leaning on you, compared with the person coming at you full tilt with a baseball bat. The new ITKD self-defence syllabus continues to take us on this never-ending journey of learning and understanding the importance of perception – anticipation - reaction. 🍷



BRIDGING THE MISSING LINK

By Mr Phil Thompson Protect Self-defence

The new iTKD self-defence syllabus has been launched! This is a fantastic step forward for iTKD and also the whole NZ martial arts community since the new syllabus moves away from a purely 'self-defence' focus and into a complete 'self protection' focus. I thought it would make sense to give some background on the difference between the two and the importance of the new design for real-world application.

The new syllabus is substantially based on Protect's level 1 Accredited Trainer module. With both Master McPhail and Mr Banicevich being Protect Accredited Trainers (along with many other iTKD instructors) it is no surprise that the new syllabus has turned out as well as it has, as they both have a solid understanding of the principles and concepts within the module. With the integrity and trust of both of these men who I am proud to call my friends, and the genuine intent behind the project being to create a functional system to enhance students' safety, the decision to be involved was ultimately an easy one.

Traditionally martial arts have taught only one aspect of 'self-defence', being the physical response stage. There have been little tidbits of awareness information shared, some good and some awful. The concept of de-escalation amounted to screaming "Back Off!" at someone but that was about where it ended. Around 10 years ago when we began introducing the 'Four Stages' (Recognition for Awareness, De-escalation, Physical response, Post-event) and the behavioural and psychological aspects of violence and self-protection into the greater martial arts community, we came up against massive opposition. It affected the convictions of many traditionalists and we were seen as 'underground', 'crazy' and disrespectful to tradition. We understood that to deny change is to deny evolution and that what was taught as self-defence in the NZ martial arts community needed to evolve urgently. It was not an easy road and many times we thought about giving up. I am grateful that we didn't as a decade later we are seeing the massive positive effects coming through.

The difference between 'self-defence' and 'self-protection' is huge. To us, 'self-defence' is the act of dealing with someone who is

already doing something to you; this is our 'Stage 3'. The 'Self Protection' parts (the other stages) focus on all of the things you can do BEFORE you have to 'defend yourself' and how to avoid that horrible situation from even coming to fruition. For your training to be complete, it needs to effectively cover both.

The reality is, if you are a civilian, you are substantially more likely to have to use your 'soft skills'. Recognition for awareness to avoid, De-escalation, Hard target behaviour and others, than you are to use your physical self-defence skills. At least I hope that's the case for your sake. And the better you get at 'self protection' the less likely you'll be to ever need to physically protect yourself.

This is why the new syllabus is a substantially positive step forward; it addresses basic aspects of all four stages. It is realistic, holistic and functional, and to put it bluntly I know it will improve (and save) people's lives. That's very cool and clearly shows that iTKD are willing to put their students' safety before pride and tradition. My hope is others will follow iTKD's lead.

So with that brief background into the new direction, let's look at a 'Self Protection' example.

Only a day before I wrote this article I shared a situation with our Accredited Trainers team in our private forum, which happened to a guy I met at a friend's place. He mentioned that he is a blue belt and had recently been assaulted. He told me he was "King Hit" and that it came "out of nowhere". His comment was "My instructor said there's nothing you can do about the one you don't see coming" (that's true by the way, but...read on...). I told him I was sorry to hear that had happened to him and would he tell me about it. This is what he told me happened:

He was with a friend in town at night. His friend went into a public toilet while he waited outside. He said he noticed two guys across the road from him who looked "dodgy" (Intuition). He noticed one of them stare at him (Pre Contact Indicator: hard stare), turn and say something to his mate as he touched his own face as if to conceal what he was saying (PCI's: group communication and deceptive cue), both

Mr Thompson working on the photo-shoot for the new Self-defence Manual.



iTKD's evolution into Self-Protection

of them look back at him (PCI: sequenced hard stare). Then one of them crossed the road up ahead of where the target would be walking with his friend when he came out of the bathroom, and the OTHER one crossed the road to end up behind where they'd just come from (PCI's: Triangulation and group splitting/division). The guy who went behind them then looked back at him, stopped for a minute, turned around and began walking towards him. (PCI: Survey/Head on swivel, Change of position). The targeted guy said he "knew something was wrong but didn't know what to do". The offender walked up and asked for a light for his cigarette (PCI: Brain engagement through deception). He said he didn't have a light and apologised. The offender replied "no worries bro" and turned his body as if to walk away (PCI: Body loading/Pattern completion tactic) to which the target also turned his back (refer to new syllabus: 'Open and Live Situation', 'Tactical Disengagement' and 'Code Red' situation). You can probably complete this story right?

The moment the target turned his back the attacker, having loaded for the strike, lunged forward and "King Hit" him in the back of the head. He dropped to the ground where the attacker then kicked him in the ribs and walked off towards his mate.

Now think back to his original statement when he told me about the event. "It came out of nowhere". Really? I hear that statement so often (I've worked with over 1200 people who have survived violence) and it's almost never true. Their perception of it seems true, and perception is reality to them, but that's not actually how it happens. When he said to me it happened "Out of nowhere" alarms bells rang. The moment he said he'd noticed two guys across the road I realised then that this was not going to be an "out of the blue" situation, after all, people don't just magically teleport themselves from across the street to end up behind you.

He told me, very matter-of-factly that no self-defence could have helped him and his instructor had agreed. I agree too. No amount of (physical) 'self-defence' training could have helped him; after all, he had his back to the guy and was hit in the back of the head. So the self-defence part was redundant.



But what about the self-protection part? As you read this, after you have read the sequence of events above with my notes on the PCI's, even if you haven't learned what these things are yet, your common sense is likely telling you that this was NOT "out of the blue". Nothing ever is. It is only our perception of the event that seems "out of the blue" and we can increase our perception by applying behavioural science and researched 'soft skills' to our training.

Imagine for a moment that his instructor had access to teach him even the very basics of the 'Recognition and Awareness' stage. If he understood that the situation warranted a 'Code Red' mindset, it would have helped him overcome denial and freed him to take action much sooner. If he had been shown the most common of our Pre-Contact Indicators (PCI's) for an attack such as the ones included in his scenario; Intuitive signals/Hard Stare/Sequenced group communication/Deceptive Cues/Triangulation/Surveying/Change of position/Deceptive approach tactics/Body loading/Pattern Completion, among others, could the outcome have been different?

ALL of the above, taught by our Accredited Trainer team as just one part of Stage 1, were opportunities for him to recognise what was happening early and take action. What if in addition to the above (if he

couldn't avoid the approach), he had known about Controlling space, Passive behaviour, Tactical disengagement, and all of the other aspects of preventing an attack? Aspects of all of these are in the new syllabus.

But of course he'd never been taught. What upset me too is that his confidence had obviously been shaken and he was blaming his own inadequacy for what happened. He told me he wondered how his instructor would have dealt with it. My guess is, the exact same way as he did and with the same outcome. It was not HIS inadequacy that caused the problem; it was that his training was incomplete. It wouldn't have mattered if he'd been a 6th dan, the same would have happened, he'd just be much better at practising an incomplete system.

This is just one small example of why self-defence beyond the physical, in addition to effective physical tactics, is so important. This article was intended to show some of the importance of 'why' self protection is so important, the next article will be a 'How to' article where we'll delve deeper into the some specific aspects of self-protection.

Congratulations again iTKD, the new syllabus is setting a new standard. 🙌



OUR SELF-DEFENCE SYLLABUS TAKES A LEAP FORWARD

By Mr Mark Banicevich VI Dan, Paul M Glendowie

One of the great things about International Taekwon-Do is how our organisation continually strives to be better. This is a brief history of our self-defence syllabus, and of our fantastic new book. I'll start with the main point. Buy the book. At only \$20, it is a crazy bargain. And I'm not just saying that because Master McPhail and I wrote it.

When I started Taekwon-Do in 1989, self-defence wasn't examined. Master Pellow, then a third degree, brought his school into the fold about 1990, and he developed our first self-defence syllabus. Mr Tolley and I were among the first to be examined under the syllabus when we graded to first degree in 1992.

The syllabus continued to develop over the following 22 years. We started with close combat for first degree. Later it was devolved into the coloured belt syllabus. When I helped Master McPhail write the black belt handbook, we added ground self-defence and throwing and falling. (Knife and stick defence were already required for third degree.) Seven years ago, Master Pellow revamped it to integrate inward and outward wrist locks.

Master Pellow and our Senior Examiners were never really happy with our syllabus when it was performed at gradings. It just didn't look right. Students struggled with it. It didn't look like students could make it work.

Our future had already changed. We just didn't realise it yet. Also in 2007, we were introduced to a reality-based self-defence specialist – Mr Phil Thompson of Protect Self-defence. Mr Thompson taught us the psychology of self-defence. We all knew that safety isn't about kicking and punching. Mr Thompson taught us what that means.

Although this was the major catalyst, we didn't realise how big an influence it would be. When Master Hutton first visited our shores in 2012, he started us thinking that our physical responses should be centred around what we do best – hitting the bad guys. He even offered to write something for us.

When Master McPhail and I toured the country to teach Instructors' Update Courses last October, he showed me the beginning of what was to become our new

coloured belt syllabus book. It included material Mr Thompson kindly shared, and a bunch of technical photos and explanations from Master Hutton. It was very exciting. Master McPhail and I have collaborated on many projects over the years, and I find it motivating and inspiring. We made great progress on the book while we were on tour. Writing, re-writing, reorganising.

We spent our Christmas breaks working pretty solidly on the book. We spent a day with Mr and Mrs Hart, who modelled for draft photographs. One day Master McPhail and I discussed a draft with Mr Thompson at a café in Botany. My favourite moment: I said, "Perhaps in a few years, we will be mature enough [as an organisation] to have students using dialogue when they practise self-defence." Master McPhail said, "Why don't we do that now?" Our game lifted. The small conversations that change the course. Awesome.

Master McPhail flew Mr and Mrs Patterson up for the final photo shoot: a day in and around Warrior Taekwon-Do in Ellerslie. Mr Thompson came. He watched every sequence we shot, challenging techniques his team have proved ineffective, and replacing them with things that work in reality. We are so grateful for his input; he helped us make our self-defence syllabus the most effective in New Zealand's martial arts community.

A number of our own specialists reviewed drafts and suggested additions and changes: Master Pellow, Mr Salton, Mr Campbell and Mr Skedgwell. Dr Pearson and Mrs Bajac added expertise about recovery. The breadth and depth of skills and experience in our organisation make us so very strong.

I joined International Taekwon-Do 25 years ago to learn self-defence. While I enjoy so many aspects of our fine art, self-defence and moral development are how we build a more peaceful world. Our self-defence journey has been exciting. This time, perhaps we have arrived? 🍷

Photoshoot Out-takes



A huge thank you to Mr and Mrs Patterson for being our models for the our Self-defence manual!

Self-Defence Handbook – Coloured Belt Syllabus

Self-defence is about getting home safely to your family, whatever that takes. There is nothing more important than your safety and your family's safety.

This handbook outlines the coloured belt self-defence syllabus of International Taekwon-Do. It is an holistic approach, from avoiding dangerous situations, through de-escalating, physical response, and recovering from an incident.

This book is essential reading for all members of International Taekwon-Do, and anyone interested in learning about defending themselves and their loved ones.

“An excellent training resource for all International Taekwon-Do students.”

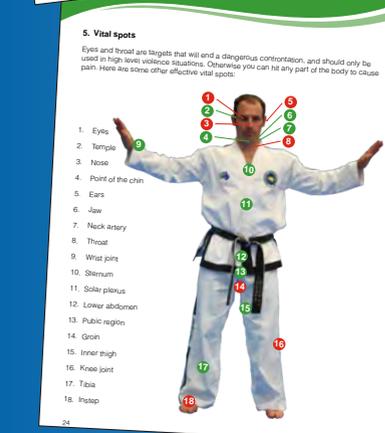
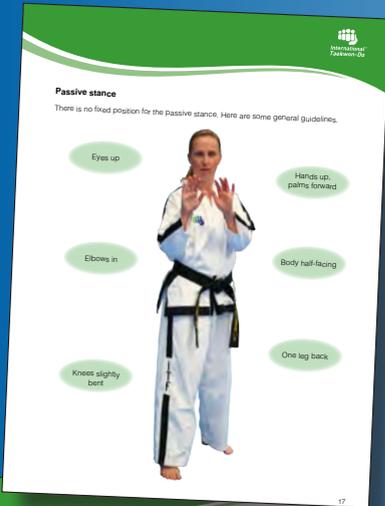
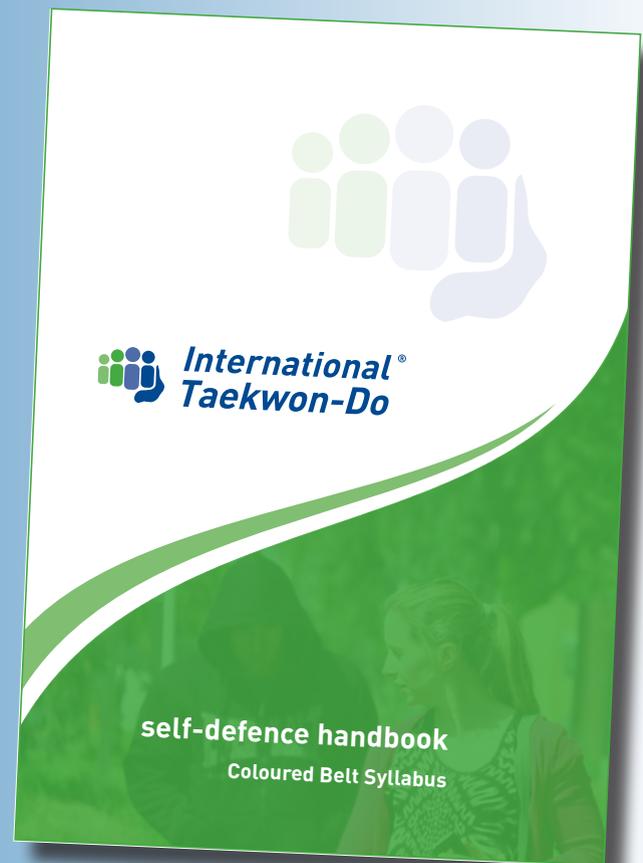
– Master Evan Davidson, VIII dan, President of ITFNZ

“We are proud to have assisted in the development of what is now the most relevant and functional self-defence syllabus offered in the New Zealand martial arts community. Master McPhail and Mr Banicevich have done an outstanding job, creating an invaluable resource which is required reading for anyone serious about self-protection.”

– Phil Thompson, International Director, Protect Self Defence

Where can I get a Self-defence manual?

- From your Instructor or
- On-line at one of our approved suppliers:
itkd.co.nz/merchandise/approved-suppliers.php
- **Only \$20**



HOW TAEKWON-DO TRAINING CAN INFLUENCE ONE'S

By Mr Norman Ng IV dan Pioneer of Taekwon-Do in New Zealand

iTKD's founding instructor Mr Norman Ng completes his insightful explanation of how Taekwon-Do training can influence our lives.

HARMONY

There are religious prayers, people who with prayer bring harmony to themselves. And there is the prayer which longs for the heart to merge with the mind to give us the meaning of harmony. We can be harmonious without having religion. That's why religion is so powerful because it brings harmony and gives the immortality of when I die I am going to be good.

When we continue with our Taekwon-Do training we try to improve our physical skills. But we must also be trying to improve our mental discipline, to help us grow in stature and personal development. When we follow the tenets and try extremely hard for full commitment we are relaxing our minds, cleansing the tiredness and stress from it. I have enjoyed Taekwon-Do over the years, particularly when I was in managerial positions at work. That was sometimes very stressful, and by going to Taekwon-Do that reduced stress a lot. I don't know whether you do or not, but sometimes I went to Taekwon-Do, my head would be aching and all that. After two hours in the gym I would come home at 9 o'clock and the stress was gone. No more headache, fresh as daisy. I have experienced that week after week and that's beautiful, so I hope you've experienced that too. If we can lift our wellbeing into a good balance we have achieved harmony.

This same commitment should be taken into your daily life so that you will try to strive for harmony. If you can achieve part of the way then your Taekwon-Do training will have been worthwhile. It is not the ranking that is important, but the way you have achieved the goals and the way you have practised your tenets which are of paramount importance. Just remember that. Whether you get a black belt or not doesn't matter, but if Taekwon-Do has taught you the way to achieve your goals and practice the tenets it is much better, because that is more permanent than having a black belt.

HAPPINESS

We all want to live a happy life, don't we. How do we define happiness? To you happiness could be, I spent an hour with my girlfriend. To me it could be, I'm driving a Mercedes. And to you, I spent a couple of hours in the casino. So happiness is relative and different for different people. Generally we look outside ourselves as if to some goals, and if we achieve those goals then we are happy. For example, most of you will say today, if I pass my black belt then I will be really happy, I'm going to celebrate. And some of us, the older ones, when I become manager of the corporation I will be happy. But don't kill yourself, if you start to worry too much you won't be happy at all.

Sometimes when you are happy you get drunk. Perhaps just before you get married you go out to a stag party and you get drunk. Ask yourself, do you get drunk to be happy? That is the difference lets take a lighthouse as an analogy. The beacon in the lighthouse gives guidance around 360 degrees for all the passing vessels. But even the lighthouse has a blind spot where the vicinity is dark this also applies with happiness. We think there is happiness all around, but sometimes there is a blind spot there. You should all be happy right now. You look healthy, strong, and you can train in Taekwon-Do for a long time without discomfort or pain. You are lucky; a lot of other people have disabilities and there are those people who under doctors orders are unable to exercise. You will hear a lot of people complain about this and about that, and dwell on the negatives. Accept the bad weather. There is always bad weather around. Today it is such a beautiful day, we should enjoy the sunshine which enhances the beauty all around us.

So why should we dwell on the negative? You will find that a person who can spread happiness is a person who is bright and cheerful, they don't worry about the negative side. We compare our jobs, our bosses, our friends and instructors. But our job provides a decent means of

Part three



The author – Mr Norman Ng

self-respect and support. Our friends are there to provide us with social company and also to comfort us in times of need. And our instructors are there to give the necessary training to improve the physical and mental skills that you require in your gradings. Shouldn't we be happy to have a job, to have friends, and a supportive family? Ask your self that.

Today we have a diverse group of people here. You are all Taekwon-Do exponents coming together. Shouldn't you be happy to meet each other, to talk to each other, to befriend each other and to motivate each other at this time. You shouldn't be worried about whether he is going to pass or I am going to pass. You should always help each other to achieve the goal, it doesn't matter whether or not you achieve it today. But be happy for those who have achieved it. Be happy when you can generate happiness for others, for that is important. If you can do that then you have learned something. If you feel envious if someone has something and you have not got it then you are really in trouble. And there are a lot of people out there like that. That's terrible. We should not feel that way. There are millions and millions of people who are richer than us, who drive a better car, who have a better house. Are we going to be envious of them?

But do you know that these same people experience unhappiness? Why? Because they might have experienced a tragedy in their life. They may have a vacuum in their life of one type or another. Often we think the grass is greener in the other paddock and forget to be thankful for what we really have.

So I don't think anybody can claim 100% happiness. We have got to develop our outlook, appreciate the beauty and richness that surrounds each and every one of us,

OUTLOOK ON LIFE

This article is the transcript of Mr Norman Ng's final talk to Black Belts in Palmerston North, December 1995, originally published in TKD Talk Newsletter in the late 90's.

We republished this article over three issues as it contains such valuable information of benefit to all of our members. This is the final part.

and realise that happiness is not something you should wait to be delivered to you. You've got to enjoy your happiness right now, you've got to generate your own happiness wherever you go, but you don't have to be silly over it of course and get drunk. Don't be cynical, don't complain too much, don't aim too far into the future and too high for happiness. Keep it

simple. Don't be blinded by temptation and materialistic things. You should be thankful that you have a car to drive; don't worry that it isn't a Rolls Royce. Just simply focus on some light nearer home, because if you do that you'll be surprised how much happiness you can find around you. Even just walk on the beach, go into the garden to see the colours.

So on this note I would like to wish you all a good day, and end with this saying from Confucius. "Learning without thought is labour lost, and thought without learning is dangerous."

Thank you very much.

Mr Norman Ng 🙏



STRETCHING...THE TRUTH?

By Dr Jake Pearson IV dan Khandallah, Sports Physician

SPORTS MEDICINE

Should we stretch? Silly question right..? Of course we should stretch.. well most of the time anyway. I am going to suggest however that perhaps some more thought should go into your stretching rather than just following a standard 10 minute routine at your TKD class twice a week.

The first consideration is where your body sits on the flexibility-stability continuum. Most of us, particularly as we age, feel as if we would like to be more flexible, however there are some people who are naturally very flexible ("hypermobile"); we usually recognise those people and in a TKD class look at them with a degree of envy. We know however that this flexibility comes at a price, which is the loss of the normal stability. This can result in relatively uncontrolled joint movements and subsequent damage to the joint in question. I would suggest that people who are already flexible should concentrate on exercises that promote joint stability which usually involves training the smaller muscles around a joint that control movement. This is different from pure strength which is determined by the larger muscles. Pilates is an example of a method which is designed to promote improving joint stability. It is possible to be both very flexible and stable (e.g. gymnasts) but this takes a lot of work to achieve and maintain.

If we focus in on individual joints, the concept of muscle balance becomes relevant to our stretching. This involves comparing the flexibility and strength of muscles that have opposite actions at a joint, and correcting any imbalances. This means not stretching those muscles that are already flexible, and instead working on those that are tight. Classically, Taekwon-Do practitioners are flexible (and weak) in the groin and hamstrings, and tight (and strong) in the opposing hip flexors (iliopsoas) and quadriceps respectively. Another potential imbalance is between the upper and lower body, and I believe that in TKD we understandably have an over-emphasis on leg stretches at the expense of the arms and trunk. Classically we are tight and strong in our anterior chest and shoulders, and also relatively inflexible in our thoracic

spine. If you have imbalances you should concentrate your stretching on the tight areas, which unfortunately never feels as pleasant or rewarding as stretching your more favoured areas, but it is a bit like being disciplined with your diet if you want good results.

I fully appreciate that the above recommendations are problematic

for the instructor faced with including a necessary generic stretching session as part of their class. Each instructor should proceed as they see fit, however what I do is take the whole class through a relatively brief generic stretching routine that covers the key muscle groups, but then give people some more time at the end of that to work on areas that will most benefit them. This relies on the students having some knowledge of their own muscle balance issues, which is sometimes not practical e.g. younger kids classes. If I had a student whom I had recognised as hypermobile I might talk to them about doing their own joint stability exercises while the class is stretching.

Most of us of course can only dream of having the problem of excessive flexibility, and battle away week in week out with our stretching. If you are one of those people who is finding that you are making negligible gains in flexibility despite working diligently on stretching over a reasonable period of time, then it could be that you have a degree of underlying neural tension





To Stretch or not to Stretch?

contributing. This is simply the notion that the nerves that run through our body can become tethered to the soft tissues, and muscles will become and remain tight as a result. Until this nerve tension is addressed then the response to standard stretching can be quite transient and ultimately fruitless. A detailed discussion of neural tension is beyond the scope of this article, but an example of checking whether you have tension in your sciatic nerve (the largest in the body and runs down the back of the leg) is shown in Figures 1 and 2. Similar tests can be performed for the other large nerves in the legs and arms. If you suspect that this might apply to you then I would suggest seeking out the advice

of a physiotherapist or similarly trained health professional on techniques such as 'neural flossing' to improve this.

I realise that there are many important aspects of stretching that I have not addressed here, such as the different types (static, ballistic, PNF, etc), when best to stretch, and how much to push it for maximal progress yet avoid injury. I think there are people more experienced and qualified than me to discuss and debate these questions, and I wanted to concentrate on the particular issues covered above.

Remember to stretch smart for optimal performance and wellbeing. 🧘



Fig 1



Fig 2

Slump test:

First attempt a normal straight leg hamstring stretch. Then further round your back and tuck your chin into your chest. If your sensation of tightness/discomfort increases significantly with this then you likely have a degree of sciatic neural tension that may be limiting your flexibility.



TAEKWON-DO SCIENCE

By Mr Brendan Doogan IV dan Dragon's Spirit Taekwon-Do

TECHNICAL

Dollyo Chagi – Part I

Kong, Luk & Hong [2000] analysed video of Chinese male WTF black belts in the 58-64kg division. They found that front leg "roundhouse" kicks were executed faster, that is, took less time to perform. Rear leg kicks however had a higher speed at impact, and so were more powerful.

Chin, Yu & Yu [2005] looked at <68kg male athletes and came to the same conclusion – rear leg turning kick is more forceful but front leg kicks are quicker.

Emmermacher, et al [2007] studied mawashi-geri in karateka. They too found that front leg kicks are quicker and rear leg kicks more powerful. Interestingly they noticed that the kick is only semi-circular in the very last part of its path, which is contrary to the idea that turning type kicks are circular. It turns out that the version they studied was more a tournament adapted kick intended for deceptive quickness rather than the beginner's version. Nevertheless the rear leg kick was the more powerful.

Other papers that support the quick front leg/powerful back leg idea include Witte et al [2007], Kong, Luk & Hong [2000] and Li et al [2005]. The latter add that rear leg kicks land at 90° while front leg kicks hit while rising, another reason front leg kicks are less powerful. Tools should always hit the target at 90° both vertically and horizontally. This is half of Taekwon-Do Training Secret #5.

The quick front leg/powerful back leg phenomenon can be explained in the same way that rear hand punches are more powerful than front hand punches. The rear hand has a greater distance to travel and so has time to pick up more speed/velocity. Punching and kicking with the rear limb also allows more mass to be put into the strike [Diagram A].

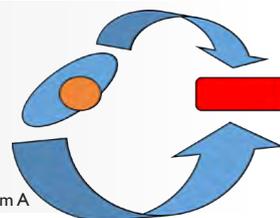
We can look at it from the point of view of kinetic energy [$E_k = \frac{1}{2}mv^2$] or force [$F = ma$]. Kinetic [moving] energy consists of mass [m] and velocity [v], while force is mass times acceleration [a]. Whether looking at kinetic energy or force, we can see that more mass is better, and so is more velocity or acceleration.

What does it all mean? It means that if you're after a speedy kick you should use

Front leg vs. rear leg

- Front leg kicks are quicker than rear leg kicks
- Rear leg kicks are more powerful than front leg kicks

Diagram A



your front leg, and if you want power you should use your back leg.

As we saw above, both kinetic energy and force rely on mass and speed a.k.a. velocity. Power is another term we can look at. It is worked out as force divided by time, or in other words, how much force is put in, and for how long. A kick with ten units of force that takes a second to perform is less powerful than one with ten units of force done in half a second.

So, are middle kicks more powerful than high kicks? Anyone who's tried to break a board with a high side piercing kick will know that it's much harder than breaking with a middle side piercing kick. A major

than to the hip. Li et al noticed the same, also in WTF kickers. I suspect that WTF kickers focus on high kicks a bit more than middle and low kicks, as they score more visibly to the judges, and so the high kick is quicker through more practice.

Evidence for this idea can be seen in Torres et al [2010]. They found that people who had medalled kick just as efficiently to the head as to the chest. Similar results come from Estevan and his colleagues [2009], who discovered that athletes who'd previously medalled had the same impact force to head or chest, while athletes who hadn't been as successful were slower when kicking to the head. They suggest the reason for these results is that experienced

Middle kicks vs. high kicks

- Middle kicks more powerful than high kicks
- Middle kicks quicker than high kicks

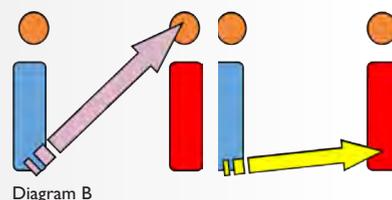


Diagram B

part of the difference is that the kick hits the target at less than ninety degrees. A strike should land as close to a right angle into the target as possible. That's why we traditionally say that high front snap kick doesn't work, because it skids over the surface of the target instead of penetrating it.

Secondly, high kicks use different muscles in different amounts and in different ways. I'll write more about that in another article, but it's closely related to mass – you can put more of your bodyweight behind a middle kick. And of course, middle kicks have a shorter distance to travel [Diagram B].

But are middle kicks more powerful / quicker / more forceful? Authors who support this include O'Sullivan et al [2009] and Luk & Hong [2000].

However Ki-Kwang Lee [2001] studied taekwondo and hapkido turning kicks and found that taekwondo [WTF] kickers were actually quicker when kicking to the face

athletes use technique to overcome height better than novices who haven't yet learned the technique so well.

Finally Emmermacher et al [2007] saw that the rear leg was equally as quick whether to middle or high targets, but two out of three of their kickers were slower to kick high with the front leg when they kicked high. Having given it a quick go I think that's because the lean required to kick high with the back leg is more or less the same as kicking middle, but the lean for a front leg kick is quite different for middle and high.

So:

- Middle turning kicks are quicker than high kicks for the front leg
- Middle and high turning kicks with the back leg are equally quick and powerful

With that in mind, if using a rear leg turning kick in sparring competition you would be better off kicking high to score more points more visibly. 🥋

YOU CAN ONLY GET GOOD AT WHAT YOU DO

By Mrs Sonya Robinson IV dan, WarriorTKD, Personal Trainer

FITNESS



I saw this in a book I got out of the Library recently and I've been quite struck with how relevant this is to any form of training and even any activity that we choose to do (or not) in our day to day lives.

We may want to be fitter/slimmer/wittier but we won't become so until we actually DO something to help us get fitter/slimmer/wittier:

So it is with Taekwon-Do.

In previous articles we have looked at the training principle of Overload – where an activity must be hard enough to produce a physical change or adaptation. In a nutshell, by increasing the demand/stress on our body and with repetition, better results are achieved.

When we work to our full capacity and then rest, our body adapts during the rest and our full capacity becomes higher.

We have also looked at Specificity - where the physical activities you are given during class should have similar movement patterns to those that what we do in Taekwon-Do - for example squats give us great leg strength and increase our range of mobility around the knees and groin which we require to stay in a good sitting stance and also for our various kicks. Press-ups give us better upper body and core strength for our blocks and strikes, and shuttle runs or chasing games help us

to work on the speed that we need for our patterns and better free sparring etc...

Now let's look at Frequency.

Frequency refers to the number of times you are training over a period of time.

If you train once a week for an hour and a half and taking 8 hours out of the day for being horizontal i.e. in bed or on the couch, then you are doing Taekwon-Do for 1.34% of the waking time available to you that week.

If you train for an hour and a half twice a week, then you have spent 2.68% of your waking time on Taekwon-Do in a week.

It doesn't sound like much but if you persevere and stick to your training consistently then over a year you will have racked up quite a few hours overall.

In many parts of New Zealand we are lucky because we have relatively easy access to extra trainings (compared with some of the larger countries overseas with either not many clubs or long distances between clubs). We can either visit other clubs, turn up to Regional trainings, or from time to time attend special Seminars or Camps, sometimes with special guest Instructors from overseas. To keep up with what's on offer you need to keep an eye on the national website www.itkd.co.nz

Consistency is a good thing - you are far

better off training a little more often than taking a break and then training for days in a row to try and catch up - like crash diets, crash training doesn't work and can lead to unnecessary exposure to injury.

Now let's look at Progression.

In terms of general fitness training, as a trainer gets used to their current programme and becomes fitter, it takes a higher level of load/effort to create a training effect. Progression can usually be made through either increasing the intensity of the activity and/or the length of time spent doing it.

In terms of Taekwon-Do when we progress from one belt to another we have new techniques to learn as well as maintaining and improving on the techniques that we have already learned but are yet to master on a regular basis.

From about green stripe onwards I would heartily recommend that you get yourself a notebook and take notes after classes, particularly if you are given a correction by your Instructor or a Senior that is specific to you, as well as general notes on things to watch out for or notes on techniques.

This means that you've given yourself things that you can work on in your own time and space and this is also where you can increase the frequency of your training to be better at what you do. 📖



INSTRUCTOR PROFILE

Dr Jake Pearson V dan, Wellington

PROFILE

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

1987 - 12 years old - together with Gray Patterson and other friends. We watched the Karate Kid on video and then immediately went down to sign up at the local martial arts club.

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

Khandallah Club under hard man Mr George Nicholls. He walked out in a very public disagreement with Master Yun at my yellow belt grading and after that Mr Patrick Eastwood took over the club became my instructor.

When did you receive your first dan black belt?

1993 - this experience really motivated me and my TKD development really seemed to accelerate from this point onwards.

When did you start instructing, and at which club?

I became assistant instructor at Mosgiel Club under Mr Grant Evans soon after starting at Otago University in 1994 and then in 1996 founded and began instructing the Dunedin Club. Around this time we 'developed' the Pain Weekend which was designed to be a pre-grading for anyone attempting a Dan grading where applicants were pushed towards their physical and mental limit to ensure they were adequately prepared and committed. I would like to think the bark was worse than the bite but they were pretty tough.

What are some of your biggest Taekwon-Do achievements?

- Each of my Dan gradings.
- Founding and developing the Dunedin Taekwon-Do club and its members in the late 1990s - I found teaching a TKD Club to a high level consistently more challenging than my medical studies..!
- Being a part of the NZ team to the 2001 World Champs.

What was your highlight in TKD?

Obtaining a pass with distinction at my III Dan grading together with Grant Evans (who got 0.7 points more than me - something he regularly reminds me about to this day)

What is your most embarrassing Taekwon-Do moment?

There was a Talent Quest at a South Island Camp about 1997 and Grant had the idea of doing a ballet performance to swan lake which had us dressed up in army surplus polyprop with tutu and sock down pants respectively - we were coined the 'sugar plum fairies' - and we choreographed a cheesy routine and perhaps unsurprisingly everybody had a real laugh..

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

To continue to be involved in Taekwon-Do as much as my other life commitments allow. To look for ongoing opportunities for challenge and fulfilment from this martial art despite the already very apparent age-related decline in physical ability that seems to be occurring..

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

To continue to play my role in an organisation that prioritises the development of its members - balancing appropriate physical and mental challenges and standards with taking all reasonable steps to ensure maintenance of health and wellbeing.

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

Master Paul McPhail

- unbelievably consistent passion displayed over so many years
- modest and unassuming manner despite legend status
- constant striving for peak physical condition
- continues to make me want to be better
- and spontaneously effectively used x-knifehand checking block while sparring Master Pellow at South Island camp in mid 1990s..!

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

Most obviously we have become very successful in international competitions, I think due to a combination of improved technical ability and understanding but also confidence built on previous successes.



Dr Jake Pearson - V dan

Things seem to have become even more Auckland-centric overall due to a number of particularly passionate leaders who are based there.

An overall modernisation of the organisation that is clearly necessary however means the 'good old days' are well and truly relegated to the past.

What are your favourite hand technique and foot technique?

Hand - I am actually going to choose a block - outer forearm inward block because it is practical to use and lends itself well to flowing immediately onto a immediate counter attack with either the hand (e.g backfist strike) or foot (e.g back piercing kick or similar)

Foot - turning kick. I did my Honours thesis on the biomechanics of this kick once upon a time and it was my power break at the World Champs. It also appears I favoured it as a fresh-faced blue belt

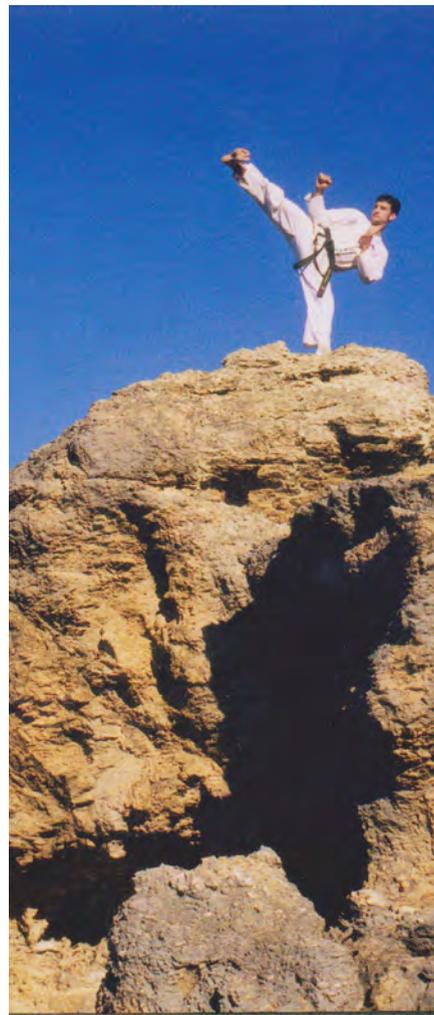
What do you think makes a good Taekwon-Do practitioner?

Someone who continuously attempts to improve their Taekwon-Do abilities with regular dedicated training, yet always remains humble and polite.

How has Taekwon-Do influenced you in your work or private life?

I have tried to balance the old school hard man attitudes from early TKD experiences with the sensitivity and empathy required of a medical practitioner.

I think our organisation has a good mix of these philosophies. Importantly, many of my very best and enduring friendships have been formed and maintained through Taekwon-Do, something for which I am very grateful. 🙏



QUALITY FITNESS TRAINING FOR TAEKWON-DO

By Mr Kerry McEvoy III dan, MHS, BA(HMS), CSCS

Taekwon-Do is a martial art that requires fitness, agility, flexibility, speed and strength. Training for all of these physical requirements, not to mention the technical needs of Taekwon-Do, can be very time demanding.

In a time starved world, scientifically based, effective, time efficient training is a preferred option for the serious athlete and busy recreational sports person of today.

The last article I wrote was on effective, time efficient strength training titled, "Quality Strength Training for Taekwon-Do" (Taekwon-Do Talk, Issue 1, 2013). This follow up article will demonstrate that training for the cardio vascular fitness requirements of Taekwon-Do, whether it be for a grading, competition or to just be fit to practice Taekwon-Do, can be achieved in just minutes of training per day.

Taekwon-Do is an interval based art or sport, meaning that it consists of work intervals followed by rest intervals, such as patterns, set sparring and rounds of sparring. When performing patterns, each pattern takes just over a minute to perform, and is generally followed by a short rest before performing the next pattern. A sparring bout consists of 2 minute rounds of sparring followed by 1 minute of rest. Even during a round of sparring, the intensity of the sparring will vary throughout the round.

In order to increase your cardiovascular fitness for Taekwon-Do, or any interval based sport for that matter, the traditional way of Long Slow Distance (LSD) training, such as long runs, is not only nonspecific but can be less effective, wastes time and may lead to accumulative repetitive injuries.

If the goal is to get fit for Taekwon-Do, then train according to the specific physical needs of Taekwon-Do by structuring your fitness program with the work and rest intervals that are relative to Taekwon-Do. The best form of training that replicates Taekwon-Do's physical needs is High Intensity Interval Training (HIIT).

Interval training is when the training program consists of a short high intense period of exercise (30 seconds to 2 minutes), followed by an active or

passive period of recovery (10 seconds to 1 minute), with this pattern repeated until the training session is complete. An interval training session can be as short as 5 minutes and can last up to 20 minutes.

Current research shows that shorter HIIT as opposed to LSD training, will not only get you fitter, but will also provide added health benefits (such as reduction in coronary heart disease) and help you lose fat faster.

The training intensity achieved in HIIT is higher (85-95% effort) than in LSD training (70-85% effort), meaning that it pushes the cardiovascular system to a higher intensity and threshold, forcing a great physiological adaptation, making you fitter and increasing your body's ability to use fat as a source of energy.

"The focus of High Intensity Interval Training is quality of training rather than quantity of training."

High intensity interval training will turn your body into a "fat burning machine" by increasing your aerobic capacity, muscle density, metabolic rate and changing your Respiratory Quotient. Your Respiratory Quotient (RQ) determines if your body is using fat or carbohydrates as a source of fuel during exercise and at rest. The fitter you become the more your RQ adapts so that your body burns fat as the preferred source of fuel rather than carbohydrate. This increases your overall fat burning capacity.

This means, fitter people burn fat faster. Therefore it is better to focus your training on getting fitter by using HIIT rather than LSD training.

HIIT is also far more time efficient as you can complete an effective training session



in as little as 5-10 minutes whereas LSD training normally takes between 20-40 minutes.

There are many ways to design an HIIT session. The important thing is to focus on the end goal and the desired physical outcome, and to make it as specific to that goal as possible. For example, doing interval swim training will get you fitter; however its transference to Taekwon-Do fitness would be reduced due to its less specific nature. If you want to get fit for kicking, then best do kicking interval training; if you want to get fit for sparring, then best do sparring interval training; if you want to get fit for patterns, then best do pattern interval training. Make your training specific as possible to what you will physically experience in the competition or grading.

In addition to doing these Taekwon-Do specific training intervals you could also include less specific, general, physically demanding exercises such as burpees, jump squats, push ups, sprints etc. However be careful not to overdo these when you can be doing more specific exercise drills, as you are not entering a burpees competition.

Intensity of Intervals

Cardiovascular intensity is best measured by monitoring your training heart rate. A

heart rate training zone of 70-85% of your Maximal Heart Rate (MHR - calculated by deducting your age from 220 – see table) is commonly used for general fitness and LSD training. A heart rate training zone of 85-95% of your MHR is best used and preferred for HIIT. The work interval is then followed by a short active or passive rest interval to recover before you perform another high intensity work interval. These intervals are repeated until you fatigue and cannot continue, or have achieved the set number of intervals planned.

You can also measure training intensity by the Perceived Rate of Exertion (PRE) Scale. This is done by giving yourself an intensity score between 1 (feels very easy) and 10 (feeling completely physically exhausted) if you do not wish to or cannot measure your training heart rate. In this case you will aim to achieve a training interval intensity of at least 8 out of 10 on the PRE Scale.

If you are deconditioned, you may wish to start interval training at lower intensities, say 70-80% intensity and gradually increase the interval intensity over the training weeks and work yourself up to desired training intensity of 90% and above. By the time of competition or grading, your aim would be able to train at a PRE of at least 9 or 90% of MHR training intensity for multiple intervals.

Number of Intervals

The number of intervals performed should be determined by the number of intervals you will have to be conditioned for in the grading or competition. For example, if you are training for sparring which consists of 2 rounds of 2 minutes with a minute in between, then you should be able to endure at least 3 intense interval bouts (1-2 minutes) with short rest intervals (30-60 seconds) without a reduction in training performance. Remember you may be required to fight multiple bouts in a competition if there are many competitors.

You may start at 1 to 2 intervals of exercise and work your way up to 5-10 work intervals over the training weeks leading up to the competition or grading. How many intervals you work up to depends on the physical endurance demands of the tournament or grading.

TARGET HEART RATE MAXIMUM TARGET TRAINING ZONES							
	APPROX. MAX. HEART RATE	MAXIMUM TARGET TRAINING ZONES (BEATS PER MINUTE)					
AGE	HEART RATE	60%	65%	70%	75%	80%	85%
20	200	120	130	140	150	160	170
25	195	117	127	137	146	156	166
30	190	114	124	133	143	152	162
35	185	111	120	130	139	148	157
40	180	108	117	126	135	144	153
45	175	105	114	123	131	140	149
50	170	102	111	119	128	136	145
55	165	99	107	116	124	132	140
60	160	96	104	112	120	128	136
65	155	93	101	109	116	124	132
70	150	90	98	105	113	120	128
75	145	87	94	102	109	116	123
80	140	84	91	98	105	112	119

The Work/Rest Ratio

The time intervals for the work and the rest bouts will be determined by your fitness level and/or the goal. If you are unfit you may wish to start with a short work interval and a long rest interval. As you get fitter you can increase the work interval and decrease the rest interval. See the table below as a guideline to work/rest interval progressions. The length of the work and rest intervals should be determined by the work/rest ratios of the competition and grading demands.

If you are training for 2 two minute rounds with a one minute rest in between, you ultimately should be able to comfortably train for 3 three minute rounds with a 30 second rest in between. This not only overloads the rounds by making them longer but also the rest intervals by making them shorter, and the number of rounds by doing at least an extra round.

Interval Exercises

There are two types of exercises you can use in your work intervals. General fitness

exercises or specific fitness exercises. General fitness exercises are exercises such as burpees, push ups, jump squats etc while specific fitness exercises are specific to Taekwon-Do such as repeated and combination punches and kicks. See table below for examples of general and specific exercises that can be included in an interval training program.

Each work interval can either be the same exercise or combination of exercises, or you can mix it up with general and/or specific exercises between the intervals.

The closer you get to the competition or grading the more Taekwon-Do specific exercises should be used in the intervals.

Training Frequency

Your fitness level, training intensity, session duration and exercise selection will determine the frequency of your interval training. A short 5-10 minute interval session can be performed every day or maybe every second day. It can be easily added onto the end of a traditional Taekwon-Do class as it does not take much

	Unfit	Average Fit	Fit	Very Fit	Elite Fit
Intensity	70-80%	75-85%	80-90%	85-95%	90-100%
Work Interval	30sec	30sec	60sec	30-60sec	15-90sec
Rest Interval	60sec	30sec	60sec	15-30sec	5-30sec
Work/Rest Ratio	1:2	1:1	1:1	2:1	3:1



time to perform. Aim to do at least 2-3 sessions per week and more if you are up to it and have recovered from the other training sessions. Fit it into your week where you can and build on it as you get fitter by increasing intensity (effort), number of intervals or number of interval sessions in the week.

“You can get fit or make excuses, but you cannot do both”

In terms of training frequency, make sure you take into consideration that more stressful training sessions that include high impact exercises such as jump squats, box hops and clap push ups may take longer to recover from. Other less stressful training sessions that include lower impact exercises such as bike, squats and shadow sparring will take less time to recover from. Listen to your body and ensure it is recovered for its next high intensity training session by having more recovery time or adapting the intensity of the session by incorporating less stressful exercises.

Combine HIIT with quality strength training (see article on “Strength Training for Taekwon-Do”, Issue 1, 2013) and you can get fit and strong for Taekwon-Do by performing as little as one short strength training session and 2 short HIIT sessions per week.

Since HIIT can be performed anywhere and is so time efficient, it will not steal time from other forms of training or life activities, therefore there is no excuse not to do it and not to be a fit Taekwon-Do practitioner. 🍷

General Exercises Specific Exercises

- Squats
- Jump squats
- Lunges
- Jump lunges
- Push ups
- Dips
- Chin ups
- Clap push ups
- Burpees
- Mountain climbs
- Shuttle sprints
- Stair sprints
- Hill sprints
- Fast skipping
- Step ups
- Cardio equipment such as bikes, steppers, rowers, treadmills

Or any combination of the above such as...

- 5 squat jumps / 5 clap push ups then repeat for the time interval
- 5 burpees / 5 shuttle sprints / 10 mountain climbs then repeat for the time interval
- Hill sprint / 10 push ups / downhill run / 10 jump lunges then repeat for the time interval
- 1 push up / 1 jump squat / 1 dip / 1 burpee then repeat with 2 of each, then repeat with 3 of each until you reach 10 of each
- 30-60sec all out sprint on the bike or rower for the interval then repeat after rest interval
- 30sec bike / 30sec rower sprints then repeat

Specific Exercises

- Fast repeated kicks or combination kicks such as turning kicks, side kicks, front kicks on a bag, focus pad or in the air for the interval
- Fast repetitive punches or punch combinations on a bag, focus pad or in the air for the interval
- Fast repetitive kick and punch combinations on a bag, focus pad or in the air for the interval
- Sparring on the bag, focus pads or shadow sparring for the interval
- Varying the intensity during the sparring on the bag, focus pad or shadow sparring throughout the interval e.g. 20 seconds normal sparring followed by 10 seconds maximal intensity sparring repeated
- Performing all the patterns from white belt up to your belt and back down to white belt again with 10 second rest in between each pattern

Or any combination of specific and general exercises such as...

- 10 repeat kicks on each leg / 2 shuttle sprints then repeat with a different kick for the interval
- 10 squat kicks on each leg / 10 push ups / 10 fast repeat kicks on each leg then repeat with a new kick for the interval
- 20 fast punches / 5 push ups / 10 fast alternating turning kicks / 5 push ups then repeat for the interval with a new kick



Kerry McEvoy is a:

- Education Director: Max International College for Fitness Professionals
- Masters Degree in Exercise Science
- Former Trainer for the Australian Institute of Sport and Olympic Gold Medallists
- 3rd Degree Black Belt, Jungshin Taekwon-Do
- Taekwon-Do World Cup Gold Medallist

SOME TOURNAMENT TIPS FOR BEGINNERS

By Mr Rob Bevin, Paul M Glendowie

Just to make it clear I am not a tournament expert, or even close to it.

Imagine if you will "a slightly older, slightly dithering, slightly out of shape, more than just slightly overly enthusiastic, Taekwon-Do tournament fan", who probably should have stopped trying to relive his misspent youth a long time ago. I have however happily competed in the last three National tournaments, the last three Auckland North Regionals and one or two club round robin events.

I have helped Marshall an U-18's tournament and I have been a centre ref and an umpire for some of the juniors and peewees at the 2013 Counties Manukau Regional tournament (I can't recommend this enough to anyone who competes, or for that matter for anyone who wants to get involved in tournaments without having to compete). I also have a daughter and a son who compete and have been to some Regional tournaments, and my daughter has been to the last two National tournaments and been active in the last two years of U-18's tournaments that are brilliantly run throughout NZ.

Through the fantastic leadership of Mr Banicevich, Paul M Glendowie is a club that has gone through a huge amount of growth in recent years, and this year we had 36 of our students entering the Auckland North Regionals (brilliant). We have managed to run a couple of kid-friendly tournaments over the last few years in the hope that we could give our kids the information and courage to enter a regionals, however even with that, a lot of our students for this year's regionals are first timers.

So I decided to post an article on the club's website (glendowie.com/community/) to try and help the absolute beginner to know what to expect.

Here are a few tips to hopefully give anyone not familiar with tournaments a little glimpse into the format of the day, and to provide a few useful tips to get everyone through the day with their sanity intact.

(A quick disclaimer- As stated above I am no expert so if in doubt just ask a question of an official, senior club member, or your instructor.)

Mr Rob Bevin wrote a few tips for Paul M Glendowie Club members for the Auckland North Regional tournament. His instructor Mr Banicevich subsequently asked him to adapt this as a general beginners tournament guide for the Taekwon-Do Talk magazine.



The Night Before (or even sooner)

- Have a look at the itkd website to see whether or not the tournament draw has been posted online. <http://www.itkd.co.nz/events/tournaments/regionals>

The draw may still change on the day, but it will give you an idea of how many people are in each division, how many rounds of patterns/sparring you may need to go through until you get the Gold. It can even give you an idea of when roughly you may need to be ready and the ring number you are competing in.

There can also be other useful information posted here that directly relates to the tournament you are entering such as a "FAQ document" or information on the "entry form" like the address of the tournament, the tournament organisers' names and contact as well as form-up and start times for the day.

- **Know the rules:** no matter how well you prepare in class sometimes things get forgotten, so brush up on your tournament rules by going to the itkd website (itkd.co.nz/reference/documents) and searching for the rule

documents. These can be updated regularly so it's worth checking back each time you are going to compete.

- Get your gear ready the night before and double check to make sure that you have all of the required equipment (covered later) and everything that you may want for the day ahead.
- Get to bed early. It can be a long and tiring day especially if you are competing in more than one event. Plus you want to give yourself the best chance to do as well as you can. Being rested can help with this.
- Make sure your dobok is clean and ironed and make sure nails are cut short.

The Tournament Day

- Know what time the doors open and what time form-up is.

Get up nice and early and have a good breakfast that will see you through the day with some great slow release energy. If you eat late and compete early you may regret it come round 2.

- Triple check your equipment (don't forget your belt).



- Get to the venue early and remember to factor in travel time/traffic/finding a park etc.
- First thing, go and check the draw - this is vital, especially if you happen to be competing in one of the bouts directly after form up - if so you need to be ready as soon as form-up is finished and go straight to the correct ring.

The Draw is usually posted in a few places on a wall somewhere in the venue, it generally gets very busy very quickly.

If you can, use a phone or similar to take a photo of the Draw with the bouts you are in (and the bouts before). This way you can refer back to it later without having to go and recheck all the time.

The draw will tell you what ring and what division you are competing in. It will also tell you what divisions are before you. This is vitally important as it is your responsibility to make sure you are ready - with the correct gear on and in the correct place at the right time. A ring marshal will not come and look for you but you may be lucky if someone else who knows you hears your name called out and comes to find you. Please help each other out with this and let people from your club/region know if you are going outside for long periods of time.

The draw can change around during the day as divisions can end sooner, be delayed or be pulled forward to cover someone with a conflicting event. Please keep an ear out for this and let your club/region members know.

When searching through the draw, it is good to know a couple of things to help you find your name.

Sparring - know your age range, belt range and rough weight and male or female (these divisions can be split or joined together; this is dependent on the number of competitors; most commonly age ranges are kept and belt and weight ranges may be merged somewhat).

- Age ranges – Peewee (10 yrs and under), Intermediate (11-14yrs), Junior (15-17yrs), Senior (18-34yrs) Veteran (35yrs and older).
- Weight ranges - these are different for males and females and the different age groups. There are too many to write here, so it is best to check these yourself, they can be found



on the ITKD website again under Reference, documents tournaments etc. see the link below <http://itkd.co.nz/reference/documents/tournament/iTKD-Tournaments-2014.pdf>

- Usually the Belt range will be listed as 10th to 1st Gup (sometimes referred to as kup) not as the actual belt colour. For those who don't know:

10th gup is White Belt

9th gup White with yellow stripe

8th gup Yellow etc etc.

- All white belts including mini-kids with stripes are considered to be ranked as a 10th Gup for the regionals tournaments
- White belts with yellow stripes (including mini-kid single/double or triple) I believe are all considered 9th Gup

Patterns - these divisions can be divided in many ways but usually by belt and age ranges. Again these divisions can easily be merged, including males and females competing together.

Power and Special Technique can be organised in a similar way to patterns.

Rings generally have a sign showing the ring number at the judges' table at the head of each ring. They will sometimes have a division/bout number to refer to, there may also be a bout number on the draw too, you should note this as it can help you keep an eye on how soon it may be to your round.

As the day progresses it is possible to have conflicting events. If this happens, don't worry, just talk to the marshals to let them know, they will work it out between themselves and let you know what to do first. Generally sparring or patterns will take precedence and then power or special can be done at a later time, but if you don't talk to the marshals and let them know what is happening, it is likely that you will be disqualified if you don't turn up when your division is called.

- Bring snacks and water bottles and maybe even lunch, some venues have a great supply of food, others don't. Generally you want to eat well but you need to time it well too, there is little worse than competing on a full stomach.
- Kids, bring something to keep you amused. Although there is lots to see, it can be a long day. Sometimes you may have an event at the beginning of the day and one at the end of the day (rare with the kids but still possible).
- For the younger kids, have fun but try to make sure that they don't go overboard and wear themselves out, either with sugar snacks or running around, before they compete. It is very easy for them to be 'past it' when it comes time for them to compete.

Sparring

- Have the correct gear.
- Approved sparring boots and gloves are compulsory.

- A clear mouthguard is compulsory.
- A helmet is compulsory, the itkd website says that they will be provided by the tournament organisers but do check this as it may not always be the case, as I found out recently. Some of you may know what they say about presumption and motherhood. I presumed, travelled out of town for a tournament and then had to organize a helmet at the very last second with no other club members around to borrow from. Luckily the organizing club came to my daughter's rescue (thank you Mr Brown).
- For males a groin guard is compulsory.
- You need to organise a second/coach, having one is compulsory. Ask any of your club/region's seniors. Failing that, any other senior will be happy if needed, but get someone else ready as a backup (the day can be fluid and suddenly your second may be helping in another ring or competing themselves). Please do remember that most seniors there are either umpiring or competing themselves, so whilst all should be willing to help they may also have to prepare themselves, so a little understanding here will be appreciated.
- Anyone can coach although sometimes it's easier for parents to let someone else do it for them. They need to not be in dobok and they must have shoes on (a tracksuit over the top of a dobok is generally fine).
- Warm up a little with your coach or by yourself a little before the division is called together, and then directly before your match get really warm and so you can start the first round well.
- I recommend bringing a small hand towel for between rounds, and to wipe out the helmet once used.
- Have your water bottle full and ready for between rounds.
- Show good spirit and sportsmanship, remember to bow to your opponent's coach at the end of the bout and to your coach too, also saying thank you to the centre ref is a nice thing to do.
- Congratulate your opponent too, you both will have been trying your hardest to win. One of the great things about Taekwon-Do is how one minute you



can be fiercely competing against one another and the next you are best mates having shared a common bond. I have been lucky enough to make some great TKD mates this way.

- At the end of the bout talk to the ring marshal to see if you need to stay close for the next round or for (hopefully) the medal ceremony.

Patterns

- Relax and try your best but don't worry if it doesn't work out. If you make a mistake, try and carry on, it may have been missed or your opponent may have made more than you, if you stop you will automatically receive 0 points.
- At this stage other than nerves, you can't do too much to change your patterns but make sure you have run through them before the actual division starts for your memory and to be warm.
- Be strong and confident, stand still and proud, finish your pattern with a really strong "Chon-Ji" or whatever the name is (this is not applicable to those doing Saju-Maki or Saju-Jirugi).
- Remember to shake hands with your opponent when you have left the ring.
- When you are finished find out from the ring marshal whether you need to stay for the next round or the medal ceremony (Yay).

Don't forget to have fun, compete in a hard but fair way. As Mr Brown says before every tournament, "Remember to try and beat your opponent, not beat them up" - or something very similar. Cheer loudly to

support your club members. Don't boo the opponents.

Tournaments are an awesome way to test your Taekwon-Do skills, test yourself, make great friends, and grow as a person in so many different ways. They are brilliant for helping you prepare for the pressure of a grading. Competing in them can give you credits you need for going for your black belt grading.

They are also a great chance to give back to TKD, even if you don't enter to compete, there is so much you can do to help. You don't have to be a practicing member to do an umpires course. You can also help be a ring marshal or a time keeper. You can help put up the draw first thing or lay out the mats if needed. You can help organise your region/club members and you can cheer loudly to support the competitors to make it a great atmosphere (right there is another example of my over enthusiasm which I am sure one day will get me in a respectful discussion with a Master about the merits of excessively loud cheering).

On the day if you see something that needs doing, ask the tournament organiser, or better yet just get in there and help. They will be really busy and possibly a little stressed and I am sure no matter their initial response they will appreciate it in retrospect.

Please don't take everything I have written as the "be all and end all of tournaments". There is so much more to them, it is just a guide and my opinion only, but I hope it helps.

Thanks and good luck. 🙏





Kicks for Kids



by Mrs Shirley Pygott
II dan Jungshin

Welcome to Issue #33.

This issue is all about horses!

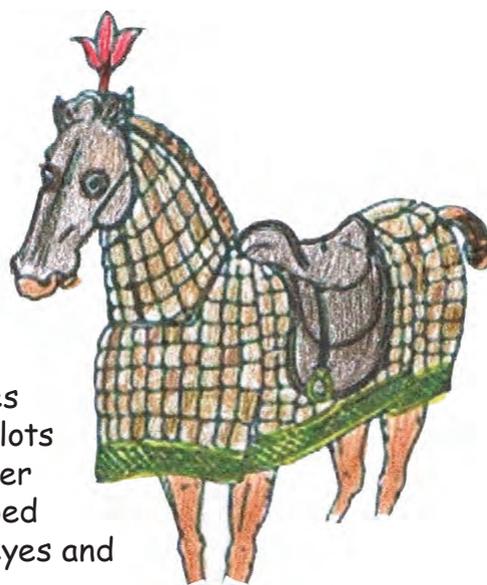
Horses at camp, horses in history. Horses in patterns and horses in armour. Even a blue horse- You name it - if it is about horses then we've got it!

So why are we horsing around? Isn't Kicks for Kids supposed to be about Taekwon-Do? Actually horses play an important part in Korean history, and also have a connection to the flying kicks that make Taekwon-Do so different from any other martial art.

Horses from History

One of the main reasons flying kicks were developed was so that foot soldiers could fight soldiers sitting on horses. The only way soldiers on the ground could hope to win was to kick higher than their own heads, where the horsemen were. The foot soldiers probably tried to kick the mounted soldiers off their horses, so that they would be able to fight them fairly on the ground. Falling off their horses wouldn't have done them any good either!

Armour used to be worn by the soldiers who sat on the horses and also by the horses themselves. The armour was made of lots of small squares of a tough material like leather sewn together in rows to allow movement. The armour came in different shaped pieces for each part of the horses body. Only the legs, tail, eyes and the very end of the nose were not covered up. Poor Horses!



The Year of the Horse



You may have seen the NZ stamps celebrating the Chinese Year of the Horse this year. But did you know that this year is also the Year of the Horse in Korea? And not only that, but it is the year of the Blue Horse, which only happens once every 60 years. Apparently the Blue Horse is very special and came from the heavens. The

Blue Horse means liveliness, quickness, health and intelligence, and brings good luck! Sounds pretty good doesn't it?





TKD TEDDY investigates: YOO-SIN

One of the 3 Third Dan patterns is named after General Kim Yoo-Sin, a General of the Silla Dynasty in the 7th Century. He was the youngest Hwarang-Do ever at age 15 and he was a military genius. He was also known as the Guardian Protector of Silla. He also obviously rode horses a lot, because there are lots of different statues of him around Korea; mostly riding a horse and holding a big pointy stick like this one. There are a lot of legends about Yoo-Sin - one of them describes how his sword could leap out of his hands all on its own and attack his enemies!



Hey soldier!
Fill my feed bucket and
brush my tail



My nostrils
need cleaning
too.....

And I have
left a little
something
very smelly
in my stall
for you to
clean up

The General outsmarted by a horse!

When General Choi was first in the Korean army, one of his tasks was to look after the horses. The horses were so valuable that they got better food, and nicer beds, and soldiers like Choi Hong Hi had to clean up all their little (and not so little) messes. Choi Hong Hi could usually get the horses to do whatever he wanted, but one time a horse kicked him in the ribs when he was trying to impress some officers. He later said the horse was getting him back for being a show off, and that he deserved it!

Horsing around at the National Kids Camp 2013

I don't think the kids who went to the National Kids camp last year expected their instructors to arrive on horseback, or to have a gunfight in the training hall, all in the first half an hour of the camp - but that's what happened. Wild West came to Taekwon-Do. That's the thing with the kids camp - you never quite know what is going to happen.....



THE GEAR CHAMPIONS TRUST

- GERMAN ENGINEERED COMBAT GEAR
- TRUSTED & APPROVED WORLDWIDE BY MAJOR COMPETITIVE ASSOCIATIONS
- ENDORSED BY TOP COMPETITION FIGHTERS
- THE WORLDS MOST APPROVED EQUIPMENT FOR COMBAT GEAR AVAILABLE DIRECTLY TO AUSTRALIA & NEW ZEALAND

SHOP BY DISCIPLINE

MMA

[SHOP NOW](#)

KARATE

[SHOP NOW](#)

TKD

[SHOP NOW](#)

BOXING

[SHOP NOW](#)

TOP TEN NZ IS BACK

See our new website for TKD equipment that is:
THE BEST QUALITY • THE MOST TRUSTED

www.toptendownunder.com