

# TOTALLY TAE KWON DO

Issue 11

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January 2010

The Free Global Tae Kwon Do Magazine



**Grandmaster  
Byung Kon Cho  
Interview**



**Plus**  
**Strength Training For Tae Kwon Do**  
**The Making Of A Black Belt**  
**The Lost Art Of Tang Soo Do**  
**Fight To Survive - Military Style**  
**The Importance Of Teaching The 'Do'**  
**16th ITF Congress Meeting Report**  
**Defensive & Offensive Sparring Fundamentals**  
**Why Is Taekwon-Do's History So Hard To Find?**

**Plus Much More Inside**

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

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# Editorial

## Issue 11 - January 2010

Welcome to the very first issue of 2010. I hope you all had a great Christmas and enjoyed seeing in the New Year, but its now *back to business* - so get that dobok out, get down the dojang and work off those mince pies!



As it was Christmas time I chose to give our regular writers a break and not prompt them to get articles in as I didn't want to disturb their festivities and make them feel they had to sit at their computers writing articles when they could be spending time with love ones, so we are missing a few of our regulars, whom I'm sure will be back next month. However, many didn't need prompting so we have another load of great articles for you all to enjoy (thanks folks).

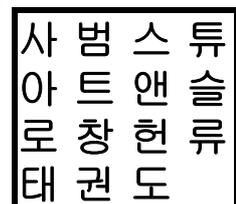
Now I know many of you will have received Tae Kwon Do related Christmas pressies, so why not write a review and send them to us - *Honest John* can only do so much and I think many are scared to send him stuff to review due to his Totally Honest nature! Still, we do have one review this month, which cost us a fortune shipping round the world to one of our *Honest Johns*!

It is good to see another big organisation sending in their news (PUMA) as this is the place to show what your org is all about! Will others follow!

One thing I'd like instructors (or anyone for that matter) reading this to consider for 2010 is the following: It is well known that at higher levels, that we, as instructors, should all be '*Giving Back*' to the art we love, but what does that mean? Is teaching at your own club '*Giving Back*? Is being paid to teach at a seminar really '*Giving Back*? Is doing things within your own organisation even really '*Giving Back*' - I would say not in the fullest sense that its meant, as they are mostly paid jobs - there are other ways to '*Give Back*' if you really mean it, and one easy way is to share your knowledge or insights with the Tae kwon Do world via this very magazine - our writers already '*Give Back*' but what about you.. When will you start? There is no need to wait until your picture appears on the '*Totally TKD Wants You*' page!

All the best,

*Stuart Anslow*  
Editor



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***Contributors:*** George Vitale, Earl Weiss, Michael Munyon, Dave Ortiz, Grandmaster Byung Kon Cho, Jason Ainley, Grandmaster Trần Triêu Quân, John Kedrowski, Thomas Gordon, Matt Gibb, Gary Kuchachik, Cruz Wilson, John Dowding, The ITF & Stuart Anslow

# Totally TKD News

The news for this issue have been sent in in the form of articles or multi-page reports and so feature later in the magazine. If you have any news to report, both large (organisation) scale or small (local/club) scale, please feel free to email [editor@totallytkd.com](mailto:editor@totallytkd.com)

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

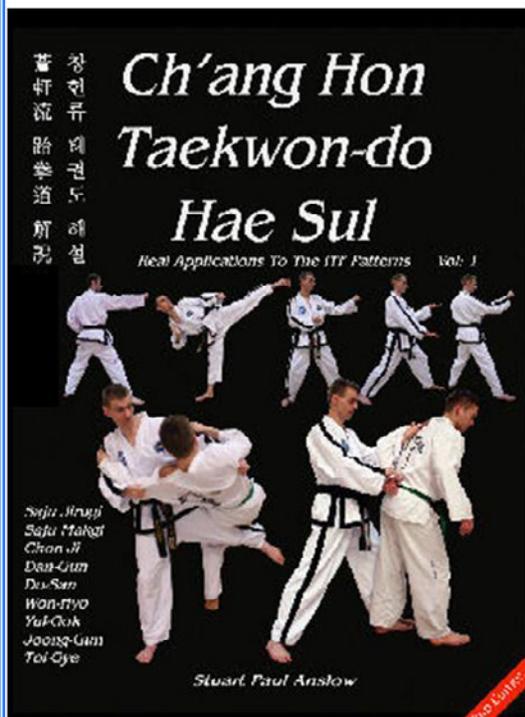
Don't worry, you can still contribute.

Let us know if you can help by emailing us the following:

**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.

**New: 2nd Edition Hardback Version - ISBN 978-1-906628-04-8**

**Available from Amazon.co.uk, Amazon.com and other online book stores**



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, 3<sup>rd</sup> degree, ITF**

# Why Is Taekwon-Do's History So Hard To Find?

By George Vitale

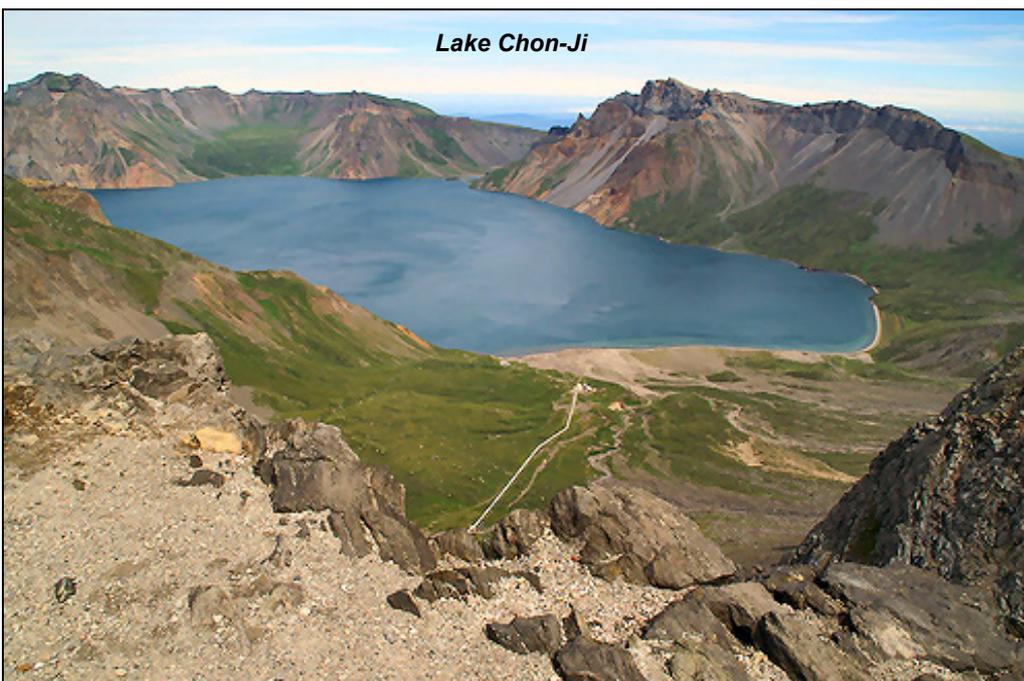
**Tae Kwon Do, Korea's martial art and national sport has been called the world's most popular martial art. How and when did it become so popular and why is it so hard to get at the truth of its history and development?**

Now this seems like an easy question to answer, especially when we know it only left Korea's shores starting in the 1950s. Certainly post World War II saw the onset of much technological development and advancement, including in the area of the electronic media, that the recording of the events surrounding Tae Kwon Do at the time, should have been preserved for future generations. Why was it not? Well it was to an extent. The problem was not in the recording of it, but in the deception and competing versions of what happened, when it happened and who made it happen. So to understand all of this, one must step back a bit into time, to first get an understanding of the context and setting of Korea when Tae Kwon Do came into existence.

The Korean Peninsula is located in the northeast section of Asia. It shares a border with China to the north and Russia to the northeast. The Republic of Korea's official website (Korea.net) states that people started to inhabit this area some 700,000 years ago. It was around 2,333BC that Korea's legendary founder Dan Gun united these tribes signifying a founding time frame for Korea's inception. Dan Gun is taught to students of Taekwon-Do in the 2<sup>nd</sup> pattern in a series of 24 that also introduce Taekwondoins to Korea's long and proud history. The legend has it that Dan Gun was born in the Baekdu Mountain area which contains what is reportedly the world's deepest lake, Chon Ji. Chon Ji is the 1<sup>st</sup> pattern in that series of the initial Taekwon-Do patterns created from 1955

onward. The B a e k d u Mountains on the northern border with China is said to symbolize the spirit of the Korean people, as outlined in the 15<sup>th</sup> pattern of that set.

The 3 ancient kingdoms of Korea were united in the 7<sup>th</sup> century helped



Lake Chon-Ji

by the Hwa Rang youth group. This youth group has the 1<sup>st</sup> Korean pattern that was devised in 1955 named after them, in honor of the achievements of this highly educated group of young Korean men. Hwa Rang tul is the 8<sup>th</sup> in that series. General Kim Yoo Sin, a commanding general at the time who helped unified Korea, is honored by having the 17<sup>th</sup> pattern named after him. While it is said that Korea never invaded its neighbors once in its 5,000 year history, it did not however escape that repeated threat from some of its neighbors. Throughout history Korea produced many great warrior soldiers which went to great lengths to defend Korea against invasion. The greatest of these heroes was Admiral Yi Sun Sin, whose nickname is Chung Mu, for his great loyalty. Admiral Yi appears on the 100 Won Korean coin. He was reported to have invented the Kobukson, the world's 1<sup>st</sup> armored battleship or old fashioned submarine, which appears of the 5 Won coin.



Korea's greatest King, Se Jong, who invented their alphabet, also appears in south Korea's currency, on the 10,000 Won paper denomination, as well as the 23<sup>rd</sup> pattern. The 24 movements of this pattern signify the 24 characters of the Korean alphabet. The only two other paper bill denominations in their currency, the 5,000 and 1,000 bills, have on them Yul



Guk and Toi Gye, named after great Korean scholars Yi I and Yi Hwang. These philosophers are also immortalized in the 5<sup>th</sup> and 7<sup>th</sup> Taekwon-Do patterns. Generals Gae Baek, Kim Duk Rang (Chung Jang), Choi Yong, Yon Gae Somoon, and Ul Ji Moon Duk, who played important parts in Korea's military of the past, are all kept alive by having black belt forms named after them.



Korea's geography, bordering both China and Russia and being separated from Japan by the East Sea, make it a strategic location. Around the turn of the 20<sup>th</sup> century, Korea found itself fought over by neighbors. Japan formally annexed Korea in 1910, making it a colony of the developing imperial Japanese Empire. A great Korean patriot, Ahn Chung Gun shot and killed the first Japanese resident general at close range. Doing this, he knew that he would be caught and tortured, before his eventual execution. This Korean hero, like patriot Ahn Chang Ho, who worked underground to keep Korean education alive during the colonial occupation both have color belt patterns named after them.

Korea struggled for its independence from Japan, formally declaring it on March 1, 1919, with 33 patriots signing the declaration. A III Dan black belt pattern,

named Sam Il, Korean for 3/1, the designation for March 1<sup>st</sup>, contains 33 movements in honor of these brave Koreans. Mr. Son Byong Hi, a leader of the March First Movement has a black belt pattern named after him (Eui Am). The final pattern in the series of 24 is called Tong Il, which in Korean means reunification, a dream of most Koreans for their homeland, which has tragically remained divided since the end of the 2<sup>nd</sup> World War.

Why is any of this important to Tae Kwon Do students? Well if you are a Chang Hon stylist, these are the patterns you train in. Often it is required as part of your training and advancement to know these pattern definitions. The man who oversaw their creation as the principle founder of Taekwon-Do, General Choi Hong Hi decided to name his set of patterns after great Korean patriots or significant events in Korean history. According to Gen. Choi this would insure that not only would Korea's proud history be spread around the world, via his Taekwon-Do, but guaranteed that Korea's long past would never be eradicated by any invading or occupying force. This was done as a result of the long and brutal occupation Korea suffered under Japanese rule. This time span is often referred with good reason as the "dark period" of Korea. The 1<sup>st</sup> president of the Republic of Korea, Rhee Syngman had a policy in place that outlawed promoting anything Japanese. Once free, the Korean people undertook a national campaign to reinvigorate Korean culture.

While this may explain why some Taekwondoins may have at times more understanding or appreciation of Korean history, it does not fully explain how this is connected with the often distorted telling of Tae Kwon Do's history. By this I mean that Korea itself, its government as an official stated policy and the Korean people wanted to bury the painful memories that they had as a result of the devastation of being an occupied country for so long. So

when the Koreans that moved to Japan, the seat of the colonial government in order to gain access that would be helpful in succeeding back in Korea, returned home and opened what were essentially Korean karate schools, it eventually became apparent that it would not be acceptable. While karate came from Okinawa, another occupied land by Japan, the Koreans who brought it back, learned it mostly from Japanese sources and mostly in Japan.

This fact necessitated the telling of a tale that highlighted Korean fighting arts of a time in Korea's past long gone. While it is true that Korea of yesteryear had fighting systems in place, there simply was no connection to these past systems to the Tae Kwon Do of today. Official south Korean government entities, like the Education Ministry, the Korean Taekwondo Association, the Kukkiwon and World Taekwondo Federation all started to release the history of Tae Kwon Do. The template was rather simple. It had pages containing stories about ancient fighting arts, the Hwa Rang warriors youth group and the Korean folk game of Taek Kyon, which translates as shoulder push. It also went into great detail about the efforts to build the Kukkiwon in the late 1960s and the formation of the World Taekwondo Federation in 1973. In between, these accounts contained barely a paragraph or a few sentences on the all important formative years.

Tae Kwon Do's formative period is often described as 1945 to 1972. The 2<sup>nd</sup> World War ended the occupation of Korea on August 15, 1945. At that time Korean martial arts schools started to open. These schools were called Kwans. (For more on these Kwans and those that founded them, refer to previous issues of this magazine available for free on [www.TotallyTKD.com](http://www.TotallyTKD.com) ) What is important to know is that these schools or Kwans taught a form of karate. There was some Chinese martial art influence, but for the

most part, these schools taught karate learned from Japanese sources and learned mostly in Japan. Over time, each of these Kwans started to make their system more Korean.

The methods and emphasis that each Kwan or group utilized to make their Art more Korean varied. Out of these efforts grew two main thrusts in developing the Tae Kwon Do we know today. A very simple way of looking at it, which will suffice for now, is the military or self defense Taekwon-Do and the civilian or martial sport Taekwondo. These efforts were led by two different and prominent men in Korean society, Major-General and Ambassador Choi Hong Hi and Dr. Kim Un Yong, PhD, a high government official serving in numerous capacities, including an elected politician and Vice President of the International Olympic Committee.

The contributions of these two men to Tae Kwon Do are enormous and can not, nor should they be discounted or discredited in any way. However depending on where you turn to read or study Tae Kwon Do's history, you will find a wide range of how these two gentlemen are portrayed. The range will vary from a complete ignoring of the person or brief reference to him or accounts that embellish or try to paint the person as an almost one man machine that was responsible for making Tae Kwon Do what it has become today. Often when a version highlights one contributor, they also at times degrade and attack the other. This is not necessary, nor does it belong in the realm of what the martial arts is supposed to espouse. So why does it happen?

Simply and what happens often is to just consider what one side says and to ignore the other side says. However both sides have reasons for painting the picture they wish to create. Sadly it seems that many often just listen to one side, often the side that they are aligned with or feel more comfortable with. The result is often

animosity between the ITF and the WTF. This I call sad, as I think it is. I believe that most students of Tae Kwon Do have more in common with each other, than that which separates them and keeps them apart. I also think that this can be said for all martial artists. So why did it happen?

We know very clearly what Tae Kwon Do's roots are. They come from karate, brought to Korea by Koreans living abroad for a time during the occupation period. These roots over time were shaped into something Korean by Koreans drawing upon their long and proud history of having a distinct culture. However a fatal mistake was not acknowledging the all too obvious roots. This was first done by writing out the early Kwan founders from history. The reasoning being that if "we" don't name the founders, the connection will not be so clear. In the words of Grandmaster Lee Chong Woo, a very influential member of the formation of Kukki Taekwondo or Olympic sport Taekwondo, as told to Dr. He-Young Kimm, who said, we had to sacrifice them for national interests. Mr. Lee was also quoted as saying much the same thing in an interview with a reporter Mr. Yook Sung Chul for a Korean publication.

Since Gen. Choi was a founder of an early Kwan (co-founder of the military Oh Do Kwan with then Lt. Nam Tae Hi), he also has been erased from history for the same reason. However in Mr. Choi's case, there were also some more very complicated issues that contribute to how he is recorded in Tae Kwon Do's history. Gen. Choi coined the term Tae Kwon Do in 1955. Giving him credit also sheds doubt or causes confusion on Tae Kwon Do history as a Korean martial art thousands of years old. He was also responsible for getting south Korea's President Rhee to accept and approve the name as an umbrella term for Korea's martial arts. Mr. Choi was able to do this because of the power and influence he yielded as a founding member of the Republic of Korea's Army. History has shown us that in developing countries the

military holds a lot of power through their ability to often control and maintain stability in their nations as their development takes hold. This was clearly the case in formation of south Korea from the mid 1940s up till 1993 when the Republic elected its first civilian president (Kim Young Sam).

In the case of south Korea, their first President Rhee was forced to resign by 1960, after 12 years of rule, because of mounting unrest caused by corruption allegations. On May 16, 1961 a bloodless military coup seize hold of south Korea. Mr. Choi, a 2 Star General was at one time also in charge of military intelligence and had under his command approximately 100,000 troops. While he initially supported the military coup, his relationship with the military dictator Major-General Park Chung Hee started to erode over time, as Gen. Park never turned the government over to civilian rule. He eventually suspended the constitution and canceled elections, ruling for 18 years, often with an iron fist. His reign lasted until he was shot and killed by his own intelligence director on October 26, 1979. Gen. Park initially neutralized Gen. Choi by forcing him out of the military and dispatching him to Malaysia as the first Korean Ambassador to that Country in 1962. This was a common tactic employed by Gen. Park.

When Gen. Choi completed his diplomatic assignment he returned to south Korea by the end of 1964. While back home, minus power he previously enjoyed, he was forced to watch Tae Kwon Do's development as a martial sport, now called Tae Soo Do. This happened as the result of government decree #6 of the military dictatorship which mandated that the Korean martial arts unite. While Mr. Choi managed to get elected or reelected president of the national Korean martial art group, he only had the power to get them to adopt the name Tae Kwon Do he and his men were using to define their system that they had started to developed back in 1954 in the military.

Gen. Choi was not successful in getting them to adopt his system or change their focus or use parts of his system. He was developing his Taekwon-Do via the first Korean tuls or patterns (forms) they had been developing since 1955. The Tae Soo Do group was developing their Korean martial art with the focus on making a new Korean martial sport. Mr. Choi lasted less than a year at his post as president and as a result of his autocratic leadership style, was forced out of the KTA. In March of 1966 he formed the ITF in Seoul, south Korea. Once the Kukkiwon was opened in 1972 and the WTF was formed in 1973, this division became permanent, existing even today. So there is very clearly two separate and distinct histories of Tae Kwon Do's development, especially from the 1960s forward. This also confuses the issue, as often many students don't realize that two major paths were taken. So while they may not even hear about the other side, truth be told, that from the early 1960s the other side had little to actually do with the other side. Since this is not really made clear, they discount the other side's account as self promotion or worse.

A critical piece that we must examine next is how Korea's politics of the 1960s and beyond further affected the true and full recording of Tae Kwon Do's history. While it is easy to see how Mr. Choi's power diminished, what many Tae Kwon Do practitioners do not realize is how this was effected by Korea's internal national politics. Mr. Choi was forced to exile himself like countless other Koreans did to escape the brutal regime of the military dictatorship. He did so in 1972, which historians like Professors Charles Armstrong of Columbia and Bruce Cummings of Chicago University state as having been the height of the brutality. Dr. Kimm has said that he faced house arrest or worse, if he did not flee. Once Gen. Choi fled to Canada, he was able to become an outspoken critic of the south Korean military regime. His prominence at the time as a leading Taekwon-Do figure afforded him numerous

stages around the world for him to speak out against this regime back home that he despised. So as we know, the long arm of the KCIA reached around the world. This was amply documented in his great book, the Killing Art, by Mr. Alex Gillis. This dreaded secret intelligence agency sought out to destroy Gen. Choi, as it did with other political dissidents, by breaking up the ITF which quickly expanded from the 9 founding member countries to some 50 plus nations during this time frame. By destroying the ITF, funds rolling into Gen. Choi, providing not only needed income but opportunities to travel internationally and speak out against the military dictator, would dry up, thus helping to silence him and the voice of his political dissent.

Now not all look so down upon the Park regime. Many credit him with moving south Korea from 3<sup>rd</sup> World status to an economic giant that it is today. Professor Song Im Bum, a Korean-American with a doctorate in economics is one such person. This academic expert also provides the needed context for which the Korea in which the Park regime operated. It was of course in a constant struggle with communism. At times and throughout history, such difficult periods often have some who suffered because of extraordinary measures put in place. So no matter where one sits on these complex issues, it is clear to see that Gen. Choi and the true and full recording of Tae Kwon Do's history was influenced by these complex matters that many students are not aware of.

All of what was occurring with Korea was not bad. The Republic of Korea hosted the largest and most successful Olympics up till that time in 1988. It was also the first Olympics that were not boycotted in a while. While Korea hosted this monumental event, it also showcased the Taekwondo that they are so proud of. See the below excerpt from Korea's official website (Korea.net):

*“What kind of significance does taekwondo, the Korean martial art, hold in Korea?”*

*Before Samsung, LG or the Korean Wave, there was taekwondo, the Korean martial art that has long stood at the forefront of promoting Korea's image. People from overseas who have never heard of kimchi, bulgogi or any other details about Korea, still know this home-grown sport.”*

*“According to a survey conducted by the Korean Embassy based in France in 2008, while only 27 percent of the locals expressed a favorable impression of Korea, the percentage rose as high as 86 percent for those who practiced taekwondo. The results show that in Korea, there's simply nothing like taekwondo to heighten the country's image.”*

*“Taekwondo is currently being practiced by 70 million people in 190 nations.”*

The Republic of Korea has put so much effort into showing that Taekwondo is a unique home grown sport. The amount of support it has given to the development and spread of Taekwondo is beyond available means to fully measure. Tae Kwon Do simply became an early export of Korea, long before Korea started manufacturing electronics, automobiles and more and selling them worldwide. These men not only sent needed money back home to help support their families, they introduced the world to Korea and Korean culture. They are owed a debt of gratitude by Korea. Even though some of these men were KCIA agents, doing the dirty work of a military dictator, the majority of them were hard working, proud Koreans that greatly affected the lives of countless students around the world in a very positive manner.

I was one such person. My teacher was a Korean by the name of Master Kim Kwang Sung. (For more on GM Kim, please see issue #1 of this magazine for free download.) While he felt the pressure on his family, even when living in New York City, to leave the ITF, he also spoke highly of Gen. Choi. He often told me that Gen.

Choi would eventually return to south Korea when the government changed. Sadly Mr. Choi didn't live to return home. He came close when relations between the 2 Koreas warmed in 2000, missing the 1<sup>st</sup> Tae Kwon Do exchange when he passed by just 3 months. However, people like Master Kim and Gen. Choi will eventually be credited by Korea for the important work they did in helping Korea become known to the world.

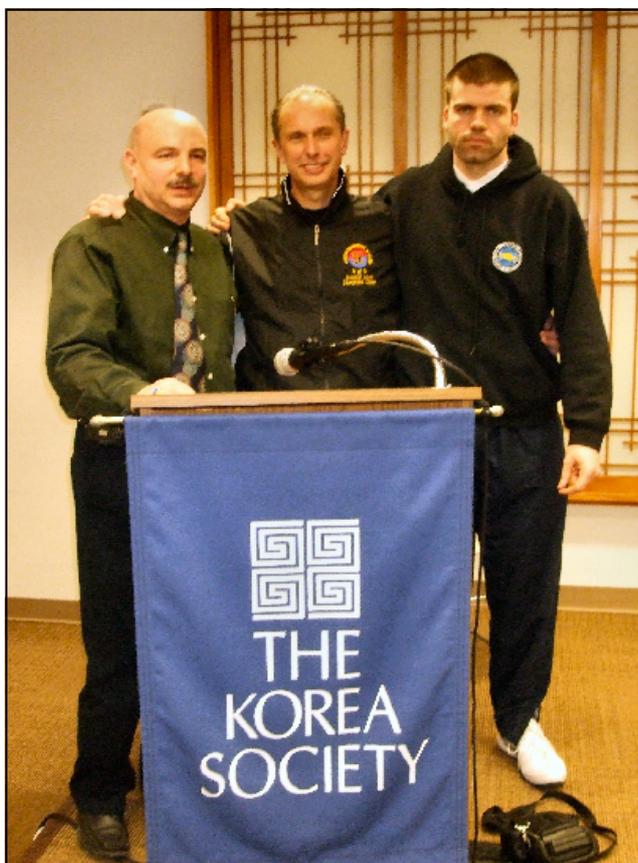
While many of these factors and pressures no longer exist in a vibrant democratic Republic of Korea, there still remain some in the old guard on both sides that still harbor ill feelings. This however is now being subsequent generations are now being produced that are not poisoned by the rivalries of the past or corrupted by the less than honorable tactics employed over the years when the bells of freedom did not ring loud in south Korea. Younger scholars and writers are now producing works that more accurately reflect what happened, when it happened and who helped to make it happen. Authors like *Masters Doug Cook, Stuart Anslow, Simon John O'Neill, Alex Gills and Scott Shaw* are writing wonderful books that have sound history sections in them, that do not follow the template put out by south Korea or repeat the history put out by the ITF. Korea is also graduating young Taekwondo masters who go abroad and are exposed to stories of what happened in Tae Kwon Do's development, shared by those who made it

happen. These young masters, who are educated in an academic institutions are also internet savvy, where they gain access to the unfiltered information that is available through this medium that did not exist during the formative years of Tae Kwon Do.

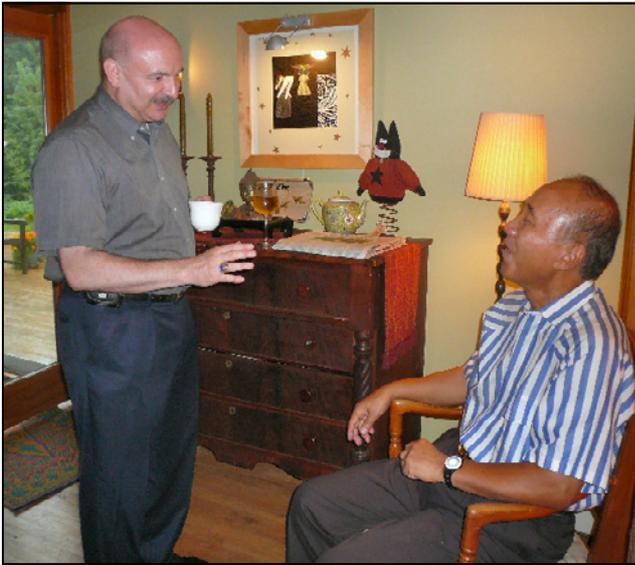
Things also are changing as new leaders take charge. These new leaders were not involved in the fabrications and at times the dirty dealings that occurred in the past. The world will soon see the WTF credit many of the original Taekwon-Do pioneers. Through my work on the history of Tae Kwon Do, I have become involved in some very interesting projects, including 2 full length feature documentaries on Taekwon-Do. As part of this work, the WTF President, Dr. Choue Chung Won, went on record for us saying such. A clip of this came been seen by visiting [www.akingart.com](http://www.akingart.com).

Watch future issues of *Totally Tae kwon Do* magazine for more information on this monumental developing story and more in the Tae Kwon Do world as it unfolds.

Please also visit [www.luvfilms.com](http://www.luvfilms.com) where you can go to sign up for updates on the films as they progress. These projects have involved more than 30 interviews of key Tae Kwon Do people on all sides of the development process. Interviews have been conducted of non Tae Kwon Do people as well. These interviewees include



*Master Doug Cook (centre), Mr Michael Clune (right) with George at a lecture given by Master Cook at the Korea Society in New York City.*



*The author, interviewing Grandmaster Richard Chun*

professionals such as leading academics in the field of history, Korean affairs, economics, the law (attorney), Korean government and non-governmental Korean organizations. These projects are ongoing and have been in the works since 2004.

I also ask each and every reader to submit relevant verifiable information to me, via e-mail at: [tkd.research@yahoo.com](mailto:tkd.research@yahoo.com). I am trying my best to utilize my investigative skills learned and honed during my 24 years as a Senior Investigator with the New York State Troopers Bureau of Criminal Investigation to dig through the available evidence with regards to Taekwon-Do's history and development. Like all "cops", I learned early on, there are numerous sides to every story, with the truth always seeming to fall someone in between all the different versions put forth by interested parties and independent witnesses. Additionally my academic education afforded me the opportunity to earn 3 college degrees, including a Master of Arts degree with 2 more years in a doctoral program, concentrating on that time on methods of research classes. I may be starting a new PhD program shortly and would very much appreciate input any reader may have. In the meantime I hope you enjoy these articles and please share whatever you know, so we can discover more about our Art's development and history and credit more



*George with Grnadmaster Sihak Henry Cho & Mrs. Cho. Grandmaster Sihak Hak Cho is a member of the Jido Kwan & opened the 1st commerical Korean MA school in the USA (NYC)*

that made what we do today possible.

While I have been involved in the fighting arts since the early 70s and specifically Taekwon-Do since 1974, I continue to learn on a daily basis and look forward to learning more, hopefully aided by readers of this wonderful publication. My travels have taken me to more than 40 countries for Taekwon-Do and I have trained with, learned from and have interviewed many leading Taekwon-Do figures who have played vital roles in developing and spreading Taekwon-Do around the globe. I will submit more articles that go deeper into detail on these very complex issues. So be sure to keep coming back to download Totally TKD for free.



*George with Grandmaster Kang Suh Chong, who is the most senior member of the Chung Do Kwan & founder of the Kuk Mu Kwan back in Korea, as well as the 1st president of the ATA (American Taekwon-Do Association) with GM Chung Kwang Duk, the pioneer of TKD in Argentina.*

# Totally TKD Q & A

**If you have a question about Tae Kwon Do that you can't find an answer for, simply email us and we'll ask the regular columnists and the readership to try to resolve it!**

*Dear Mr Anslow,*

*I am currently trying to find out the names of the Masters whom General Choi promoted to 9th degree.*

*Having bought your book on applications to the ITF patterns, reading your Totally TKD Magazine, and reading your interview with GM Kong Young II, I believe you to be a very knowledgeable person who may be able to help me.*

*From what I understand, before he died, Gen Choi promoted seven people to Grandmaster. The information I have is:*

*Rhee Ki Ha - 1st July 1997  
Kong Young II - xx xxx 1997  
Charles Sereff - 8th Dec 1997  
Hwang Kwang Sung - 8th Dec 1997  
Park Jong Soo - 1st May 2001  
Van Binh Nguyen - 1st March 2002*

*Do you have any info that could help me? Did General Choi promote seven people? Who was the seventh missing from my list and when was he promoted? On what date was Kong Young II promoted?*

*I have tried numerous searches on the internet, but to no avail. Thanks in advance for any information you can provide.*

*Yours in TKD,  
Matt Gibb (4th degree)  
Secretary - Vision Taekwon-Do Association  
[www.visiontkd.co.uk](http://www.visiontkd.co.uk)*

Hi Matt,

According to our regular writer George Vitale your list of dates are mostly correct. There were 7 Masters promoted to 9th degree (Grandmaster) by General Choi.

The 6th Master promoted to 9th degree was GM Duc Dang on 1st March 2002 - he is from Vietnam and stayed Independent following the Generals death.

The 7th was GM Jung Woo Jin - CEO of TKD Times on 22nd March 2002

GM Kong, Young III also says he received a 9th degree from General Choi, but the exact dates are unknown to us except that in an interview he said he received it in Poland in 1997, which, by some sources pre-dates GM Rhee's 9th degree promotion as General Choi was in Poland before announcing GM Rhee's promotion,

so this fact needs clarification I'm afraid, as it is well known that GM Rhee, Ki Ha was the very first to be promoted to 9th degree by General Choi. Perhaps one of the readers or Grandmaster Kong could email us with further information so we can update the answer.

The full list of Grandmasters, including dates and certificate numbers are as follows:

1st July, 1997	GM Rhee, Ki Ha	<i>Cert Number Unknown</i>
8th December, 1997	GM Hwang, Kwang Sung	K-9-1
8th December, 1997	GM Charles Sereff	A-9-1
1st May, 2001	GM Park, Jong Soo	<i>Cert Number Unknown</i>
1st March, 2002	GM Van, Binh Nguyen	A-9-2
1st March, 2002	GM Duc Dang	A-9-3
21st March, 2002	GM Jung, Woo Jin	A-9-4

Hope this helps. Many thanks to George Vitale for the information.

Regards,

Stuart (Editor)

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# ***An Interview With*** **Grandmaster Byung Kon Cho**

**By Dave Ortiz**

I recently had the opportunity to interview my teacher, Grandmaster Byung Kon Cho, 9<sup>th</sup> Dan, a man of tremendous knowledge and insight into the art of Tae Kwon Do. GM Cho's long career has led him to investigate both the technical and spiritual aspects of the art, and these are presented in his book, *Star Taekwon-Do Master's Course*.

**GM Cho, when did you start in Tae Kwon Do?**

When I was 9 years old.

**Why?**

*(Smiling)* I did not have any choice. My family was more like a study family. My mom did not want me to do same way like any other kid. My mom was trying to do more like a tougher life, so she signed me up for Tae Kwon Do at 9 years old.

**Who was your teacher?**

I had two Masters: Kop Soo Kwon and, when I graduated high school and moved from my town, Pong Ki Kim. Pong Ki Kim passed away in 1997 but Kop Soo Kwon is still alive and once a month we have communications, conversations – how are you doing, what's going on, etc..

**When did you come to the U.S?**

I came to the United States in 1968 on a Korean Scholarship to Columbia University, where I taught at the Tae Kwon Do club.

Then while looking for jobs I went to Chicago, Milwaukee and then to Green Bay, Wisconsin. I went there planning to live for one year but ended up living there for more than 35 years. Now I am in DC, not sure yet if it was a good idea or bad idea but I felt there was good opportunity to

come to DC and spread Tae Kwon Do and help to continue its value. I came at a hard time.

This did not stop me though from teaching my students and working on my book.

I came to the United States with 3 purposes. First this is a good place and opportunity to succeed. Second, we have freedom to choose in this country and I like to help in building up a more peaceful world. This is a clear part of my teaching in Tae Kwon Do. Third, I would like to educate as many students as I can in the martial arts.

By the way I have 4 children. Our own children, we have three boys and then our adopted daughter. My adopted daughter is my middle school classmate's girl and he died from a car accident. Her life was very poor and she did not have a good place for living so therefore a few years later I went back to Korea and asked Grandmother to bring her with me. She was 13 years old. She is now 31 years old and a graduate of Chicago University with a PHD in computer Science. She is now working for Samsung and living back in Korea. My sons are



Michael, Jason and Hahn. Michael is 35 years old. He is a graduate from Yale University. Then Jason who has graduated from Columbia University, my school. He was the youngest to graduate from his school. He finished his major in 3 years. He is now working in the Financial Field with Geneva Banking Systems. Then Hahn who is 22 and studying at Harvard University studying Medicine. So far with our children we have really been succeeding. There are three principles, the reasons why we have not had any problems raising them and why they succeed. Number one, Tae Kwon Do: discipline and responsibility. Second reason, we are a strong Christian family. Third, our living conditions. We never had a TV on in the house. I would watch news at 10 after everyone was done. I always was around the house with a book in one hand. No smoking, no drinking. Our home situation was quiet and everyone studying. Our key was study habits and that was our key to success.

So I came to this country thinking I have something to give back to this world. I feel like I took along the way and now part of this time is for giving back. Help develop a better way of human life. I also like to volunteer with the county for this community. I really like doing my volunteer work. Also I am continuing to build up the CPC Program. Children's Personal Conduct Program here in the United States. So while I don't have lot money to donate I do have my efforts, contributions and brain to offer, that is what I want to do.

### **Tell us a little about your book.**

*(GM Cho turns to page 644, the poem "My devotion to Tae Kwon do")* The first and most important thing to know is that this is my heart, my whole life. This is why I wrote this book. This is how I truly feel. The last line states "My whole life is devoted to Tae Kwon Do; I will be worthy of it". Every year this generation of Masters is passing. Each year we lose more and more of these great men who devoted their entire lives to our art. So, the book is about leaving a legacy.

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It's putting my life work down in a form that it can live forever. It is one way to preserve what we are losing quickly. It's also something that others did not do.

*We sit and look at 6 books. Each book has techniques, forms and lots of pictures. None seems to have a clear curriculum.*

### **What's the difference between these books and yours?**

My intention was to provide exactly what the title states, a Master's Course. A book which takes that information and lays out the path as taught. A curriculum. Therefore there are books that are a bunch of pictures but this book is a true Masters program. This is done by having the pictures that others have offered, of course now with color and more details to explain. Also the forms, trying to detail them in a way for better understanding. More importantly, though, a lot of the other parts that seem to be left out of the general information materials.

*He points several sections out to me, one of which is on sparring.*

Truly understanding beyond technique. Power, accuracy, rhythm, timing etc. Just looking at this section and all the components, this is one year of study in itself. There are portions on the philosophies, my writing on the philosophy of water and the general principles that help define our art. Again the attempt here was to create a true Master's Course and to put as much as possible of what needs to be learned, taught and contemplated for an instructor to teach.

### **Can you comment on the price of the book?**

There were several ways I was offered to make this book cheaper. I chose better paper, color and a better jacket thinking if this is to be used versus shelved it had to be comfortable, long lasting quality and durable. Again, in summary, the idea is not just another book on the art but a true Master's Course.



**What was training like in the early days?**

The '60's were really like power fighting, just go get 'em. Less technical but more fight. There was not much grabbing and throwing, it was punch and kick. Early on there was a bit more hand but Koreans always liked the kicking part. It was tough. As a red belt you would have to spar the black belts, usually 12 down the line. I liked it and am a bit sad today's world of lawsuits would not allow the old school tough style of training. The '70's were the early days of refinement. Here it began to be about control and better skills. With the unification and founding of Tae Kwon Do real development could begin. Common sense techniques and really looking at what everyone brought to the table. The '80's and '90's of course started the Olympic road and with that the emphasis towards sport.

This newfound growth of course led Tae Kwon Do to a position where it could support the new University programs. This also helped the serious study and development of the art. There proved to be a need for course or materials to support this desire to learn the art in its true depth.

Not just to learn a few sparring techniques but to understand all the levels like mindset, breathing, etc..

**What was your experience with different Kwans or styles?**

I was always a Moo Duk Kwan guy. They were the older group that built the foundation of today's Tae Kwon Do. Other Kwans split off but I feel that this was a lot like religion. The core techniques and beliefs were the same and there is no need to comment either way on their differences. Most Kwans still hold seniority as the more important issue regarding who is a better Kwan.

**What do you consider to be the distinction between basics/sparring and *ho shin sul*?**

This boils down to Tae Kwon Do being the art it is. It has and is self-defense. It is in general a long versus close art. Not to say that sweeps and some techniques were not always there but the *ho shin sul* we tend to talk about was always separate.

**Do you think there was influence from other arts on the Kwan styles?**

Think of Okinawa's home area and style of

fighting versus the Japanese, Chinese and the Korean styles. Think of north versus south in regards to mountains versus beaches. Certain folks in their styles naturally had shorter legs and more hand-focused technique and vice versa. People living in higher elevation with less oxygen would have a more conservative style that helped in their breathing and those who lived at lower elevations a more laborious style as the oxygen and area permitted. Techniques were born of the lay of the land. Rocks versus beach, trees, etc.. Shorter man fighting taller or on low ground fighting up hill. All had application and all were good, just some more appropriate to their surrounding or use. As we form cultures or groups we flavor our own cultures. Food, living style, religion: a little different but not bad, just a different flavor.

**Was there any Judo influence?**

Judo was a sport and folks took it but they came to Tae Kwon Do as a Martial Art. Tae Kwon Do guys did not think of Judo as threat or competition. Folks saw Judo as sport back then and Tae Kwon Do as a Martial Art. That's why many came to Tae Kwon Do.

**What is your approach to pattern training and applications?**

Patterns have always been used because they are good practice for techniques and movement. They have changed over the years but that does not matter. They all have techniques and movement to practice and learn. As far as applications are concerned, the patterns are made up of techniques, pure and simple; it's technique on technique. Use them, use them when and how applicable.

**Would you like to mention anything**  
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**else?**

It is very important to focus on teaching and understanding. I fear there are too many early black belts teaching without philosophy and full understanding. This is where I hoped my book could help. I really wanted to stress that people read the Philosophy of Water. We must incorporate the philosophy, we must.

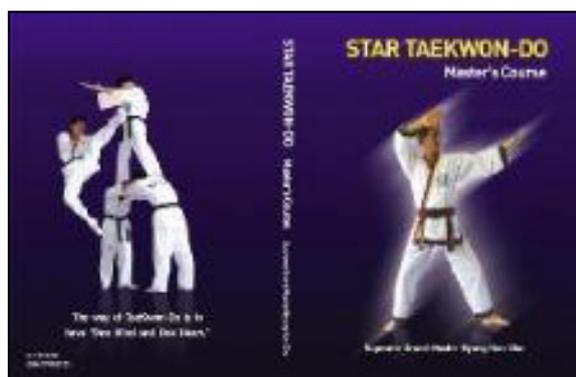
Today's teachers are moving too fast and need to study their art more deeply. The Model is partly to blame. Today's ratio of 30% adult versus 70% kids is the opposite of before. It has changed the curriculum and teachers' ability based on what they have to manage.

Also we must emphasize the constant issue of respect. Respect for others' views, religions etc. Younger versus senior. Remember when I talked about respecting Chinese influence versus Japanese,

etc. Their differences stem from so many things like environment, culture, physical stature, but we must always respect those differences as different and not bad.

**Thank you for your time and your thoughts, GM Cho.**

My pleasure. Thank you for your attention and support, David.



# HONEST JOHNS PRODUCT REVIEWS

## ***"Star Taekwon-Do: Master's Course"***

***By Supreme Grandmaster Byung Kon Cho***

**Review by John Honest**

The first thing that strikes one about this book is its physical presence. Presented inside a quality full-colour rigid cardboard sleeve, it is an imposing volume consisting of 646 high-grammage gloss pages, many of which feature large, high-resolution photos. This goes some way to explaining its relatively high list price.

In terms of content, the book is part syllabus, part discussion of the technical, conceptual and philosophical aspects of Taekwon-Do. It is divided into four main sections or chapters, each of which has numerous subsections.

*Chapter 1* is a presentation of the historical, philosophical and theoretical background of Taekwon-Do. It discusses the Tenets in some detail and presents a history (which tends towards the "2000-year-old warrior tradition" version). It establishes a convincing relationship between Korean cultural philosophy and Taekwon-Do practice, which makes very informative and interesting reading. It details a theory of power which largely mirrors General Choi's.

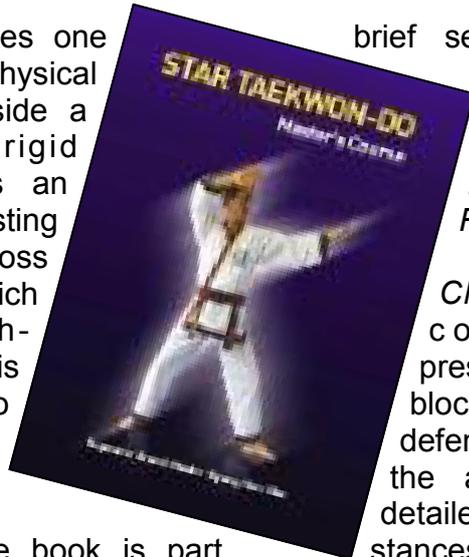
This chapter contains two other highly interesting sections which hint at the emphatically holistic basis of Grandmaster Cho's approach to Taekwon-Do. One is a rather detailed discussion of the Philosophy of Water, and how this relates to Taekwon-Do practice and to responsible, harmonious living in general. The other is a

brief section on how Taekwon-Do practice relates to health; this issue is greatly expanded upon in Grandmaster Cho's 2006 book *A Health Revolution*.

*Chapter 2* consists of a comprehensive photo presentation of the striking and blocking tools, the attacking and defensive movements that make up the art of Taekwon-Do, and a detailed text and photo description of stances. This chapter is a useful, well-presented reference guide, but offers little that cannot be found in other, cheaper sources, perhaps with the exception of the stance explanations.

*Chapter 3* is mainly concerned with the patterns, referencing both the Kukki and Chang-Hon sets, although it does not provide step-by-step instruction at this point. It comments on the meaning behind the pattern names, mentions a number of considerations for pattern training, categorises various types of pattern and lists a series of attributes which contribute to and are derived from pattern practice. It does not illustrate any applications of pattern sequences.

This section also dedicates a considerable space to a detailed discussion of sparring. It is, in my opinion, one of the gems that set this book apart from other manuals. It transcends particular sparring styles and goes rather profoundly into a large number of principles, attributes and strategies for successful sparring.



The chapter also proposes a link between a number of ready positions and certain training goals associated with the different belt grades, and discusses meditation and breathing.

The largest part of the book, accounting for around half its content, is Chapter 4, consisting of Grandmaster Cho's school syllabus. The material is laid out by belt grade, including step-by-step pattern instructions, technique photos and acupressure points for therapeutic purposes. This section is both a manual detailing his school's curriculum and a presentation of what he considers to be the material which must be covered in order to go some way to mastering the art. The sheer breadth of the material is impressive, and incorporates aspects which are not usually to be found in conventional Taekwon-Do programmes.

In summary, this is a book which clearly represents the life's work of a highly knowledgeable and dedicated master of Taekwon-Do. It is both a record of his art as he teaches it, and a guide for future study, particularly regarding the health and character development aspects of Taekwon-Do. Its positive points are its presentation, its philosophy and health contents, and its treatment of sparring. Its negative points are its high list price (USD 129, although this will not necessarily be its final price once made available via online bookstores), its fairly standard approach to technical contents, and the large amount of space dedicated to cataloguing testing requirements.

**Star Taekwon-Do Master's Course** is available at [www.chosstartaekwondo.com](http://www.chosstartaekwondo.com).

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[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)



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# The Making of a Black Belt!

*'It is good to have an end to journey towards,  
but it is the journey that matters in the end'*

- Ursula K. Le Guin

Apart from the main bulk of the book, there were a few sections at the end that were mainly my views on things and the one here is one that I received a lot of contact about, praising it for its honest view of things, so as it's something many feel strongly about, I thought it appropriate to relay it here as it concerns all of us!

When a student walks into a dojang they have this vision in their head, perhaps attained through television or films, or from the legendary stories of the masters, recited by their friends or read in books but no matter where it comes from, it is still the same – the dream of mastery of a martial art and a 'Mcdojang' instructor steals these dreams!

Parents bring their children to martial art classes for a myriad of reason, not least confidence and the same eventual dreams as the adults – maybe it's a parents wishful

thinking, but there is no reason their children cannot grow up and mature into competent and capable martial artists. The problem is parents have no bench mark as they often start their children in the first martial art school they come across as they believe that every black belt is a master, every black belt is a great instructor and every black belt will guide and shape their child into a competent and capable martial artists – only someone who has been round the block or dared to venture further afield than their own school knows this isn't the case! My advice to parents these days, unfortunately, is to shop around and to do a lot of shopping!

I had a parent of a student call me once, saying she was unhappy with her present school as the instructor was charging more and more each time. He changed the uniforms every six months, forcing the students to buy the new ones and sold



them equipment when they joined that they had never used! The final straw for this parent was the instructor trying to make her sign a new three year contract into the 'masters club' for her son, who was six years old! Incidentally, this club costs £600 per year more than the *Black belt club*, which was £600 a year more than the non-black belt club members paid! I felt a little sorry for the parent, knowing she had been sold by the sales hype, so I invited her down to the school as she wanted and asked her what grade her son was – to which she replied he's a black belt! I was shocked, but nevertheless intrigued as to what qualities a six year old black belt would have. The parent was most concerned with her six year old retaining his grade and I had to bite my lip!

The parent turned up and this young black belt bounded into my class full of confidence, but as the class started the warm-up session he seemed concerned, looking around for his mother, eventually, before we had even finished this section he started to cry as he was completely out of his depth and this was just the warm up. After sobbing for a bit, he went to his mum for a cuddle and I asked her what he did to achieve his black belt, she said he had to do some combinations, punch some pads and show some kicks. I ask what patterns he learnt and she asked what was a pattern! Upon explaining, she said he hadn't learn any as it wasn't required for his age! Suffice to say, he never returned to my school. His former club had indeed given him something, they gave him a black belt he didn't earn, that didn't have any worth except to his parents pride (however misplaced it was), but worst of all they gave him bucket loads of false confidence that was taken away the minute he stepped out of that school into the real world of martial arts!

This is not an isolated case as many other parents have been sold similar

things, with these unscrupulous instructors pandering to the parents and students ego's, by waving a black belt in front of them and letting them know just how achievable it is, as long as they pay the right price! Adults have been fooled in the same way as well, though they are more capable of handling the fact that they have been sold a dud and usually blame themselves for not doing their research properly in the first place and some, even if not all, are resolute about learning proper martial arts, so are content to start over. These students I hold in the highest regard, it is not an easy thing to admit and even harder to do – these students have the right spirit, one that can really take them where they want to go!

Students reasons for starting a martial art and then sticking with it can change over time and are varied, but every student, who attains the lofty rank of black belts wishes and hopes, at least initially, to be worthy of the grade, after all *'the clothes maketh the man'* and so in Taekwon-do, *'the belt maketh the student'* so the worth of that belt needs to be maintained.

Once a black belt held much worth, simply because it was only obtainable with diligence and hard training. Now it is seen as



obtainable by anyone, even with little effort, but more so as part of the schools ethos or part of their advertising campaign as long as they turn up and pay their money! A black belt should never be guaranteed, it is a celebration of blood, sweat and tears, of over coming many obstacles and a celebration of passing into the next phase of Taekwon-do training. The fork in a tough hard road that is meant to represent the wearer being *'Impervious to darkness and fear'* - a road that many are simply not capable of travelling (well actually they are, but it's a damn hard trek)! Its worth has been devalued.

Though some argue that Taekwon-do places a different emphasis on what a black belt means, as do some other arts, but one only has to think back to when they began Taekwon-do and think what a black belt seemed to them, whether correct or not this is actually what it should mean (or at least pretty close to it). I sincerely doubt that any beginner has thought of a black belt grade as lacking in knowledge or skills, or not being able to perform *'black belty'* type things! I guess the essence is that in my mind at least, a black belt should have three attributes:

1. Knowledge in the areas related to the dan grade and skills at a certain level in applying that knowledge
  2. A certain mental toughness fostered from many years of hard training
- The ability to 'hang' with others of equal grade. By that I mean at all areas they should be roughly equal. There will always be students who

can break more than others, or spar faster etc. But no black belt should look way out of their depth in any areas next to a fellow dan grade.

All three of these areas have been eroded over time, as clubs, instructors and associations give away black belts to one and all, claiming to make the black belt more accessible or simply ignoring what it originally represented to them, but its really an exercise of increasing numbers or not losing students income and the one who loses in the end, is actually the student who placed their faith and hope in you to begin with!

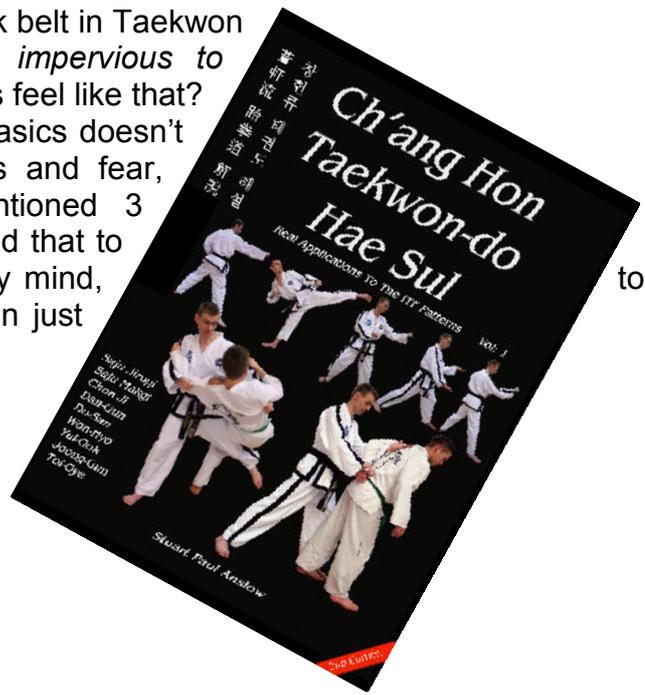
A black belts worth shouldn't be bought but should be affordable by all, affordable by way of hard work, sweat, tears and perhaps even a little blood on occasion – as these are the traits and trials of hard endeavours and nothing of any value comes easy. By making the road to black belt, a hard though not impossible journey, we can retain its value and its worth – though I feel it may be a little too late for that, but as Gandhi once said *'You must be the change you wish to see in the world'* so I for one will keep on keeping on!



Within Taekwon-do some feel that the black belt is simply a representation of someone who has a good grasp of the basics of our art and even though what actually represents the basics is debateable, some do not even seem to have done that in order to gain the right to wear the black belt around their waist. But even then, saying it simply represents the

basics doesn't relate to the meaning of black belt in Taekwon-do, which says the wearer should be 'impervious to darkness and fear' – how many six year olds feel like that? In my mind, simply having a grasp of the basics doesn't correlate to being impervious to darkness and fear, which takes me back to the aforementioned 3 attributes that should make a black belt! And that to me is just the minimum requirements in my mind, me there is more to being a black belt than just that, but that's a whole new discussion!

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**"Ch'ang Hon Taekwon-do Hae Sul: Real Applications To The ITF Patterns"**  
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# Some Basic Defensive & Offensive Sparring Fundamentals

By Earl Weiss

Fundamental aspects for Defense when sparring is to maintain a good mobile and protective sparring stance. I recommend that beginners use the following position.

**A.** Feet are about shoulder width apart, weight is evenly distributed, the rear foot pointing in a forward direction on the ball of the foot and with the rear heel off the floor. This will allow both lead and rear leg kicks facilitating both a pivot on the ball of the rear foot for a lead leg kick, and a push off the floor to enhance the speed of rear leg kicks.

**B.** The lead hand forearm is comfortably vertical with the lead fist side facing, about two fist widths in front of your nose. This allows the forearm to protect the body and the fist denies a straight line attack to the face.

**C.** The rear hand forearm is comfortably forward and vertical, with the fist at ear level about one fist width from the ear. This denies a hook / elliptical attack to the side of the head. A hook or elliptical attack to the other side of the head can be intercepted by moving the lead hand slightly to the outside.



*Mr. Wilke (left) and Mr. O'Connor (right) demonstrate basic sparring positions*

To reinforce the effectiveness of these positions I use target paddles two different ways.

1. I take my hand and hold their lead wrist and smack the back of my hand with the pad so 90% of the force hits my hand and 10% hits their hand, hard enough so that the paddle makes a loud noise. I then say “good, right” and of course they agree. I then move the hand down a little and **tap** them lightly at the hairline while saying “no good”. This tactile, audible and visual reinforcement seems to do the trick.

2. While practicing hand or foot techniques, if the student fails to return their hands to these positions I touch them **lightly** on the face or side of the head. For kids I will add an audible clue like saying “POW”, and tell them that is the sound of their face breaking. I call these target pads memory improvers. It is amazing to see them remember to keep their hands in the right place if they get tagged by the memory improvers.

*Common mistakes include:* Having the hands too wide, having the lead hand too low, having the rear elbow point sideways rather than forward, and failing to transition from having one hand forward and switching to the mirror image stance when stepping forward, particularly when done in conjunction with a rear leg kick. This transition is described by explaining and showing that the moment the rear leg passes the front leg, the rear hand has now become the lead hand and the position of the hands need to be reversed.



**Rear Hand too much to the side**



**Good Hand transition**



**Hands too wide**

I believe a good defensive position constitutes 90% of the defense in free sparring. The remaining 20% is allocated between movement, and blocking and parrying.

Once this position is learned, assuming students have basic front kick and straight punch competence, they are taught “Sparring Combination A”.

As you may have guessed from the name other sparring combinations are taught later. This is the first combination taught. Having the sparring combinations designated by letter or number provides a valuable training and teaching tool. While watching a student spar, or when sparring with them as a teaching exercise, depending on the opportunity presented you can simply say “A”, “B”, etc. and the student should execute the appropriate combination.

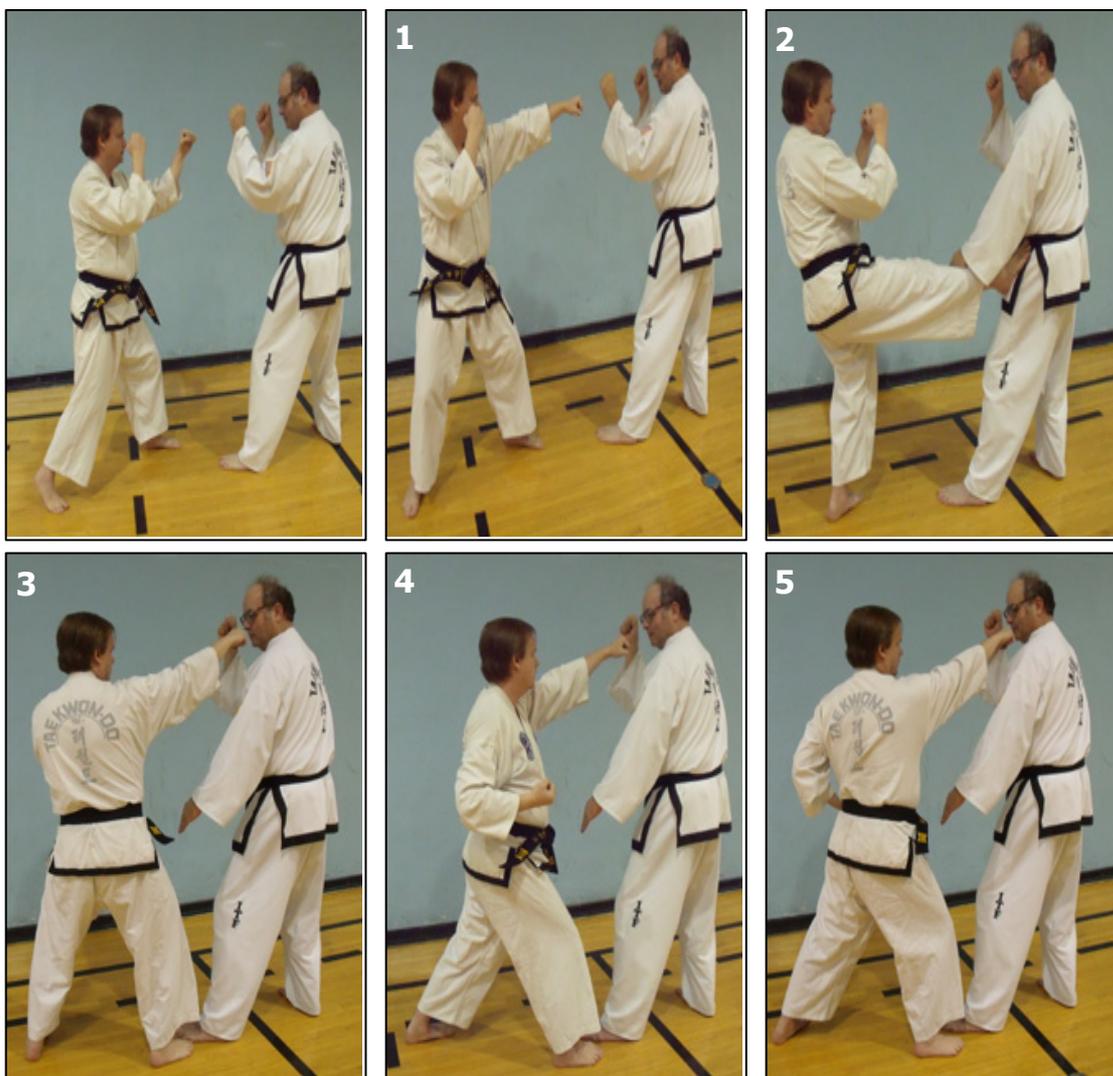
Students are also taught concepts upon which the combination is based. For instance, *Sparring combination A* reinforces the concepts of initializing a combination with the closest weapon to closes target (Bruce Lee), varying the level of the technique to create an opening, alternating hand and foot techniques, using multiple punches when in close, and finishing with a lead side hand technique which helps eliminate a tendency to finish

full facing, overly exposing the body's targets if you finish a combination with a rear hand technique.

By teaching concepts, students can expand their repertoire by employing any number of effective combinations that use those concepts. In future articles I will explain additional concepts and combinations that employ those concepts.

### Sparring combination A

1. Lead hand straight punch to the head. (Note: Defender moves backward and keeps their guard up. )
2. Rear Leg front Snap kick moving forward. (Note: Defender drops their lead hand to stop the kick)
3. Kicking side hand straight punch as the kicking foot steps down forward
- 4&5. Rear hand punch and lead hand punch.



*Did you spot the typical error above?* In the 5<sup>th</sup> and 6<sup>th</sup> photos the student has dropped the non punching hand unnecessarily exposing their face to a counter attack.

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 [EWeisstk@aol.com](mailto:EWeisstk@aol.com).

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# The "DO" and the importance of Teaching of the "DO" in the ITF TKD

By Grand Master Trần Triều Quân,  
President of the ITF

## What is Taekwon-Do?

Taekwon-Do is a form of martial art. It was developed by General Choi Hong Hi in Korea. The name was adopted on April 11, 1955, by a committee chaired by General Choi Hong Hi. Originally, the name was written in three words: "Tae Kwon Do".

## What is the meaning of the words "Tae", "Kwon" and "Do"?

According to a literal translation provided by General Choi Hong Hi in the Encyclopedia of Taekwon-Do (volume 1, page 21),

- "Tae" stands for jumping or flying, to kick or smash with the foot;
- "Kwon" denotes the fist – chiefly to punch or destroy with the hand or fist;
- "Do" means an "art" or "way" – the right way built and paved by the saints and sages in the past.

Put more simply,

- "Tae" means "foot";
- "Kwon" means "hand";
- "Do" means "art" or "way".

Therefore, taken collectively and literally, "Taekwon-Do" means "the way of the foot and the hand". In the Encyclopedia of Taekwon-Do (volume 1, page 21), General Choi defines "Taekwon-Do" as the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents

General Choi mentioned that, in the beginning (1955), his newly designed



martial art was not well known. To ensure the correct pronunciation of the name of the art, he preferred to write it as three separated words: "*Tae Kwon Do*".

Since 1972, the name is written as follows: "*Taekwon-Do*". General Choi explained that the change was made to highlight the need for balance between physical ("*tae*" and "*kwon*") and mental training ("*do*").

## How did Taekwon-Do evolve?

As a martial art, Taekwon-Do (TKD) was originally intended as:

- a form of self-defence;
- a means of improving one's behaviour and building a better society.

TKD has been accepted as an Olympic sport (WTF), and some instructors and practitioners have preferred to focus strictly on its values as a competitive activity.

Also, General Choi worked very hard all his life to develop TKD as a martial art, particularly the technical aspect of TKD. In 1983, he published the Encyclopedia of Taekwon-Do, which comprised 15 volumes. Out of those, 14 dealt with the techniques

of TKD.

In the early 1970's, General Choi did recognize the importance of focusing on moral culture in teaching TKD. However, he was too busy with the development of the techniques of TKD to expand on the "Do".

In his last publication, Guidebook for Moral Culture, General Choi acknowledged the need to focus as much as on the "Do" as on the techniques in teaching TKD. In this book, he expressed the wish that the next generation addresses this issue.

### **How will you fulfill General Choi's wish?**

As the new leader legally elected by democratic rules to succeed General Choi and on the occasion of the 49th anniversary of the founding of TKD, I hereby reaffirm to all ITF members that I am strongly committed to fulfilling that true last wish of our Founder, which he expressed publicly and freely.

In order to do so, I am taking the lead in the ITF to develop the full potential of TKD by focusing on all four facets of TKD:

- Taekwon-Do as a sport;
- Taekwon-Do as a martial art;
- Taekwon-Do as a way of life; and
- Taekwon-Do as a tool for social development.

For a more detailed description of these four facets of TKD, I invite the reader, if he or she has not already done so, to have a look at my speech to the 14th ITF Congress Meeting in Warsaw, Poland on June 13, 2003, after my election as President of the ITF. In this speech, I also explained how we can make this four-facet vision of TKD a reality.

### **What is the meaning of the word "Do"?**

The term "*Do*" comes from the Chinese word "*Dao*", which means "*the road*", "*the way*".

We could say that a person's life is like a road that he has to travel. On this road, he meets various challenges and has to make many decisions. Using mental training, including training in moral culture, he can identify the principles that will guide him in his efforts to develop qualities and positive behaviours. This will definitely lead him to the ultimate goal of life, which is to have happiness in life.



### **Is there a simple definition of the "Do"?**

We could define the "*Do*" as "the way to become a better person and have a happier life".

### **What is the role of the "Master" in TKD?**

Of course, that person needs guidance or he could get lost. In Chinese culture, the guide was called "*Si-Fu*", which means "*Master*".

So the role of the Master is to guide his students to follow the right road. As the guide, the Master's responsibility is enormous. This responsibility is shared between the TKD school, the education or work environment, and the family environment.

The Master was so important in Chinese culture that Confucius, a great Chinese philosopher and teacher in the 5th Century B.C., put the Master below the King but above the Father in the hierarchy of authority in society.

Therefore, it is important to understand that the role of ITF TKD teachers is not limited to teaching a technical program. The evaluation of the promotion should also be

based also on the application of the philosophy, the tenets and student's oath in ITF TKD.

There is an oriental proverb: "*The animal that dies leaves behind its skin, but the human who dies leaves behind him his name*". That is why ITF teachers should honour the realizations by their students of projects beneficial to society because it should be ultimate goal for ITF members.

### Where does the "Do" come from?

Religious and philosophical thinking from India and China led the development of the code of conduct for the martial arts. It includes features such as:

- Buddha's teachings: Why do people suffer? How to develop a conscience? How to conduct oneself in life?
- Confucius's teachings: How to be? How to conduct? How to do? How to lead?
- Lao-Tzu's teachings: Existence and importance of the balance between Ying and Yang; guidance for moral culture.

General Choi's philosophy as expressed in his Encyclopedia of Taekwon-Do and his guidebook on moral culture shows us that he was very much influenced by Confucius while he was developing the Tenets of TKD and the Student's Oath.



### How can we learn the "Do"?

We need to understand the purpose of life, which is to search for happiness.

To begin, we need to take care of the fundamental human needs: food, clothing,

shelter, and medical care. However, there is no guarantee that it will make us happy, even with abundance of money or high position in society.

Real happiness is possible only when you live in harmony with yourself and your environment, finding internal peace. To do this, you need to believe in a value system that will help you discern the difference between good and bad, right and wrong.

There are two interesting books that explain these principles, which are in agreement with the moral culture promoted by TKD., They are accessible to everyone. These are:

- Ancient Wisdom, Modern World by 14th Dalai Lama. He wrote this book in 1999 as the proposal for the Code of Ethics for the new millennium;
- The Art of Happiness by 14th Dalai Lama and Howard Cutler.

Here are some key words to reflect on in your search for happiness: *truth, respect, humility, generosity, tolerance, harmony, balance, peace, justice, freedom, compassion.*

### How can we teach the "Do"?

We have the philosophy and the tools as developed by our Founder, General Choi Hong Hi. Now we have to adapt the tools to the age we live in.

The basic tenets of TKD – courtesy, integrity, self-control, perseverance and indomitable spirit – are the distillation of universal values. We need to teach them progressively, according to the student's level and avoid narrow interpretations.

For example, "courtesy" can be defined as "refined politeness". We can start by teaching our students to show mutual respect by learning how to bow and how to listen. We need to encourage our students to apply everything they learn in their

everyday life. We can further explore the tenet of "courtesy" by teaching them about kindness and politeness, modesty, then gratitude and the importance of loyalty followed by helpfulness, generosity, and compassion.



**General Choi Hong Hi**

**1918 - 2002**

Of course, it is essential that the teacher always set a good example. We cannot teach our students to "do as I say, not as I do". By using examples and telling anecdotes to illustrate philosophical and moral concepts, we will help our students to understand better and to remember what we teach them.

We should not forget to warn our students about the dangers of misinterpretation. For example, "loyalty", defined as "gratitude to a person, organization, or cause", is an important component of "courtesy". However, "blind loyalty" can lead to unhappiness. Therefore, if we witness what seems to be an abuse of loyalty, we must rely on our value system to help us make the right decision about the proper attitude and actions to take. And, of course, we should always act respectfully.

Here are some key words and thoughts

about the other basic tenets of Taekwon-Do:

### **Integrity**

Be honest, be respectful of the truth and established rules, be sincere.

### **Self-control**

Be calm, control your emotions. Reflect on the consequences of your actions before acting. Confucius suggests to turn your tongue seven times before speaking and not to do anything to another if you would not want someone to do it to you.

### **Perseverance**

Be constant in working towards goals in life. Analyze failures and make adjustments in order to succeed. Structure of Kups (grade colors) and Black Belt Degrees help to develop perseverance. We build self-esteem by cumulating small successes, gaining strength and the ability to persevere.

### **Indomitable spirit**

Stand up for the values and the causes you believe in. Remember that justice requires courage in life. Develop a good attitude when facing difficulties.

In order to ensure the integration of the above moral values of TKD, we need to evaluate ourselves periodically in terms of how we have complied with each tenet of TKD by going over what we have done during the last period. We need to analyze each situation and correct the wrong behaviour or attitude for the future. Good compliance with the tenets of TKD should be brought to the attention of others as modelling of good behaviour can have positive influence on others. By using this method, we will become better citizen and we will contribute to building a better society where peace, justice and freedom will prevail.

### **What is in the future for ITF teachers?**

The teaching of the "Do" is a priority objective for the ITF. Since last year, we

have integrated the introduction to the teaching of the "Do" in the program of the ITF International Instructor Courses. A well-structured program with objectives for each level, powerful tools, and training for teachers (Grand Masters, Masters and Instructors) at all levels should be ready for early 2005.

### Why the emphasis on the "Do" now?

Because:

- Our Founder designed our technical system so well that we only need to fine tune it. Therefore, we can devote more time and effort to put in place what is needed for an effective teaching of the "Do".
- Students are so eager to learn about the "Do" that they are asking to learn more about it.
- It is our responsibility to teach not only about "how" but also about "why" when teaching certain subjects related to mental and moral training, such as the protocol, the tenets, the student's oath and the philosophy of ITF TKD.
- It will open the door for all ITF affiliated organizations to work with the education sector. For example, ITF TKD could be included in after-school programs with valuable content produced by the ITF.



### Conclusion

The philosophy of Taekwon-Do can be summed by using the last two statements of the ITF Student's Oath:

- I shall be a champion of justice and freedom.
- I shall build a better and a more peaceful world.

By practicing ITF TKD and living in accordance with its fundamental values, we will become good citizens and be able to help build a better world.

I trust that the above explanations will convince all of you of the importance of teaching the "Do". I expect all ITF instructors to act energetically and without delay to include mental and moral training in their teaching program.

I believe very strongly that, by teaching the "Do", we will accomplish our mission as the "guide" helping our students to live up their oath and to develop into good citizens who will help improve the society they live in.

Master Trần Triệu Quân

Master Trần Triệu Quân  
ITF President

*Article first written at Bathinda City, State of Punjab, northern part of India, April 11, 2004*

# Fight To Survive

## *Military Style*

By Michael Munyon, ITF/USKMAF

I was watching that movie Blood Sport recently and liked one of the songs that was playing while everyone was fighting. It was the song that had the lyrics, "I fight to survive." After listening to that song I took a moment to think about many martial art schools that I've trained at and noticed that many of the schools did not help me to survive as much as it attempted to influence me with their syllabus. Granted, training to be a martial artist is not the same as training to be a fighter. Now that I'm in the United States Air Force and deploy to some "not so friendly" places I noticed that my training MUST be different than that which I learned in a local dojang. My dojang training honestly does not help me to survive in a war time environment. Here is what I've done to help add to what was taught to me in the dojang so that I can increase not only my own life while in the AOR (Area of Responsibility), but help my fellow Airmen.

The Security Forces career field is the sole

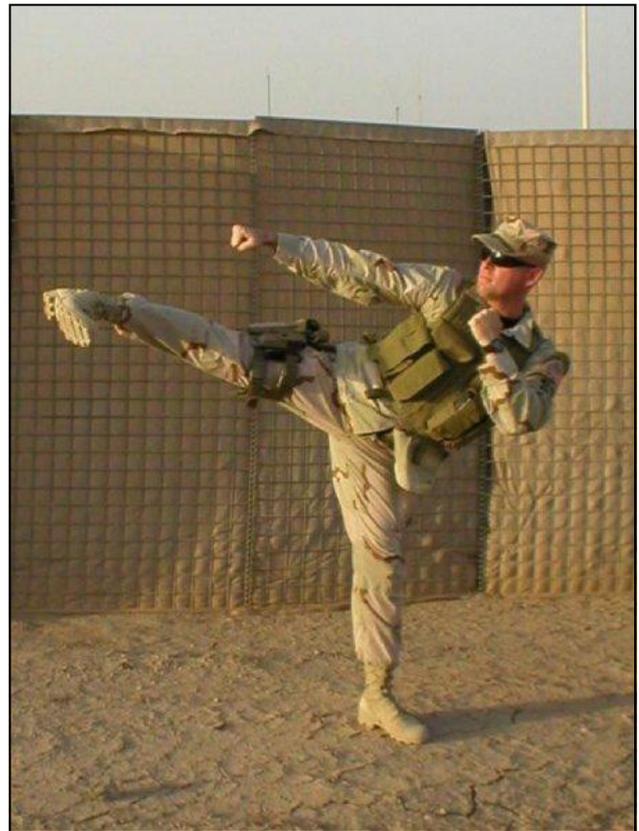
entity responsible for Air Base Defense, protection of property and personnel. Additionally, the career field is more involved with convoys, conducting sweeps of local cities and much more. With that being said, our tactics and training must reflect our new missions. While training in the local dojang we normally line up, bow in and do some stretching. This is not an option we have while in the field. When I was teaching students in South Korea (Kunsan Air Base), every blue moon I'd have my students put on their sparring gear (safety in training) and then line back up. I instructed them to touch their toes

and then reach for the ceiling. After that I instructed them to spar. It was everyone verses everyone. Naturally, one of the students asked if we were going to warm up and stretch. I replied with "NO." The student asked why and I said because if someone is trying to cause harm to you, you aren't going to have time to stretch and warm up. With that said, let's train like it's real. After the session was



over a few of my students approached me and said that they loved the class because of the realism in training. This appreciation they demonstrated sparked some ideas that I've been using over the years. Some of these concepts are not new, but if this helps with training your law enforcement and military personnel then feel free to use this information.

Some of the training I've been through requires us to wear Chem gear. This consists of the attire I'd have to wear in a nuclear environment. Regardless of the environment law enforcement and military MUST continue the mission at ALL costs. Our attire consists of wearing chem pants, top, boots (goes over our military boots), two layers of gloves, gas mask and more. This adds weight, causes you to move differently, decreases my economy of motion and much more. Though wearing the attire will help me to survive the elements of a nuclear environment it definitely makes it hard to defend myself in a fire fight or a hand to hand situation. Also, wearing the gas mask limits your oxygen intake. This also limits your endurance. I personally get gassed pretty quickly when training with a gas mask on. Also, that's something to consider when



training. What if the enemy tries to remove your gas mask? Just like we train cops in weapon retention, we have to teach our military to retain their survival equipment.

When performing sentry duties in FPCONS (Force Protection Conditions) we are required to wear a Kevlar helmet and a

level 4 bullet proof vest with heavy plates in them. Wearing all this gear definitely makes it hard to move in and causes you to wear out faster. Part of the Krav Maga training I've been through requires you to wear all your "war gear" and run obstacle courses, fight off one or more enemies and much more. We must perform at 100% during this entire routine. Even basic



combatives such as striking shields, rifle fighting and etc becomes more difficult due to the added weight and stress of the training. I've seen young 20 year olds who go to the gym a lot puke because they are not "Fit to Fight."

During my Red Belt Taekwon-Do time frame I recall being taught "basic" knife defense. My opponent would basically be in a left walking stance, left low block and have a knife by his side like a chambered fist. We'd train this drill like it was one step sparring. When I was a red belt this was "awesome" and a basic foundation for learning what some folks considered knife defense training. Now that I'm higher ranking and have had a lot more exposure to the "real world" of self defense, civilian law enforcement (corrections) military training and other martial art systems, I can admit that the training I received as a red belt was not realistic nor would it help me survive in a real knife attack. Attackers use "unique" angles, carry more than one knife, stab like a sewing machine and much more. What I do to train my guys and gals in knife defense is something I made up. I have two of my students put their nose in a corner and close their eyes. Then I tell them, "once you hear the knife hit the floor, turn around, find the knife and

try to kill the other person. If you don't have the knife, try not to get killed." I then throw the knife on the floor and watch the two students race to locate the knife, watch the attacker try to kill the other student and watch the defend student control the weapon, redirect, dodge and etc. That is the first lesson I teach and EVERYONE enjoys it. It's real and sets the tone of defending against a knife. From time to time I spice it up by throwing in a training pistol. What I don't tell them is that there isn't a round chambered so the guy with the knife has a second or two more to try to kill the guy with the gun.

Once in a while I'll have a class where students must wear the exact attire they dress for when they are at work. Since my students are both military and civilian it's interesting to have folks spar with someone wearing a military uniform and someone wearing a shirt and tie. I do allow take downs, low kicks, basic throws and traps. These techniques allow students to think more about their attacks and defenses. Due to safety reasons and the sport aspect of Taekwon-Do we have a lot of rules to ensure nobody gets too banged up. I feel this limits our students and training so it's a free for all when it's time to battle. Another thing that was brought to my attention by



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the students sparring in their civilian attire was that they were the ones providing me with feedback about how sparring in their civilian/military attire allowed them to experience what worked and what didn't work for them.

To add some more sugar and spice to training I'd go to the Security Forces Armory and sign out two sets of Night Vision Goggles (NVG). I usually move my students to the tennis courts at one of the hangers and turn off the lights. In the pitch dark I have them put on the Night Vision Goggles and do basic grabs and perform step sparring in slow motion for safety purposes. This plays a big part in training at night and wearing NVGs. What they notice is that the NVGs play a part in their depth perception. This causes added stress to both the attacker and defender. After we do that for awhile I then turn on the lights to see how they react to bright lights. Then they remove the NVG and have to defend themselves with the lights

on. Shortly thereafter I turn the lights off again, but they do not have to wear the NVGs again.

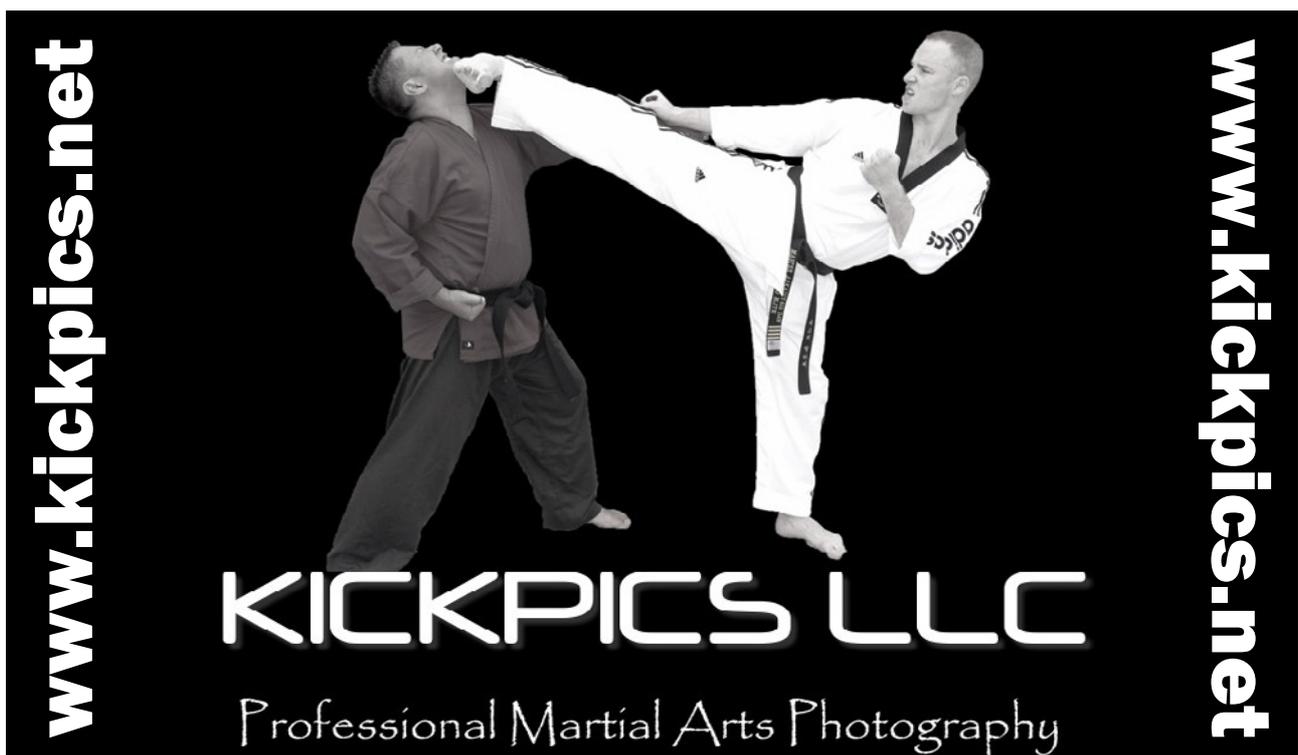
Through the years I've developed all kinds of drills and training scenarios based off military tactics, equipment and through real world lessons learned situations collected from numerous people's experiences to include my own. This has allowed my training to stay fresh and not get stagnant. Also, I train with an instructor who has actually used what he's been taught in a real world war environment and he's got a no "BS" approach to training. I would like to encourage instructors to train their students outside the box and allow them to learn not just a martial arts syllabus, but how to survive in numerous situations and environments.

*The ball is in your court now.*

**Train your students to win or train them to survive.**

**The choice is yours.**

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# **21<sup>st</sup> PUMA Black Belt Presentation Evening & Technical Seminar with Master Cariati**

**By John Dowding**

The 28th November 2009 saw the Professional Unification of Martial Arts (PUMA) hold the 21st Black Belt Presentation Evening in Swindon, Wiltshire. PUMA host the formal event twice a year and present black belt certificates and belts to students who have passed the black belt physical examination and PUMA spirit test.

435 Students, friends and family members packed the hall to celebrate the 73 successful students who ranged from First Degree through to Fifth Degree. And PUMA were honoured to play host to a special guest Master Cariati 8th Degree president of the International Chang Hon

Taekwon-Do Federation. Master Cariati had flown in from Toronto to hold talks with the PUMA management and to host a technical seminar for PUMA members the following day.

The evening was co hosted by Master Gayle chairman of PUMA and Master Ogborne who also compared the evening in his own inimitable style and with his own unique sense of humour.

Before the belts were awarded the crowd were treated to a performance of patten UI-JI by Mr Daniel Lammin 5th Degree and a superb display of technical light sparring by young members of the PUMA squad Sam



Finch and Ashley Atkinson. Other members of the PUMA squad provided some light entertainment with an unorthodox and revealing rendition of the Can Can from the female squad members and equally entertaining song and dance from the male squad members.

Students were called onto the stage in small groups and presented with the coveted Black Belt that they had all worked so hard for, and Master Gayle offered each one the opportunity to thank, instructors, friends, family members for giving them the encouragement and inspiration to attain the awarded rank.

It was heart warming to see just how much

*The evening finished with the special awards for candidates that the Grading Panel felt had gone the extra mile during their grading with various awards and trophies being presented to the following PUMA members.*

- **Dan Lammin** - Mike Frost Heart & Soul award
- **Carly Atkinson** - Best black belt female
- **Ross Hemming** - Best black belt male
- **Matthew Fry** - Best junior coloured
- **Ryan Hanney** - Best Junior spirit
- **Rebecca Hayward** - Best coloured belt female
- **David Lear** - Best coloured belt male
- **Susan Mattacks** - Black Belt Female spirit
- **Adam Appleby** - Black Belt Male spirit
- **Christine Norman & Jessica Penny** - Indomitable spirit
- **Tonia Brown** - Female coloured belt spirit
- **Richard Philips** - Male coloured belt spirit
- **Melissa Tellwright** - Best junior essay
- **David Dulston** - Best adult essay



this meant to people and there were some truly inspiring stories that showed the positive and life changing effects that



training in Taekwon-Do can have on everyone regardless of age, gender, disability, race colour or creed.

The following day PUMA hosted a technical seminar by Master Cariati 8th Degree, the event was well supported by PUMA students ranging from 9th kupa to 6th Degree and after a warm up

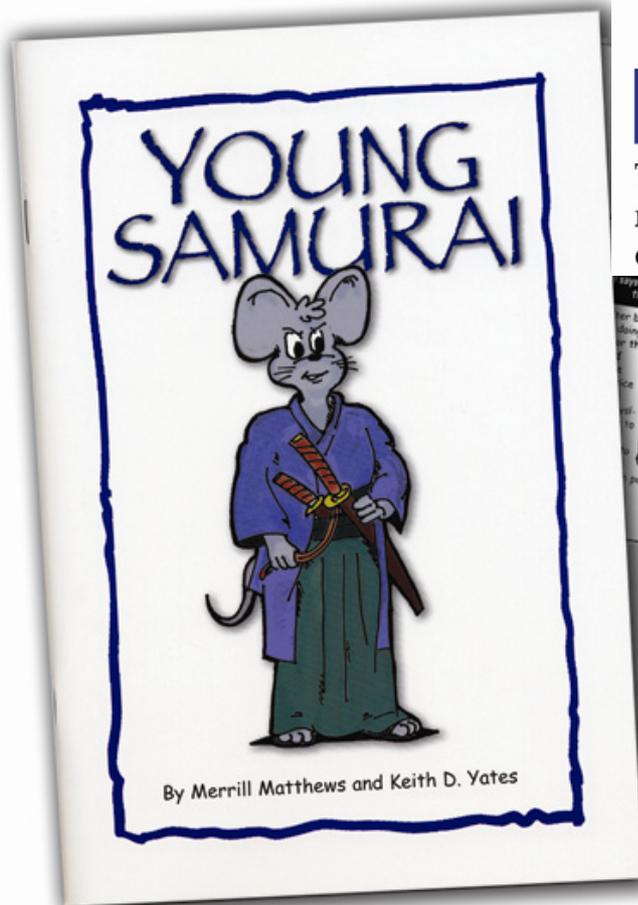


provided by Mr David Pixton 4th Degree, Master Cariati took to the dojang floor and introduced himself and explained his background which had involved a great deal of time travelling and assisting the Founder of Taekwon-Do General Choi at technical seminars throughout the world. The seminar focused on basic techniques and sine wave theory, and Master Cariati held the packed hall in the palm of his hand as he recounted anecdotes from the Founder relating to the formulation of the sine wave and how the basic theory has been misrepresented and misunderstood. Master Cariati led the students through various basic exercises and impressed everyone with his knowledge and ability to convey technical information to improve performance of technique.

Master Cariati was extremely approachable and put everyone at ease, and no one felt embarrassed or awkward about asking any questions or requiring further clarification on points raised, this came as a welcome change from some seminars with other Masters. The students were put through some "old school" conditioning techniques as Master Cariati puts a personal emphasis on his own conditioning which any student who came into contact with any of his limbs can certainly attest to, and many likened his blocks or strikes to being hit with an iron bar.

After four and a half hours the seminar ended with a private meeting between Master Cariati and Masters and Instructors of PUMA. The seminar was hugely enjoyed by all that attended and we look forward to meeting with Master Cariati again in the near future.





"Grandmaster Yates has written another classic."

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## "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](mailto: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.*



**Master Dave Oliver**

**Grandmaster Mel Steiner**

TOTALLY TKD MAGAZINE WANTS

**YOU**

# Totally TKD Magazine

## *Wants You!*

By The Readership

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

*The readership of the magazine is invited to email us with requests for this section based on Tae Kwon Do people (of any org, style or system) that they remember has*

*written some good TKD related stuff in the past or would be an asset to the magazine.*

*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.*

This month we have two requests in the form of:

**Grandmaster Mel Steiner** - 9th degree and head of Chi Tae Kwon Do in Miami, Florida

**Master Dave Oliver** - 8th degree and head of the TAGB (Tae Kwon Do Association of Great Britain)



*Pending requests from previous issues:*

**Chip Townsend, 5th degree**  
**Master Philip Ameris, 7th degree**

# Strength Training For Tae Kwon Do

By Jason Ainley

The old myth of weight training making the martial artist stiff muscle bound and slow is long gone and serious practitioners from all martial arts styles now include weight training in their conditioning programmes. Weight training can have many benefits for us and not just having a toned physique here are just some:

1. *Strong muscles, tendons and ligaments that are much more capable of withstanding stress.*
2. *Improves your muscular endurance*
3. *Helps improve flexibility*
4. *Reduces the chance of pulled muscles and back pain*
5. *Increased metabolism*
6. *Increased bone density.*

The exercises in this article are based on developing a strong core and activating the bodies stabilizing muscles.

All powerful movements come from the centre of the body and a strong core will give our limbs a strong base to pull from, improving our techniques and resulting in concentration of force.

When we are trying to build a base of core strength, basic exercises are the key to our success, as martial artists the way our bodies function as a unit is of paramount importance and the basic compound movements involved in strength training will give us the best gains because we are using multiple muscle groups while doing them.

## **Please Note**

1. Make sure you are physically fit before starting any training programme.
2. *Undergo a medical screening before beginning your strength training programme [most gymnasiums follow this policy]*
3. It is important to work with a

knowledgeable weight training Instructor or fitness specialist familiar with proper weight training technique

4. *Always use a spotting partner when using heavy weights.*

5. Drink water between sets to keep well hydrated.

## **Warm up**

10 minutes on stationary bike or any other CV machine to elevate the heart rate plus joint rotations.

## **Dead Lift**

*1 light set 8 reps then 2 working sets with maximum weight 6 - 8 reps*

The deadlift is an exercise that primary works the lower back, quads, hamstrings and gluteus.

- Squat down with your feet at shoulder width apart, and grab a barbell on the floor with an alternating grip (One hand under, one hand over the bar) a little wider than shoulder width apart.

- Your back should be straight, not bent, or arched.
- Pick up the barbell, bringing it up to waist level, exhale during this motion
- Use your legs in the motion as much as possible so you avoid back injuries.
- Do not bend your back as you bring the weight up.
- You should end up standing upright with your shoulders back, not hunched forward.



*The deadlift will strengthen the entire back and its surrounding muscles, and is the most effective exercise for building the core strength that supports all other major muscle groups.*

## **Barbell Bench Press 1**

*light set 8 reps then 2 working sets with maximum weight 6 - 8 reps*

Bench Press, an exercise that primary works the chest, front deltoids and triceps.

- Lay with your back down on a flat bench, with your feet flat on the floor.
- Use a grip that is no wider than 6 inches larger than shoulder width.
- Lower the bar to about an inch below your pectorals.
- Push the weight back up in a controlled motion making sure not to arch your back excessively, or lift your hips off the bench. Inhale when lowering the barbell and exhale when pressing the barbell up.

***Always use a spotting partner.***



*The bench press will strengthen the pectorals major and minor, anterior and middle deltoids, triceps and wrist flexors (grip). Also, the rotator cuff and biceps work as shoulder stabilizers are slightly strengthened.*

## Barbell Squat 1

*Light set 8 reps then 2 working sets with maximum weight 6 - 8 reps*

Squat, an exercise that primary works the quadriceps, hamstrings and gluteus.

- Stand before a rack or smith machine with the bar at about chest height, grasping a barbell with palms down.
- Place the barbell behind and below your neck and evenly across your trapezius muscles and shoulders.
- Your back should be straight, your feet hip-width apart with toes pointed forward.
- Your knees should be slightly bent and your back should have a slight forward lean.
- Inhale and squat down keeping your shins close to perpendicular to the floor until your thighs are approximately parallel to the floor.
- You should be looking upwards, your upper torso slightly leaned forward and your lower back slightly curved inward or straight.
- Now stand up to the starting position forcing your hips in and your head up exhaling during this motion.

The squat will lay the foundation for explosive hips. Squats will also assist in developing strength in the abdominal and back muscles allowing us to transfer power from lower to upper body.



## Training Intensity

The muscles will only strengthen when forced to operate beyond their customary intensity (overload). Overload can be progressed by increasing the:

- Resistance e.g. adding extra weight to the barbell.
- Number of repetitions with a particular weight

Adding resistance to the barbell should be done by using small plates e.g. 1 kilo at a time, extra barbell safety collars or by using light homemade metal discs, this is so lifting technique will not suffer and this should only be done when the 8<sup>th</sup> repetition of a set becomes easier.

Handling heavy weights while performing the exercises will require a recovery of 3-5 minutes between sets while performing light stretching exercises. Finish the workout with a 10 minute cool down on a stationary bike then perform a full body stretch to help promote recovery and to remove any waste products that can accumulate during exercise e.g. lactic acid build up.

After the workout you can drink a good quality protein powder mixed with water {milk will slow down the absorption} together with a tablespoon of glucose powder this will assist your body in its repair process about one hour after eat a good meal of protein and carbohydrates.

Try this lifting routine twice a week with two days rest in between and not on the same day as martial arts classes. Train for 8 weeks then take a weeks rest, when starting back start with weights at 70% of your highest weight and build back up over 4 weeks then try to make more gains.

Remember we are not training to become an Olympic power lifter we are building power and stability in the core muscles so train with control and form.

Jason Ainley  
4<sup>th</sup> Degree Black Belt  
Eastern Cyprus Taekwon-do  
YMCA qualified weights and resistance trainer

### Disclaimer

Strength training requires professional supervision and should only be practised in good health and in the correct training environment. Neither the author or Totally Tae Kwon Do magazine accept responsibility for injury due to the use or misuse of exercises demonstrated in this article.

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# **The Lost Art of Tang Soo Do**

## ***Part 2 - Stating The Objectives***

By John Kedrowski

### **Enduring Understandings**

If we pause to consider the history presented, the roots that karate draws upon, and the kinds of skills that would actually be needed in a self-defense situation, we can begin to write objectives for our curriculum. One of the first things we need to understand is that human on human violence can encompass many tools. A person can be attacked with multitudes of weapons and a general familiarity with those weapons will be highly important.

In my own training, I have experienced two schools of thought when it comes to training the weapons for self-defense. In one method, the most deadly weapons are trained first so that the highest skill level is developed with those. Then, a hierarchy of less effective weapons are trained until you come to your natural weapon skills. This method assumes that the practitioner's first choice in self-defense will be something other than natural weapons. It assumes that natural weapon self-defense is the absolute last resort.

In the other method, natural weapon skills are trained first and weapons are added later on in order to build familiarity. The natural weapon skills are developed to the highest degree while the weapon skills are seen as more of a rounding out of training. The assumption with this method is that the defender is limited in the weapons they can use for defense, thus the most readily available weapons, natural weapons, are developed most highly. Weapon skills are trained on the assumption that there is a lesser chance of being attacked by a weapon other than a natural weapon or that, mostly likely, a defender will not be

armed with anything other than natural weapons if attacked.

There are many methods of Karate. Some of these methods start with weapons and flow to natural weapons. Some of these methods start with natural weapons and move to weapons. In choosing the focus of this objective, one needs to be very careful because the direction of the lineage that led to Shotokan is already known. The art was designed with natural weapons in mind and then other weapons were added in as the student progressed.

It could be possible to reverse the order, but I think that the end result would look nothing like what is practiced now and commonly known as Tang Soo Do. This outcome is entirely acceptable to some people and I have no argument against it. This article, however, will maintain the former rather than the latter. This will be done on the assumption that practitioners of this art will not normally be carrying weapons thus the most readily available weapons will be natural.

Thus, the first objective of this art will be as follows...

1. Students will become familiar with the use of weapons needed for self-defense, starting with empty hand and moving on toward more dangerous weapons.

This objective is very powerful because it gives a clear focus for the art and it doesn't place any artificial limits upon the kinds of weapons that will be trained. This objective also allows for growth and adaptation to the needs of different

teachers and different circumstances. This single objective will encompass all of the physical tools in a martial art.



*These are some of the weapons that I train alongside the traditional Tang Soo Do forms. Weapons were not originally part of the curriculum in Tang Soo Do, but the deeper arts of Karate, from which Tang Soo Do grew, contained weapons.*

When you look at pictures of old karate practitioners, many of them are standing around various pieces of equipment. Some of this equipment resembles the dumbbells that a person would see in a gym. Some of it resembles posts of wood in the ground. Some of it just looks like rocks...except these rocks are being heaved or struck by the karate guy.

In the days of Matsumura, it was recognized that physical conditioning mattered when it came to self-defense. Gichin Funakoshi often wrote of the ways that he kept his body continually conditioned throughout his entire life so that his karate would be more effective. In one story, told in his autobiography, Karate -Do: My Way of Life, he relates a story of how he wore a specific style of sandal that put pressure on the calf muscle with every step that he took.

It was understood that physical attributes

were important to self-defense. They were not the prime decider in an encounter, but they were important nonetheless. Thus, physical training has always been part of the traditional karate curriculum. In many modern styles, like Goju-Ryu, physical training exercises still are part of the training and these exercises are fully incorporated into every aspect of the art.



*This photo is of Chotoku Kyan and his students. Kyan Sensei represents a direct link to the masters who created many of the forms in Tang Soo Do. Notice the weight training implements at the feet of the students.*

When one pauses to look at the Tang Soo Do curriculum, one is able to see many possibilities where physical training could be accomplished. This physical training is something that can be specifically included into the curriculum so that students have a clear understanding of why they are challenging themselves. That said, I think we can write the following objective.

**2. Students will develop the physical strength, dexterity, flexibility, and stamina needed for self-defense.**

This objective does not imply that the only people that can practice karate are the physically fit. This objective refers to the arts ability to develop a student's physical attributes so that they are physically better able to handle the stresses of a self-defense situation. As we break down the training methods in later chapters, the ways that physical training can be taught within the curriculum will become apparent.

The act of self-defense is not something



One of the ways I meditate is to perform my forms in places of great natural beauty and in ways that make them more difficult.

that can be taken lightly. From the above, we can see a student must be trained in the tools for self-defense and they must train their bodies to use those tools. There is another important aspect when it comes to self-defense that a student must develop.

It takes a lot of mental training to effectively defend oneself. Not only must you have the knowledge and will to survive, you must also have the ability to justify what you are doing to yourself and to authorities of law. This mental training was so important that all of the old masters of Karate placed a great emphasis on philosophy, meditation, and visualization.

In the *Bubishi*, the source of which many old masters of karate drew wisdom, there are several articles dedicated to promoting proper ethical spirit in a student. There are also several articles dedicated to the

mental preparations a student must make when entering a fight.

Also, it is the author's belief that one of the reasons the information on healing is stressed so profoundly in the *Bubishi* is to make the student implicitly aware of the affects that karate techniques can have on the human body. The detailed knowledge of anatomy, the ways the human body can be damaged and the detailed knowledge of healing that damage should be enough to provide a student with ample reason not to engage in conflict if it can at all be avoided.

An objective that covers the mental aspects of self defense training could look like the below.

**3.** Students will develop the mental capacity needed for self-defense. This capacity will address reaction to stress, performance of technique under pressure, and the ability to discern when the performance of the technique is appropriate.

On analysis of this objective, it becomes apparent that forms of visualization, meditation, study of law, ethical training, and stress based mental exercises become appropriate in one's curriculum. If you pause to consider the old master's writings, it becomes apparent that they believed so strongly in training the mind that training technique occurred almost as if by default.

Consider the following anecdote shared by one of my jujutsu sensei. There once was a boy who wanted to learn swordsmanship. He found a master and asked if he could train. The master refused, telling him he was too young. The boy persisted, however, and finally was taken on to train.

The master immediately set the boy about to do various tasks around the master's home. He dug ditches. He piled bricks. He chopped wood. He pulled weeds. After a few days, the boy asked the master,

“how long before I become a master?”

“Ten years,” replied the master.

“What if I work really hard and dedicate my life?”

“Twenty years!” the master replied with a laugh.

The boy, albeit frustrated, persevered, he would work himself to exhaustion everyday and then fall into his bed immediately deeply asleep. That is when the blows fell.

The master would find the boy when he least expected it and surprise him with strikes from a stick. Sometimes the boy would awaken from a pleasant dream with a rap across the shins. Sometimes the boy would be using the latrine and the door would burst open and the master would attack. Or the attack would come in the middle of a conversation at dinner.

One day, several months later, the boy was making dinner and the master crept up behind him with his stick. When he attacked, the boy calmly fended off the master’s strike with a pan and then went back to cooking dinner. The very next day, the master presented his pupil with his first sword.

I realize that the anecdote perpetrates many of the trite themes transmitted in many martial arts, but I think that it does serve a point in showing that the mental training was and is considered to be a large part of a practical self-defense curriculum.

### ***Restating the objectives...***

1. Students will become familiar with the use of weapons needed for self-defense, starting with empty hand and moving on toward more dangerous weapons.
2. *Students will develop the physical strength, dexterity, flexibility, and*

*stamina needed for self-defense.*

3. Students will develop the mental capacity needed for self-defense. This capacity will address reaction to stress, performance of technique under pressure, and the ability to discern when the performance of the technique is appropriate.

Upon reading, it should become apparent that these are reasonable expectations from a course of study that claims to prepare a student for self-defense. It also becomes apparent that much of what is taught in the typical Tang Soo Do class does not meet these objectives. The following paragraphs will lay out a program that adheres to these objectives.

This program of instruction is based upon a set of sound basics, an organized method of form analysis, a methodology for drilling and testing application, an approach to sparring, a program for mental training, and an introduction to various kinds of weapons and concepts. This program of instruction draws upon several years of research into different styles of karate and different styles of martial arts. The program’s purpose is to teach the objectives listed above.

*Part Three will cover how these objectives would specifically influence the general curricular pieces of Tang Soo Do.*



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

# 16th ITF Congress Meeting

By Grandmaster Trần Triều Quân and the ITF

At the request of Grandmaster Trần Triều Quân Totally Tae Kwon Do magazine has been asked to publish details of the 16th ITF Congress Meeting that took place in November 2009 in Argentina, in order to clear up any misconceptions regarding 'mergers' and other information that the ITF would like to clarify.

The 16<sup>th</sup> ITF Congress Meeting of the ITF was held on Friday November 27<sup>th</sup> & 28<sup>th</sup> at the Hotel Astor in Mar del Plata (Argentina) in conjunction with the 16<sup>th</sup> Senior and the 10<sup>th</sup> Junior ITF World Championships.

## Continuing Legal Action

An important item on the meeting agenda was the question of continuing our legal action against the group of Mr. Chang Ung and a proposal that the ITF negotiate an agreement with that group.

The President introduced this item by confirming that the ITF had not made an agreement with the group of Mr. Chang Ung. He then invited Vice-President Master Juan Ferrando to tell the Congress about the meetings he and the Secretary General Master Willem Jacob Bos had had with the representatives of the other group.

The President reminded the Congress that because the ITF is a democratically-operated organization, the final decision would be decided by their votes. He then encouraged the representatives of the member countries to express their views on the subject, which they did.

The question put to the Congress was: **Should the ITF continue its legal action**

**against the group of Mr. Chang Ung?** The majority response was "yes".

Since Congress voted to continue legal action, there will be no talks to negotiate an agreement with the group of Mr. Chang Ung.

## GAISF Membership

Congress voted unanimously in favor of seeking membership in GAISF for the organization, giving the Board of Directors a mandate to actively pursue this matter. We must convince GAISF that they should recognize the ITF. (At a subsequent Board Meeting, a committee was formed for this purpose. Master Tadeusz Loboda, Continental Representative for Europe, chairs this committee; the other members are Master Willem Jacob Bos and Master Juan Ferrando.)



## Integration of Continental representatives into the ITF Board of directors

The Congress has approved the proposal from the ITF Executive Board to integrate representatives of Continental Federations of maximum 6 members to make the total of the ITF Board Directors as thirteen (3) members.

**16<sup>th</sup> Senior & 10<sup>th</sup> Junior World**

## Championships

The World Championships in Argentina were a great success, with more than 750 competitors from 46 countries. The level of performance was very high. The official results will soon be posted on the World Championships Website: [www.tkd-itfargentina2009.com](http://www.tkd-itfargentina2009.com).

## Future ITF Competitions

The organizing committee for the 2010 World Cup in Las Vegas (U.S.A.) presented a progress report to the Congress, as did the organizers of the 2011 World Championships to be held in Wellington (New Zealand). Work is well underway for both of these events. Information about competition schedules, packages available, and services offered will be posted in January on the official World Cup 2010 Website: [www.itfwclasvegas2010.org](http://www.itfwclasvegas2010.org).

*For more information about the World Championships 2011 in New Zealand, please visit the website: [www.itfnewzealand2011.com](http://www.itfnewzealand2011.com)*

The locations for future international ITF competitions were discussed by Congress and decided as follows:

### 2013

18<sup>th</sup> Senior & 12<sup>th</sup> Junior World Championships - Benidorm (Spain)

### 2014

VI<sup>th</sup> World Cup - Kingston (Jamaica)

### 2015

19<sup>th</sup> Senior & 13<sup>th</sup> Junior World Championships - Venice (Italy)

Congress did not make a decision about the location of the V<sup>th</sup> World Cup. Brazil has applied to host the competition, but the arrangements are not yet firm. It was decided to postpone the final decision until the next Congress Meeting.

The next Congress meeting will be held October 15<sup>th</sup> 2010 in conjunction with the IV<sup>th</sup> World Cup competition in Las Vegas (U.S.A.).

## Activities & Achievements

The President reported to Congress about what has been achieved since the last Congress meeting. Highlights included:

- The ITF now has **83 country members**, and many others have expressed interest in joining. Our objective for the next few years is to have one hundred countries.
- The ITF has been officially recognized by the government of **Vietnam**. The ITF sent Mr. Marius Steckiewicz, 6<sup>th</sup> dan, to Vietnam to work full-time teaching and to help them to upgrade their techniques. In October equivalency exams were held and 75 candidates passed, notably 4 for 7<sup>th</sup> dan and 26 for 6<sup>th</sup> dan. Mr. Steckiewicz will be continuing his work in Vietnam in 2010, and our experience in Vietnam will serve as a model for development in other countries.
- We are currently working on **official rules of protocol** for the ITF. The initial consultation has been completed. The second draft document will be sent out soon to Black Belts 8<sup>th</sup> dan and higher for their comments and suggestions. Eventually, the rules of protocol will be presented to the Board of Directors for approval.
- In the last six years **48 International Instructors Courses** have been offered in countries around the globe, for a total of more than 6,000 participants.
- The Code of Ethics for instructors elaborated by the ITF Ethics and Discipline Committee, approved by the ITF Board of Directors.
- The document "Inspire the world" out line by the ITF Development Committee

providing the vision for the development of the ITF.

- We have continued to introduce **new services**. The program for teaching the Do is complete and we will be moving on to implementation. The working group led by Grandmaster Pablo Trajtenberg has prepared a new children's program and presented it to the Board of Directors.

## Conclusion

Over the past two years, the ITF team has continued to make steady progress on the Strategic Objectives identified when the team was elected at the 2007 Congress Meeting. (To view the list of Strategic Objectives, go to [http://tkd-itf.org/pub\\_web/ver\\_eng/bd-sc.html#obe](http://tkd-itf.org/pub_web/ver_eng/bd-sc.html#obe) )

Source of information: Office of the President, Quebec (Canada), December 10<sup>th</sup>, 2009



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# My HapKiDo Second Degree Black Belt Test

By Michael Munyon

Recently, I went to Jackson, Mississippi to test for my second degree black belt in HapKiDo. Without a doubt this was one of my more challenging examinations. This is due to the high quality level of the students and instructors of West HapKiDo Academy. Master West, 9<sup>th</sup> Dan, has a wonderful reputation for ensuring those who test for rank actually earn it and that it felt like a test. What I also enjoyed about this examination are the multiple dimensions of the test. Here is an example of what was expected and shared during this 2<sup>nd</sup> Dan examination, but before I get started I would like to share with you one of the many quotes that Master West is known for repeating. It goes like so: "You can tell how hard an instructor has worked for his rank by how hard he makes others work to get it."

I arrived in Jackson, MS on a Wednesday to visit the dojang and get some training time in before the test. My partner that day was a red belt named Travis who was testing for his black belt. A 3<sup>rd</sup> Dan by the name of Mr. Green also took

the time to observe our techniques and provided a lot of inputs to help us succeed during our examination. After 2.5 hours of training I decided to call it a night knowing that I was going to attend class the following evening for the beginner's class.

The next day I arrived at West HapKiDo to workout with the beginner's class but found

out that Master West had "other plans" for me that day. Master Instructor Harrison came to class and was immediately bowed by. Prior to coming onto the floor Master West and Master Instructor Harrison were talking in Master West's office. Master Instructor Harrison was instructed to have me teach that evening to evaluate how I teach beginner students. However, there was a catch. There were approximately two Master Instructors (Harrison and Smith) and one Master who were there and their mis-



sion was to choose various HapKiDo techniques of their choosing for me to instruct the students that evening. How I communicated the techniques and how I demon-

strated them for instruction was under their watchful eyes. I was rated as "Didn't Suck!"

Friday evening was the next phase of this examination. I arrived at the dojang with another black belt who was going to be testing. He also had a long day due to driving from Texas to Mississippi. We both got suited up in our HapKiDo doboks and when we bowed onto the training area most of the Masters and Master Instructors were there watching and ready to put us through a grueling physical and oral run-down of all the requirements from White to 2<sup>nd</sup> Degree black belt. What I liked about this was that the Master Instructors and Masters were teaching us as well as evaluating at the same time. Coming from an ITF Taekwon-Do background there was a lot of material I didn't fully understand or recognize. The instructors took the time to share their knowledge and ensure we were ready not only to test, but to continue spreading the art of HapKiDo. Some of the things that they wanted to evaluate were as followed: Floor drills, basic wrist releases, basic level same side and opposite wrist grabs, clothing grabs, Defense against Kick/Punch combination using two hands to defend with and also defending using only one hand, sword form, cane techniques, defense against knife and free style defense. Also, we had to know basic and advance Korean terminology on all the different techniques, commands and much more. We were also required to know various Historical aspects of Korea, HapKiDo and whatever else they wanted to test. Needless to say, after all that I was beat and still had to be ready to perform on Saturday at the official test.

The doors of West HapKiDo opened at 12/noon on Saturday morning. Everyone who was testing got there early to stretch and go over last minute things. Those who were testing included three red belts testing for 1<sup>st</sup> Dan, two 1<sup>st</sup> Dans testing for 2<sup>nd</sup> Dan and one 2<sup>nd</sup> Dan who was testing for their 3<sup>rd</sup> Dan. The judging panel was the

biggest one I've ever been examined by. There were approximately 17 personnel on my examination board. All it required was for just one member of the board to say "No" and the individual who was testing would not pass. The testing board consisted of one Grand Master, a few Masters, several Master Instructors, a handful of 3<sup>rd</sup> Dans, 2<sup>nd</sup> Dans and a few 1<sup>st</sup> Dans who were there to get some experience as an examiner. Judging panel personnel were:

Master West, 9<sup>th</sup> Dan, President of the United States Korean Martial Arts Federation and VP of KiDo Hwe Operations within the USA, Master Mangum, Master Propst, Master Kenneth Peacock, Master Instructor David Collipp, Master Instructor Susan Sanders, Master Instructor Rick Smith, Mr. Todd Williams, Mr. Blount, Mr. Robb, Mr. Green, Mr. Minoggin, Mr. Johnson, Mr. Jonhson, Mr. Ricky Thornburg, Mr. Swagerty and Mr. Clough

One of the things that made the test exciting was watching Master West leading the test by doing floor drills. It was great to see Master West perform blocks, strikes and kicks. The examination took approximately 2.5 hours encompassing every aspect of HapKiDo techniques, a demonstration of power was performed by all those testing along with weapons techniques. I was personally drained of energy half way through the examination. I had to rely on muscle memory to kick in after feeling exhausted. Upon completion of the examination the examination panel went into Master West's office to share and compare notes. After roughly five minutes the testing panel resumed their positions and congratulated everyone who tested and issued out black belts, doboks and certificates. This examination was indeed one of my personally challenging promotion and definitely showed me I've got a lot of work ahead of me if I want to become a good HapKiDo player.

# Master Steve Seo Seminar

By Thomas Gordon  
Photos curiosity of Cruz Wilson

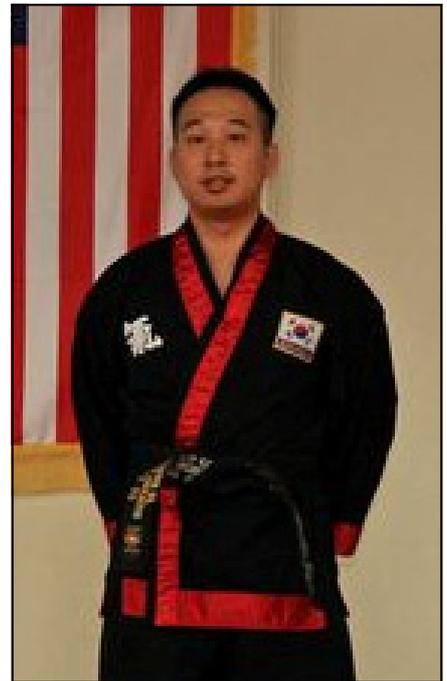
On the weekend of January 24-25, I drove to Decatur, GA (near Atlanta) for a seminar with Master Steve Seo, 6th Degree Black Belt and Director of Techniques and Skills for the World Kido Federation and Hanminjok Hapkido Association. This event was hosted by the very gracious Master Claude Sullivan who made everyone feel at home in his school.

I've made my rounds to various seminars but this was a first for me where I was going to an event where I'd never met anyone previously. I was pleased at how congenial and ego-free everyone was.

The seminar included foundational principles of hoshinsool (self-defense) techniques, which Master Seo stressed were critical to understand in order to properly execute any self-defense application. Building on those principles, he moved on to various applications including defense against punches, techniques executed from a clinch position, throwing techniques, palm/ki strikes, wrist seizure defense techniques, "come along"

techniques, dynamic technique flow and much more. He also taught foundational dan bong (short stick)

movements and form, open hand breathing/ki form and foundational sword cutting/movements and form.



Masters Thomas Gordon and Steve Kincade

Throughout the weekend, Master Seo focused on the universal concepts that are common across various techniques and how important foundational principles such as balance, footwork, power application, fluidity and circular motion are in every technique. The weekend was enjoyed by all participants as intense training and great camaraderie were the theme for the entire seminar.

The event was hosted by Master Claude Sullivan (Instructor Hanminjok Hapkido Association/



World Kido Federation, Master Tae Kwon Do) and Master James Allison (Master Hanminjok Hapkido Association/World Kido Federation, Master Sin Moo Hapkido). Other masters in attendance included Master Steve Kincade (Master Hanminjok Hapkido Association/World Kido Federation), Master Mikhail A. Kuns (Master World Martial Arts Hapkido and Master Tae Kwon Do), and Master Thomas Gordon (Master Tae Kwon Do National Korean Martial Arts Association).



*Sonya Gauthier throwing Jamie Walker*

individual better themselves through self-discipline and self-improvement. Master Seo encouraged all the seminar attendees to commit themselves to not only improve their skills and knowledge, but to also endeavor to pass along the great lessons of martial arts with as many people (martial artists and otherwise) as possible. Master Seo believes that the future of Korean Martial Arts is in all the dedicated martial artists who are training hard,

focusing on being great instructors and working with others to collectively grow and improve the entire Martial Arts community.

Master Seo also spoke at length about the Vision and Mission of the World Kido Federation/Hanminjok Hapkido Association and his personal martial arts goals and beliefs. He stressed that he always feels tremendous honor to have the opportunity to share with others what he's learned in his 25+ years of training with his father,

Master Seo will be teaching several seminars throughout the year and his schedule can be found at [www.kido-hae.com](http://www.kido-hae.com).

Grandmaster In Sun Seo. He feels that martial artists are blessed with the opportunity to teach and influence others, not only through the skills they've learned, but how martial arts can help each

The Hanminjok Hapkido Association/World Kido Federation is headed by Grandmaster/10th Dan In Sun Seo and is recognized by the Korean Government as an official governing body for Korean Martial Arts.





*Masters Claude Sullivan, Steve Seo & James Allison*



*Jamie Walker and Sonya Gauthier receiving instruction from Steve Seo*



*James Allison locking Ethan McGowan*



*James Allison, Mikhail Kuns, Steve Kincade, Thomas Gordon, Steve Heimberger, Josh McGowan and Jamie Walker*



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# LaJust Electronic Body Protector

By Gary Kuchachik, President, LaJust Sports



As many of you are well aware, LaJust Sports and USA Taekwondo recently signed a four-year agreement making LaJust the “Official Electronic Body Protector (EBP) product of USAT”. As part of this agreement LaJust has become a major corporate partner of USAT. LaJust products will be used at all USAT sanctioned events during the contract period. This is an exciting time for our sport and we are looking forward to working with state, regional and local organizations to bring the use of our equipment into the mainstream of Taekwondo. It will require hard work on all of our parts, as we usher in this new era of improved fairness in competitive scoring and maintain the integrity that is so crucial to the continued growth of Taekwondo. Though change often brings concerns, LaJust and the

USAT are confident that the use of LaJust products will only make our sport better. In this writing, I would like to address some of those concerns as well help to clarify issues and educate you about our products.

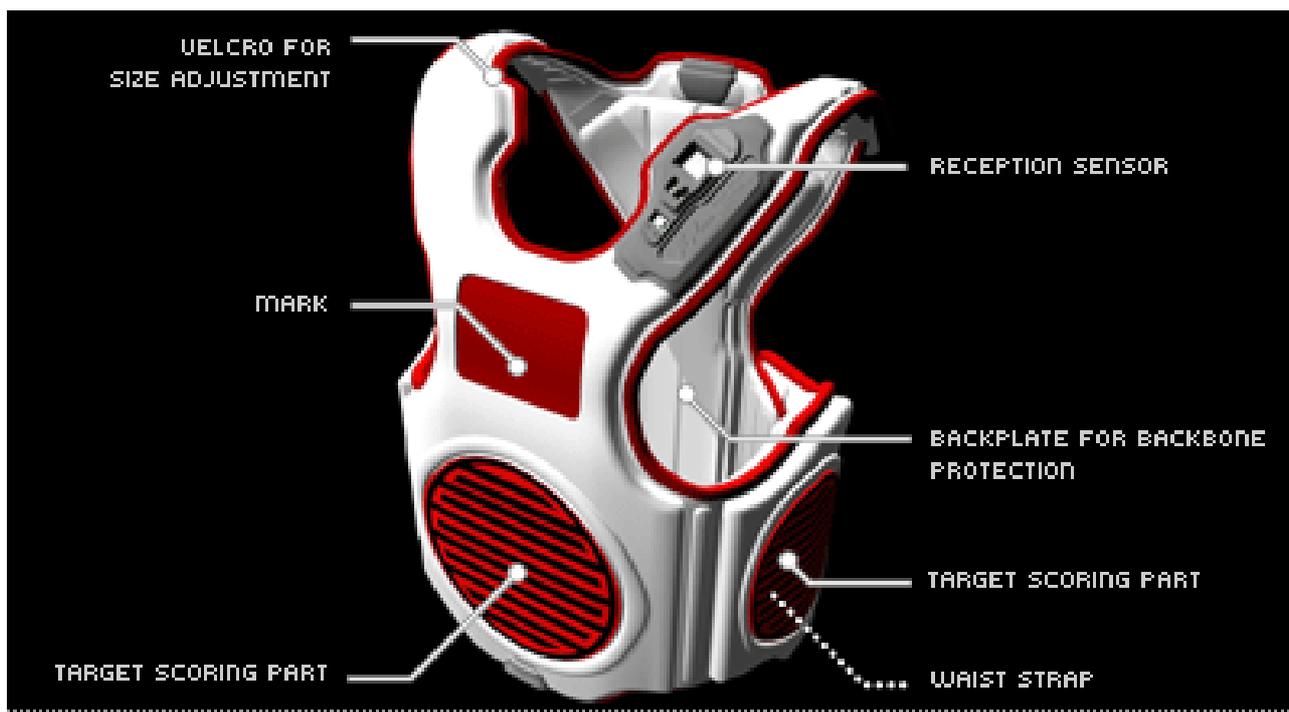
First of all, it is important to clarify the exact use of LaJust equipment over the next several years of this contract. In Year One, LaJust will provide hogus to the competitors, and USAT competitors will be required to purchase their own socks either prior to or at the tournament itself. Having the athletes purchase their own socks is foremost a sanitary issue and one that is of utmost concern to all of us. The safety of the athlete will always be of paramount importance to us. LaJust and USAT also desired to ease the financial burden of this transition to new technology by not

requiring an immediate investment in a hogu.

In Years Two and beyond, competitors will be required to supply their own hogus, in addition to their socks. This too is a health matter and though we make every effort to properly clean and sanitize the hogus between matches (to prevent bacterial and staph infection) the ideal situation is for the athletes to own and maintain their equipment. Although we have agreed to supply equipment during this first year, we in no way wish to discourage athletes from purchasing their own LaJust hogu. Whether the athlete has their own hogu, or it is supplied by the tournament, all hogus are tested prior to each match to ensure their proper operation and ensure a level playing field. All athletes who own a LaJust hogu are welcome to use them at any LaJust tournament. We are working with USAT on a tournament rental option for future years for those who cannot invest in a system. We hope this has helped clarify some issues surrounding this transition and are always happy to answer any questions you may have.

As many of you have already realized, the use of the LaJust product has changed the way kicks are scored and the technical

proficiency of the athlete is now more crucial than ever. Prior to LaJust, a kick that “appeared” to be a good hit was sufficient to score a point. What the LaJust products have done is compel the athlete to combine skill, accuracy and proper form to create the ultimate competitive test. When using the electronic hogu and sensed sock, you can clearly see the two gray areas on the top of the sock and the two additional gray bands running across the heel and midsection. These sections are the area that must make contact with the colored section of the hogu (at sufficient force) to score a point. The use of sensors in the socks helps to create better contact for a proper strike as well as eliminating the possibility of scoring with knees, elbows or other unrecognized Taekwondo hits, merely by making contact with the hogu. You will also notice that the sensors are placed in areas that are in the traditional strike areas of the foot. To score with a roundhouse kick, for instance, the hips must be properly rotated to ensure the top of the foot (the sensor area) makes contact with the sensors located in the hogu. In the same manner, a back kick must be delivered by touching the sensed areas around the heel and back of the foot to the hogu. A straight kick (using the ball of the foot or toes) will not



score. These areas are not traditional strike areas and, as a result, are not covered by sensored materials on the sock.

To explain further, one must understand that the hogu is incredibly sensitive and the power settings used in competition are reasonable. As discussed above, the emphasis is on technique and accuracy more than on sheer power. Anyone who has played tennis or golf is familiar with the term "sweet spot." Our product works on the same theory as when you hit the ball on that perfect spot on the racket or the clubface and, with minimal effort, the ball takes off like a rocket. It is, quite simply, all about concentration and the perfection of the delivery. As an illustration, in our class in Connecticut we have a seven year old that consistently kicks at a power setting of 98. The heavyweights at the world championships scored points at anything above 72.

I would like to share with you my own personal experiences regarding training and proper techniques. I have two boys that compete locally, and this year nationally at the Junior Olympics. Twice a week they attend a competition sparring class to prepare them to compete. Several times during the year we travel back and forth to train with other local competition schools. A few weeks ago we had a sparring competition with a school that had gone through a training class on using the LaJust System. Our school (it sounds silly to say) had not been properly introduced to the equipment. When the two schools sparred, we lost every single match. It was not a question of skill (5 or 6 of our athletes won gold at the Junior Olympics) but the simple fact that we didn't understand the techniques that

were necessary to perform well with the equipment. Needless to say, we've had a training session since that fateful Saturday! But kidding aside, it was a true eye opener for all of us and forced us to evaluate how we were training and re-focus our attention on proper technique and not mere power. I can only imagine the importance of proper training and a full understanding of the products for the world-class athlete. It is with this in mind that I urge coaches and athletes at all levels to use the equipment, employ some of the information in this article and, most importantly, assess and re-assess your training regimens to optimize your success with our products.



In closing, we look with great anticipation toward this new era in competitive scoring and fairness. It is a time of change and we're hopeful that all of you will embrace that change and become the best you can be with this new technology. You have my word that LaJust will do everything we can to support state, regional and local organizations to achieve that goal. I hope that this article has helped to give you a

better understanding of our products and some insights on how to train and perfect your skills. We wish you all the very best and please do not hesitate to contact us with any questions you may have.

I've enclosed a much more educated observation from the world championships  
*USATKDCoach*

<http://twitter.com/USATKDCoach>

The following tweets are lessons-learned from my observations at World Championships. In no particular order:

**Lesson 1:** Good technique = higher Lajust Hit Level, not just kicking harder. Technique matters now.

**Lesson 2:** Body kicks must be clean & unobstructed; sound doesn't matter, and sloppy kicks do not score. Technique matters now.

**Lesson 3:** Foot placement must be correct - the instep must strike flat, not at an angle. Technique matters now.

**Lesson 4:** Punches should not only be strong, but also dramatic - judges need to see it - & well executed. Technique matters on punches, too.

**Lesson 5:** Fast kicks & doubles will score, but rarely. Since less power is generated with these kicks, the Hit Level may not be high enough.

**Lesson 6:** The absence of sensors on the backs of the Lajust EBPs make kicks to the

closed side wasted efforts. (WTF mandated - not Lajust's)

**Lesson 7:** It is critical to practice with the EBPs prior to an event where they will be used.

**Lesson 8:** The 1-2-3 point system changes tactics throughout the entire phase of the match.

**Lesson 9:** The 1-2-3 point system means that a player's lead is never safe, and a player that's down always has a chance to come back.

**Lesson 10:** Coaches must be judicious in their use of the Video Replay challenges, but they can be effective if used wisely.

**Lesson 11:** If a coach expects his player to medal, make sure to not expend one's quota of Video Replay challenges prior to finals.

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*"This guy's bunkai (kata application) isn't bulls#it!"* – Marc "Animal" McYoung

*"It was really interesting to see how kata applications are truly meant to work and work effectively"* – Peter Consterdine 8th Dan

*"Iain Abernethy brings Karate back into the Real Arena"* – Geoff Thompson 6th Dan

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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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**Issue Deadlines are the 20th of each month**

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5. Items such as *Black Belt Essays* must have a picture of the author accompanying them, though with regular articles this is optional in addition to other photos
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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*

**sites.google.com/site/jungshinkempocanada** - *North Valley Martial Arts School*

**nkma.us** - *Northwest Korean Martial Arts*

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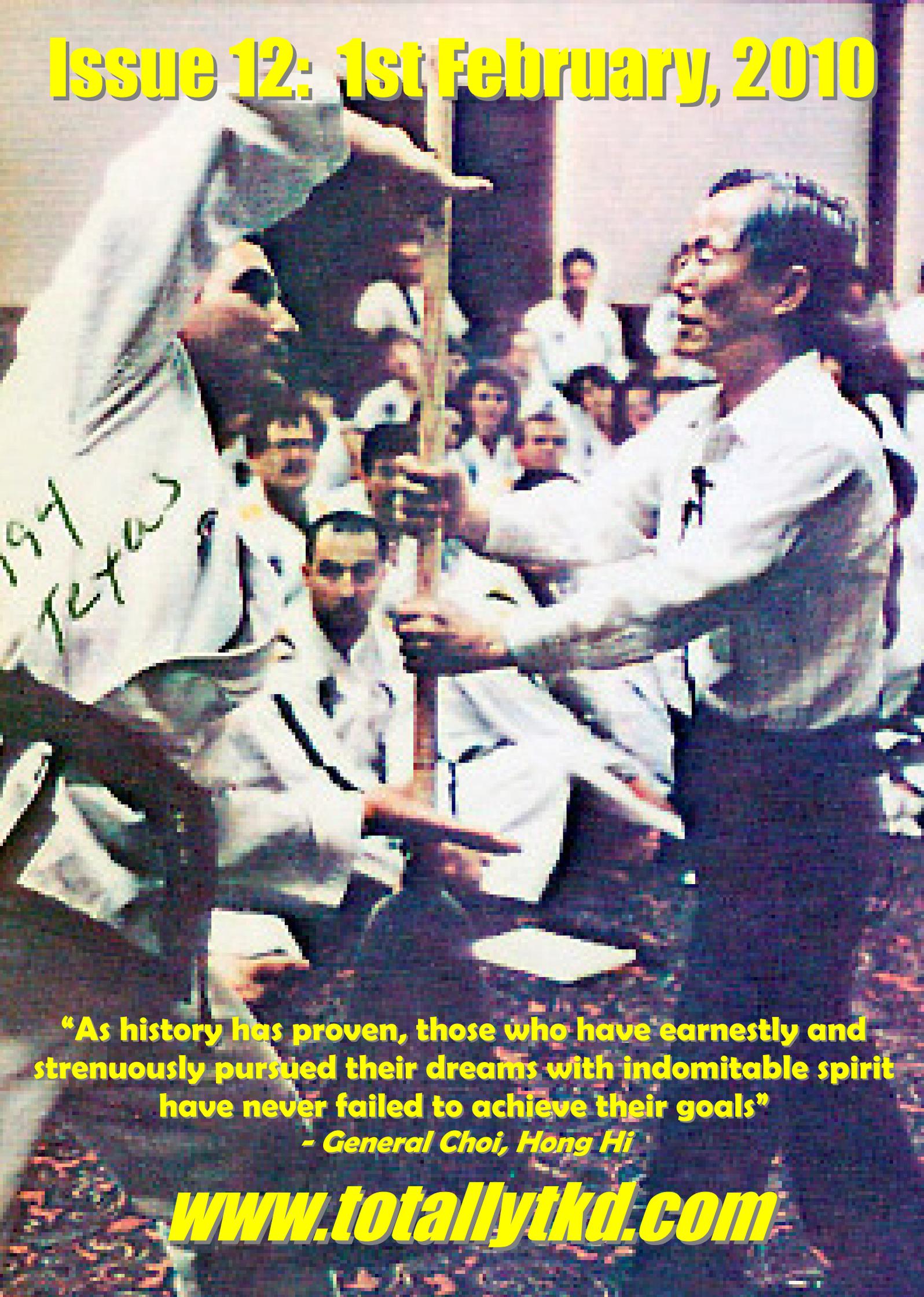
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# Issue 12: 1st February, 2010



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**- General Choi, Hong Hi**

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