

TOTALLY TAE KWON DO

Issue 10

www.totallytkd.com

December 2009

The Free Global Tae Kwon Do Magazine

Grandmaster
Trần Triều Quân
Interview



Plus

A Happy Martial Life: Mind, Body & Spirit

The Lost Art Of Tang Soo Do

Chief Master Ott: A Flowering Warrior

What Is The Purpose Of Training?

Can You Talk TaeKwon-Do?

UITF-AF-Iraq

Applications From Po-Eun Tul

Become A True Martial Artist In The 21st Century

Plus Much More Inside



**MERRY
CHRISTMAS**

**TOTALLY
TAE KWON DO**
The Free Global Tae Kwon Do Magazine

Produced and Published by:
Harrow Martial Arts
in association with
Rayners Lane Taekwon-do Academy

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Editorial

Issue 10 - December 2009

Well, we are at our Christmas issue with the magazine and even though we haven't quite reached a yearful, I still think it's the appropriate time to say: -



Many thanks to Simon O'Neill, Earl Weiss, Michael Munyon, Glenn Smits, Keith Yates, Paul O'Leary, George Vitale, Robert McLain, Philip Hawkins, Ira Hoffman, W. Rhee, Grand Master Trần Triều Quân, Stace Sanchez & Liam Cullen for their continual support for the magazine either from day 1 or by way of article submissions in most issues - without you folks this magazine would not be possible,

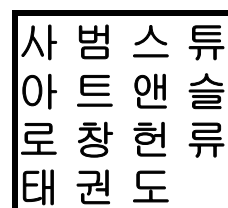
Of course, I would also like to thank Ray Terry, Dani Steinhoff, Aaron Fruitstone, Marek Handzel, Alex Gillis, Tim Posynick, Paul Mitchell, Dev Patel, Iain Abernethy, Xiong Chan, GM Kim Soo, Troy Trudeau, Michael Carr, Oerjan Nilsen, Brian Crawley, Matthew Sylvester, Chris Snow, Dan Davies, David Lieder, John Dowding, Brendan Wilson, Chelsea Hesketh, Wendy Tseng, David Melton, Lou Giamo, Grandmaster CK Choi, David Schultz, Gary Kavanagh, Brendan Wilson, Malcolm Jones, Matthew Hobbs, Sayed Najem, John Honest, Marc Kerr, Tim Smith, Kevin Brett, Michael Clune, Fred Van Hecke, Master Willie Lim, Andy Taylor, Christopher Spiller, Andrew Elliott, Doug Cook, Matthew Cadle, J.D. Haglan, David Winter, David Sims, Krystal Armstrong, Carol De Groff-Van Zile, Alwyn Cosgrove, David Price, David Rickless, Julia Carson, Brent Stouffer, David Lyles, John Kedrowski, Ivan Marriot, James Kessler & The ITF Tournament Press Centre - all for article submissions (some more than one) throughout the year - again, the magazine needs you guys too, so thanks very much for all your support, keep them coming.

Remember, it is the above people that truly support the Tae Kwon Do world as a single, unified entity - despite our differences and for that they should be applauded.

Finally, I would like to thank everyone that's downloaded the magazine and wish all of you a wonderful Christmas and a very happy new year.

All the best for 2010.

Stuart Anslow
Editor



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Contributors: Keith Yates, Philip Hawkins, Grandmaster Trần Triều Quân, Glenn Smits, David Lyles, Krystal Armstrong, John Kedrowski, David Schultz, Earl Weiss, Robert McLain, Tim Posynick, Ivan Marriot, James Kessler, Thomas Gordon, Michael Munyon, Paul O'Leary & Stuart Anslow

Totally TKD News



Return To Teaching

Totally Tae Kwon Do's own Glenn Smits, health and fitness contributor and author of The TKD Clinic column, has recently

decided to return to teaching acupuncture after almost a two-year hiatus. Professor Smits will be one of the instructors spearheading a brand new Master's program to be offered at Pacific College of Oriental Medicine's New York City campus. This will be a specialty program that focuses on Sports Medicine and the treatment of orthopedic disorders with acupuncture and other Traditional Chinese Medicine modalities. I'm sure we all wish him the best of luck in his new project.



President Obama To Receive Black Belt

U.S. President Barack Obama will be given an honorary Taekwondo black belt from the Kukkiwon to mark his first visit to Korea on Wednesday and Thursday. A government official said that President Lee

Myung-bak will present President Obama with an honorary Taekwondo degree certificate and a uniform embroidered with his name. President Obama practiced Taekwondo for about four years with an American master in Chicago from 2001 while he was serving in the Illinois state senate. He obtained a green belt.

News courtesy of www.kidokwan.org



Cook delight after beating champ

Teenager Aaron Cook has described his defeat of former Olympic taekwondo champion Steven Lopez on Saturday as the greatest victory of his career.

Cook, 18, from Dorset, UK, knocked out American Lopez in the final to win the -80kg gold at the inaugural World Taekwondo Tour event in Mexico City.

His £17,880 prize is the largest ever won by a British taekwondo competitor.

"To beat the world champion makes it the greatest win in my career so far. It is amazing to take gold," said Cook.

"Aaron has proved once again that he is more than capable of competing on the world's biggest stage" Gary Hall - GB

performance director

"I knew that an opponent with his experience was always going to be tough but I never doubted my ability."

Lopez, 31, has won medals at the last three Olympic Games, with gold in Sydney and Athens, then bronze in Beijing, and won his fifth world title in Copenhagen last month.

But he could not reply to a spectacular, falling double kick from Cook, which left the veteran prone on the canvas.

"We are thrilled with the result, not only because he beat an all time great but also the manner of the victory," said GB performance director Gary Hall.

"Lopez is one of the sport's most successful athletes of recent times and Aaron has proved once again that he is more than capable of competing on the world's biggest stage."

Totally TKD extends an invitation to both Aaron Cook & Steven Lopez for an interview within these pages - get in touch guys!



Mountainview TKD Tournament

Approximately 100 athletes from various Tae Kwon Do clubs within the province including Slave Lake, High Prairie, Calgary,

Edmonton, Red Deer, Medicine Hat, Airdrie, Crossfield, Sundre and Rocky Mountain House participated in the 13th Annual Mountainview Tae Kwon Do Tournament in Sundre, Alberta on Saturday October 24th, 2009.

Four athletes from Champion Tae Kwon Do of Medicine Hat attended the tournament. *Kalen Schenkey* won gold medals in the 9 to 11 year old boys, Green Stripe Division in both Sparring and Poomsae. *Nolan McNaughton* won silver medals in Sparring and Poomsae for 8 to 10 year old boys, Yellow/ Green Stripe Division. *Alexander McNaughton* won a bronze medal in Sparring and a gold medal in Poomsae for 8 to 10 year old boys, Yellow/ Green Stripe Division. In his first tournament ever, *Josiah Brown* won a silver medal in 7 and 8 year old boys, white belt division.



ITF Merger Talks Stalled

At the ITF Congress held November 27, 2009 on the occasion of the 16th World Taekwon-Do Championships in Argentina a vote was held to determine whether talks would continue between the ITF under the leadership of Grandmaster Tran Trein Quan and the ITF under the leadership of Prof Chang Ung. This vote would have allowed the two sides to continue merger talks that started on September 12, 2009 in Vienna Austria.

By a narrow margin the Congress voted not to proceed, despite their Executive Board's recommendation to move forward

with additional merger talks. Back in October of 2009, the ITF under the leadership of Prof Chang Ung had both their Executive Board and Congress approve the next round of talks. It is unknown at press time what the next step would be or of the implications of this vote. Please make sure to check future issues of this magazine for updates as they happen.

Chosun Taekwondo Academy Hosts USTA Regional Seminar

WARWICK - The Chosun Taekwondo Academy, a traditional martial arts and hatha yoga center located in Warwick, New York, recently hosted the annual United States Taekwondo Association Eastern Regional Seminar at Won Kak Sa Buddhist Temple in Salisbury Mills. The event featured classes in basic technique, self-defense, poomsae, sparring drills, and wood breaking taught by top USTA master instructors including martial arts pioneer Grandmaster Richard Chun. Well over one hundred martial artists attended originating from local area schools including Han Ho Martial Arts, National Martial Arts League, Byung Min Kim's Taekwondo, Long Island Taekwondo Center, UMAC, Haddock Taekwondo Center, The Han Geuk Kwan, and the Chosun Taekwondo Academy.

Master Doug Cook, head instructor of the Chosun Taekwondo Academy stated, "We were delighted and honored to be given the opportunity to host an educational event of this magnitude. Here, the participants improved their skills rather than using them to compete against one another as they would have in a tournament setting. Our school, and others in the USTA Eastern Region, took full advantage of this memorable occasion." In a separate statement, Grandmaster Richard Chun, a ninth-degree black belt, Olympic coach, and one of the highest ranking international master instructors in the United States, supported his decision in selecting the Chosun Taekwondo Academy to host the event by saying, "Master Cook's school typifies the true spirit of taekwondo. His traditional curriculum, geared towards children and adults alike, not only stresses the physical aspects of the martial arts, but the mental and spiritual components as well. The Chosun Taekwondo Academy is one of the most active affiliates in the USTA Eastern Region and this is why I chose them for this honor." For more information on future events, contact the Chosun Taekwondo Academy at (845) 986-2288 or visit their website at: www.chosuntkd.com.



Grandmaster Trần Triều Quân

Interview

By Philip Hawkins © (2006)

Master Trần Triều Quân holds an 8th Degree and is President of the ITF based in Austria. He began his study of Taekwon -Do some 42 years ago in his native Vietnam, during the most turbulent time in his country's history. Vietnam was the first country, outside of Korea, to view Taekwon-Do when General Choi Hong Hi led a military Taekwon-Do team there in 1959.

I found Master Trần Triều Quân polite and easy to converse with. He is a man who has a passionate vision for Taekwon-Do, which is a combination of his Taekwon-Do skill's and his business acumen.

Q: Was Taekwon -Do the first martial art that you studied?

A: Yes. I began my study of Taekwon-Do in 1964 in Saigon under Master Pham Quang Thong. He in turn had trained directly under Grandmaster Nam Tae Hi, who in 1962 had been sent by the President of South Korea, along with four other military instructors, to assist the South Vietnamese government in their struggle against the North Vietnamese. The training itself was very military orientated, as the large majority of Taekwon-Do instructors at this time were military trained.

I was 12 years old and attending high school when I began my Taekwon-Do



journey. At this time we had few facilities so most of the training was conducted outside on the grass.

Q: Under whom did you grade for your black belt?

A: In Saigon, there was a Korean instructors group under the leadership of Lt-Colonel Kim Bong Sik who was chief of the Korean instructors delegation. Two Korean instructors from this group would regularly teach at the high school. As time went on more and more Korean military instructors would arrive and give

countless demonstrations and conduct classes across Vietnam. After three years training I graded under a panel of three Korean instructors from this group. For my black belt examination I performed patterns Hwa-Rang and Choong-Moo, together with steps and free sparring. I also had to break 20 -25 roof tiles and for those testing for 2nd degree and above, the performance of flying kicks was required.

Q: Were you taught Pihan katas or Chung Han Tuls at this time?

A: I have only ever learnt the Chung Han Tuls. Having trained since the 1960's, I have witnessed the development not only of the Tuls but of Taekwon-Do itself (the Chung Han Tuls were introduced to Vietnam in 1964 by General Choi Hong Hi with the assistance of Major Paek Joon Gi Chief Taekwon-Do instructor).

Q: What was the emphasis of your training at this time?

A: Because all of the instructors, both Korean and Vietnamese, had strong military backgrounds the training could be quite "rough" at times and was geared towards military combat. However, we also did lots of sparring which could be considered as being quite risky at times. Of course we had no safety equipment, so contact could be quite hard.

Q: Why was Taekwon-Do so popular?

A: Taekwon-Do was popular for many reasons. The first of which was because of the high standards set by the Korean Military instructors who were sent. Also, I believe it had a structured syllabus, which was easy to teach and learn. Another reason for the popularity of Taekwon-Do was that for training you only required a floor and a roof. There was also the fact that other styles appeared limited in comparison.

Taekwon-Do was everywhere - at the cinema, on television, at practically every special event there would be a Taekwon-Do demonstration.

Q: Did you train under General Choi Hong Hi at this time?

A: No. When General Choi came to Vietnam at this time (1960's), he primarily gave seminars to the high-ranking Korean and Vietnamese instructors. Although he had retired from the military he was still highly respected by both the Korean and Vietnamese military. Wherever he went, many thousands of students would welcome him at the airport. People would

also line the streets to greet him.

Q: Did you follow the ITF syllabus at this time?

A: Vietnam was a founding member of the ITF in 1966 and from 1968 onwards followed the ITF syllabus. An interesting side note to this is that when General Choi visited Vietnam in 1968, Grandmaster Van Binh Nguyen remembers General Choi mentioning the theory of sine wave at the top of the Caravelle hotel in Saigon where they met. Later, General Choi advised me it was the first time he taught the sine-wave movement. This was on his way back to Seoul from Kuala Lumpur, Malaysia.

Q: Did you teach Taekwon-Do at this time?

A: I taught Taekwon-Do at Vo Truong Toan secondary school in Saigon, where it became extremely popular. Again, we would train mainly outdoors on tennis courts.

Q: When and why did you move to Canada?

A: I moved to Quebec City, Canada at the end of 1970 to further my education as I was studying engineering at this time. Taekwon-Do was also still relatively new to Canada. Grandmaster Park Jong Soo was teaching in Toronto and Grandmaster C. K. Choi in Vancouver.

There was no Taekwon-Do in Quebec City at this time and in 1971 I started teaching Taekwon-Do at the Laval University, where I had graduated with a degree in mechanical engineering. I was teaching Taekwon-Do 21 hours a week. It was around this time that I founded the Sainte-Foy Taekwon-Do Club.

When General Choi moved to Canada in 1972 I made contact with him and he asked me to contact Grandmaster J. C. Kim who was now teaching in Montreal, which I dually did. I remember that he had great technical ability but his concept of teaching was somewhat different to mine.



Mission in Vietnam with General Choi in 1990

In 1975, I secured a job with the Government of Quebec which allowed me to start to actively develop Taekwon-Do in the province of Quebec. By 1987 I had produced more than 400 black belts and had 5,000 students in total.

Q: I believe you also had a book published.

A: Yes. In 1981 I had a book published by Libre Expression entitled "Cessez d'avoir peur" meaning "Don't be afraid anymore". It was a self-defence book especially for women. 1982 was a busy year as I organised the 1st Intercontinental Cup held in Quebec City, which proved to be very successful.

Q: Did you hold any positions within the Canadian Taekwon-Do association at this time?

A: I was coach for the Canadian National Team from 1981 –1989. In 1984 at the ITF World Championships held in Scotland, we were the overall team champions. In 1985, I was elected President of the Canadian Taekwon-Do Federation International (CTFI) for two terms of two years respectively, until 1989.

Q: When did you attain your 7th degree and subsequently become a Master?

A: I had followed General Choi's teachings since I began Taekwon-Do in Vietnam. However, our relationship became closer after we both moved to Canada. As time went on I accompanied General Choi abroad on many occasions (from 1979).

In 1990, I visited Vietnam with General Choi for a seminar where I, along with my original instructor, was awarded my 7th degree. It was whilst accompanying General Choi on these trips that I was fortunate to learn so much from him.

Q: Do you teach full time?

A: I have given a lot of my time to teaching and promoting Taekwon-Do. However, I had always maintained my career in engineering working for the Quebec government in the building inspection sector (from 1975 to 1989), after which I started my own company specialising in construction engineering consultancy. In both my business and Taekwon-Do careers I have always worked at "two full time jobs" averaging 70 hours a week! I have been fortunate to have good people around to

help and support me - the benefits of which are obvious.

Q: As well learning the technical aspects of Taekwon-Do were you also learning philosophy from General Choi whilst travelling with him at this time.

A: General Choi was, as we know, greatly influenced by oriental philosophy. He talked a lot about Confucius and other oriental scholars. For me, a Grandmaster/Master has to be able to teach and understand the whole of the art, meaning the technical aspects as well as the philosophical elements. That's why I believe that everything we teach today should come directly from General Choi - not just the technical aspects, but his philosophy as well. In my own schools, I found that from the moment that we placed an emphasis on the teaching of the Do based on the five elements of the Tenets of Taekwon-Do ITF our membership trebled.

We now also place a greater emphasis on the Do in our international courses and are currently implementing it into all our teaching programmes, which will cover the next four years up to 2010. This, I believe, will reward us greatly.

If we look at Asia at present – Singapore, Taiwan and other countries – they have realised that the moral level has somewhat dropped in their society. They have therefore implemented a national policy, based on Confucius teachings, to reverse this trend which will in turn benefit their countries and their economy.

Q: What was the best advice General Choi gave you?

A: If we wish to have success in life and to be good leaders, we must have vision, set clear goals and work hard towards this. I learned the importance of determination and perseverance from General Choi!

Q: Has Taekwon-Do moved away from its Korean Heritage?

A: Taekwon-Do came from Korea and it is

extremely important for the Taekwon-Do leaders to keep teaching the traditional values. The leader of Taekwon-Do may not necessarily be Korean, as General Choi taught. In Taekwon-Do there should be no discrimination with regards to colour, creed or religion. Therefore, the president of the ITF can be of any nationality, providing he is democratically elected at congress.

However, I want to make it clear that this in no way diminishes the respect I have for the pioneering Korean Grandmasters, without whom there would be no Taekwon-Do today.

In 2004 I and many of my fellow Vietnamese Taekwon-Do instructors met with Grandmaster Nam Tae Hi in Los Angeles, USA, to show our respect to the father of Taekwon-Do in Vietnam. He is a man I respect immensely and one who is truly humble.

Another pioneer I have great respect for is Grandmaster C. K. Choi - not only for his technical ability but also for his humble demeanour.

Q: Do you have any Korean affiliates in your Federation?

A: Yes. We have affiliates in South Korea and we hope to increase our membership there. Recently, I had a very interesting meeting with Grandmaster C.K Choi in Vancouver. I'm glad to see what good potential there is in having co-operation from these respected Korean Grandmasters with us.

I would welcome any Korean Grandmasters who wish to truly contribute to our Federation. Personally, I also have good friends in Korea and have met with some of my former Korean instructors from Vietnam whilst visiting.

Q: What qualities do you think a good Taekwon-Do leader should have?

A: I believe that a leader should know and understand the technical aspects of

Taekwon-Do. This knowledge should be combined with good management skills together with a clear vision for the future of Taekwon-Do. The Taekwon-Do leader should also be a good communicator, a humble person and someone who is able to bring people together and set an example that others want to follow.

Since I started my studies in the 1960's I have seen Taekwon-Do change and evolve tremendously up to the present day. I believe ITF Taekwon-Do is a good Art that has a lot to offer both students and instructors alike. I also strongly believe that "politics" have no place in Taekwon-Do. This is why our Federation has no affiliation or link to any Government.

Q: Do you research the scientific aspects of Taekwon-Do?

A: Yes. We have had help from Laval University in Quebec and we are currently looking for more funding as well as input from the university professors. The Canadian government's program is also enabling us to extend our research on the theory of power and the positive impacts that apply to the values of the Do by our instructors and students.

Q: What are your personal thoughts on the use of sine wave motion?

A: Since 1980 there has been a lot of

research with regards to the sine wave movement. I believe that the implementation of sine wave is the greatest thing done in the ITF. In brief, through sine wave, as an integrator for the improvement of power, we can execute scientifically the movement in two phases: relaxing arms, legs and shoulders at phase 1, to recover

the energy after the previous movement; then at phase 2, we increase both external and internal energy, with the hip motion (gaining mass) and the acceleration from the top of the wave in combination with exhaling at the moment of impact of the movement.

You have to remember that back in the 1960's there was no emphasis on breathing whilst performing the patterns.

I suggest to people (who are not yet convinced

about the effectiveness of our way to execute the sine wave) to learn and try the correct method of execution. The benefits are fabulous. Notably, the well-being of the practitioners with regards to the natural law of Ying and Yang i.e. the equilibrium of relax (phase 1) and acceleration motion (phase 2) - the high rate of oxygenation coming from breath control.

Q: How does your Federation intend to develop its technical ability?

A: We have people with excellent technical



ability on each continent. As part of our plan, we intend to have a demo team that can perform on any continent when required. We intend to introduce advanced demo techniques into our international courses. In Canada we have already detected people from white belt who have potential for say jumping techniques/ patterns/ breaking etc.



In the 1960's and 70's the object of the demonstration team was primarily to introduce Taekwon-Do to various countries, whereas today Taekwon-Do is known universally. So the object of the demo team is to promote the correct techniques/ standards of the true ITF Taekwon-Do.

Q: What objectives do you have for the future?

At present the ITF has significant representation in 68 countries. However, our main objective is to introduce Taekwon-Do into countries where there is no ITF Taekwon-Do and help them develop. We have many Masters to support this move. We also hope that many who practice Taekwon-Do, but have no affiliation to the ITF, will join us. The information that I have is that there are some 40 millions of people studying Taekwon-Do worldwide, but many have no affiliation to either of the main bodies ITF/WTF.

Q: How do you see your own future?

A: I am first and foremost a Taekwon-Do

man. I started at the bottom some 42 years ago and have now been democratically elected as President of the ITF. My plan is to realise the commitments and to structure the ITF as a professional worldwide martial art organization, and to be able to provide high quality services to meet the expectations of our members. We have a good team that works well together to both teach and promote Taekwon-Do. I also wish to see the true history of Taekwon-Do promoted. Finally, I would like to be able (at the middle term) to have more time for my family and to write books to share my vision and experience about Taekwon-Do.

Thank you for sharing your thoughts with us.

I would also like to thank Master Nardizzi and Mr Dennis for their help in arranging this interview.

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Ch'ang Hon Taekwon-do Hae Sul

Real Applications To The ITF Patterns

By Stuart Paul Anslow

Part 10

Patterns: Form of Exercise or Form of Self Defence?

*'We do not rise to the level of our expectations.
We fall to the level of our training'*

In this month's article we challenge the belief that patterns are simply an exercise rather than part of Taekwon-do's self defence system...



Taekwon-do Patterns Are Only For ... (insert here)

Many students are lead to believe that patterns are simply a form of practice for balance, fitness, poise, technique, smoothness and other reasons, totally disregarding the self defence aspects. Though when asked to recite the definition of *Tul* (Patterns) they happily stand there and say "*Tul is a series of offensive and defensive movements set in a logical sequence against one or move imaginary*

opponents."¹ This is the standard definition of patterns that virtually all students give but still it is ignored! A series of offensive and defensive movements sounds like self defence to me! The word '*opponents*' also implies the same!

In the Encyclopedia, General Choi states '*Patterns are various fundamental movements, most of which represent either attack or defence techniques, set to a fixed or logical sequence*'. He further goes on to

mention the other benefits of practicing patterns, but before the extra benefits, it is stated that patterns represent self defence techniques, set out logically to aid the students practice, meaning the foremost purpose of patterns, is the practice of self defence. Besides, does anyone really think someone would spend forty plus years developing a system for balance, poise etc and via so many exercises (i.e. the 24 patterns)!

I can see how some may form the conclusion that there is little realistic self defence value in patterns training. The reasons may be as follows:

1. The lack of variety in each movements as to its actual usage
2. The lack of any application beyond blocking and striking (with a few exceptions)
3. The seemingly static stances and pattern movements
4. The basic applications often shown
5. The way patterns don't seem to correlate to sparring
6. The way they are taught in standard classes (as just movements)
7. The emphasis on technical excellence for competitions
8. The opinions of their instructor/group/association, fellow students or other martial artists

This is further enhanced by instructors and

organisations, especially in regards to competition and the emphasis placed on technical merit to win gold medals. The spreading of Taekwon-do around the globe also has a part to play in this, as General Choi's first concern was *uniformity* and this is the way pattern seminars have been conducted the world over, with little of no time being given to the self defence value.

Taekwon-do Patterns Are For Historical Purposes

Aside from the definition of Tul, which clearly states that patterns are a form of self defence, I cannot really believe that General Choi spent over forty years creating something for historical purposes only. In relation to the above, many feel they are unrealistic and these reasons have led to the conclusion by some groups or instructors that the usage and practice of patterns are for no more than historical purposes, allowing them to spend less time on them and more time on getting ready for tournaments etc. As a side note, General Choi was opposed to tournaments as he felt they didn't show Taekwon-do in its proper light and that parts of the art have to be changed or forfeited to ensure the safety of the participants and to a large degree he was right. Pattern performances really only show the shell and from that, no one can tell if the egg inside is good or bad or even if it has yolk at all! The focal point of patterns training today is to excel in tournaments and the same is true with





student to develop this area any further than stage 1 of patterns training, as listed in the forthcoming chapters.

Patterns Training Is Dead Training

Some martial arts that place no value on pattern practice also help to propagate this fallacy by pointing out the above and claiming:

- *Patterns training is rigid, static and dead training, as there are no resisting opponents*

Well they are if they are looked at in that way and have no self defence value above learning techniques and how to distribute power into them, but as you will see in the forthcoming chapters, this is not the way it should be, was meant to be, or has to be!

- *When you spar you do not use the movements/techniques as they are in patterns*

Though this is debatable depending on what you term sparring, as it is largely based on the assumption that all Taekwondo sparring is performed like competition sparring. It also pertains to sparring being confused with fighting or self defence, but as any self protection instructor will tell you, competition based sparring is far removed from either self defence or fighting.

Competition sparring is just that – for competition. Traditional 'all in' sparring allows greater use of the patterns movements, especially the ones listed in this book, and is more akin to fighting than competition, but is still not the exact environment where patterns are most suited as you will see. This is also discussed in depth in the forthcoming chapters.

Patterns Don't Work

Some 2000 years ago, Cicero, a

regards to sparring being totally tournament based in many clubs – is it any wonder the more underlying benefits of patterns have been almost phased out!

Personally, I had a good tournament career and feel they are both enjoyable and beneficial to students. They even contain a few elements that overlap fighting or self defence and are beneficial to this area as well, like adrenaline management and confidence. But, competition sparring is not fighting and

training patterns solely for competition ensures the student misses out on the real purpose of patterns and doesn't allow the



Roman orator listed the '6 Mistakes of Man'. Number 3 was '*Insisting that a thing is impossible because we cannot accomplish it.*' It is therefore feasible that though some may see little or no value in the training of patterns it could simply be because they were unable to make them work for them or more likely, were not willing to invest the time and effort to do so, deciding to *quit* patterns practice to concentrate on areas they felt were more beneficial. This is not to say they were wrong, it was their path, it is however wrong to denounce something just because *you* personally see no benefit in it, even when others do. Others simply '*talk the talk*' of their instructors without ever actually knowing themselves as they have started an art that has this ethos.

History however, speaks for itself, as for every credible instructor that denounces patterns as not working or as dead training, there are hundreds or more acknowledged masters and highly regarded students that went before them, that saw them as the complete opposite, enthused their benefits and trained them to extremes, many of these masters are legends in the history of martial arts but others still live and breathe, putting into practice everyday the benefits of their arts patterns or kata, in fact, one of the senior police trainers in Okinawa is an expert in kata applications and this is how



16 - Totally Tae Kwon Do

he teaches the officers under him.²

I have yet to hear of a highly accomplished patterns or kata master, suddenly denouncing the training of them and if they did, this would carry far more weight in my mind than someone who has never placed a concerted effort into patterns study or effort in training that area in the first place. Only one who has in-depth knowledge of something in the first place can denounce it as useless!

Making Patterns Come Alive

The problem is that often, due possibly to the reasons mentioned above, that the patterns are not studied or taken to the depth of training that they could be. Students reach 1st or 2nd dan and feel they are advanced, whereas 1st degree is just the start of training, meaning the student has a good grasp of the basics. The student then feels that patterns are repetitive, or wonders what's the point of simply learning new sets of movements with no basis and drifts towards competition or sparring and finally feels they are a waste of time and effort, simply doing them because they are a student in a Taekwon-do class, to prepare for tournaments or in order to pass their next dan grade. For some students, this is often short lived as they decide their time could be better served in other areas of training. All this can be rectified by following the training methods detailed in Chapter 5 and a new appreciation of the patterns can be gleamed, as the real benefits of pattern training becomes apparent.

Patterns Technique Common Misconceptions

There are a multitude of misconceptions or problems that exist due to the way techniques or patterns are trained that are present within the Taekwon-do world today, these are:

- **There is only a single application to each technique:** *This reasoning is usually apparent due to the*

encyclopedias. If taken word for word and picture by picture, yes this can be the case, but upon deeper exploration or even if being taught by different instructors, you will notice differences, not only in the execution of the application, but the way they are performed and their purpose.

- **A block is a block and a punch is a punch:** Again, if the patterns section of the manuals are followed word for word, with a few exceptions, this is the case. But if you look at the Hosinsol sections, you'll see a multitude of applications that consist of releases and break techniques. Furthermore, following Taekwon-do's roots or listening to other first generation instructors, we clearly see that both a block or a strike can be something different.
- **A blocks application is the end of the movement:** On the contrary, even if you did feel a block is just a block, as Taekwon-do blocks are meant as interceptions of attacks, the point of impact will not always be where the block finishes in the pattern but somewhere between the chamber and the finishing motion. In this book, we further expand on this to take into account the whole of the technique, from the chambering to the finish position of the block.
- **A kick should be held out:** This is a

problem that has occurred with the relevance of competition in Taekwon-do and because grading examiners need to actually see techniques. In patterns, kicks are left out to show the artistic side, in sparring kicks are soft, or flicked, as scoring is more important than technique. In reality, both ways would mean trouble and that the leg would be easily caught. Students should always bear in mind, if the leg travels 60 mph to kick, it should travel back 70 mph and never be held out longer than a split second.

- **A movement finishes at point of impact:** A problem with practicing patterns solo is that we are trained to see each movement with a start and finish point. IE. When our punch is out, that is the finish. But in actuality, a technique finishes at the chamber for the next movement. In reality, this would allow our technique not to be grabbed, the same way in which I have mentioned the kicks above. I was always taught to flow between movements and never remain static or solid after a technique, this goes in line with this as well as the 'water' principle mentioned under the scientific applications section of this book.
- **Black Belts should spend their time perfecting techniques:** This is true in a way, but also seen out of context. Yes, we should all endeavour to make our techniques better, faster, stronger etc, but how much better is your front punch



going to get as you progress up the dan grades? Black belts have the time for exploration, change 'perfecting' to 'inspecting' and we can see the direction a black belt should be heading with regards to the patterns in Taekwon-do.

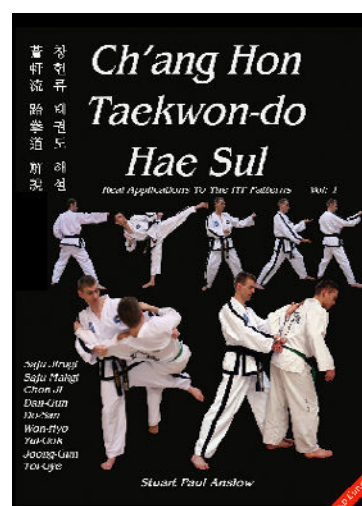
- **Every technique has a combative purpose:** *Through my research for this book, I have found that certain movements contained within the patterns are not intended to have actual combative purposes, though they often include a secondary application that could be utilized if desired, but their main function was not one of combat, but more for specific training of an individuals body.*
- **To block you move back:** *Ask a student to show you a block from Taekwon-do and they inevitable perform it moving backwards. Within the coloured belt patterns, there is not one block that takes the student in a backwards direction and this is because blocks, when used as blocks, should intercept an attack (as detailed in Chapter 2) to nullify the power of any incoming attack or strike before it reaches its peak of full power. To do this to a live opponent takes a high degree of skill and confidence, never the less, one step and hosinsol are usually introduced at 4th kup (blue belt) levels, where skill and confidence are coming along nicely, not to mention technique, timing and co-ordination, so this element should be continued in such practices.*

The Bottom Line

Though many will quote it as such, patterns, especially for black belts (but not just black belt patterns), are there to be explored. There is no totally right way and consequently there is no totally wrong way, however, should an application seem really implausible or doesn't adapt to the movement practiced, then it probably is and we should look else ware. Patterns can be a journey of self discovery for the enlightened student, or they can simply be a journey bogged down with little irrelevant details and neither enhance the student, nor the art and simply follow political lines and wrangling's of associations as they vie for power or claim to be 'the one'.

¹ Encyclopedia of Taekwon-do, Vol 1: Patterns (Tul)

² As viewed in the National Geographic Channel series 'Deadly Arts' with Josette Normandeau, now available on DVD



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"Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns"
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About UITF-AF-Iraq

By David Lyles

Unified International Taekwondo Federation-Armed Forces is a sub-federation under the Unified International Taekwondo Federation, established to serve DOD service members and civilians who practice Taekwondo. Victory Taekwondo Club is based at US Military Camp Victory, Baghdad, Iraq with members representing all branches of the United States Military, and DOD contractors and civilians. The club adheres to the same ITF principles, standards, and procedures which guide the way the schools teach, promote students in rank, and project their image and reputation within the VBC community.

Victory Taekwondo Club follows a developed and certified a comprehensive training and fitness program for instructors and students to follow. This enables all to advance at their own pace and ensures that UITF-AF-Iraq is able to meet the needs of all students.

Victory Taekwondo Club is especially strong in the way of tradition as handed down by GEN Choi Hong Hi, Taekwondo's founder. The structured classes, discipline, and respect that are reinforced each day give each student tools that they can use throughout life, regardless of their technical skill. Victory Taekwondo is building a reputation throughout the VBC community upon maintenance of a high standard of excellence. The organization has strict training and promotion standards, adheres to the Tenants of Taekwon-do, and does not allow any negative, aggressive behaviour, or any misuse of Taekwondo in any manner.



Fundamental Exercises



Dallyon



Sparring

Victory Taekwondo Club is instructed by MAJ David C. Lyles, 4th DAN UITF. Clare Hearl, 3rd DAN, WTF. Victory TKD is proud to be associated with the Unified International Taekwon-Do Federation under the leadership and mentoring of Grand Master Hwang Kwang Sung (UITF) and Grand Master John Pelligrinni (ITA/WTF). The goal is to continue to spread the beauty and benefits of original Chang-Hon Style of Taekwon-do as pioneers such as Grand Master Hwang originally done. Through a system that trains today's military personnel and a way that will allow them to train and teach others regardless where ever they may stationed in the world.



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Self Defense



Forms



The TKD Clinic

With Glenn Smits



Hello.

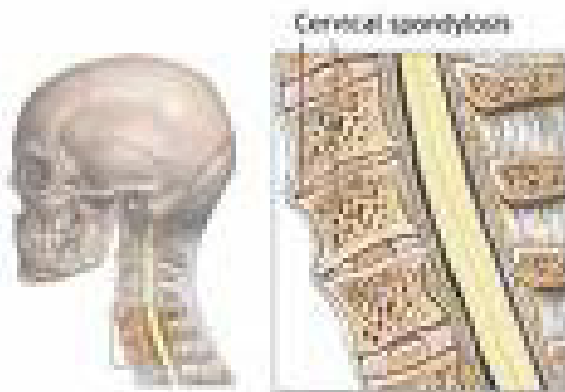
I have been diagnosed with CERVICAL SPONDYLOSIS and I would like to learn more about what this condition is, what it means to me and the steps I should take to prevent further damage. I am really not sure what caused it, but I do remember having a problem with my neck when I was younger, although healing time was much faster. Now, if I injure the neck it feels like a pinched nerve and I cannot move in a normal way for more than a week.

If possible, please specify what steps to take to prevent injuries and what exercises to do to strengthen the area. Also if injury does occur, what methods should I use (ice, heat, massage, etc.)? Can supplements help? As a Taekwondo practitioner, I have, unfortunately, pretty much given up on sparring because I'm afraid of impact to the head that can cause injury. How else should I adjust my training? Any advice is much appreciated.

***Regards,
Alek, United States, currently residing in Ireland***

Hi, Alek, and thanks for the question. Cervical spondylosis is essentially degenerative arthritis of the vertebrae and

cartilage (intervertebral discs) of the cervical (neck) spine. It is a slow, chronic and progressive disease that unfortunately there is no cure for. Statistically, 70% of us will have it to some degree by age 60 and it is considered to be a normal condition of ageing. At younger ages it can be precipitated by a neck injury or one can have a genetic predisposition to develop it. Men seem to be more prone to develop it than women, and that could be because men historically have participated in both sports and jobs where neck injuries would be more common.



What happens in this condition is that over time the discs, which act as cushions between the vertebrae, and the vertebrae themselves start to degenerate or wear away. Mineral deposits and bone spurs (osteophytes) can also develop and can eventually put pressure on nerve roots coming off the spinal cord, and eventually the spinal cord itself can become impinged (pressure placed upon it by the surrounding bone). The attached illustration demonstrates what this would look like. The lines indicate the narrowed vertebral spaces caused by the disease. Symptoms can include neck pain, headaches, numbness and tingling of the arms and hands (paresthesia) and in severe cases can even affect the bowels and one's ability to move

one's bowels or urinate. In the most severe cases surgery may be required to alleviate the pressure by removing the offending disk or bone spurs, or by fusing the vertebrae.

Now, I hope I haven't frightened you because those last scenarios are in fact very rare, and surgical intervention is almost never necessary. However, if you ever start to experience any of the things I've described it would warrant a visit to your doctor right away. Now that I've given you all the bad news, let's talk about some things that can be done to maintain function and slow down the progress of this disorder. First, you must avoid purposefully placing yourself in situations where further injury to the neck could occur. So, giving up sparring until you had more information was probably a good idea. Participating in any sparring, especially if head and neck contact were allowed would be contraindicated. Even taking a good body shot, say, from a side kick that would cause the head to violently be jerked forward and back (whiplash) could cause serious harm and possibly hasten the progress of the disease.

Anything that gets a good blood flow to the neck area is good to do. I've attached an illustration that demonstrates some stretching and other exercises that can be helpful. Range of motion exercises such as nodding your head up and down, rotating your head in circles and strengthening the neck muscles can be useful. Isometric type exercises such as placing your hands on your forehead, behind your head and on the sides and pushing against your hands with your head can be done several times a day. Hold pressure for several repetitions of 20-30 seconds each. Keeping the neck muscles supple

and strong can assist in alleviating some of the pressure being put on the nerves. Modalities such as massage and acupuncture can also be very beneficial. I myself have treated patients with this condition and had very good success with keeping them pain free. Practice good posture. If you sit at a computer a lot, take frequent breaks to avoid holding your head in one position for a protracted period of time. Always wear a seatbelt when you drive. High impact activities such as running on a hard surface should also be avoided.

Lastly, maintain a healthy body weight and follow good dietary principles. Avoid foods that may cause inflammation. Sugar is a big culprit here and so is dietary fat. A good multivitamin is essential and ensuring you have sufficient amounts of calcium, magnesium and vitamin D3 – all essential for good bone health – is paramount. Make sure you get enough sleep. Special cervical pillows are available to relieve stress on this area during sleep. Lastly, do your own research. There is a ton of information out there about this disorder since it is so very common. Become

educated about the disease itself and your options. Hopefully this will be a very, very slow progression in your case and there are things that you can do to ensure that. I regret that I don't have good news for you with regard to your Taekwondo training. It may be something you might have to consider giving up if you wish to stay healthy. That final decision will of course be between you and your doctor. I hope you've found the information I've

shared with you useful and wish you the best of luck and good health in future.

Yours in training and good health,
Glenn Smits



"The TKD Clinic"



Each month Glenn Smits will be able to answer selected questions on health, well being, physical training and advise on the treatment of Tae Kwon Do sustained injuries.

Please send your questions to Glenn via TKDClinic@totallytkd.com ensuring "TKD Clinic" is in the subject line

Please be as descriptive of your issue, problem or injury as possible to allow a correct response. Please include your name and country on any emails sent and state in the email if you do not wish your name to appear in the magazine.

While there can be no guarantee that every question will be addressed, Glenn will attempt to answer two or three questions each month that he feels will be the most informative and beneficial to readers.

Glenn Smits started his martial arts training in 1963 and started training in Tae Kwon Do ten years later. His one and only Tae Kwon Do instructor has been and is Grand Master Kwang Jae Lee. Over the last 30 plus years he has actively participated and promoted Tae Kwon Do as a competitor, instructor, coach and long time commercial school owner. He is a Licensed Acupuncturist and Chinese Herbalist currently in private practice specializing in sports and rehabilitative medicine as well as pain management.



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How Can We Become True Martial Artists In The 21st Century ?

**By Grand Master Trần Triều Quân,
President of the ITF**

As you know, my vision of Taekwon-Do as ITF leader involves developing the full potential of our martial art through four facets: sport, martial art (self-defence), way of life and tool of social development. I presented it the first time as part of my speech after my election in Warsaw in June, 2003. I also presented to you my point of view about the learning and teaching of the Do in ITF-Taekwon-Do in the Message of the President of April 2004.

In the present message, I would like to comment on *how to ensure a clear understanding and application of the tenets of Taekwon-Do and the student's oath, as members of the ITF, in order to become true martial artists in the context of a modern society in the 21st century.*

Martial art is an art of combat. It focuses on how to survive against physical attacks to preserve our physical integrity when confronted with aggression. In ITF-TKD, our founder, General Choi Hong Hi, has developed an ITF technical system that is complete and effective. We are proud to have its explanation available in books, as well as on CD-ROMs and videos and other means of dissemination. It does make it easier for us, all around the world, to practice it the same way.

Since 1979, I had opportunities to visit many dojangs on different continents. I would like to point out that we still need to improve the effectiveness of our training, particularly our skills for close combat. Indeed, in many places, our members

practice ITF-TKD simply for fitness or mainly as a sport for competition where the rules restrain the effectiveness of TKD techniques to ensure the safety of the competitors. It is very good. However, if we want ITF-TKD to be truly a martial art, we also need to train our members to adequately respond with self-defence techniques when our lives are in danger or when we are facing dangerous aggressors. The ITF encourages all grandmasters, masters and instructors to pay more attention to this matter. The ITF Technical and Instruction Committee will provide, through our seminars and ITF website a comprehensive documentation and programs to teach self-defence more effectively in the near future.

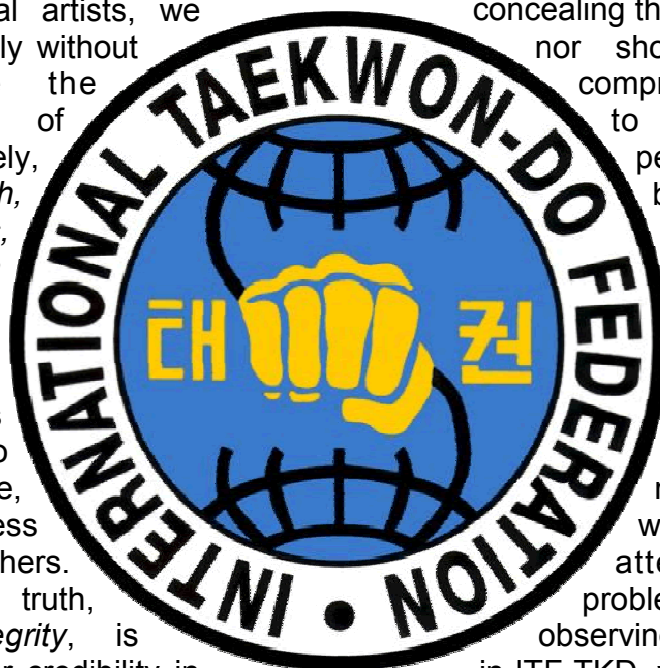
It is important to use ITF self-defence techniques in real life only when it is absolutely justified to do so. Taekwon-Do can be a lethal weapon. It is like a knife. If it falls in the wrong hands, it can be misused. Teaching a sense of morality and ethics to students of Taekwon-Do provides an effective way to prevent the misuse of Taekwon-Do. If someone takes up training in ITF-TKD with the intention of becoming a street fighter, he must soon give up the notion of street fighting or give up his training. I urge grandmasters, masters and instructors to study and teach the DO to their students to prevent the misuse of ITF-TKD. It is a matter of professional and ethical responsibility.

For your information, for the ITF Congress of July in Germany, I am preparing a

presentation of the basic master program for teaching the DO along with an Instructor's manual to facilitate the implementation of the program. Its content is the result of our intensive work of the last two years on this important matter. I will recommend to the Congress to adopt this program for gradual implementation at worldwide level. This strategic action will be beneficial to our members. It will allow our organization to achieve the vision that I described earlier, which involves developing the ITF as a true international martial art organization.

As authentic martial artists, we must know and apply without any compromise the values or tenets of martial arts, namely, *respect the truth, respect our masters, and live in accordance with strong moral principles*. Here is why being truthful is important if we are to have a stable life, long-term happiness and be trusted by others. Respect for the truth, reference to *integrity*, is critical to ensure our credibility in society and to secure inner peace. It helps us to have good relations with good people and, more colloquially speaking, to sleep well at night!

The martial art system is a hierarchical system. It emphasizes respect toward grandmasters, masters and seniors. We value loyalty, gratefulness and respectfulness in our structure. In ITF-TKD, it is important to understand and apply correctly these principles, especially as practitioners in the context of modern society. This is why the ITF Board of Directors adopted last year By-Law No.1 which contains article 3k) and article 7.5.2 to ensure this practice.



The DO in Taekwon-Do shows us the way. Life is like a path or a road. We travel through life just as we travel a road. If we want to be successful in life, we need strong moral principles. A true MASTER (called "Si-fu" in the Chinese language) provides *guidance* to his students. He is responsible for showing them the way. He helps them to walk on the right path by teaching them how to identify what is RIGHT and avoid what is WRONG. It follows that the MASTER should not use his position, as teacher, to misguide his students by knowingly misrepresenting or

concealing the *truth* to his students, nor should he make any compromise with any party to further his own personal, political, or business interests at the expense of the best interests of his students.

The role of the MASTER is critical in the development of a martial art. On this, I wish to bring to your attention a serious problem. I have been observing for many years that in ITF-TKD, we seem to have a lot of misunderstanding of this role. Furthermore, it is also misused.

Here are some examples:

Let us consider a business relation between a master and one of his students working as instructor. The master may use his position to dictate the terms of the business agreement and leave no choice to the student who must accept his terms or else. This is misused of power. A master should not use his position to take advantage of students in business deals. Since his students are benefiting from his knowledge, his skills and his interventions, it is fair to have a business arrangement that provides a financial benefit to the

master. However, the benefit should be fair and justified. The ITF is concerned about the preservation of the good relation between masters and his students regarding this delicate matter. This is why we have adopted the Policy Guideline that allows our grandmasters, masters and instructors to arrive at fair agreements to share benefits such as examination fees.

A MASTER is like an educator. His main function is to provide students with the knowledge and the skills they need to become self-sufficient and productive members of ITF and society. He provides moral guidance to his students. He helps them to become good citizens, good leaders. Teaching ITF-TKD goes way beyond teaching techniques. It involves teaching moral values. A good master must practice what he preaches. He must set good examples and be a champion in the application of these values in his every day life. This is the best way to teach students.

If a MASTER does not do what is RIGHT, a student does not have to obey or follow his master. He has the right to analyze carefully the situation with the other students using the moral principles promoted by ITF-TKD. The students should go and see their master to discuss respectfully the matter with him to make him aware of the problem and its consequences and to convince him to change his mind. If the master does not want to acknowledge his mistake, then, the students do not have to agree with their master and should take action accordingly. This does not mean that they should speak ill of him or try to destroy him. They should simply dissociate themselves from him and go to a higher authority in the ITF to bring the problem to their attention. The ITF will analyze the situation and intervene in accordance with the ITF Constitutions, By-Law, Rules and Policies. It does require indomitable spirit to do, but it is the right way in the true martial art. Respect is not a right. It is a privilege gained by providing

knowledge and teaching strong moral values to his students. A good master will respect his students and will not use his position to exploit them or to keep them under his control. Instead, he will help them to grow and become self-sufficient. He will be happy to see them become good and productive members of ITF and society.

The relationship between masters and students is like the relationship between parents and children. Parents raise their children. They take care of them. They help them to grow and become adults who are responsible and able to take care of themselves. Later, children leave their parents and they become parents themselves. It is hard for parents to see their children leave home. But it is the way. Children are not properties that parents can keep or use for their own benefits, such as taking care of them when they become old and sick. Likewise, students are not masters' properties. A true martial artist will educate students and allow them to grow and travel the road by themselves and become leaders of TKD and leaders of the world. He will set them free but he will remain available to provide them with guidance when they call upon him for advice. Such a relationship can develop and prosper only when there is mutual respect between masters and students.

Finally, I want to clarify another misunderstanding in relation to the notion of *RESPECT*. It is not the same as worshipping, which amounts to "personality cult." Respect that is so blind as to not to be able to recognize what is wrong in the other persons is dangerous. It does exist in ITF-TKD. To respect someone merely because of his high rank is not acceptable. A master must be worth the respect from his students and must maintain the highest standards in terms of moral behaviour. Students who are treated well, fairly, and respectfully are more likely to show respect and gratitude toward their master. In short, respect is not something that we can

command. It is something that we earn. This is true respect in the martial arts!

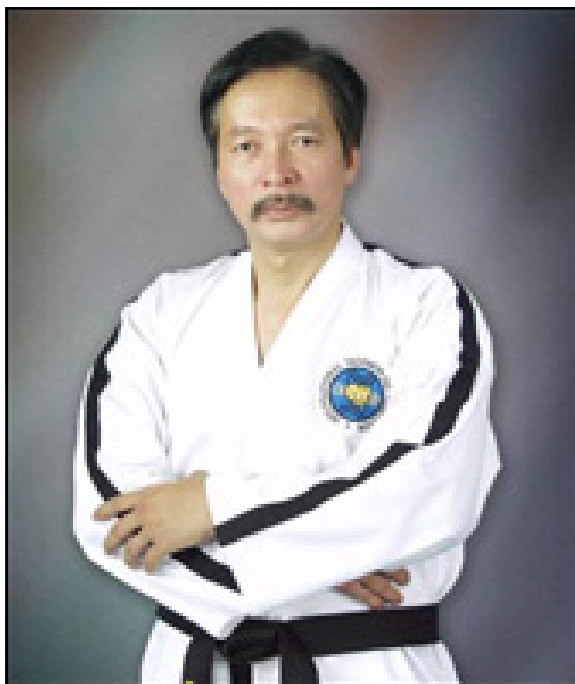
Further Comments:

There are instructors who go up in ranks. When they reach 4th degree, there is too often a sudden change in their attitude towards their master. A member of ITF must remain the same person with the same respect for his master. Humility and gratitude are important values to live by. I was witness on many occasions that instructors who quit their master for power or money regretted it later on when their own students did the same to them! Therefore, living with moral principles will guarantee to you long success and continuous happiness!

There is too much politics in Taekwon-Do at the present time. People are confused and some of them are mere opportunists. Recently, I received a letter from an instructor who wanted to blame me for creating division in ITF. He was asking that I make an attempt to reconcile with Mr. Chang Ung for unification of ITF Taekwon-Do. Such misunderstanding is regrettable. The fact of the matter is that it is Mr. Chang Ung who acted against the ITF Constitution in Pyongyang by proclaiming himself President of the ITF without being duly elected by the Congress. He is the one who divided the ITF. I did not run for president of the ITF because I had a big ego or because I wanted to have power. I ran because I wanted to preserve the fundamental values of ITF-TKD: fight for justice and democratic principles. I did not want ITF-TKD to be used for political purposes. Instead, I wanted to work so that General Choi's legacy be continued with

the development of a renewed vision combined with a strong and functional organizational structure.

A true martial artist continues to practice even when he reaches higher ranks. Too many high rank black belts gave up the practice of TKD or practice too little. It is a mistake with regard to the way of life. It also contributes to a loss of respect from students when teaching. General Choi used to say during his seminars: *"You cannot teach ITF-TKD just by mouth. You*



must demonstrate your competence by your ability to execute techniques well or by your knowledge." This emphasis on practice is consistent with the ITF policy regarding promotion to 7th degree and higher in that promotion as it is not based merely on seniority but on competence, achievements, credibility, character, and so on.

Finally, I sincerely hope that the above message will help you to understand that there is consistency and coherence in the vision, By-Law No.1 and policies of the ITF over the last two years as well as my interest in serving the ITF and that you will act accordingly with it in order to be a TRUE martial artist and ITF member in the modern era.



Master Trần Triệu Quân
ITF President

Article first published in 2005

NB. The ITF documents mentioned in this article can be read at http://www.tkd-itf.org/pub_web/ver_eng/PMTTQ03042005.html



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The Lost Art of Tang Soo Do

Part 1 - Curriculum Analysis

By John Kedrowski

Tang Soo Do is a popular Korean martial art that has practitioners all around the world. The art has incorporated elements of Chinese, Okinawan and Japanese martial arts in a synthesis that has produced a great art to practice. Yet, along its syncretic lineage, Tang Soo Do has lost some things. Important elements that were part of the Japanese, Okinawan, and Chinese roots were left out of the synthesis. In a first of its kind book, I have traced the history of Tang Soo Do through my lineage and back into Okinawa in an attempt to not only discover the missing pieces, but also to suggest a curriculum for teaching them as part of the art.

I have drawn upon my own training in various styles of karate and other martial arts, my travels and research in regards to this topic, and my experience as an educational professional with graduate degrees in curriculum and pedagogy to perform this analysis. The end result is an exciting recasting of many old themes into modern forms that have the potential to take the art of Tang Soo Do into a new direction.

The Missing Pieces

Tang Soo Do is like a building constructed from the materials of necessity. We have pieces of arts spackled here and there in order to fill in the cracks and hold the whole thing together. Yet, there are some common elements that most

Tangsoodoin share. These elements are Kicho (basics), Hyung (forms), Ill Soo Shik (One steps), Ho Sin Shul (self defense), and Deh Ryun (sparring).

These curricular elements are shared entities throughout many other Korean Martial Arts and they owe their roots to Japanese Shotokan. Kihon (basics), Kata (forms), and Kumite (sparring) form the backbone of the immediate root art for Tang Soo Do. My book goes into detail on Tang Soo Do's syncretic lineage and gives

the reader a clear vision as to how the art was transmitted from Okinawa, to Japan, to Korean, to the United States, and finally to me. Suffice to say, that analysis falls outside of the scope of this article. Instead, we will address the various results curricular subtractions,



This throw is traditionally what Wansu hyung was known for

misunderstandings, and obfuscations have brought about.

The missing pieces involve all of these traditional curricular elements and cannot be addressed by attempting to deal with each individually. This is because of the haphazard way in which the art came together. There is a manifold discontinuity in this edifice that needs to be addressed. The lack of a coherent thread that pulls all of this together to achieve ultimate instructional goals has led to the general disarray in the Tangsoodoin's understanding of what it is they are actually practicing, why they practice it, and how they practice.

My corrective suggestion for dealing with this problem is that we focus on our hyungs when building our curriculum.

Traditionally, these constructs were designed in order to transfer an art that could be used to preserve one's life in dangerous situations. As this is a central goal for many people's practice of Tang Soo Do, probing the root arts for clues as to how this was done and innovating new solutions to meet the needs of our current environment is paramount.

The following is meant to form a philosophic basis for the formation of a hyung-based curriculum. These principles will inform how we practice the traditional curricular elements that most tangsoodoin are familiar with. The end result of all this will convert the ramshackle edifice that we

currently deal with into one that is focused upon clear goals and provides a clear vehicle for a student's progression towards those goals.

Understanding By Design

Understanding by Design is an educational model similar to the business model known as Zero-Basing. In both, all elements of a system are evaluated against a set of objectives, or, as in the case of education, enduring understandings. These objectives become the driving force behind the construction of structures designed to deliver a product, whether that be something material or academic.



These techniques are a far cry from what is typically found in Il Soo Shik or Ho Sin Shul, however, they are ubiquitous throughout our hyungs

In the case of Tang Soo Do, the objectives of the art have changed many times through its lineage. Often these objectives simply were misunderstood, but at other times they were deliberately obfuscated and changed in order to create an art very different from the parent art.

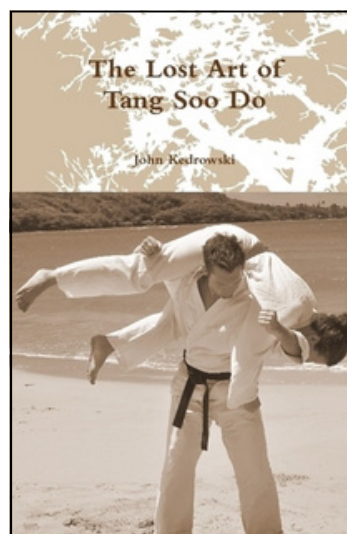
Before we can move forward with the construction of our curriculum, we need to learn view our objectives. It was stated before that the moves in our hyung are not the singular sequences we typically see practiced as kicho in most dojangs. The real "moves" are strikes, locks, throws and takedowns, nerve strikes, and ground fighting techniques.

With that being said, how does one view the moves in the hyung in order to "see" their real nature?

The answer to this question starts with Itosu Sensei, the man who is largely responsible for the popularization of Karate worldwide. If you look at modern Karate, the kihon, kata, and kumite pattern is ubiquitously shared amongst many styles. They basically follow the model that Itosu Sensei created for Imperial Japan's Ministry of Education. The line drills of basic techniques, sanitized kata, and a limited form of sparring were all created to be practiced safely by children in school.

Personally, I think that one of the reasons that Modern Karate is so attractive to parents and kids is because this is what Itosu's intended to create. As a trainer of teachers, I think that he had an intuitive understanding of development so that he could really go about designing something that would be appropriate for children. Karate was intentionally watered down and made safe and this is what was passed on to most of us originally.

of curriculum analysis and will apply them to Tang Soo Do and martial arts in general.



A full description of the curricular elements, teaching methodologies and a suggestion for rank requirements can be found in my book, The Lost Art of Tang Soo Do. It is available here...

Part Two will cover the education principles

<http://stores.lulu.com/store.php?fAcctID=4328395>



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Master Philip Ameris



TOTALLY TKD MAGAZINE WANTS

YOU”

Totally TKD Magazine

Wants You! - Master Philip Ameris

By The readership

Master Philip Ameris

A 7th-Degree Black Belt with 39 years of experience in the martial arts, Master Philip Ameris is Grand Master Hee Il Cho's senior student and technical director of the Action International Martial Arts Association. He has won numerous national and international championships and was the Captain of USA Taekwondo team for the 1988 World Championships. Master Ameris is the chief instructor at Cho's Taekwondo in New Kensington, PA. He has traveled throughout the world teaching seminars and clinics on traditional Taekwondo, as well as developing R.A.P.E. Defense™ - a proven and effective course on women's self defense.

Master Ameris has dedicated his life to studying the way of Taekwondo and teaching traditional martial arts methods and values and that's why Totally TKD magazine wants him!



association web sites or their club/personal web sites.

Then, when you think of someone, please do the following:

1. Find a photo of them on the web

2. Email me

(editor@totallytkd.com)

their name, organisation + the photo or a link to the photo

The magazine will then put their picture in an issue, in the hope that it will motivate them to send some good stuff for publication in the magazine! Remember, articles can be ANYTHING TKD related.

If you send something, we won't print your name

This new section of the magazine is to try to entice certain Taekwondoists into submitting articles to TotallyTKD magazine.

We put a request on a couple of forums asking members to email names of Tae Kwon Do authors who they have read good articles by in the past. Now that request is expanded to the whole readership of the magazine.

All you to do is have a think about Tae Kwon Do people (of any org, style or system) that you remember has written some good TKD related stuff. This can be in magazines, association news letters,

(so no-one can get in trouble because of politics) and it may prompt them to take action and a win win situation occurs - the magazine gets good articles and they and their organisation gets great publicity!

Please note: We don't just want a list of TKD people you like, or people you may want interviewed etc. (though feel free to take that gauntlet up - that would be cool), but those who you recall wrote stuff that interested you, even if you can't quite remember what it was exactly.

PPs. Remember - Name, org and picture

Can You Talk Taekwon-Do?

By Earl Weiss

In previous issues of **Totally Taekwon-Do** I stressed the importance of understanding General Choi's terminology vis a vis technical parameters. In issue two I addressed the concepts behind Strike, Pierce and Thrust and in issue five I addressed the parameters involved with *Levels* of techniques.

General Choi would often say *"You must use precise commands to instruct the troops."*

Many concepts behind Taekwon-Do techniques are not easily explained in everyday terms. This leads to confusion if the everyday meaning is substituted for the use of a term as specified by General Choi. Another problem lies in the fact that the system of terminology is not perfect. This is not an overly harsh critique of General Choi's system. I do not know of any other martial art system that would stand a similar test of time being dissected by millions of practitioners. If you do not practice General Choi's system, you may want to stop reading now. However, I know of a Ju Jitsu school where many Chang Hon practitioners searching for English words to describe the striking portions of their technical syllabus found many of the terms as used by General Choi easily adaptable to their curriculum.

In order to provide a brief sample of some important terms that are not always well understood I offer the following.

"Front" and "Side" mean more than one may think.

Front means you are full facing in relation to your opponent, and the technique, Block or attack, reaches your center / solar plexus line. This may lead to one source of confusion. While the term dictates the same parameters for attacks and blocks, this is not always the case.

Note: Some texts such as the 1983 encyclopedia use the term "Center" and later editions call this the "Solar Plexus Line". I use the term center line because I feel it is more intuitive and less likely to cause confusion due to usage of a similar but very different parameter referring to the Solar Plexus *Level* which dictates the height of certain techniques. As a side note, I find the revision of terminology in the later texts from "Center Line" to "Solar Plexus Line" puzzling because of my own experience at courses with General Choi. I recall it vividly because at my first course in 1990, he used the term Solar Plexus line and, initially I was very confused because my text said Center Line. I was getting confused thinking he was referring to a level of a middle front Punch when he said "Solar Plexus Line". It took me a while to figure out that he was using the term to denote center line. I am now guessing he was adapting his terminology to what was appearing or what would appear in later editions. But, later experiences at the 1994 course through the 2001 course seemed to have him once again use the term "Center Line". I do not know if he was planning on changing the term back to avoid confusion as I had experienced.

Side means you are either half or side facing to the opponent, simple, right? Well, what about the L Stance middle punches, (Moves 21-23) in Hwa Rang? L Stance is always half facing, so is it a "Front" Punch? The answer is yes. Even though the stance is half facing, you are full facing in relation to your opponent, and the technique is

positioned at your center / solar plexus line. “Bringing Finger Belly to the side fist.”



Jake Weiss demonstrating L Stance Front Punch on George Paweleck

As stated above, confusion is justified due to the system being imperfect. For instance Yul Guk move #36 is a jump to an X Stance High Side Strike with the back fist. Eui Am moves 7 & 20 again specify a jump to an X Stance high side strike with the back fist, which is initially an identical description, but the direction of the strike is radically changed from Yul Guk move #36. The only clue to this change is addition of

Examples of things that might be confusing (but are not if you understand the system) are Choong Moo move #13, a high front strike with the reverse knife hand, and move #24, the middle front block. These technique while moving in a “Inward” direction are not properly referred to as an “Inward” strike, because the term “Inward” as applied to a strike does not dictate the technique’s point of focus, (Inward etc. is addressed below,) and if applied to a block dictate a different point of focus, than a front block. By using the name “Front” block or strike the student knows that the techniques are full facing and focused at the center / solar plexus line.



Choong Moo #13 & #24



Back Fist Side Strike & Back Fist Side Strike Bringing Opposite finger Belly to Side fist

Moon Moo numbers 9 & 18, (High Side Block with one Knife Hand and Low side Block with the other Knife hand simultaneously.) were a source of confusion for one Chang Hon stylist I was speaking to. He had trouble grasping how each hand could be performing a separate Side Block simultaneously. My explanation came by way of a simple question: "You have 2 sides, don't you?"

Inside and outside are different than inward and outward

If the last 4 letters are "ward" this refers to the direction of the movement. (For Upward and Downward, direction of motion is intuitive.) Inward moves from your same side shoulder line (same side of your body that the limb is attached to) toward your center line. Outward moves from your body's center line toward the same side shoulder line.

Inward, when used in conjunction with a block, by definition dictates that the block stops at the same side Chest Line. Inward strike also has no other specific parameters associated with the term other than it would ***not*** be full facing and stop at the center line. (As noted above, this would be a Front Strike.)

Outward has no other specific parameters associated with the term.

As will be addressed later, just because a technique moves in an inward or outward direction does not necessarily mean it is called inward or outward.

Inside and Outside can only be demonstrated if an opponent is present. Blocking on the opponent's center solar plexus line side of the extended limb is an inside block. Conversely, if their limb is between your block and their center line, it is an outside block. The relative positions of the limbs and bodies are what determines if it is an inside or outside block.



Left Outer Forearm inside Block
Otto Precht Demonstrating Blocks on Craig Wilke



Left Outer Forearm Outside Block

Upward and Downward may be more than just a direction

While Upward and Downward are intuitively simple concerning direction of technique, the terms also specify some technical parameters.

Upward Block specifies that the point of focus is the Solar plexus level / height. The level of upward attacks, punch and kick are technique specific, rather than being dictated by the term "Upward."

Downward Blocks are specified as Solar Plexus level "Except Twin palm." Curiously in the 1983 Edition volume 3 specifies the exception but does not state what it is! You have to look at Volume 15, additional techniques for Tong Il to find that the technique is specified as "Chest Level". (Not to be confused with "Chest Line").

Downward Strikes are specified as Shoulder level.



Palm Upward and Forearm Downward blocks at Solar Plexus level.



Knifehand Downward Strike at shoulder level

terminology stipulates that pressing blocks are to be used against attacks directed to the low section. So, in a sense, the pressing block is a type of checking block.



Stefan Czerpak demonstrating Palm Pressing Block & Fore Fist Pressing block for intercepting an attack directed to the low section.



Pressing Blocks

Pressing blocks are meant to *Check* the attack. One might ask "Since we already have Checking Blocks, why is an additional term needed? Perhaps it wasn't, but the

Quick Summary

I. **Front**

- A. Full facing to your opponent; and
- B. The attacking or blocking tool is at your Center / Solar plexus line.

II. **Side**

- A. Half or side facing to your opponent.
- B. Lateral position of the attacking or blocking tool varies by technique.

III. Ward. If the word ends in “ward” then the prefix refers to the direction of the technique.

A. Inward:

- 1. Block stops the tool at the chest line. However, a block which moves in an inward direction may stop at the center line and is termed a “Front” Block.
- 2. Point of focus for the tool is technique specific. However a full facing strike moving in an inward direction and stopping at the center / solar plexus line is termed a front strike.

B. Outward Strike or Block lateral point of focus varies by technique.

C. Upward

- 1. Block point of focus is solar plexus

level / height.

- 2. Strike point of focus varies by technique.

D. Downward

- 1. Block (except twin palm) point of focus is solar plexus level / height.
- 2. Strikes point of focus at Shoulder level.

IV. Inside and outside are positions of blocks with respect to an opponents body.

V. Pressing Blocks are used to check an attack directed to the low section.

What should be clear from the above is that the system while not simple is not overly complicated. Understanding some terms without understanding others may lead you to the wrong conclusion, but once you get it right, things become more clear from both the teacher's and student's perspective. With a little practice, you too can talk Taekwon-Do.

Note: People following these tips assume all risk of personal injury to themselves and any training partners. The above should not be thought of as having been endorsed or approved by any group or organization. It only reflects the author's opinion. You can contact the author at EWeisstkd@aol.com.

Want To Contribute To Totally Tae Kwon Do... ... But Not Much Of A Writer!

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Stock Photo's: *Many have great articles in writing, but are a bit camera shy. If you have some good pictures of Tae Kwon Do - standard photo's or funky Photoshop ones, send them to us and we'll keep them for when an article needs prettying up. If we use them, you will of course be credited.*

Chief Master Ott

A Flowering Warrior

By Krystal Armstrong

Anyone who doesn't know Chief Master Robert J Ott will find my story extraordinary but for those of you who do know him, you won't be surprised one bit! Chief Master Robert J. Ott and I first met over email. At the time I was getting ready to test for my apprentice black belt and as a requirement I needed to read a self-help book and write an essay on what I learned from it. Being a subscriber of Taekwondo Times Magazine, I noticed the advertisement of Master Ott's biography, "Certain Victory" which is about Master Ott becoming a survivor through strength, courage and the indomitable spirit rather than a victim from a tragic accident, which left him completely blind. I decided to read the book and was absolutely

amazed and inspired by it.

Amazed that to this day he is a motivational speaker, father, and martial arts instructor. He not only inspired me to be a better martial artist but a better person. I wrote him an email stating how much I enjoyed the book and how he was such an inspiration to me. He responded to that email promptly and from then on we developed a special friendship. I met him in person in September of 2008 at a women's self-defense seminar. My friend and I drove 6 hours to meet him and that was an experience I will never forget. He was so welcoming of me that he even had me assist in a first degree black belt test he



was conducting. I felt so honored by this.

There is such a warmth and compassionate aura about him. When he speaks you are just enthralled with what he has to say and never want to miss a word. As time went on if I had any questions or dilemmas arise in my journey of martial arts I would email him for his advice and inspiring words. The following February my friend Brandy and I were going to test for our first degree black belts at the school we were attending. Prior to this we were starting to lose faith in our school and yearning for something more from a school. More than just how to do kicks and punches. We wanted a more traditional

school where the "DO" or the way to live your life as a martial artist was just as important. We tested for our black belts and passed. This was a bittersweet victory for me. Yes, I received my black belt and I should be proud but I knew that I needed to move on to something better.

I contemplated about this issue quite a bit. I would think to myself that maybe I could stick it out with this school because I had my black belt and to go somewhere else I would have to start over again and that could be somewhat difficult but I needed to listen to my heart and find a school that I could benefit fully from. We both decided to leave our school and because of this decision we were denied our proper certification from our Master and was told that we did not have the qualities of a black belt. I have to admit that I was devastated by this because we deserved that certification and giving that to us was the

"right" and "just" thing to do.

When this all came about I turned to my good friend Master Ott because at this point I was feeling pretty low and was not in a good place with martial arts. He was quite upset with how we were treated and stated that this was embarrassing to all Masters and Martial Artists everywhere.

He took it upon himself to make this wrong a right. He offered Brandy and I official membership into his World Kidokwan Federation and a first degree black belt as well. This gesture brought tears to my eyes and I can never express into words what this has meant to me. He is the most

generous person I have ever met and I feel so fortunate that he has allowed me to be a part of his life. I have learned so much from him and am forever in his debt.

We received our black belts in person on August 15th, 2009 while attending a 3 day seminar hosted by Master Ott and cherish that as one of the best moments of our

lives. One of the key things I learned from him is that a wall is not made to stop you but for you to go around, go under, go over or to go through.

Today I am at a great school as a green belt in ITF Taekwon-Do and wouldn't have it any other way. THANK YOU MASTER OTT FOR YOUR GENEROUSITY AND FRIENDSHIP. PIL SUNG!!

You can learn more about Master Ott at his website www.certainvictory.com



Master Ott with Krystal (left) & Brandy Ludwig

The TAEGEUK CIPHER

the patterns of Kukki Taekwondo as a practical self-defence syllabus

by Simon John O'Neill

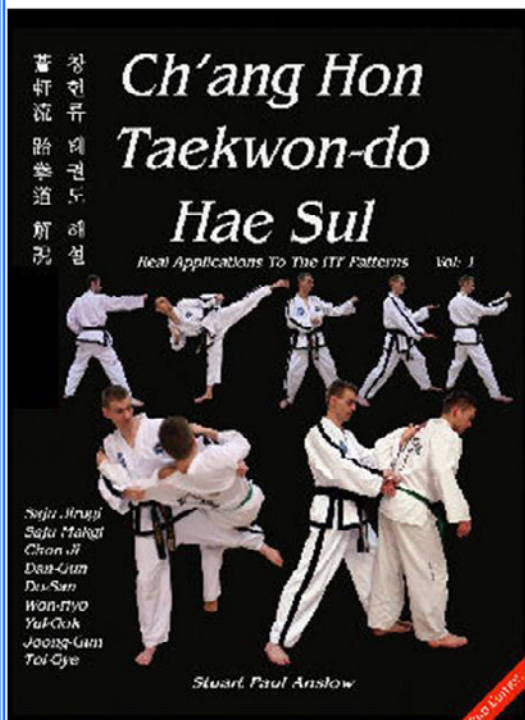
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Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

Not only does this book detail applications for the motions within these patterns, it also explores the background to each form and, perhaps most importantly, it also details the thought process that gave rise to the applications shown.

Stuart has a clear and engaging writing style and the book is beautifully presented. I feel certain that this book will have Taekwon-do practitioners looking at their patterns from a new angle and with renewed enthusiasm.

Ch'ang Hon Taekwon-do Hae Sul should be in the library of all practitioners of ITF Taekwon-do. Read on, learn and enjoy!

- Iain Abernethy 2006 5th Dan Karate (British Combat Association and Karate England).



"The most important book published on TKD since the encyclopaedia."
- John Dowling, 3rd degree, ITF

A Happy, Martial Life:

Mind, Heart & Body

By Keith D Yates

When I originally designed the logo for the American Karate and Tae Kwon Do Organization (originally the Southwest Tae Kwon Do Association) I used a triangle to stand for the three aspects of MIND, HEART, and BODY.

You have no doubt heard of “Mind-Body-Spirit” but I wanted to stay away from the implication that the martial arts might improve your standing with God so I used Jhoon Rhee’s student creed with the three aspects of mind, heart, and body. “Build self-confidence through knowledge in the mind, honesty in the heart, strength in the body.”

Many others have used these divisions for the nature of man. Stephen Covy wrote a book titled *Renewal: Nourishing Body, Mind, Heart and Soul*. In this book he describes the four dimensions of our nature as 1) physical, 2) emotional/social, 3) mental and 4) spiritual. He says that we must invest time and effort in each of these areas to be successful in life and to be happy and balanced.

And balance is what I intended to symbolize with the Ying Yang part of the logo. Know what the Ying Yang is? It is the ancient symbol of opposites. It can mean male—female; light—dark; hard style martial arts—soft style martial arts and so on. It symbolizes balance.

So what does my A-KATO logo mean? The multiple dimensions of a person’s nature,

all balanced in perfect harmony to achieve a successful and, as Grandmaster Rhee might say, “a life geared towards HAPPYISM.”

I recently edited a book for Mr. Rhee and I changed a few words like that to make it sound better to a Western reader. But he has some really good observations. Let me share just one:

“You never know whom you might be helping or harming by your actions. The person [to whom you show kindness] could be a future judge who will have the final say for your life in court. It is not only good but also wise to be kind and cordial to everyone you meet.”

Do you think Mr. Rhee is right? Is it good and wise to be kind and cordial to everyone you come in contact with? Of course. How else should we live our lives? Well, a happy and balanced life involves the aforementioned three areas.

First, the physical aspects of the martial arts are obvious. We train our bodies to be flexible, to be fast, to be strong. “Strength in the body.” But our minds are being trained as well aren’t they?

To borrow again from something Jhoon Rhee has said, the attention and bowing commands we use at the very beginning of a student’s martial experience teaches them the principles of DISCIPLINE (attention stance) and RESPECT (the bow).



Mental discipline and an attitude of respect toward others would go a long way in improving the situation among today's children and teenagers. That is one of the selling points of Chuck Norris's Kick-Start program to "at risk" kids in those impressionable middle school years. Being on the advisory board of Kick-Start, I have seen the results (in fact most of you have too) of a little discipline and respect instilled in kids that have shown little of that previously. Their SELF-respect also improves with a healthy dose of SELF-discipline.

But as Mr. Rhee says, you can be smart and you can be strong but that does not make you a good person. Embezzlers are smart. Gang enforcers are strong. But they are not good, they don't have a good heart. Which brings us to "honesty in the heart."

In the book, *All I Really Need to Know I Learned in Kindergarten*, Robert Folgrum says a basic truth of life is honesty. If a little kid learns his lesson in kindergarten that he or she needs to be honest, that lesson can carry us into life and make us successful. If Bernie Madoff had been honest do you think he would be in jail right now? If you are an honest person others will be attracted to you. If you are an honest person people will even overlook some of your other faults.

Oh sure, you might be attracted to a gorgeous blonde or a hunky guy but if that person turns out to be a liar and a cheat you won't stick around long. People with good hearts are nice people to be around.

People like them. And if people like you and want to be around you, then YOU are happy.

SO—What is the secret of happiness? Is it power, is it money. The way some people SEEK these things you would think that is the answer to happiness. But an actual survey of lottery winners found out that the majority of them (after the excitement of winning and spending lots of money wore off) were not appreciably happier than they were before.

In the last 70 years our culture has greatly improved its standard of living. People make more than they used to (even accounting for inflation). We have more



*Keith Yates with Grandmaster Rhee
at his home in Virginia*

conveniences, from big screen TVs to cell phones, than our grandparents had and yet we are no happier that they were, and in many cases we are MORE stressed out, more frustrated, and more discontent with life. If material possessions doesn't make one happy what does?

Maybe it's making a contribution to other people's lives? Maybe it's knowing that you will be remembered for

making an impact—hopefully like our students will remember us as having influence in their lives.

The US constitution says we are entitled to — "the pursuit of Happiness." Note it doesn't we are entitled TO happiness but to the pursuit of it.

Like I said most people pursue it the wrong way. To live a balanced and happy life you must invest in all aspects of your life. You

can't work out non-stop, nourishing the physical but not the other aspects. You can't study all the time and grow physically fat and unhealthy.

You can't just swear off ice cream and cookies for the week before that summer swimming party and expect the cravings to go away from then on. You can't just cram the night before that spelling exam and expect to develop a love for reading and learning. You can't just count to ten the next time your spouse says something

to make you mad and then think your relationship is going to be improved from then on.

All of these things, eating healthy, and working out, and being honest, and being kind are habits we must develop into a way of life. Believe it or not, this is the "martial way" of life, a balanced one leading to satisfaction and happiness.

Keith D. Yates is the president of the AKATO (www.akato.org) and was a student of Allen Steen, Jhoon Rhee's first black belt in America.

Down's Syndrome Association

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Our aim : Helping people with Down's syndrome to live full and rewarding lives.

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Two Sides Of The Same Coin

What Is The Purpose Of training?

By Robert McLain

In the information age it is very easy to find discussion boards and internet sites discussing martial arts and self-defense. Often times, the discussion degrades into a version of the “my art is better than your art” argument or “my art is the real art because it uses method X.”

I would like to spotlight my organization, The International Chayon-Ryu Martial Arts Association, since it falls into a category that is often scoffed at due to its emphasis away from full-contact sparring and training.

This organization was inaugurated in 1970 in Houston, Texas by a Korean immigrant, Grandmaster Kim Pyung-soo (born 1939). Grandmaster Kim grew up in the Seoul, Korea region of South Korea and lived through both WWII and the Korean War during his youth. He began his formal training in 1952, opened a professional school in Seoul in 1964 and was the first Black Belt Magazine Correspondent from Korea 1964-68 (under the name, Kim Soo). Many students of Taekwondo know him for his series of Palgue books written in the 1970's after attendance

at the inaugural clinic held in Korea introducing these forms in 1972. He immigrated to the United States in January 1968.

During his years training and teaching in Korea, he followed the military way of training, where everything was full-effort and full contact. From interviews, Grandmaster Kim mentions that most people tried martial arts at that time, but most would quit within a few months due to the severity of the training and injuries. The students that continued did not complain and simply suffered though the injuries and health problem – otherwise they were seen as “wimps.” Two of Grandmaster Kim's friends died from injuries in training, one of which he persuaded to start martial arts training in the first place.



Beginner Chayon-Ryu class in Hofheinz Pavillion at the University of Houston (U.H.) in Fall 1995. Grandmaster Kim began teaching these classes as faculty through the College of Education at U.H. in 1973.

Grandmaster Kim says that after his friend's death, every time he saw his friend's mother on the street she would cry.

When Grandmaster Kim came to the U.S. he simply taught the manner he had experienced in Korea, since he had to make a living. But, his own lower back and stomach problems plus student injuries forced him to investigate his martial arts training methods.

Chayon-Ryu, means "Natural Way," and is the philosophy utilized for teaching physical techniques in Grandmaster Kim's lineage. This method uses what is termed "natural body motions" as the foundation of teaching movements found in each style of the lineage – which includes karate, chuan-fa, hapkido, bong-sul. A lineage chart of Grandmaster Kim's teachers can be found at: <http://www.kimsookarate.com/intro/chart.html>

The foundation motions include any motion the human body performs each day for normal activities, such as walking, running, body twisting, crossing the arms, etc. (I will follow up with examples of each movement's application in future articles.)

Grandmaster Kim also emphasizes pre-arranged sparring training and light contact (control) during free-sparring. Pre-arranged sparring is a training exercise where one student attacks in a sparring situation with a pre-set combination of movements and the defending student practices the pre-set

combination of avoid, block, and counter-attack responses. One student may attack 10 times then switch roles as defender. Free-sparring is a training exercise where students may attack or defend at their discretion. It allows students to freely execute any technique they have learned. The difference for Grandmaster Kim is that students must exercise "control" over their emotions and techniques during sparring. He wants them to control themselves so that light-contact of impacting surfaces is the intention. Grandmaster Kim says this



2009. Master Sean Kim, 7th dan black belt (right) and Angel Ochoa, 2nd dan black belt, demonstrating controlled free sparring for the public.

method allows students to relax and learn from each other, since injury possibilities are minimized. Higher-ranked students may express more contact since they should have developed more control over themselves to minimize the chance of injuring training

partners. He also emphasizes that sparring is not the same thing as fighting. Sparring is training, fighting is combat.

So, is this method a discredit from the military-style training that Grandmaster Kim grew up through, or some students around the world still practice? Grandmaster Kim says that it all depends on the intentions of training.

For Grandmaster Kim's students, many want to learn self-defense, but don't want to suffer injuries. Others want an enjoyable exercise program in which they learn a new skill or stress relief. There are many reasons other than the military-style training of Grandmaster Kim's past. The majority of his students are adults, with a

high percentage that work as professionals, such as doctors, college professors, lawyers or business people. Their careers could be hampered by physical injuries, but they still want to experience martial arts training. So, Grandmaster Kim's Chayon-Ryu system fits the experience these people seek.

But, how effective is the training? Personally, I've had many discussions in person with other martial art students over the years. The only time I've ever been harassed about this type of training is on internet forums. When I'm hassled and put-down about the Chayon-Ryu method of training as being "ineffective" since it doesn't practice full-contact, I never get any examples of how they or others in their school have effectively used their training in a "real" situation. A few examples of Chayon-Ryu students using their physical skills: *In November 2001, Steve Swyhart (6th gup green belt) disarmed a gunman during a robbery in Arlington, Texas. This was caught on surveillance video and Mr. Swyhart was*



Master Kim Geary, 7th dan black belt demonstrating a Hapkido throw on Michael Moore, 2nd dan black belt, for a public demonstration in 2009. Master Geary is a professional engineer in Texas and has been training with Grandmaster Kim Soo since the early 1970's. She is co-founder of the Chayon-Ryu dojang in Austin, Texas. Michael Moore is a pharmacist in Bakersfield, California and is Chief Instructor of the Chayon-Ryu dojang in Bakersfield.



Steve Swyhart (right) and Mauro DeTuro at Chayon-Ryu Annual Beach Training in Galveston, Texas. Chayon-Ryu students from all over the United States travel to attend this event, held in July, 2003

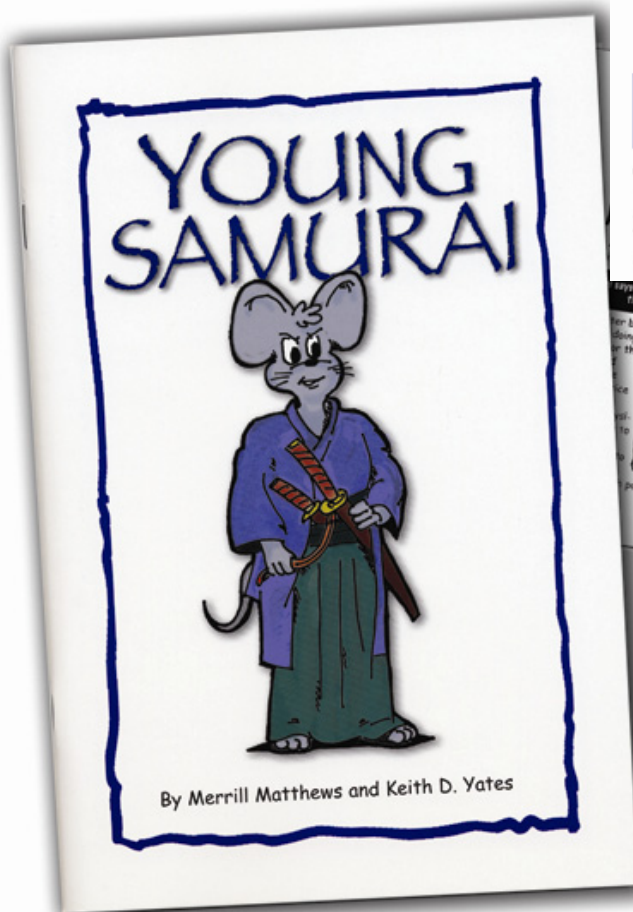
honored for heroism by Arlington P.D.

Former Fort Worth I.S.D Assistant-principal, Emile Etheridge (4th gup purple belt), was routinely used to break up fights at his high school.

University of Houston student, Dixie Griffin (9th gup orange belt), successfully defended herself against a knife-wielding intruder.

The point of this article is to illustrate that even though martial art styles share the same root purpose, survival, some have evolved to include other areas of focus: sport, lifestyle, exercise, stress relief, etc.

It is easy to attack or put down another martial art if they don't share the same emphasis as the one you practice. I urge readers of this article to step beyond the immediate prejudice that we are all susceptible to, and really factor in the purpose of your training versus other peoples' intentions for training. Not everyone trains for the same purpose. But, everyone is driven to improve themselves in one aspect or another – which is an honorable endeavour.



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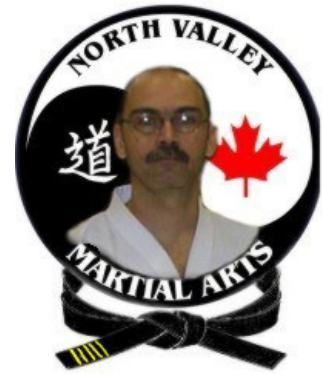
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Martial Arts Education & Perception

.... A Personal Observation.

By Tim Posynick



Today's world is being bombarded daily with images of combat both on the front lines of the Middle East, the streets of cities in North America and in the combat rings of "ultimate" style fighting.

Our impressions of life around us are very media focussed. We are reliant on the information that is very easily accessible from newspapers, magazines, radio, and of course the big 2, television and the internet.

Unfortunately these resources, although abundant are not always completely truthful. This doesn't mean to say that what you are perceiving isn't real, just that it is not always the whole truth.

Take Combat Sports for instance, what most people refer to as MMA or Mixed 'Martial Arts'. Yes Martial Arts directly translated means art of combat. Over the years however, this 'combat' art has taken on the persona of Combat 'Sports'.

Today when you think of a classical Martial Arts school you think of learning self-

defense. Combat

Sports however, in my opinion, over the last ten years have hugely distorted the definition of 'Martial Arts'. Today if you ask the average person on the street what they think of when you mention a martial arts school, the first comment is usually 'MMA'.

It is true that skills from several 'Martial Arts' are being used in the Combat Sport arena, but do not let that convince you that what you see on TV when watching 'Ultimate' fighting is a complete representation of Martial Arts.

The differences are quite simple yet can be blurred. The Combat Sport competitor usually has very little to no previous classical Martial Arts training. In fact several have only some wrestling or

boxing experiences.

Now if you think of the venues that depict both the Combat Athlete and the Martial Arts student you will see differences and some similarities.



Ivan with Tim in 1998

1. the combat athlete is just that, an athlete, a person with the desire to compete at the top of his/her level utilizing the skills of the sport, in alot of cases not much more than that.
2. the martial arts student is typically a person that entered a school looking to enhance his/her life to increase their personal skills but soley for internal benefits more than accolades of others, with added benefits of self-defense and fitness
3. the combat athlete typically competes on an international level for anywhere from 5-10 years and then moves on to other things, some do coaching of other combat athletes
4. the martial arts student can be involved in his/her artform for an entire lifetime
5. the typical combat sport gym is designed in such a way as to depict a training facility similar to that of a boxing gym or wrestling school, mostly informal and usually only structured during group training sessions
6. the classical martial arts school is laid out in such a fashion as to evoke traditional atmosphere, spirit, a sense of family, with an aura of discipline and respect
7. the average combat coach is just that, a coach, a mentor, an advisor, a lot of the time a previous competitor
8. similarly the martial arts instructor is also a coach, mentor, advisor, previous student, one time competitor, but also are depicted as father/mother figures, teachers, role models, usually



Ivan at his black belt exam

9. something regarded in the education world
9. the atmosphere of the combat training gym is, on average, very individualistic, focussed on personal accomplishment geared soley towards competition, there is commradery amongst competitors but only as far as the competition is concerned
10. the martial arts school atmosphere invokes common goals, self-confidence, mutual respect for all people not just other students, manners at all times, family oriented, other students and instructors are looked upon as extended family not just fellow athletes
11. the spirit of competition is present in both venues, in the classical martial arts school it is merely a tool to utilize to envoke a sense of confident spirit, in the combat sport gym it is on average the main focus
12. rules are present in both venues, in the combat sport gym it is the rules of the sport, in the martial arts school it is the rules of honour, repect, discipline
13. in the sport venue the rules are very important to the safety of the athletes, not really focused on the mental state of the person
14. in the classical martial arts school rules are in place both for safety, and order but also to give the student a focal point, a sounding board for his/her morality, ethics and self-worth
15. the combat sport venue elicits full contact at all times when competing, minor to no contact when training, the

same can be said for classical martial arts, although most 'karate' tournaments use the controlled or no contact rules

16. use of non-contact rules in the classical venue may look to be a weakness, however it is in place for both safety and to teach respect amongst practitioners, to show that control over ones ability is the higher skill

There are many reasons and opinions for the differences and whether or not to choose one or the other. The ones listed here are my own.

In the combat sport world there may be some moments of celebrity and fame, success in competition, maybe even world class titles which will have his/her name engraved on a belt.

You will find some combat athletes who have moved into the teaching venue and reap personal reward and satisfaction from watching others compete. Yes you will talk to combat athletes and find that their personal experiences were positive and rewarding, for them.

Classical Martial Artists develop vast array of inner reward from small personal accomplishments, in the school and outside of the school.

The Martial arts Life-style becomes more than just being in the gym, it becomes an integral part of your personality. Not just for whom you are perceived as but how you influence the world around you.

Martial Arts lessons in the classical venue teach more than just combat skills for self-defense, they teach life lessons, starting from within yourself, finding who you are, expanding outward to involve and influence, positively, who others are with you.

There is no negative spin on this essay intended towards the combat sport venue. I am Merely stating some of the differences

as I see them, as an education for the general public, in doing so hopefully alleviating some misconceptions and fears.

Hopefully inviting those that have considered the martial arts to try it and see for yourself, find yourself, learn about others, become 'martial' educated. Experience a new venue with the tools that offer life-enhancement, personality enhancement, and life-long enjoyment.

Obviously I lean towards the classical Martial Arts school atmosphere as that is where I am most at home.

I am the same as everyone else, I do enjoy good entertainment, and do enjoy watching combat sport occasionally, solely for the entertainment value.

I encourage you to research before you decide which road you wish to travel. There will be aspects of both paths that will excite you and scare you. With as much "martial" education as you can muster, try it out, experience what you have been curious about, learn about yourself.

I would like to include a couple of excerpts from essays that my students have written, telling us what the classical martial arts school training has done for them and their life around them.

Am I trying to convince you to study the classic martial arts?

Yes, only because I know first-hand examples of what life-long study will do for you, and believe whole-heartedly that you will benefit as well.

Here are some words from one of my classical Martial Arts Students;

Achieving Black Belt ***by Ivan Marriot***

"Excuse me class", said Mr. Aitkens my grade six teacher, "Chuck and Matt have a presentation to make"

I looked over at Mr. Aitkens who was slumped in his chair with pen in hand. He was laughing away as were quite a few others. Matt said, "Come on Ivan, come and get your wimp award." I wouldn't budge, I didn't cry, I didn't do anything. I looked back at Mr. Aitkens and he said "Go on up Ivan, it's just a joke!"

I didn't think it was a joke, I didn't think it was funny at all. I know I was a timid and shy person, but I didn't deserve this kind of humiliation. From that point on I was ridiculed, I wasn't given a chance to gain confidence, and my only refuge was at home where I had two very loving parents who encouraged me to go on and be strong.

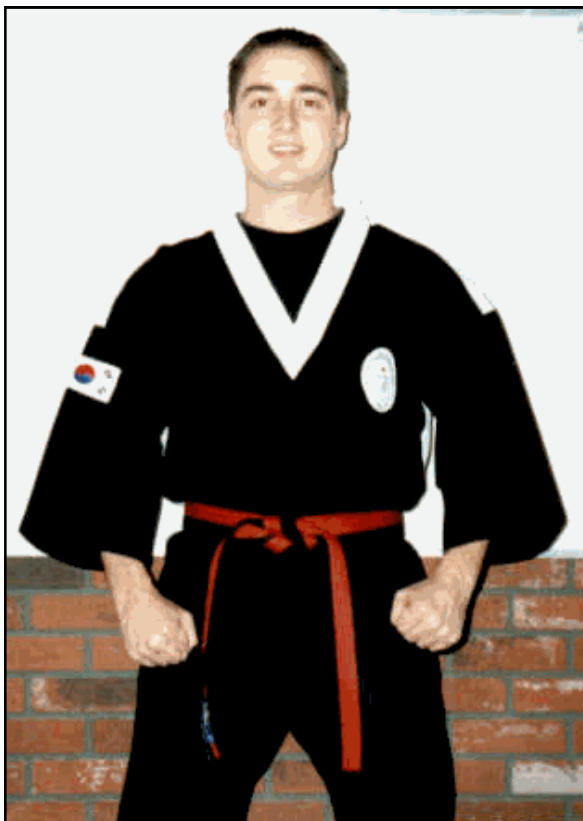
The ages 11-19 are very crucial years. So many teens and preteens end their lives today because of what they think of as "personal failings". Whether it be too skinny, too fat, to shy, not pretty or handsome, etc.

Later on I started weight lifting and feeding my body the nutrition that it needed. I had a lot of pent up anger toward my peers of the past and Mr. Aitkens, my grade six teacher. This anger led to instances of uncontrollable outrage to a point of being a danger to myself and possibly others. Thank God it never did. I needed some discipline and control in my life.

I have a good friend who I used to spend summers with. He was an orange belt when I first met him and now he's a 4th degree Black Belt who has taught his own

school now for several years. His influence on me was huge.

When I was 24 years old, I noticed a Martial Arts flyer in town and decided to call. Mr. Posynick answered the phone and we talked, I had concerns regarding the violent aspects of the training as I perceived them. Mr Posynick quickly re-educated me on the image I had pre-conceived of the martial arts.



This was strictly a personal tool to better yourself as a person using physical training and developing within yourself as much as without. I decided to join the club! I was very excited about it because I have wanted this since childhood. My initial reasons for joining were not completely good.

I wanted to prove myself to people like my 6th grade teacher and the kids who bugged me constantly. I wanted to be big and strong and deep inside

I fantasized about fighting them and making them say sorry.

Four years later at my Grade 12 Class Re-Union. At this point I'm a half-Red Belt 6' tall and 190 pounds. I walk in to the Re-union to find that I'm bigger than most and as big as the biggest. People were nice to me and told me they were glad to see me. People couldn't believe how much I had changed! All that energy I put to trying to revenge my elementary years when I could have been doing it for good reasons. After that re-union I realized that I had to dump all those bad driving forces and do this for me. I realize now that I have nothing to

prove to anyone and if I'm happy with my self than that's all I need.

This doesn't come together all at once and it's something that one has to work on constantly. I now strive to be the best that I can be. My real friends are those who like me for who I am and forgive me when I do things that hurt them. "No one is perfect and there's no such thing as perfection", Mr. Posynick tells me. My focus was perfection and I always seemed to fall short and be dissatisfied in myself. It wasn't until Mr. Posynick's words sunk into my head that I realized I shouldn't be striving for perfection but the best that I can be.

I now have the techniques and basic understanding of martial arts. It's not the TV portrayed machoism we see so often. It's not to take care of that bully down the street and it's not to boast the achievement to make someone fear you. To me it's a personal achievement; one that I am personally proud of we have adopted a slogan or motto:

***Knowledge in the mind,
Honesty in the heart,
and Strength in the body.***

These are the 3 keys to success. If you strive for knowledge, are honest with yourself and others, and stay fit, the sky is the limit. This is an on-going motto.

Never stop learning, be continually honest and maintain an exercise program that will keep you in shape and keep your body healthy.

Here are six steps as I have learned and my descriptions as I see them;

- **Confidence** – To have confidence in who we are as a person. Confidence in ourselves that we can achieve our goals. Confidence in our abilities.

- **Control** – To control our anger. To control our techniques. To control our mouth. Control also in our daily lives.
- **Discipline** – Being diligent in showing up for class. Disciplining ourselves to work hard in and out of class.
- **Respect** – Respecting the instructor. Respecting each other. Respecting the training do-gang and its equipment. The respect issue also goes outside the class. Respecting Parents. Respect for your wife or husband. Respect for your boss and teachers. Even respecting your friends. Also respecting nature. Most importantly, respect for ones self. Without the respect for ones self, it is very hard to respect anything else.
- **Humility** - Being humble to others allowing them to excel. Being dominant over others will intimidate. Being humble will encourage them to grow. Being modest in your abilities shows humility.
- **Integrity** – Integrity will shine through if you've worked on the other 5 areas. Integrity shows honesty; uprightness; moral soundness.

I've developed into a mature person and a half-decent martial artist. I have a long way to go with this and I'm glad that I've made it part of my life. *"To truly show the depth of being a black belt one must first tie the belt around his/her heart before tying it around the waist."* ~ Sensei Tim Posynick. This quote gives me the guideline to where I want to be as a Black Belt. Without Mr. Posynick and Tae Kwon Do, I would definitely not be the person I am today; calm, controlled, and willing to learn from others

In Conclusion, I'd like to say that along side the 6 traits I have learned are other traits that I think a Black Belt should have. Loyalty, honor, a desire to do good things

and stand up for what is right. That all these things are you from your heart. Not something "put on" but truly inside. Wisdom to know when to back-down and walk away no matter what the cost of pride to yourself. On the other hand knowing when to stand your ground for something that is just and true. Protecting the innocent from evil doers. Too not be at "the wrong place at the wrong time." Most importantly, there is a force beyond the physical that we can't see, within our hearts and conscience.

So after all the training and learning how to defend ones self, I find that with all the knowledge and wisdom hl may have obtained, a "Martial Artist" stays away from places known for conflict. BUT, should the

need arise, is ready physically and mentally to act.

- with these words above I sincerely hope that you will consider investigating the life of the Martial Arts. I hope that some of this essay has 'educated' you as to what I believe is Martial Art and what is Combat Sport. With this information I hope you decide to seek out more.

***"Martial Arts are not about fighting.
.....they are about truth."***

Tim Posynick is Head Instructor North Valley Martial Arts, Enderby, British Columbia Canada, 30 years experience. For more information please contact Sensei Tim @ 250.838.5985 or 2 5 0 . 9 3 8 . 0 5 1 2 o r e m a i l jungshinkempo@gmail.com



What's The Point?

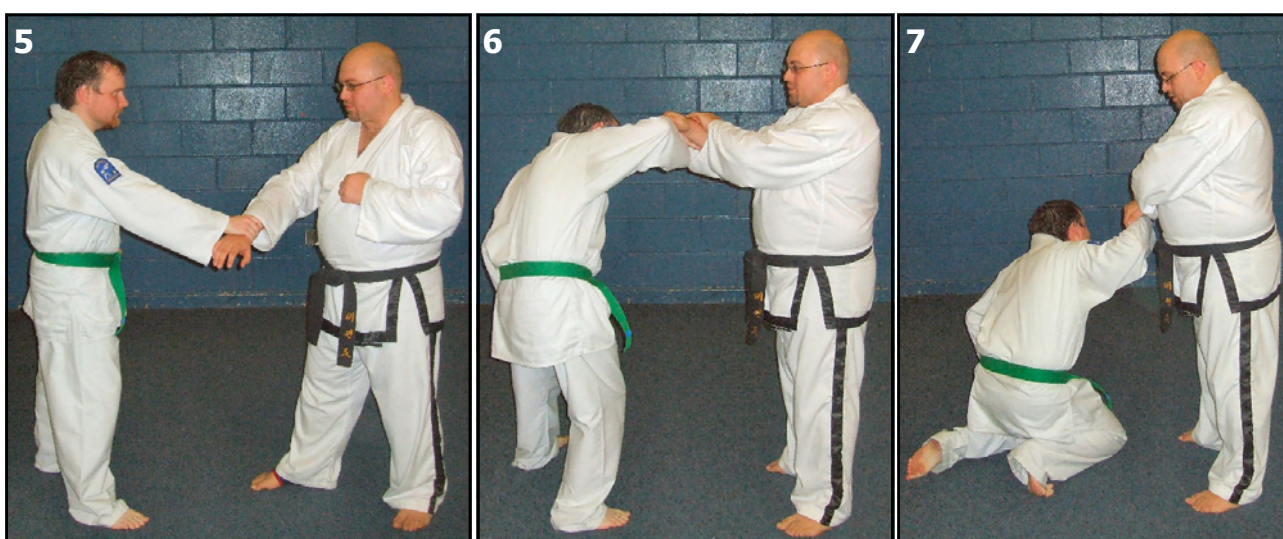
By Paul O'Leary

In this article I would like to look at a sequence of movements in found in Chang Hon (ITF stlye) TKD pattern Po Eun from move 9 to 12. This is performed in a quick blocking and striking combination and is much like Shotokan's Tekki forms.



What always got to me about this form was why we are pulling striking back with the elbow so hard to someone that is attacking us from behind without actually finishing them off? Here I have put the movements to a locking and throwing or neck breaking defensive move. We had to take quite a lot of pictures to get the flow of the locks, and I hope you can follow them.

- Pic 1: Right back elbow supporting the right fore fist with the left palm.
Pic 2: Middle punch to D with the right fist slipping the left palm up to the right elbow.
Pic 3: Left back elbow supporting the left fore fist with right palm.
Pic 4: Right horizontal punch with both hands.



- Pic 5: Attacker grabs our right hand with their right hand in a cross over grip.
Pic 6: Lifting the right hand up and turning over the hands to a centre lock.
Pic 7: Pulling the lock down to our left side.



Pic 8: The lock taken from the reverse angle.

Pic 9: Reach out with the right hand to catch their head, and keep control of the attackers arm with the left hand.



Pic 10: Pull the attackers head back to the left side and catch their left lapel with your left hand. Reach around to the front of his head with your right hand grab his chin.

Pic 11: Spin out the hands while pulling on the lapel with the left hand and twisting the chin out with the right hand. This can be a controlled throw or a neck break so please be careful.

Check out YouTube under "*Po Eun Application*" for a video we made for this application a few years ago. Finally I'd like to thank my attacker for this article Kenneth Cranitch from UTI Blarney, Cork, Ireland.

Paul o'Leary, 4th Dan Tae Kwon Do and 2nd Dan in Prof Rick Clark's AoDenkouJitsu, is the Head Instructor of Rebel Martial Arts in Cork City and the National Co-ordinator for the AoDenkouKai in Ireland. To contact him about seminars on Pressure points or Patten applications for Self Defence with Prof Clark or himself please call him on 00-353-86-3545032 or email: adkeire@gmail.com

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The Rebirth Of Kong Soo Do

By David Schultz

Back in May of this year (2009), my instructor send me an email with the flyer of a 'special testing' that was held in Las Vegas a few months prior back in February. As I read the flyer he'd attached to the email I thought at first it was one of those email jokes that are always circulating around. Then I found out it wasn't a joke at all. It was real and it really took place.

Without mentioning the organizations behind this special testing (many probably know already), I just was unable to fully find a valid justification for such a move. According to the flyer, one could obtain a black belt in Tae Kwon Do, up to the third Dan without even showing up to the test. Simply mail in your paperwork and check...

with great emphasis on the CHECK! If you were testing for fourth Dan or above you were required to be at the test and perform one form and one minute of sparring...and that was it to become a master. And again, according to the flyer it was possible to skip multiple Dan ranks as long as the last highest three were paid in full.

Those that have talked with me before, or read any of my articles here or in other publications know that I have some strong opinions. No real surprise there. And with this 'special testing' I had some strong opinions as well. Without taking up valuable space here, if you're interested click here to see the discussion <http://www.martialwarrior.com/index.php?topic=3908.0>

At any rate, many of us were able to vent

our mutual frustration in that and other threads at what we saw as yet another black eye for the art we've spent so much time and effort in training and teaching. No offense meant to anyone who participated in the test. We just simply felt it was a money-grab and devalued the art in general.



However, out of those discussions an idea emerged that was to be brought to fruition. As the above linked thread was in full swing I contacted my instructor and we talked a length about the situation. My chief concern was the stigma that Tae Kwon Do carried due to its strong lean towards sport, kiddy daycare and now this absurd testing in Las Vegas. I

teach mainly military, law enforcement, corrections officers and corporate security with some private citizens. The type of Tae Kwon Do (and Hapkido) that I teach is definitely NOT the sport variety. It is the hard-core martial art which has its roots in Shito-Ryu (our lineage) complete with chokes, grappling, balance displacement, ground defense etc. And I forever had to explain to a potential student the difference between what I taught and what they had come to perceive as Tae Kwon Do a.k.a. 'kiddy-karate'.

Half-jokingly I suggested we use a label that pre-dates Tae Kwon Do such as 'Kong Soo Do'. I explained that our roots through Shito-Ryu Karate were solid and Kong Soo Do means the same thing as Karate anyway. Well, it became a light bulb moment for both of us! But to be honest

we didn't think anyone else would have any interest in it...we were wrong. As a way of testing the waters, my instructor began the following post <http://www.martialwarrior.com/index.php?topic=3961.0>

To make a long story short, we found a lot of instructors felt the same way we did and were looking for a positive change. November 1st we officially opened the International Kong Soo Do Federation with North American branches in Oklahoma, Missouri, Texas and Florida and a branch in Australia.

But it wasn't just a matter of changing the name and opening up a Federation, we wanted something different...and to make a difference. Thus we operate much differently foundationally and philosophically.

The name 'Kong Soo Do' was chosen for its simplicity as well as its historical roots. First, KSD means 'way of the empty hand' the same as 'Karate'. This acknowledges its ties to the root art, yet remains distinctly Korean to give honor appropriately. Secondly, many of the original Kwans identified what they taught as KSD prior to the name change to Tae Kwon Do.

The IKSDF is open to any legitimate instructor or practitioner of the Korean Martial arts who wish to use the label of 'Kong Soo Do' as the name of their art. This has definitive martial precedence and legitimacy! In 1947 the Chinese art of Pangainoon changed to the Okinawan art of Uechi Ryu. Hapkido was formerly Daito Ryu Aikijujutsu. And indeed, Tae Kwon Do was formerly a plethora of arts such as Shotokan, Shito Ryu, Shuri Ryu, Kong Soo Do, Kwon Bup and several others. A name change to separate and become distinctive is nothing new or radical in the martial arts. The IKSDF is for those KMA's instructors (currently we have both Tae Kwon Do and Hapkido schools that have converted) who teach the self-defense aspects rather than, or separately than the sport version of the

art.

Once verification of current ranks has been accomplished (to keep out the posers and wall candy collectors), KSD rank certificates will be issued at the currently held rank. Promotions are available if the mandatory criteria have been met.

Assistance is offered in building self-defense curriculums, continuing education, on-line videos on forms and drills available to members and on-line discussions.

A distinctive Federation that serves as a governing authority for membership, promotion, guidelines and guidance without interfering in the day-to-day running of the school.

Lastly and in my opinion THE most important! Whereas many other organizations charge exorbitant fees in a seemingly endless effort to line their pockets, the IKSDF donates all proceeds acquired (after operating expenses) to charity. Thus no one, from the director to the TAC board is making a penny. We don't want to make money, our goal is to offer a difference to those interested.

None of this is to upset or offend anyone in any particular Korean art, nor any who belong to any particular Korean art organization. Our purpose is simply to offer an avenue to any instructor, practitioner or school that is looking for one. The website is <http://ikongsoodof.com/default.aspx>. Questions can be asked on the Contact Us page, through www.martialwarrior.com or by emailing any TAC member.

About the author

Mr. David Schultz has been involved in the martial arts since 1975. He holds the rank of 8th Dan in the Korean art of Kong Soo Do. Additionally he holds six Law Enforcement instructor ratings in Combatives, Defensive Tactics and firearms. He is the International Director of the World Mu Shin Kwan Federation and a Technical Advisory Member for the International Kong Soo Do Federation. He has taught military, law enforcement, corrections, executive protection and private citizens since 1986.

공수도

ITF Taekwon-Do Seminar

With Master Vella, 7th Degree

By James Kessler

Like many Taekwon-Do students & instructors, I enjoy attending seminars. If an instructor is prepared to open their doors and share their knowledge then I am keen to take the opportunity to learn something new – after all, that is how we grow as students and teachers.

So I was pleased to be invited to this Black Belt seminar hosted by the Vella Taekwon-Do Institute, based in Cardiff, South Wales.



Master Vella being congratulated by 1st Grand Master Rhee Ki Ha after his promotion to 7th Degree Master in 2006

He has trained with the finest masters of the art and was graded personally to 5th Degree by the founder of Taekwon-do General Choi Hong Hi! Over the last few years, he has trained various Taekwon-do, fitness and self defence courses in Cardiff

and the South Wales area.

The head instructor is Master Tony Vella, a 7th Degree Black Belt with the International Taekwon-Do Federation (ITF).

As a former member of the British National Team he has competed and won medals all over the world including: California, North Korea, Switzerland, Greece, New York and Ireland. He was



Master Vella Jump Twist Kick

I arrived at the venue in Cardiff after a 2 ½ hour drive through torrential rain and was greeted by Master Vella who made me feel very welcome. Shortly after I arrived we were joined by Mr. Tommy Hayes 3rd Degree Mr Alex Heslop, 2nd Degree who both teach in Cheltenham and travelled across for the seminar. I had met Mr. Hayes

previously at a recent BTC Instructors course and it was nice to see him again. I always enjoy meeting new instructors & students of genuine Taekwon-Do and it was great to add Mr. Heslop to the always expanding list.

Once all the students arrived we lined up and the seminar began in earnest. As usual we started with a physical warm up. Warm Ups are a critical element of any Taekwon-Do class as they not only condition the body – a good warm up will help to mentally prepare you for what you are about to learn. No matter what frame of mind you find yourself in at the start of a lesson, a good warm up will always help ensure you can focus!

Master Vella asked me to take the students through some stretches. I chose to focus on 'dynamic stretching' using the front rising kick, outwards crescent kick and the side rising kick. I credit these stretches (together with muscle development) with giving me the ability to kick high section at any time – with no warm up! We concluded the stretching with some passive stretches focusing on the hamstrings... which would take some punishment later in the seminar!

Master Vella then took the students through some leg strength development techniques and emphasised how important this type of training is if you want to kick effectively. Whilst it may make your muscles burn, the long term benefits make the short term 'discomfort' a worth while investment.

Master Vella then explained and demonstrated the ITF Sine Wave as it related to Taekwon-Do punching techniques. This was especially interesting for me as a recent convert to the ITF from an independent group. The scientific and practical rationale behind the Sine Wave is easy to understand when it is performed the right way and when it is explained with no political agenda.

We continued with some basic line work including traditional punching, blocking and kicking techniques. Master Vella explained some of the intricacies of ITF Taekwon-Do techniques, explaining the purpose of each

movement we practised, and why it was important to practice the techniques in the correct fashion.

At this point we were treated to an impromptu visit from Master Augustus Mitchell, 7th Degree from Oxford & Master Leroy Small, 7th Degree from London. It's rare these days to see Masters who are prepared to give up their precious Sundays, travel over two hours and then join in and train with the other students for no other reason than to support a

fellow Taekwon-Do instructor. Here are two Masters setting an example for others to follow!

After having practised the basics, Master Vella decided it was time to make us all sweet (not that we weren't already!) We worked on punching for reality, utilising the hook punch and upset punch - both great techniques for close range altercations.

We then proceeded to practice kicking for



Mr. Tommy Hayes performing a punch to a pad held by Master Augustus Mitchell

reality utilised focus pads and strike shields. Master Vella's kicking techniques taught the students to respond quickly to a kicking opportunity. We drilled a fast side kick and a fast hooking kick – each one was expected to be thrown with full power and accuracy. We then moved on to reverse turning kick, practising the 180 and 360 (step across) versions.

We then drilled the back kick (dwit chagi) with Master Vella emphasising the importance of pivoting correctly – without over cocking the kicking leg (useful in confined spaces!) Followed by the knee kick (moorup Chagi) from a clinch. Master Vella encouraged us to spin our partners around (as if to avoid and attack) and then to counter with a knee kick – full power of course!

We concluded the kicking with one minute of continuous full power knee kicks from the clinch which was almost as physically taxing on the person holding the pads as it was on the kicker!



Mr. James Kessler performing a knee kick to Mr. Simon Woolerton

After a short break Master Vella showed us some practical self defence techniques utilising striking, joint locking, sweeping and take downs as well as some pressure point techniques.

We then performed some One-Step Sparring techniques using any hand or foot attacking technique. This type of training is essential for preparing you for actual combat as the attack could take any form.

Before the seminar was concluded we finished with a cool down stretch to help prevent too much muscle soreness the next day... A measure which was not

effective on me as I was aching for days afterwards! More to do with my fitness level than anything else I fear!

In conclusion, the seminar was very well run and informative and all that attended are looking forward to the next one. I would like to take this opportunity to thank Master Vella for inviting me to his seminars and sharing his detailed knowledge of ITF Taekwon-Do



Master Vella explaining the finer points of a wrist lock



Master Small demonstrating an arm bar tech-

Master Vella is available for seminars and can be contacted on 07787126434 or visit www.vellataekwondo.com for further details.

Master Vella is a member of the Taekwondo Instructors Federation (TIF) a recently formed association offering no politics, no interference and no petty rules.

Established in 2008, TIF provides the umbrella of protection and legitimacy usually associated with traditional associations to instructors who are dedicated to the teaching of genuine Taekwon-Do who wish to retain their schools independence.



TIF has good relationships with all the ITF groups and can offer full ITF recognition, certificates & plaques and BTC membership.



If you think your school or group could benefit from TIF membership you can find out more by emailing tw@taekwondo-instructor.info or calling 0168 981 5638



What Should Be Included In A Self Defense Program

By Michael Munyon

This question is very difficult to answer now days due to a variety of reasons. We have the current MMA, Caged Fighting, Krav Maga and other systems of Self Defense that both trained and untrained people are starting to get into. Also, we have to ask the question, do we train civilians the same way we teach our police and military? There should be an obvious difference in training between civilians and military/police personnel. With all that aside, how we train depends also on our own abilities, knowledge of our enemy and other factors.

We commonly see in the dojang that many instructors teach folks to defend themselves from someone trying to hurt them in the street, parking lot or alley. So, what would a good self defense program include?

With the “average” person on the street no longer being so average due to Ultimate Fighting Championships, boxing on TV,

ability to conceal pocket knives and more it's harder today than it was in the earlier days to defend against the so called “average” person. I can recall training at different schools and in different systems of martial arts and hear the instructor talk about this “average” person on the street. Each and every time this person is supposedly stupid and doesn't have much training. Also this person is tattooed, ugly, mean and stands out in a crowd so to speak.

Teaching students that the “average” person is stupid and untrained will ultimately be both the instructor's and student's downfall. An instructor should train their students as if they are defending themselves against someone who's just as good, if not better than they are. If you do this it will help awaken their sense of awareness, alertness and responsiveness. A few pointers to keep in mind in a self defense program should include the following:



Students should learn to defend themselves from 5 ranges of combat: Weapons, Kicking, Punching, Grabbing/trapping and Ground. Not every student will become experts at all ranges immediately, but having some basic foundation in all will increase their ability to defend themselves.

Keeping fit to fight is another good concept. If your attacker can only run 1 mile and you can run 2 then maybe you can defend yourself by running away from your attacker.

Color Codes of Awareness: Ensure you are aware of your surroundings. You can defend against a threat if you don't see it coming. Taking a moment to locate exits, windows, pay phones, bouncers, police, crowds of people that look like trouble and etc could help you in a self defense situation.

From a training syllabus stand point I recommend students to train in the following: Striking using every natural weapon God gave you to include hands, elbows, knees, feet, forehead, finger nails, teeth and whatever else you are willing to use or sacrifice for your survival.

Become familiar with Dodging techniques: Shifting, Stepping, Turning, Dropping, Jumping, Foot/leg Lifting and etc.

Being able to control, detain and take down your opponent is important as well (Throws, wrist/elbow locks, Foot Tackling/sweeping



and etc). Sometimes, punching and kicking isn't the answer.

Sometimes trouble comes in pairs. Try to include self defense against multiple opponents.

Become familiar with the Use of Force Model.

Learn to use your environment. Use man made items as weapons and use good judgment. You wouldn't utilize a reverse turning kick to someone's head if you were standing on ice in Montana. In that case, your environment has changed how you defend yourself.

Most importantly, train under a certified instructor or someone with REAL WORLD experience in the field of self defense.

Hopefully, your instructor already trains you on all these pointers and then some. If not, hopefully I might have given you something to work with or think about in YOUR self defense program/training.



3rd Annual Korean Martial Arts Festival

Aka "Gathering Of Masters"

By Thomas Gordon

Crestview, FL – On April 17-19, martial artists traveled from ten different states and two providences of Canada to attend the weekend seminar that started Friday night and concluded at lunch time on Sunday.

Hosted at Gordon Martial Arts, starting at 6PM Friday night, three sessions ran concurrently every hour to give the participants the opportunity to train in various arts and subjects. Saturday morning started out with a demo from

the session leaders and then Grand Master Timmerman (Canada) of World Kidohae Federation (WKF) and National Korean Martial Art Association (NKMAA) did a two hour group session on joint locks and 12" sticks. Three more sessions on Saturday with Grand Master McMurray (Texas) of WKF and House of Discipline did a group session on rope/belt techniques. On Sunday was another round of three sessions and then one last group session with Grand Master Timmerman



doing a group session on soft breaking.

Several styles were represented with Taekwon-Do, Hapkido, KukSool, TangSoo, Krav Maga, etc. Master Troy Trudeau (Tennessee) lead his sessions on using the cane. With an Arnis flavor, Master Monty Hendrix (North Carolina) gave a session using short sticks and another on leg locks. Master Kevin Janisse (Oregon) did a session on Pressure Points with Hapkido applications. Master Steve Kincade (Mississippi) did his sessions on Teuk Gong Moo Sool. Master Thomas Gordon (Florida) did sessions on Close Quarter Defense. Master Wesley Wing (Florida) lead the session on spinning kicks. Master Chris DuFour (Florida) lead the session on Tang Soo Conditioning Board Session. 5th Degree Master Gregory Bledsoe (Florida) lead the session board breaking. Mr Calvin Longton (Florida) lead a Krav Maga flavored defense with Gun Defense.

Next year is scheduled for April 16-18, 2010 with more information at www.SouthEastMA.com



Article courtesy of:

Thomas Gordon

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Unified ITF Admin & Membership Director (A-6
-13). NKMAA FL Director and 2008 Master of
the Year. International Instructor and Sixth
Degree Taekwon-Do. Second Degree Hapkido





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Anyone can submit items as long as they are about Tae kwon Do or are Tae kwon Do related.

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taekwondoitf.it - *Web Site of Taekwondo ITF Calabria*

houseofdiscipline.com - *Web Site of Grand Master McMurray*

tendangansakti.com - *Martial Arts instructor and stretching coach Dan Davies*

wizardnewmedia.com/taekwondo - *Web Site of Tigh Gorum Tae Kwon-do*

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**"White equals innocence, a beginner that has no knowledge of
TaeKwon-Do" - General Choi, Hong Hi, 1955**



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thus, still have so much we can learn from each other"
- Stuart Anslow, 2009**

Issue 11: 1st January, 2010
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