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# TOTALLY TAE KWON DO

Issue 12

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February 2010

The Free Global Tae Kwon Do Magazine

**GM Steiner**



**Looking Back On 40  
Years In Taekwon-Do**

**Kick In Iran**

**Plus**

**Honor Or Dishonour: Are Courtesy, Respect & Integrity Just Words?**

**Taekwon-Do's Science**

**Footwork Tips For Closing The Gap**

**The TKD Clinic: Shin Conditioning**

**Taekwon-Do; The Way To What?**

**Attributes Of A Good Coach**

**Documenting The History Of Tae Kwon Do**

**Plus Much More Inside**





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

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# Editorial

**Issue 12 - February 2010**

As this issue was being prepared, we all heard the devastating news of the earthquake in Haiti, its aftermath and the terrible death toll that continues to rise. Sadly, one of the most prominent figures in ITF Taekwon-Do, Grandmaster Trần Triều Quân was on the island when it struck and there is, as yet, no news of his whereabouts. We hope and pray he is found soon and comes home safely. Grandmaster Trần has lead the way for all the ITF's in supporting the magazine and as such we will continue to run the articles he has authorised for us.



On a brighter note, this issue has details of not one, not two but three Tae Kwon Do films in the pipeline - which I'm sure many will say 'about time'!, me included.

Finally our 'Totally TKD Wants You' campaign has paid off and Grandmaster Mel Steiner has sent us an article, which I hope will be the first of many - don't forget to help us by submitting names and/or pushing those featured in the right direction.

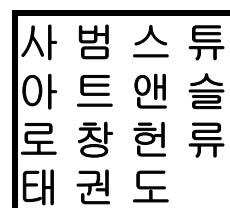
This months sees another batch of great articles, from training tips to 'the way', from using the tenets of Tae Kwon Do to those that abuse the same tenets. Both the 'What's The Point' and 'TKD Clinic' are back this issue and we have a slightly controversial article on the science involved in Tae Kwon Do. We also have a couple of new writers - welcome folks, great to have you with us.

Finally, there are a number of questions in the 'Q & A' section that I'm sure many will have thought before, so if you have the answer to any of them, please email us and we'll print it next issue.

Keep those articles coming.

All the best,

*Stuart Anslow*  
Editor



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# Totally TKD News



## **GM Tran Missing In Haiti Earthquake**

*Special Report by George Vitale & Stuart Anslow*

While most of the world knows by now that Haiti was struck by a massive 7.0 earthquake just before 5pm local time on January 12, 2010, many in the Taekwon-Do world do not know about a Taekwon-Do leader who was there when the devastation took place. That leader is Grandmaster Tran Trieu Quan. This fact, as it became known to more of us Taekwon-Doin, made this tragedy a bit more personal.

I can honestly say that I have never seen such suffering in my entire lifetime. Haiti is the 4<sup>th</sup> poorest country in the world and the poorest nation in my hemisphere. Few can remember an earthquake of this magnitude hitting the center of an urban area. It is said that Port au Prince is a city built for a couple of hundred thousand people. Estimates have 2-3 million inhabiting this city, making it a very crowded area with extremely poor infrastructure. These combinations of circumstances not only magnify the tragedy, but they make the much needed relief efforts much more difficult.

On September 11, 2001, my city of New York was the victim of a savage attack. However, New York City often referred to as the capital of the world has a sound infrastructure in place and is blessed by a measure of wealth. Immediate relief flowed in from surrounding areas and then from around the world. Before long we were back on our feet.

The recovery and rebuilding effort in Haiti will require so much more, as the damage far exceeds what the world witnessed back in 2001. So far estimates say that some 200,000 are feared dead, with 250,000 residents being homeless, with aide coming in slowly among all the confusion and chaos. With no infrastructure in place and all the hospitals damaged, more will sadly die needlessly from lack of adequate medical attention and supplies, including food and water.

While 2001 was personal for me, Haiti now has become personal as well for me and many Taekwon-Do students around the world. My friend, colleague and senior, Grandmaster Tran Trieu Quan is among the many that are still missing. I have had the distinct pleasure of knowing him since 1985. He is blessed with the gifts that make fine leaders. GM Tran was in Haiti according to Dr. Janel Gauthier, former Chair of the ITF Ethics and Discipline Committee and close friend of the Tran family on business. GM Tran is also an engineer and president of Norbati Consultants Tr n & Associates Inc and ironically in Haiti to work with officials there on building safety standards. It is believed that he arrived in Haiti on Sunday, just two days preceding the earthquake.

Reports indicate that he was staying in the Hotel Montana, Haiti's 4 Star hotel that is often used by international visitors who go there on both business and humanitarian



efforts. Many non governmental organizations have extensive operations there, including the United Nations. GM Tran was accompanied by a business associate Mr. Andre Gobeil.

Mr. Gobeil, severely injured had survived and was transported back to Canada. He said that they had only returned to the hotel some 10-15 minutes before the earthquake struck and destroyed much of the hotel. Other survivors pulled out had stated that everything shook and then just about 3 seconds later everything collapsed on top of us. GM Tran was reportedly in room 306 on the 3<sup>rd</sup> floor of the hotel.

It is at this time that we ask all students of Taekwon-Do, regardless of affiliation to keep GM Tran, his wife My Nguyen, and children Joliette (6th Dan), Cécilia and Nicolas (4th Dan) in their thoughts and prayers. We ask this as well for the countless numbers of people who are suffering and will continue to suffer as a result of the natural disaster of epic proportion. I would add that members of all the various ITF groups, including a wonderful letter written by GM Leong Wai Meng and thoughtful statement by GM Choi Jung Hwa, as well as non ITF students have all contacted me offering assistance and their prayers. This is the way it should be and always be. If you are in the position to offer financial assistance, please consider donating to reputable charities with proven track records in working in Haiti and with catastrophes of like extents.

Anyone that may have any pertinent information is asked to E-mail: [itfadmhq@fastwebnet.it](mailto:itfadmhq@fastwebnet.it)

### **Grandmaster Kim Soo Honored By The Senate of the State of Texas**

Chayon-Ryu Founder, Grandmaster Kim Soo, was honored by The State of Texas Senate on January 16, 2010. The Senate



*September 2009. Grandmaster Kim Soo and his son, Master Sean Kim at the Chayon-Ryu headquarters dojang in Spring Branch, Texas (suburb of Houston).*

issued Proclamation 633, which recognized Grandmaster Kim Soo's achievements since his arrival to the United States on January 16, 1968.



*(Then) Master Kim Soo on the rooftop of his downtown Houston, Texas dojang in 1968*

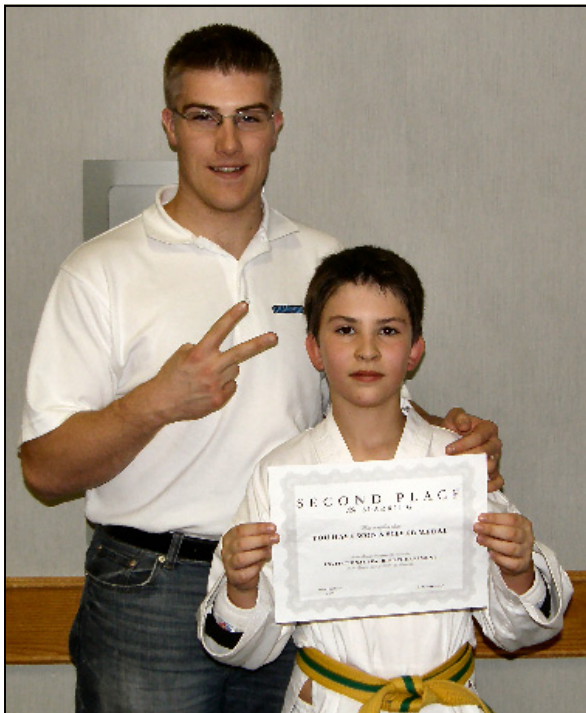
Grandmaster Kim Soo arrived in Houston, Texas on January 16, 1968 from Seoul, Korea to follow his dream of preserving the lineage of his instructors and help people realize the positive benefits of martial arts education.

Web link to the Proclamation

<http://www.kimsookarate.com/awards/senateProclamation.pdf>

Report by Robert McLain

### **Kalen Schenkey, Medicine Hat Champion Taekwondo Wins A Silver Medal in Provost, Canada**



Although the winter weather wreaked havoc when it came to getting to Provost for their Annual Invitational Tournament, it was well attended.

Over 100 athletes competed from Taekwondo Clubs in Onaway, Airdrie, Sundre, Medicine Hat and 2 clubs from Red Deer on Saturday January 23<sup>rd</sup>, 2010.

Although Kalen is only a Green-Stripe belt, his height placed him in a division with five other athletes, two of whom were Green

Belts and 2 of whom were Blue-Stripes.

In his first fight, Kalen (aged 10) lost to a 13 year old Blue-Stripe in sudden death, by a score of 2 to 1. His second match was against a Green Belt in which he won by score of 8 to 2. Kalen then fought a third match against the second Blue-Stripe, and won hands down by a score of 6 to 2.

For his forth match, Kalen fought a re-match against the first Blue-Stripe. This match went into sudden death as well. Kalen came out victorious by a score of 2 to 1.

After three wins and one loss, Kalen proudly brought home the silver medal in the Boys - Green/ Blue Stripe Division.

Submitted by: Heather Smith-Schenkey  
Community Liaison – Champion Taekwondo

### **The International Chayon-Ryu Martial Arts Association Promotes It's First Eighth Degree Black Belts**



*Master Santiago Rangel (left) and Master Sean Kim demonstrate seven-step sparring (a two-man chuan-fa exercise, preserved from Yoon Byung-in).*

On December 5, 2009 at the headquarters dojang in Houston, Texas, Grandmaster Kim Soo promoted the first eighth degree black belts in the Chayon-Ryu System of martial arts.

During a 5-hour physical and written examination Master Santiago Rangel and Master Sean Kim demonstrated their



understanding of martial arts, which they had both learned from Grandmaster Kim Soo for over 40 years. The physical examination included fundamental principal movements, forms (over 50 combined from karate, chuan-fa, and taekwondo), practical one-steps, formal one and three step sparring, chuan-fa tightening ways, hanson daeryon, seven-step sparring, hapkido one-steps, self-defense, breaking, and free sparring.

Master Santiago Rangel in the chief instructor of the Chayon-Ryu dojang in Rosenberg, Texas and Master Sean Kim is the chief instructor of the Chayon-Ryu

headquarters dojang in Spring Branch, Texas (suburb of Houston).



*Master Santiago Rangel, Grandmaster Kim Soo, and Master Sean Kim pose for a photo following the examination*

Report by Robert McLain

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**If you are are student or instructor of Tae Kwon Do and have a charity in mind that could do with highlighting its cause - FREE - please tell them to get in touch with us - [editor@totallytkd.com](mailto:editor@totallytkd.com) and we`ll do the rest**



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# 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!**

Greetings,

Over the years I've been writing down notes I've caught during numerous International Instructor's Courses and Master Class seminars. During my note taking I've written down numerous questions which I haven't received answers for. So, I thought I'd ask the masters, instructors and students who read Totally TKD to see if I can get closure with these questions. I'd appreciate your assistance in this matter.

**1. Yul-Gok:** Why do we perform technique #1 as a measuring technique at the shoulder line yet we strike center line? What is the purpose of the measure and why are we measuring at that rank verses an earlier rank?

**2. Joon-Gun:** U-shape block. Common sense of weapons training tells us that we use a weapon at it's max effective range. The encyclopedia demonstrates an attacker with a pole/staff held vertically. It looks like the attacker is saying...can you hold my pole/staff for me verses utilizing his weapon to do harm to his intended target. Just looking for input on this observation. I like what is said about the U shape grasp because it states it's utilized with a twist to basically disarm the guy with the pole/staff.

**3. Toi-Gye:** Why do we not look behind us when executing the back fist strike to C? Granted we are executing a block and strike at the same time. Protecting ourselves should be the primary focus so looking where we block make sense, but looking where we attack is also important. I was once told that you are using the person in front of you to acknowledge the guy behind you. Basically their eyes hints that there's someone behind you. Not sure how factual this is, but, it's something I was told.

**4. Kwang-Gae:** What's the purpose of the initial technique? I've been told a few different theories. Looking for the consensus or what WE do within the US-ITF.

**5. Kwang-Gae:** Why do we move the toes inward prior to stepping over and executing the hooking blocks?

**6. Eui-Am:** (Techniques 44 and 45) Don't quite get the application of a middle section strike and finishing with a High Section strike. If someone is hit in the mid section and either drops or folds forward (natural body's reaction to getting hit) the high section punch wouldn't make sense.

Naturally, all the Closed Ready Stances: A, B and C. Heaven Hands Ready Stance as well!

Thanks,  
Michael Munyon



# Attributes Of A Good Coach

By Jon Mackey

The word coach is becoming increasingly popular in martial arts circles. Any martial art system which has an emphasis on sport will inevitably use the term coach over instructor. There are times however when you need to be both.

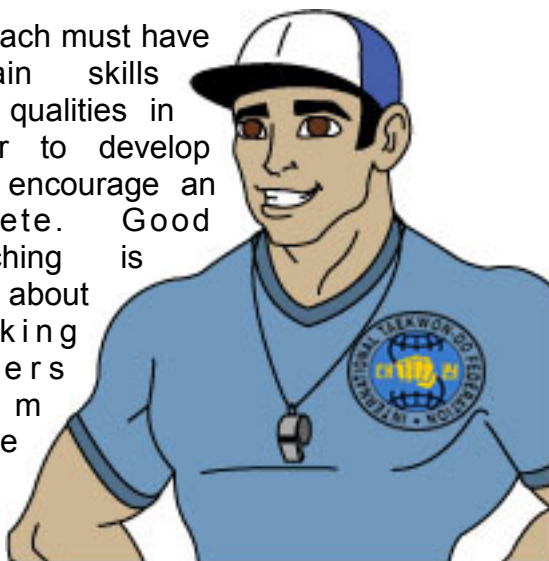
If you are teaching a system that has a defined syllabus, you will be instructing your students through this syllabus. Imparting knowledge and delivering instruction is what defines the role of an instructor. The term coach however, is different.

Coaching is when you create a positive training environment for an athlete to **develop** sporting attributes and abilities. To encourage these abilities a coach needs to have equally positive attributes. As a coach you do not have the luxury of persisting that a technique needs to be done 'this way' and no other way, that is text book speak. Teaching from the book is easy, sticking to guidelines, such as 70% weight on the back leg in 'L' stance is easy. Being a good coach demands so much more if you are to bring out the best in an athlete.

The word athlete can be defined as 'someone who participates in sport'. To me the term athlete means a lot more. An athlete is someone who strives to excel in their chosen sport, the next level up from the enthusiast. The athlete focuses on physical improvement and development. Development is key for any serious athlete, and something that a good coach needs to be aware of. Development needs encouragement, it needs prompting, it needs experience and it needs leadership. An athlete in Taekwon-Do circles is someone who participates at a high level within the field of competition.

A coach must have certain skills and qualities in order to develop and encourage an athlete. Good coaching is

not about barking orders from the top of the



dojang, nor is it about text books and encyclopaedias. Good coaching is about understanding, listening and encouragement. Competition experience is not a prerequisite to being a good coach, I do believe however that experience in the ring can only serve to provide the coach with a better understanding of what is needed, physically and mentally to step onto the mat as a competitor.

The coach should have broad experience in the martial art or sport that they are involved in, a solid understanding of it's rule base and it's safety regulations. A good coach should have a drive to learn and think outside the box. A good coach can learn so much from other martial arts systems and training concepts, thinking outside the box allows an opened minded coach to ask questions and learn from his or her peers regardless of the martial style.

A good coach must be a good communicator. How can any person encourage another person in any endeavour if that person has no people skills and lacks a very basic knowledge of communication. This is where instructors who bark orders and instil fear into

students get left behind.

If coaching is about encouragement and development, well then the coach needs to be approachable, friendly and held in high esteem by their athletes, students and peers.

In order for any coach and athlete to achieve their desired goals, there needs to be a relationship or bond between the two. For this relationship to create the atmosphere where athletic development can prosper it needs to have mutual respect and admiration for one another's skill and enthusiasm. This respect can only develop through good communication which in turn builds trust.

Communication of course is a two way street. The coach needs to be able communicate to the athlete, but the athlete likewise needs to be able to communicate to the coach. Therefore, the coach needs to be a good listener and needs to be

understanding, taking on board the athletes needs, concerns and goals.

A bad coach adopts the 'it's my way or the highway' approach., this type of mindset will inevitably be propped up by a fundamental lack of knowledge which creates in turn an unconfident coach which can be dangerous for any athlete.

A good coach needs to be the eternal student. A good coach should never say "I have learned all I need to know, and from here I become great". A good coach should always aspire to new ways and methods of training. Seeking new improved training concepts, discussing and participating in coaching programmes are sure ways of maintaining a high level of athletic knowledge. In order to be able to do this comfortably, a good coach needs to have an open mind. This is a hackneyed term, people pay lip service to having an open mind, and for many having an open mind means begrudgingly agreeing with someone for the sake of it. To have an







athletes has a massive responsibility in shaping a juniors outlook on healthy lifestyles and the life benefits of sport.

A coach who turns up to training with a hint of alcohol or cigarette smoke is unknowingly reducing the parameters of a child's outlook and fundamentally lacks knowledge about children in sport. The same can be said for those who show the natural characteristics of an unhealthy lifestyle.

For adult athletes, common sense will

open mind, in the very real sense, means that you should always be willing to learn to from anyone, take on new concepts and drills and not be afraid of making mistakes while expanding your field of knowledge. Broadening your horizons as a coach can only benefit your athletes.

An important ingredient to having an open mind however is confidence. If you have the confidence in your coaching ability and a confidence in your own skill you will happily take on new concepts and constructive criticism. Humility should always accompany confidence which acts as a ballast to counter egotism.

A good coach should stay in shape and lead by example, especially those who coach juniors. Juniors are entitled to have a coach who they can look upon on as a role model and someone who they see as the epitome of a healthy lifestyle. Juniors by default will emulate those who they look up to and those who are in positions of authority, therefore the coach of junior

kick in as many sensible adults naturally oppose those who preach the "do I say, don't do as I do" mantra.

A good coach will set recognisable and achievable goals. When those goals are achieved a good coach will compliment, when those goals are missed out on, a good coach will manage the disappointment and refocus the athlete. When goals are missed on numerous occasions a good coach will be patient and reassess training methods, the coach will talk with and include the athlete in all reassessments and appreciate feedback from the athlete. The athlete must have input. Communication is a two way street.

A good coach must appreciate the skill level of their athlete. A bad coach will put a developing athlete up against competition which is more advanced in skill and experience, developing athletes takes time and patience, little steps turn into strides with the right approach.

In order to develop an athletes strength,

speed and agility a good coach should have an understanding in specific relevant exercises. For a martial art that has sporting aspects, like ITF and WTF Taekwon-Do, Kickboxing both light and full and any other striking arts that have a competition edge, the participating athlete will need a training regime that encompasses not only tactics, but speed, agility and strength. To disregard such attributes will leave the athlete wanting when faced with an opponent with a clue in coach.

To finish, an athlete should have a mapped out, time lined training regime that includes short term objectives in the run up to the over all goal. Whether that be the goal of winning a world or European medal or a local provincial medal, the coach must have a productive plan that gets the athlete from A to B. This is where performance profiling really enables good quality coaching tools to come to the fore, and enables both the coach and the athlete to remain on the same page for the duration of their training schedule.

Coupled with knowledge of the physical needs the coaches should have a non intrusive understanding of his or her athletes mindset. Many times I have seen coaches push students to be something that they don't want to be. Not everyone wants to compete, many only wish to train and stay fit and maybe learn a bit of self defence, however some coaches can put too much



The more martial arts' focus on the sporting aspect of their system, the more good quality coaching will develop within the field of martial arts and Taekwon-Do in particular. There can be so much more to martial arts when an instructor takes the blinkers off and comes to recognise what can be achieved both physically and spiritually through healthy aspects of sport in the arts.

emphasis on competition, thus pushing the student away. A coach needs to understand where their students are at mentally, and understand if they wish to push themselves into top level competition or not. If they do, a good coach will quickly get to grips with the athletes mindset and know when to push for improvement and when not to in order to get the best out of their athlete.

Jon Mackey is level one certified coach with coaching Ireland. Jon is a 3<sup>rd</sup> degree black belt in ITF Taekwon-Do and senior coach and instructor at Red Star Sport Taekwon-Do and Kickboxing - [www.redstar-tkd.com](http://www.redstar-tkd.com)

Jon has 23 years experience in Taekwon-Do and has coached several of his Taekwon-Do students to World medals as well as European and national titles. He can be contacted via email - [taekwondo77@gmail.com](mailto:taekwondo77@gmail.com)



# Kick In Iran

By Kathleen McInnis and Laurent Boye

On the 21st January, 2010 at the Sundance Film Festival in Utah, USA See-Through Films presented the world premier of 'Kick In Iran'.

The film features Sara Khoshjamal-Fekri as the first female athlete from Iran to qualify for the Olympic Games. Her discipline is Taekwondo. *Kick in Iran* shows her arduous journey to Beijing 2008; a persistent struggle for self-determination and recognition in a society based on strict religious laws.

*Sara Khoshjamal-Fekri* is the films protagonist - the first female athlete from Iran to ever qualify for the Olympic Games. Sara's discipline is Taekwondo, a sport which requires her to fight with strength and aggression as well as endurance and hope. A fitting analogy to the current state in Iran.

*Maryam Azarmehr* is Sara's pioneering



coach—a dedicated, dynamic mother (both to her own daughter and to Sara) as well as a tough, disciplined coach who may play by the rules but is nonetheless determined to get Sara out of her own head and onto the Olympic field

Director *Fatima Abdollahyan* is German by birth but Iranian by heritage. She brings a





vital and fascinating POV to the story: A uniquely female perspective from a society and culture that has recently (over the past few decades) developed a tradition of placing women in the background of their culture.

*Abdollahyan* deliberately chooses an observational camera to document not just the journey, but also the many ways Sara navigates her country's rigid interpretation of Islamic law. *Abdollahyan* also allows for a purposefully unhurried look at

contemporary life in urban Iran.

*Fatima Abdollahyan* graduated from the Westminster University London with a Master of Arts in International Relations. The same year she started studying at the documentary department of the University of Television and Film Munich. *Kick in Iran* is her graduation film and first feature length documentary.

A preview of the film and more information can be found at [www.kickiniran.com](http://www.kickiniran.com)

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# Taekwon-Do's Science

By Stuart Anslow & Bob Hubbard

I was asked by a friend why 'Gen. Choi identified 'power' by means of a formula which is in fact nothing but the definition of kinetic energy'? (his words).

My reply was: *Well, I am not speaking for the General or from a point of view that I know about all the physics and science, but IMO he used the formula to push his point that TKD was based on scientific principles (which was part of his reasoning that was why TKD was better than other arts), also, I was always taught that TKD utilizes kinetic energy. Perhaps further details on the formula by you would help people like me understand it more!*

Now one thing I never understood is why people use these points to claim Taekwon-do is better than other arts, as to me, all arts are equal, but more so.. *there is no proof in the pudding anyway!*

Recently I was chatting to a TKD guy and he was trying to explain to me the virtue of the first going forwards, then backwards, then hitting its target (the ITF way) and I asked him why its better and he simply said that "without doing it, it wont hit the target with power" - absolute nonsense I said, what about Karate-ka who punch straight from the hip - many have tremendous power! Anyway, this emphasises my point of the 'scientific' side of TKD being interesting, but still a politics tool to promote TKD.. understandable at the time as General Choi wanted to promote and push his art as the best around and establish it next to already established arts, but should people still be doing that?

I asked my friend to explain further and this is what he said:

*OK, I'm gonna try. I want to start, as I mean to finish, with the point that all martial arts, in fact all activities, use scientific principle in exactly the same way. I consider the 'scientisation' of what is really very straightforward stuff to be a marketing trick, as has already been suggested above. More on this below...*

The expression that Choi supplies here is essentially a definition of the notion 'capacity to cause activity' that the concept 'energy' formalizes; it follows as

an automatic consequence of the definition of force---

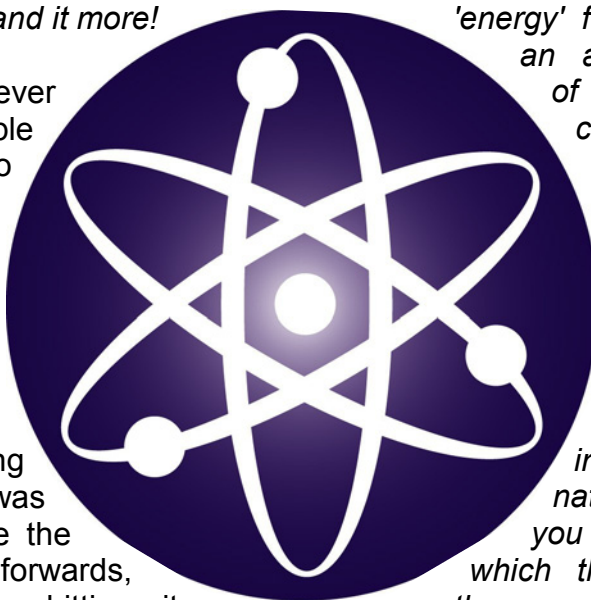
change in momentum--- from very early classical mechanics, and as I'll get to directly, doesn't seem to me to add much in actual value to Choi's or similar discussions.

If the activity in question imposes a structure on nature in a certain sense, you have one kind of energy,

which the formula Choi cites partly measures. (The other kind of

energy is associated with 'waste' motion, involving friction, viscosity, and so on.)

What Choi is giving is the basic expression for kinetic energy, which reflects the capacity to do work---which technically is nothing other than force over distance (and is subject to a certain conservation condition). That definition applies to everything that moves: in the simplest case, the amount of energy 'carried' by a moving object is  $\frac{1}{2}$  the mass of the object x the velocity of the object squared. If that energy were transferred completely to another object, by a collision, say, the



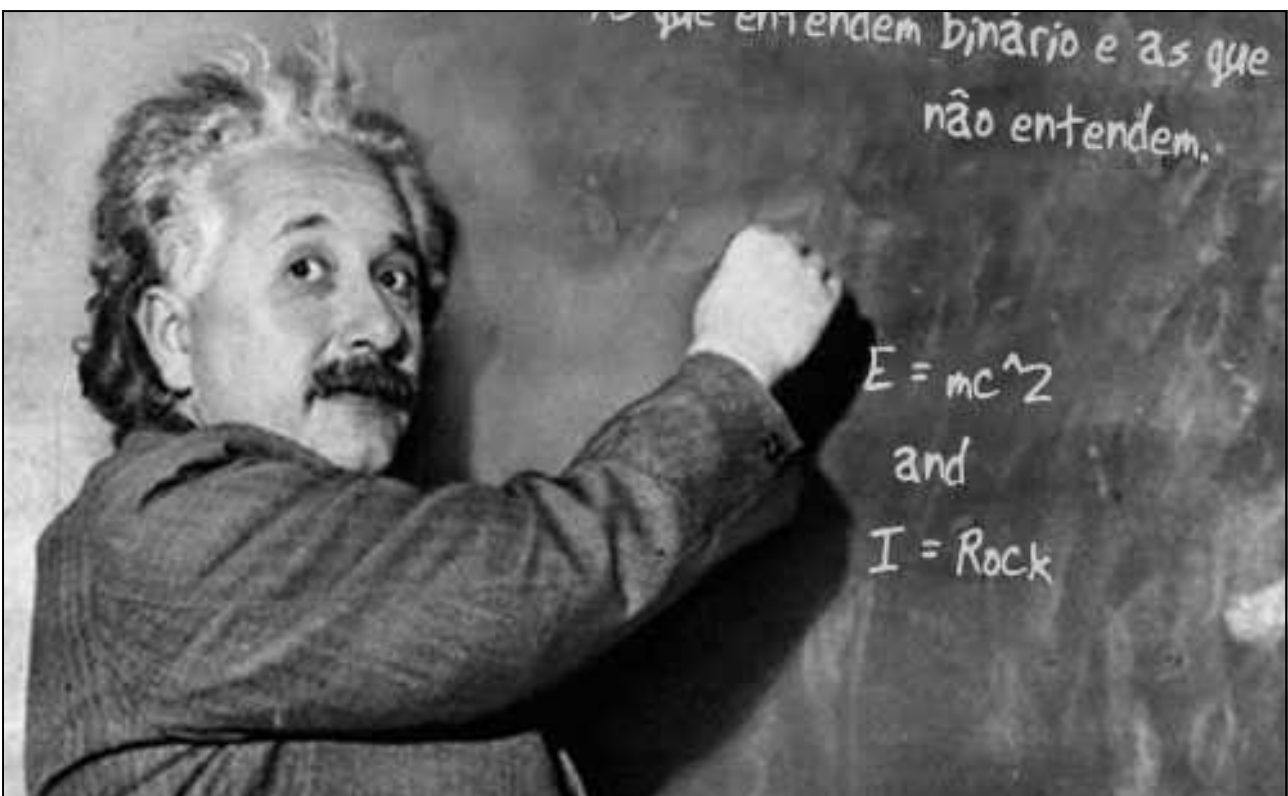


kinetic energy would express exactly how much work had been accomplished in taking the target, originally at rest, up the motion it underwent as a result of the impact.

And that's why I don't really see that giving these fairly simple definitions of concepts from mechanics adds any value to the discussion. We're not talking about figuring out a detailed description of a physical system here; always, in such discussions, we're talking about very simple things, purely qualitatively, really---and qualitatively, all such formulae tell you is what you already know: it takes more work to get your fist moving faster, so the extra effort you have to put into getting that greater velocity in your striking translates into a greater impact at the target. You can increase impact in two ways: increase the mass of the striking limb, a practical impossibility under normal circumstances; or you can increase the speed of the striking limb in the given direction, which is eminently practical. This holds for every MA, for every racquet or ball sport, and any other activity under the sun. Basically, the formula displayed in Choi's presentation (and a dozen other 'scientific' dressings-up

of these fairly simple mechanical issues) don't add anything to what we already know strictly from experience; I interpret them, just as I interpret the use of the same formula in elementary ski-technique guides or analyses of the use of spin in table tennis or weight-training, as a way of dressing up something very simple to give it a veneer of scientific authority.

The formula itself, as I say, follows immediately from the definition of work as force over distance. You can get a very rough idea of where that formula comes from by looking just at the units involved in that definition of work. Force is defined as change in momentum, which—writing 'a times b' as  $a \times b$ —is identical to mass  $\times$  acceleration, i.e., mass  $\times$  (velocity/time). So if you look at what work  $\times$  distance come to, given these definitions, you can see that it's  $[\text{mass} \times (\text{velocity}/\text{time})] \times \text{distance}$ . But if you shift the denominator on the middle term to the end (just as  $(3/8) \times 16 = 3 \times (16/8)$ ), you get mass  $\times$  velocity  $\times$  distance/time, which is of course mass  $\times$  velocity  $\times$  velocity, which we can in turn write as mass  $\times$  (velocity)<sup>2</sup>. Now, evaluate this quantity at a time when the particle is at rest, i.e., its velocity is zero, so the work



is 0. Evaluate it when it's travelled a distance  $z$ , and you have  $mV^2$ , where  $V$  is the velocity of the particle at the instant it is  $z$  away from its original position. Take the average of the two, and you get  $(1/2)mV^2$ , so that the energy to do this amount of work is the same, i.e.,  $(1/2)mV^2$ , and Bob's your uncle. This is a crude derivation of the result, but it captures the essentials of the operations involved.

And the difference between power and energy is just that energy tells you how much work you can accomplish, but not the time duration involved; that's up to you. The more energy you supply in a given length of time, the more impact your strike will have. The same amount of work, carried out over a year, will change the world in no obvious way; carried out in a hundredth of a second, it will punch a hole in a half-inch thick plate of chrome-moly steel. Given a certain amount of energy, you need to deliver it faster in order to be more effective. This is news?

My main point is that once you've seen all of this stuff, you are still no further ahead in terms of practical MA understanding than when you started. We all knew before we learned any physics that if you want to have a greater impact when you hit something, you have to either use a bigger hammer or swing the hammer harder, i.e., faster. When I used to teach downhill skiing we'd sometimes have these bigshot senior instructors come in to seminars with us on technique and body mechanics, and

they'd throw this stuff around (often getting the math wrong, which is pretty pathetic, considering that none of it is very high level) and I would always wonder, why are you wasting our time with this? Why don't you talk about something you really understand, like when in the turn to project your weight laterally if you want to keep your line very tight through gates, say? That's kind of what I feel like about this stuff. TKD isn't more or less scientific than



any other MA; the kind of unnecessary decoration of technical discussion with simple mechanical formulae that Choi does here doesn't really help anyone understand how to increase their force generation. Everyone who does or teaches any MA knows that your strike is more effective the faster your striking limb is moving. And really, it begins and ends right there, I think.

You might point out that the 'proper' derivation of the equation for energy (not power!) involves some fairly elementary results from integral calculus, but that the derivation I provided, which makes reference to just to the gross dimensional units involved (e.g., velocity is distance divided by time, acceleration is velocity divided by time) give the essential 'source' of the formula. It's also worth noting that all physical motion (apart from cases such as friction, viscosity, turbulence effects and so on) can be correctly described by this formula, in terms of the energy associated with the motion, and also—and most importantly—that the formula itself does not confer any particular scientific 'halo' on the particular techniques

associated with one form of TKD, or TKD as a whole vs. karate, or the karate-based arts as a whole vs. those deriving from Filipino MAs, or MAs as a whole as vs. riding a bicycle or pushing a shopping cart. All that the damned formula tells you is: more mass for a given velocity, or more velocity for a given mass, or more of both velocity and mass, give you more energy, which—if the time and everything else in the action is held constant—gives you more damage on the target. It does not tell you what to do, how to do it, or the optimal combination of any of the innumerable factors that make up a strike. That information is hard-won by trial and error, altering technique on the basis of experience, and repeated pressure testing. End of story. It makes no more sense to argue that one or another approach to self-defense is



'scientific' based on that formula than it makes sense to argue that one or another design for a rocket is better than the others based on Newton's law of gravitation (the force of gravity between two masses  $m$  and  $M$  is proportional to the product  $m \times M$  divided by the square of the distance between them). The law of gravitation holds for rockets, grand pianos and cradles in the treetops. If you want to get the optimal shape for a rocket, you have to do rocket science, literally. Real physics and engineering, involving complex mathematics, engineering, computer simulation, and design trickery that the

good General would have not one clue about. In a similar way, getting a martial art right is also rocket science of a kind, based, like other practical skills, on hundreds or thousands of years of open-minded, hands-on experimentation, with the best results gradually replacing the also-rans through sheer Darwinian pressure. That's why I say that invoking basic physics to try to argue that TKD of a particular kind is somehow

particularly 'scientific', or more scientific than any alternative TMA, is... well, just silly.

BTW, it's also true that the formula (in a sense, simply a consequence of three definitions: the definition of force, the definition of work, and the definition of energy as the capacity to do work)  $E = (1/2)mv^2$  does tell you that you gain energy faster by increasing the velocity of the striking object than by increasing its mass. To double the energy associated with a moving object, you can double its mass, or increase its velocity by a little by under 50%. But again, that's extremely uninformative, because you are not going to have the option of increasing the mass of your striking limb under ordinary (i.e., non-sci/fi) circumstances. All you can do is increase the velocity of your strike, and how best to do that is a function of practical anatomy and biomechanics, having nothing to do with physics per se. So all on its own, the formula does not tell you anything.



Now here's where experience and empirical testing come in. Let's say we think of the mass of the 'striking object' in a punch as being not just the mass of the fist, or the arm, but of everything else that 'lends itself' to the impact—putting your whole body into the punch, clearly, is going to increase the mass somewhat (just how much is something you need a well-equipped sports performance lab, run by real experts, to figure out). But



typically, the more of your body you put into the action, the more complex it is (compare front-hand jab with reverse punch, with the latter involving serious hip-rotation). Yes, that will increase the impact; but it will very likely make it harder to get that whole mass moving as fast as a smaller portion—just the fist/arm/shoulder component—would take. So what should you do? Short of a major research facility of the kind I mentioned, the kind Olympic teams from rich countries, or from major sports powers in the American university system, have access to, what you have to do is what everyone does: experiment to see what the optimal trade-off between the mass-involvement and the velocity is. And you'd do that—as innumerable generations of MAists have indeed done—even if you knew nothing of that formula for calculating the kinetic energy of an object.

That's the kind of thing I'm talking about... we should leave the math and physics for the situations where it really can be applied to give us an answer. In the case of MA

technique, it's nothing but a distraction, of no more use to us than it is to a sculptor, a skier or a calligrapher...

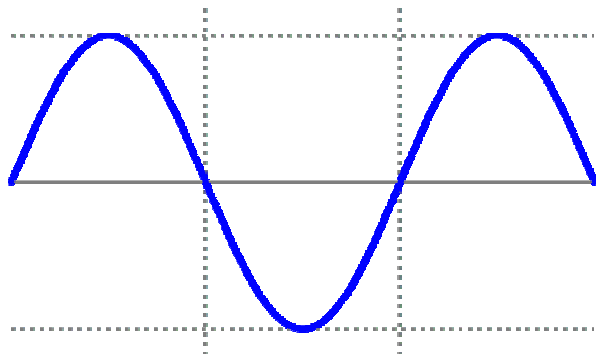
**I said:** So would it be fair to say that what I felt was correct: that the science stuff (the formula's etc.) were simply to make TKD look more advanced/better than other arts and were really no more than a 'tool' to this ends, meaning they don't really have any significance on

anything, unless like you say, one is a rocket scientists and do all the extra calculations etc.?

**He said:** Yes, I think that sums it up exactly. The formulas involved, applying as they do to everything in the known universe pretty much, don't help you make the really important decisions that come under the heading of 'technique' in the MAs. You can turn to advanced applied science, aka biomechanical engineering, to get very specific results... the university I teach at has a huge sports lab facility that does research on the minute details of body motion; but the kinds of math and computation they do there require pages and pages of equations just to state the problems themselves, and the results are very sophisticated results about how to torque the upper body to get maximum results from a throwing motion... think of the kind of engineering that goes into the design of yacht hull for America's Cup racing, and you have a pretty good picture of what the stuff the people in that lab are

doing. Ultra-fine-grained, yielding very small advantages... but that's what you need to win.

**I then asked him his thoughts on the sine-wave!**



**He said:** I gotta say, I think the whole 'sine wave' thing is much hype, and I swear by the discussion in your book, if asked. There is a natural up-and-down motion of the body in certain kinds of movement—but reifying it into something you have to consciously think about seems to me to be the wrong idea. You know how when you walk, your right leg moving forward is matched by your left arm swinging forward? It's built in, it's a function of how we're built. I think of the sine wave as just that sort of thing. A raising phase for greater mobility, a lowering phase to bring body weight to bear into the technique that's being carried out. And so on.

There's a very interesting parallel in the history of ski racing that might amuse you.

**Here is that story:**

I've appealed to this analogy from skiing before, so apologies to those who've already seen it, but it just seems so apt for this discussion. I taught and raced alpine skiing in the mid 1970s in Wyoming, and one of the interesting things about skiing in those days was that a whole generation of skiers *and some of their instructors* were reared on the mechanically fallacious doctrine that the best, most efficient racing technique involved sitting back on your skis and letting them shoot out ahead of you. To get the needed leverage to pull yourself

back onto your skis from that position so that you didn't wind up on your ass when you did this, boot manufacturers had to make ski boots which terminated at the top just below your knees... I'm not kidding! Take a look at some of the old Langs, circa 1978 or so, if you ever come across a museum of downhill ski technology, and you'll see what I mean. So where did people get such a hare-brained idea from??

The short story is that the French team that Killy was a member of was using a technique pioneered by one of their number named Patrick Russel, in which you pulled your legs up under you when you hit a mogul (or the top of a rut in a slalom course), thereby 'swallowing' the rut, so the technique was christened *avalement*; when you do this, of course, you wind up looking like you're sitting back on your skis. But the fact is, at the moment you do this, you've effectively unweighted your skis, and what you do in that split second of unweighting is shift your body position to the new outside ski and then press forward, reweighting the ski so that it starts carving the new turn. *Avalement* is therefore nothing more than using the legs to 'level out' the terrain, making it as two-dimensional as possible, and the key point is, you're only back on your skis at a transition point in the turn, when you're shifting your weight from one ski to the other in anticipation of the upcoming short radius turn. But in the photos, all people could see were racers who looked like they were sitting way back... as though they had assumed a static, sitting-back position and were riding hell-bent-for-leather two feet behind the tails of their Rossignols. It was bad skiing journalism, mostly, because a lot of the mags didn't really understand what was going on. When their own technicians finally figured it out, there were all kinds of articles about how you shouldn't sit back, how the racers weren't really sitting back but were rather unweighting via *avalement*, but by that point the damage had been done. And you'd see people

blasting out of their bindings all over the place on ski hills as a result of slamming out of control into hip-high moguls because they've been sitting back at the beginning of the run.

Sanity returned by the mid-1980s, but it made a big impression on me, how a mistaken graphic image of what was happening—a picture which gave a serious misimpression of what the dynamical situation was—could

lead people to take up physical positions that were just all wrong and then try to horse those positions into some semblance of effectiveness in action—in vain, of course. The idea of 'assuming a stance' in the MAs and then acting as though that stance were your default, 'home' position makes no more sense than the idea that you sit back on your skis because some photo of Killy on the way to another World Cup victory makes it look as though he has his center of gravity well behind the center of his skis. And the outcome is the same... you're gonna wind up bouncing along the ground, all black and blue, in either case!

*\*\* My friend who has provided these insights (Bob) is from Martial Talk Forum*



*and was an undergraduate physics/math major and periodically has to use work in classical and modern physics in his own research, so has kept up with the basics in physics and engineering, particularly when these are called upon to provide justification for various claims in other fields.*

**So, you decide just how scientific Taekwon-do really is! Do it help the student or was it**

**just a cool promotional tool of the era?**

That said, even without any benefits of science, it makes Taekwon-do no less of and no more of an a decent art than any other, in fact I don't believe it even needs to promote this point at all. This doesn't take away from anything that's unique in TKD or employed more in TKD than other arts at all.

The point is, it's not that the science isn't part of Taekwon-do, it's just that it's part of everything anyway and not unique to Taekwon-do, but as someone else said, it's still used to make Taekwon-do look or seem superior as **"\*\*\*\*\* baffles brains"**

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# Documenting The History Of Tae Kwon Do

By George Vitale

**How does one document the often confusing and controversial history of Tae Kwon Do? Well how about making a feature length documentary film about it? How about 2 films?**

This is exactly what LUV Films is doing. In fact the first film called TONG-IL is now in post production phase after 6 years of extensive work. What that means is that the hours and hours of original footage filmed, archival footage obtained and dozens of interviews conducted on camera is in the process of being edited to complete the movie that will be submitted to film festivals all around the world, for you the audience to see.

Interested viewers can go to [www.LUVfilms.com](http://www.LUVfilms.com) to register for e-mail alerts. In addition, towards the end of February 2010 a brand new website [www.TONG-ILmovie.com](http://www.TONG-ILmovie.com) we come on line, complete with movie trailers and great production photos, with more information on these projects.

The synopsis of the movie is as follows: In TONG-IL: BREAKING BOARDS, BRICKS, AND BORDERS martial arts takes center stage as Grandmaster Woo-Jin Jung attempts to use Taekwon-Do to help unify his country and bring cultural understanding across battling nations.

Korea is a divided nation in which there has been no formal peace treaty since the end of the Korean War in 1953. In the wake of a nuclear weapons stand-off between the Democratic People's Republic of Korea (North Korea) and the international community, particularly the United States and South Korea, Grandmaster Woo-Jin Jung and a team of Taekwon-Do martial artists sponsor a

delegation of eighteen North Koreans on a five-city thirteen-day performance tour of the United States. October 04, 2007, marked the first time in history that North Koreans had stepped foot into America for a cultural exchange of this significance. TONG-IL is a feature documentary that takes us through Grandmaster Jung's biography, an immigrant rags to riches tale, into North Korea, the most closed and isolated society on Earth, and on the 2007 Taekwon-Do Goodwill Tour that awed and entertained thousands across America.

Many of the readers of the Totally TKD magazine have come to know me via the articles I have contributed on Tae Kwon Do, often about the history of this wonderful martial art and sport. For the last 4 years I have worked hard to help this very worthwhile project. It is important to me that the history of Tae Kwon Do, often called the world's most popular martial art and Olympic sport is told correctly. In this way, we can insure that those who helped make possible what so many around the world do, can be credited. I for one think that is very important, because without them, we may not even be reading this issue of Totally TKD.

What I have tried to bring to these projects is my experience in the fighting arts that began in the early 1970s and Taekwon-Do in 1974. At that time, most called what we did Korean Karate, as back in "those days" that was what was popular and what we resembled. Tae Kwon Do has come a long way from its formative years. I was



*Media Madness at LAX Airport upon NK Team Arrival*

fortunate to have had a ring side seat for much of it. I became an international instructor in 1987 and have travelled to some 40 countries in the pursuit of Taekwon-Do. During this time I have attended events of both the International Taekwon-Do Federation (ITF) and the World Taekwondo Federation (WTF).

Possibly what is more important in what I bring to these projects is my academic background in research. Having an earned Master of Arts degree, as well as 2 years in a doctoral program in pursuit of a PhD, where the classes I took were in advanced research methods, has helped me gain the analytical skills necessary to conduct the intensive research that sorting through the clouded history of Tae Kwon Do requires.

Additionally the 24 years I spent with the New York State Troopers as a police supervisor combines well with my academic background. The majority of my career was spent on the streets of New York City conducting long term traditional organized crime (Mafia), white collar crime and wanted person investigations in the Bureau of Criminal Investigation. When I was not on the streets I oversaw the background investigations for any judges the Governor appointed, executive staff the

Governor or Attorney General hired or any person who applied for any position with the State Police that resided in New York City. The classroom training I received "on the job", including F.B.I. interview and interrogation school, combined well with the experience gained during my career. I hope that these skills will add to these projects in a meaningful way.

The director, Mr. Luan Van Le explains the project as such: "TONG-IL: BREAKING BOARDS, BRICKS, AND BORDERS is actually the second film that we began to produce after two years of working on a documentary called OUR MORAL ARMOR. Legacy Unity Vision Films, LLC, was founded by Hoss Rafaty in late 2004 after he approached me with helping him to make a short form documentary about the history of Taekwon-Do. After I came onboard, that short film transformed into a feature length film now known as OUR MORAL ARMOR.

During my research and production for OUR MORAL ARMOR I came across Woo -Jin Jung, a pioneer Taekwon-Do grand master, whose inspiring story tied into the history documentary. Likewise, the Democratic People's Republic of Korea (DPRK), or "North Korea" as most

Westerners know it, as a nation also plays a pivotal role in the history of TKD. In 2006, I would have the opportunity, or near-opportunity I should say, to include both of those elements into OUR MORAL ARMOR.

During the summer of 2006 I came across a blog that was advertising what was then dubbed the "2006 North Korea USA Goodwill Tour." Supposedly, a North Korean team of TKD demonstrators were going to embark on an historic first-ever seven city performance tour of the United States in early October of the same year. I wanted to be able to record for our film so I began to look into it and discovered that Grand Master Woo-Jin Jung was the main figure behind the tour. I contacted TaeKwonDo Times Magazine, of which GM Jung is the owner, in order to get in touch with him. At the same time, I contacted a New Yorker named George Vitale whose name had come up in my research as I had found he was also connected with the Goodwill Tour organizers. I touched base with both sources and told them what my partners and I were doing and they seemed

interested in letting me into their world.

In September I flew up to Cedar Rapids, Iowa, for a TKD Times black belt seminar to meet and pre-interview GM Jung and to also meet George Vitale since he would be in attendance. I flew up there alone with my equipment with the intent of doing a one-man-band interview shoot. George was very enthusiastic about our project so I asked him if he wanted to help me with the interview. Being a "TKD geek" he quickly agreed and I gave him a fifteen-minute film school on doing interviews. He did well and I later learned, over some beers, that he had extensive knowledge about the history of TKD. So I asked him if he wanted to come onboard to help with the research. He accepted and since then George has become more integral to our projects, accompanying me on most travels and helping with the production as well as co-conducting most of the interviews.

Well, I got the green light to accompany GM Jung and the Goodwill Tour but everything fell apart under the volatile political climate and the tour was cancelled



*George & Director Luan Van Le at dinner with the Historian Dr. He-Young Kimm*



just days before the North Koreans were to fly to the United States. So now, I was at a loss since I wouldn't get interviews and footage of the North Koreans. After being thoroughly disappointed about the failure of the 2006 North Korea USA Goodwill Tour, I decided to be more proactive. If the North Koreans couldn't come here then I would go to them! But how? It's nearly impossible for an American, much less an American media maker, to get an allowance to enter the DPRK.

Enter again: George Vitale. I knew George had been to the DPRK twice before as part of a TKD delegation, in 1989 and in 2006, and had good relationships with the officials and leaders of the North Korean International TKD Federation. So I threw it out to him in April of 2007 to use his connections. Neither of us truly thought that they would allow me into the country. I usually don't like to use words like "amazing" but, amazingly, after some rapid back-and-forth communications George and I got official invitations to go in June.

We had an enjoyably productive trip to Beijing and the DPRK and some of our

questions to them touched on the failure of the 2006 Goodwill Tour and if the North Koreans would still be willing to come to the USA if the opportunity arose. Their answer was positive. We also knew GM Jung and his team were continuing efforts to try to make a TKD cultural exchange happen in 2007.

So between the time that we got our allowance to travel and film in the DPRK in June until the landing of the North Korean delegation in Los Angeles' airport in October of 2007, I decided that GM Jung's story, the Goodwill efforts, and the eventual tour would be too large to fully treat within OUR MORAL ARMOR. That's when I decided that there was more than enough there to be a film in itself. My LUV Films' partners agreed to back me and GM Jung agreed to have his life treated in a documentary. And that's how TONG-IL, the film, came to be.

For those of you who don't know, "tong-il" is the English spelling of the Korean word meaning "unification." TONG-IL, the documentary, is both a biographical film and a commentary about the current USA/



*American, south Koreans, north Koreans & Korean Americans sing for peace in San Fran*



*Goodwill Cup presented 1st Demo in LA*

North Korea/South Korea dialogue. In a decidedly passive way, it attempts to dispel general characterizations of those nations as viewed from all sides. The North Koreans view us as imperialist war-mongers. And the North Koreans are, as former President Bush described them in his 2002 State of the Union address, one of the three nations that form the "Axis of Evil." Politics aside, people are people and most people would prefer peace over war. I hope. At least the TKD people I am making the film about feel that way. As GM Jung often declares in his broken English way, "I'm not politic!" - meaning he's not a political person.

GM Jung's own life is characterized by an arc of hardship, growth, success, and then goodwill unto others through his dedication to Taekwon-Do. And he firmly believes that

differing ideological boundaries can be overcome through the practice of the martial art. I myself, do not practice any martial arts, but have seen that it can play a role, no matter how large or small, in bridging social and cultural differences. So hopefully, Americans, North Koreans, and South Koreans, martial artists or not, will be able to see the film and step out of their political ideologies for a couple of hours and experience what we experienced on the 2007 TKD Goodwill Tour. Peace between our nations can not occur without trust, but that it must begin with individuals. It takes courage to build trust where it was once destroyed. And the courage to start can be very difficult, but the successful results are infinitely fulfilling.

So will the goodwill created by this martial arts community manifest into a larger



movement, beyond the borders of the martial arts world? For GM Jung and those involved with him, the process still continues. We'll just have to wait and see."

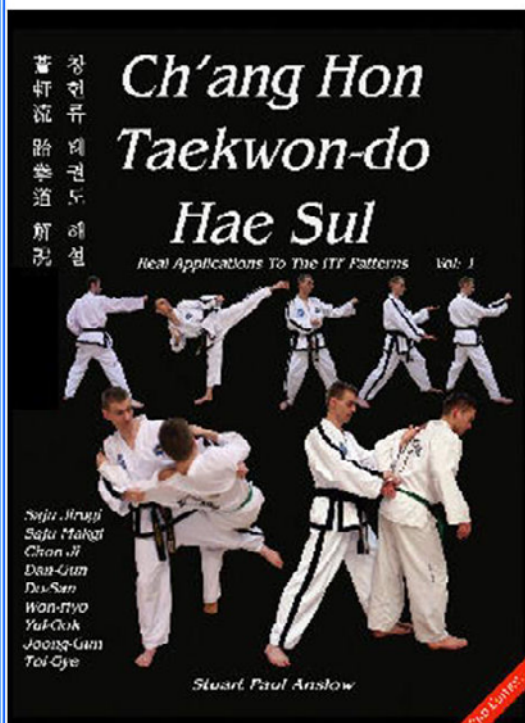
I was fortunate to be the second American Taekwon-Do leader to go to north Korea when I led the 15 person USA Team there in 1989 for the 13<sup>th</sup> World Festival of Youth and Students. Grandmaster Charles E. Sereff was the first, as he accompanied General Choi Hong Hi there in 1980 when they introduced original Taekwon-Do to that part of Korea. GM Jung, born in a unified Korea before the division often states that he is not north Korean or south

Korean, just Korean. Likewise he says that he is not ITF or WTF, he is Tae Kwon Do. It is the desire of many Koreans to have their beloved homeland reunited. Please do forget to go to [www.LUVfilms.com](http://www.LUVfilms.com) to register for e-mail alerts and to visit [www.TONG-ILmovie.com](http://www.TONG-ILmovie.com) when it is up and running later on in February 2010. Feel free to e-mail me as always at: [TKD.research@yahoo.com](mailto:TKD.research@yahoo.com). Comments, questions, information and feedback are most appreciated. Maybe you have something to contribute, so please don't hesitate to contact me and visit these websites for more up to date information.

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

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

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

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

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



**"The most important book published on TKD since the encyclopaedia."**

**- John Dowling, 3<sup>rd</sup> degree, ITF**



# Honour or Dishonor

## *Are Courtesy, Respect & Integrity Words To Live By Or Are They Just Words?*

By Ira Hoffman, WTF 3rd Dan

In response to one of my earlier articles in Totally Tae Kwon Do Magazine, Chris Coyle, an instructor in the New York City area, e-mailed me with a question. At a friend's dojang it was discovered that the head of the school was:

*... charging for fees for [WTF] Dan certifications ... and providing signed fraudulent certificates ... Some people contacted the governing bodies to see if their children were registered and it turns out that they were not. In fact after many years teaching - and many \$900 fees - no one is registered. My friend's entire school has been impacted by this terrible chain of dishonorable acts ... Do you have any advice?*

We're all familiar with the tenets of Tae Kwon Do: courtesy, integrity, self-control, perseverance and indomitable spirit. But even Grand Master Tran Trieu Quan, ITF President, has noted:

*As you probably know, in recent years the value of the black belt has been diluted because a few martial arts organizations have lowered their standards. Others issue very impressive black belt certificates based on nothing more than the payment of a fee...<sup>1</sup>*

I chose to conduct my own very unscientific survey to see if Mr. Coyle's concern is widespread, or if his was a unique situation. The information I've obtained is anecdotal, but there is a clear

impression that martial arts in general and Tae Kwon Do in particular, are vulnerable to the corrupting influence of money.



This article contains the results of my informal research, indicators of potential ethics and integrity problems at dojangs ("red flags"), and suggestions on how to identify problems before they affect you and other students.

In performing my review I posted discussions on several Tae Kwon Do groups on LinkedIn, the business-oriented social networking site; I contacted USA Taekwondo; and I discussed warning signs of potential fraud with a Certified Fraud Examiner. In order to maintain impartiality I've excluded experiences I may have had with this subject, and I excluded the experiences of anyone with whom I have trained.

A critical point: I have not independently verified any of the information I obtained. And my data may be skewed: it's unlikely I

would have received responses from people who have not experienced problems. This makes it impossible to draw conclusions as to precisely how common these problems are.

## **How Widespread is Unethical Behavior?**

Two contributors on LinkedIn reported master instructors who misrepresented their rank. Thomas Jones wrote:

*I recently became aware of a "master" in the local area that had lied to several prominent grandmasters and masters in the area about his status as a master.*

and another contributor added:

*It is unfortunate that there are "masters" out there that claim to be 6th degree BB (to achieve International Master status) ... but cannot prove their certification.*

I received a large number of LinkedIn comments regarding the corrupting influence of money, although some of the comments suggested this was the exception rather than the rule.

From Ari Cassarino: "Now, as far as some schools pushing through students for the money, I strongly believe that it happens but I think rarely. You are always going to get some instructors that allow greed to take priority over ethics".

Jennifer Briggs wrote, "The horrible underlying factor is the fact that GREED comes in to play and some people value the green stuff above loyalty to their students and their art". LinkedIn contributor Gil Choi wrote, "When there's humans involved, there will always be some "bad apples" that will take advantage of their position, whether it be for greed or power".

In the words of LinkedIn contributor David Farrell-Shaw, "It's now all about the money - when it used to be about the art"

One contributor who prefers to remain anonymous wrote, "... it is well known in the world outside of TKD that other forms are calling it "Take Your Dough" because of some bad apples ... that turn a beautiful discipline into a business reaped with corruption ... [some Master instructors] never register their students and pocket the money". LinkedIn contributor Gil Choi wrote, "I've heard several instances where [black belt certificates] have been either forgeries or the master instructor took the money but never actually applied for formal certificate from Kukkiwon"

USA Taekwondo reports they "do not track data regarding complaints. They seem to be few and far between among our member clubs." <sup>2</sup>

A number of writers for this magazine have touched on - in some cases, squarely addressed - the issues of ethics, integrity and fraud in Tae Kwon Do. Perhaps the clearest example appeared in Issue #10:

*...my instructor sent me an e-mail with the flyer of a "special testing" .... one could obtain a black belt in Tae Kwon Do, up to the third Dan without even showing up to the test. Simply mail in your paperwork and check....with great emphasis on the CHECK! ... [many of us saw this] as yet another black eye for the art ... we just simply felt [the "special testing"] was a money-grab and devalued the art in general. <sup>3</sup>*

We also have:

*We must also be intellectually honest. Testing does allow an opportunity to generate income. Once money is inserted, some may question the objectivity of the test or*

*even the examiner.* <sup>4</sup>

a point Grandmaster Tran addressed in Issue #9:

*[T]he examiner must avoid any conflict of interest. If there is any possibility that the examiner could be perceived to be in conflict of interest, it is always better that he or she step aside and let another examiner evaluate the candidate.* <sup>5</sup>

Grandmaster Tran has a number of comments on the subject of unethical behavior:

*...we must know and apply without any compromise the values or tenets of the martial arts ... A true master ... helps [students] to walk on the right path by teaching them how to identify what is RIGHT and avoid what is WRONG.*

*[a master should not] make any compromise with any party to further his own personal, political, or business interests at the expense of the best interests of his students."*

*...a master must be worth the respect from his students and must maintain the highest standards in terms of moral behavior.* <sup>6</sup>

The implication of these comments: dishonorable behavior may not be widespread, but it is perceived to be a problem, and this perception is recognized at some of the highest levels of Tae Kwon Do.

### **The Internet: A great deal of data, but is it meaningful?**

The internet is a wonderful resource, but it's extremely difficult to verify the accuracy and completeness of any information on it. Therefore, the following results should be taken with a healthy dose of skepticism.

Anecdotal tales abound of unethical activity, or even outright fraud, in Tae Kwon Do and other martial arts. Google searches of the internet resulted in over 200,000 hits for "taekwondo fraud" or "tae kwon do fraud", 315,000 hits for "black belt fraud", and over 3.1 million hits for "martial arts fraud". <sup>7</sup>

Internet searches yielded results similar to those obtained from the LinkedIn discussion forums. From the TKDTUTOR web site:

*Be aware of rampant fraud in the martial arts... some organizations are revenue producing, belt factories ... The motivating factor in these organizations is keep students in the program and to make money ... Some organizations are counterfeits; ... they charge you outrageous amounts of money for rank certifications from legitimate organizations but only deliver counterfeits, or do not deliver at all...* <sup>8</sup>

Elsewhere: "If the place is a belt factory you need to avoid it. If they promise you a belt in two years just keep on walking. This is one of the main reasons having a black belt is not thought of as a big deal now days."<sup>9</sup>, and "Watch out for Martial Arts schools that charge too much for belt advancement, or schools that promise guaranteed Black Belts in a short amount of time. These are usually too good to be true and therefore scams."<sup>10</sup>

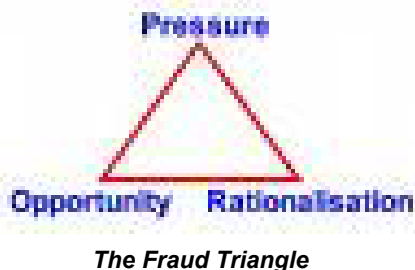
From a Martial Arts usenet forum we have a definition of the "dreaded McDojo": "These are usually schools whose sole goal is to part you from your money without ever imparting any real Martial Arts knowledge."<sup>11</sup> And from urbandictionary.com we have: "Korean martial arts, such as Taekwondo, when taught poorly and for high profits are done in mcdojangs."<sup>12</sup> Craig Schomp from LinkedIn wrote, "I regard any organization



who uses 'excessive' commercial techniques to attract students a major misrepresentation of what the art is about".

A Google search I ran on November 20, 2009 yielded 195,000 hits on the word "mcdojo", and 6,600 hits on "mcdojang". There appears to be some overlap and misnaming, however: I recorded 24,000 hits on the phrase, "taekwondo mcdojo". The problem is clearly not limited to Tae Kwon Do.

## Red Flags: Warning Signs of Potential Problems



The "fraud triangle" is a standard way of presenting the elements of fraud: Pressure (the cause of fraud)<sup>13</sup>, Opportunity (the ability to commit fraud) and Rationalization (the justification for the fraud). In order for fraud to occur, all three elements have to be present.

Pam Hall, a Certified Fraud Investigator and a colleague of mine at The Dow Chemical Company, shared some of her experience and thoughts on the subject of fraud in small, single-owner businesses. What follows below is a list of "red flags", signs of possible ethical problems at dojangs. *None of these warning signs prove the dojang is unethical or operating fraudulently.* These signs should all be understood as indicators that further investigation may be warranted.

### 1. **Excessive costs for tuition and training**

Fees that are much higher than expected, or much higher than those of comparable schools in your area, may

be an indication you've found a business motivated by money, rather than an instructor motivated by teaching martial arts.

### 2. **Add-on costs that are hidden and/or excessive**

Some costs beyond training fees are reasonable, but were they disclosed when you joined the school? Are these additional fees excessive?

### 3. **Payment in cash**

Paying in cash isn't inappropriate, but requiring cash payments, or encouraging cash payments (with discounts or other special terms), can be a troubling sign of an attempt to hide business income.

### 4. **Payments made out to an individual rather than to a businesses**

This is a possible sign of tax fraud. From David Farrell-Shaw on LinkedIn: "How many [master instructors] pay tax on their earnings? Now there is a whole documentary on its own. Some associations want to be paid in cash. Why would anyone agree to do business this way?"

### 5. **An instructor in business for a very short time, or open for a very short time in the current location**

This may be a sign of business initiative, rather than business fraud. Every new instructor will, by definition, have been in business a short time, and every new school that opens will, by definition, be new in its current location. However, longer periods of business can be an indicator of a reduced fraud risk.

## How to Guard Against Fraud

Nothing can guarantee detection of fraud or ethical problems during your search for a dojang. However, there are steps you can take.

- *Do background checks on the owner,*

*master instructor, and other instructors.* In the States, any number of websites offer background checks for nominal fees. There are also government websites posting free information. In the state of Michigan, for example, <http://www.state.mi.us/mdoc/asp/otis2.html> lists people who have been under the jurisdiction or supervision of the Michigan Department of Corrections within the last three years, and <http://www.mipsor.state.mi.us/> lists registered sex offenders.

- *Get price comparisons.*

Find out about all costs before you sign on the dotted line. Be a comparison shopper: find out if prices are exorbitant compared to the competition. Don't let hidden costs surprise you. Get all the information you need to make an informed decision.

- *Contact the Better Business Bureau*

In the States and Canada, the "BBB's mission is to be the leader in advancing marketplace trust".<sup>14</sup> The BBB collects information, including consumer complaints, on businesses. Checking with the BBB is an easy way to see if others have raised concerns about a dojang. There may be similar organizations in other parts of the world.

- *Do your own searches on the web*

Use Google, Bing or other search tools to do web searches on the dojang, the owner, and the instructors. Please use caution: the web is an open forum for information and communication, but it's difficult to verify the accuracy of the information you find.

- *Verify the instructor's background*

Try to verify how long the instructor has trained and taught. Verify their rank, if possible, through the international Tae Kwon Do organizations. Find out how long they've been in business. If you can't verify their credentials, be wary if you choose to proceed at their dojang.

- *Talk to students*

Talking to current students (or their parents, in the case of children) can be useful: why did they join this dojang? What do they like? Dislike? How does the master instructor handle problems or complaints?

But talking to former students can be invaluable (although finding these former students can be difficult). Find out why they left the dojang. Some students leave for innocuous reasons: they get bored, get involved in other activities, or move out of town. But if students have left because of problems at the dojang, you should use caution. Such reports aren't proof of a problem - the former students might just be annoyed - but they should be taken seriously.

- *Sit in on a class*

Be your own advocate! Use your eyes and ears: sit in on a class, watch how the master instructor interacts with the students, observe their teaching style, and determine how comfortable you are with what you see. You are the only one that can decide if the dojang environment is right for you or your child.

## **And What Does All This Mean?**

This article started with Chris Coyle asking for my advice regarding dishonorable activity in our dojangs. I have no easy answers. There is ample evidence that the perception of fraud, unethical activity, and dishonor is prevalent in Tae Kwon Do, but it's extremely difficult to determine the reality.

Even so, there are lessons to be learned and steps to be taken to reduce your risk of getting caught up in inappropriate behavior. Do your research. Talk to people. Be prepared to ask questions. Don't be afraid to challenge things with which you are uncomfortable – respectfully, to be sure, but stand up for yourself. Learn about pricing, policies, the history and

background of the staff (both paid and volunteer). Be wary of things kept secret: remember, "Sunlight is the best disinfectant"<sup>15</sup>. Be wary of instructors who discourage questions, who charge extremely high fees, who criticize other martial arts or schools, or who avoid responding to your requests for information.

Beyond protecting yourself, how do we protect our martial art? How do we reduce the perception and reality of fraud and dishonorable activity in our dojangs? I would welcome your comments, thoughts, suggestions and experiences on this or other topics, and I will try to include them in follow-up articles. Feel free to contact me directly via e-mail at [irahoffman@aol.com](mailto:irahoffman@aol.com), or you can post a message on the Totally Tae Kwon Do forum, <http://totallytkd.proboards.com>.

To quote Grandmaster Tran again, from issue #10 of this magazine: "A master must be worth the respect from his students". If you cannot respect your master, then be prepared to break your ties with your dojang, leave, and seek another school, another master, a different training environment. Also in Issue #10 of this magazine, Krystal Armstrong wrote of her disappointment when her frustration with the environment at her dojang led her and a friend to leave the school.

Neil Sedaka was right – breaking up is hard to do – but sometimes it's for the best. I'd like to end with more words from Chris Coyle:

*I believe in the arts I study and "Honor", "Respect" and "Truth" are the driving forces that keep everything "real". I have had a small card taped to my laptop for many years and it says....."Your integrity will always be remembered longer than your prosperity". This is my Truth.*

*Bravo, Chris – these are words we can all live by.*



Ira Hoffman and his wife Doro are WTF 3<sup>rd</sup> dans who train with Master Chet Yats at Yats' Taekwondo in Midland, Michigan. Both have received official Kukkiwon 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> dan certifications and both are listed on the Kukkiwon "Check for Poom/Dan/" web page.

#### Footnotes:

1. Grand Master Tran Trieu Quan, Totally Tae Kwon Do, Issue #9, p. 11
2. USA Taekwondo, e-mail November 20, 2009
3. David Schultz, Totally Tae Kwon Do, Issue #10, p. 57
4. George Vitale, Totally Tae Kwon Do, Issue #6, p. 27
5. Grand Master Tran Trieu Quan, Totally Tae Kwon Do, Issue #9, p. 14
6. Grand Master Tran Trieu Quan, Totally Tae Kwon Do, Issue #10, pp. 25-26
7. I ran these searches on November 20, 2009, so searching today would likely yield slightly different results.
8. <http://tkdtutor.com/03School/Fraud/Organizations.htm>
9. <http://answers.yahoo.com/question/index?qid=20080415095701AAsPM1F>
10. <http://www.wikihow.com/Choose-a-Martial-Arts-School>
11. <http://www.faqs.org/faqs/martial-arts/newbie-guide/section-11.html>
12. <http://www.urbandictionary.com/define.php?term=mcdojang>
13. See <http://www.boisestate.edu/internalaudit/pdfs/FraudTriangleRedFlags.pdf>
14. <http://www.bbb.org/us/BBB-Mission/>
15. This is a common misquote of former US Supreme Court Justice Louis Brandeis. The actual wording is "Sunlight is said to be the best of disinfectants"



# Circuit Training For Tae Kwon Do

By Jason Ainley

In a previous issue of Totally TKD I wrote an article about strength training based on compound movements using the Olympic barbell, but for some martial artists who lead a busy lifestyle getting to a gym can be a problem due to time restrictions in their schedule. This article will cover circuit training using bodyweight and light weight bearing exercises.

The good thing about circuit training is that it can be done anywhere because it does not need a large space or specialist equipment.

Circuit training can be very beneficial to martial artists as it will when performed correctly develop our muscular strength and endurance building up our body's aerobic and anaerobic capacities, both equally important when preparing for a lengthy grading, sparring tournament and most definitely in a self defence situation.

The circuits can be performed to a timed duration or number of repetitions for each exercise, in this programme we will switch between upper body, lower body and total body exercises using 6 different exercises over 3 minute duration with 30 seconds on each exercise with no rest between each one.

**Please note:** Before starting any exercise programme make sure you are physically fit to do so, if unsure seek medical advice from your doctor.

The 6 exercises in order are:

- Squat thrusts
- Press ups
- Crunches
- Star jumps
- Squat jumps
- Burpees

Perform the circuits after your martial arts

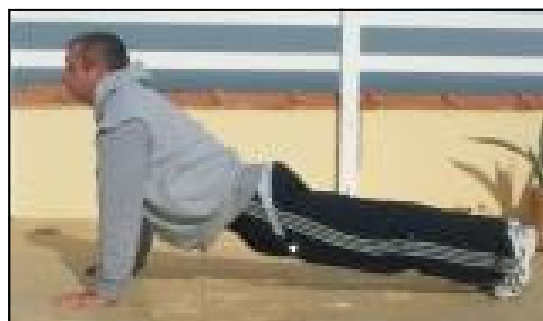
class when your joints are loose and muscles warm, with your Instructor or training partner at the ready with a stopwatch we will begin.

## Squat Thrusts

1. Place hands on the floor shoulder width apart legs behind you as if you are performing a press up.
2. Pull both knees under chest in a tucked position.
3. Push legs back out into position 1.



The squat thrust will strengthen the glutes, hamstrings and quadriceps also the triceps work to stabilize the upper body throughout the movement.



## Press ups

1. Lie chest-down with your hands at shoulder level, palms or knuckles flat

on the floor and slightly more than shoulder-width apart, feet together and parallel to each other. Inhale at this phase

2. Straighten your arms as you push your body up off the floor, exhale during this motion. Keep your palms fixed at the same position and keep your body straight.
3. Lower your body slowly towards the floor. Bend your arms and keep your palms in fixed position. Keep body straight and feet together



The press up will strengthen the upper body by using the pectorals, triceps and deltoids also the hips are utilized as they help stabilize the body during the negative phase of the rep {number 3}

### Abdominal Crunches

1. Lie on the floor with your knees bent and your arms across your chest.
2. Contract your abdominals as you raise your shoulders around 2 inches of the floor
3. Exhale as you rise up, keeping your chin up.
4. Hold contraction for a second at top then lower shoulders back down to 2 inches from floor inhaling during this phase of the rep.



Crunches will condition the midsection and aid in developing a strong core enabling us to generate more speed and power into our techniques.

### Star jumps

Performing star jumps next will give a little rest bite before the next two exercises as they are not as demanding on the body but they will keep the heart rate elevated.

1. Stand up straight feet together arms by your sides.
2. Simultaneously throw your arms out to the side above your head while moving your legs to the side as far as you can without overstretching.



Star jumps will work the shoulders and the leg abductors and adductors. The intensity of this exercise can be increased by holding a light pair of dumbbells.

### Squat Jumps

1. Stand up straight with feet slightly wider the shoulder width apart.
2. Bend knees until thighs parallel to the floor keeping your back straight

3. Jump up straight extend your arms upwards, keep your legs straight, when you land go into the next squat.

The squat jump is a plyometric exercise that builds strength in the lower body focusing on the quads,glutes,hamstrings and calves, and can help develop agility for jumping kicks.

### Burpees

1. Stand up hands by your side
2. Squat down and place each hand either side of each foot.
3. Thrust feet backwards as in a squat thrust.
4. Bring feet back into squatting position.
5. Stand up as in position 1.



Burpees are an all body exercise and are extremely versatile, a burpee can be modified to increase the intensity to suit an individual's fitness and strength levels.

Try a burpee with a push up after position 3 or one with a squat jump or star jump at the end

### Training Intensity

Try the circuits twice a week after class with 2 days rest in between. If preparing for a grading or competition start the circuits 7 weeks before the event, begin with two sets then increase number of sets when stamina improves, aiming to able to do 4 sets or more close to the event you are training for.

The intensity of the circuits can be increased by the addition of ankle weights or a weighted jacket. After completing the circuits cool down by skipping or light jogging then perform a full body stretch.

The exercises listed in this article are just a guideline circuits are very versatile and exercises can be modified or changed.

Exercises like dumbbell punching, step ups or 30 seconds punching on the heavy bag, even a light weight bearing exercise like a clean and press can be added.

In conclusion circuit training is a very efficient way of increasing strength and endurance either on their own or in conjunction with a free weight strength training programme.

Jason Ainley, 4<sup>th</sup> Degree Black Belt  
Eastern Cyprus Taekwon-do

**Disclaimer:** Martial arts and strength and conditioning training should only be practised in good health and in the correct training environment. The author and totally Taekwondo magazine accept No responsibility for injury due to the use or misuse of exercises demonstrated in this article.

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# Living The Taekwon-Do Way Of Life In Our Training

By Grand Master Trần Triều Quân,  
President of the ITF

**Living the Taekwon-Do way of life means:**

- living in harmony with the Taekwon-Do philosophy
- adapting ancient philosophies to our modern life
- training to have a healthy mind in a healthy body
- having a well-balanced life
- always seeking self-improvement
- promoting respect for human rights
- working for justice and peace
- building a better world and much more.



In this message, I will continue to explore what it means to make Taekwon-Do your way of life. You will recall that in my previous message I described how living the ITF Taekwon-Do way has helped me to survive the difficult times and to have a happier and more satisfying life. We also saw that living the Taekwon-Do way of life applies to all aspects of our lives.

In the present message, we will look at the importance of our Taekwon-Do training and how learning about the Do and applying it in our training will help us to become true martial artists for the 21st Century.

I have invited Dr Janel Gauthier, Ph.D., who is a Professor of Psychology at Laval University in Quebec City (Canada), to join me for this discussion.

Dr Gauthier has been practicing ITF Taekwon-Do for almost twenty years and

will soon undergo testing for the 4th degree Black Belt. In addition, he is the Chair of the ITF Ethics & Discipline Committee and one of the developers and presenters of the first workshop on Teaching the Do: Self-Control.

**TTQ:** Dr Gauthier, perhaps you could start by telling us how your personal and professional experience has made you aware of the value of living the Taekwon-Do way of life.

**JG:** I have been a practicing psychologist for the last 32 years and because of my interest in the application of behavioural psychology in health and education, I am convinced of the importance of solid moral values in achieving a happy and balanced life.

I was attracted to the practice of ITF Taekwon-Do as a martial art but also because of the strong philosophical component. This combination forms a



*Dr Janel Gauthier, Ph.D.*

foundation that we can build on to achieve our goal of a healthy mind in a healthy body.

My work on the development and application of codes of ethics for various professional organizations has reinforced my belief in the need for ethical guidelines. This has carried over into my work for the ITF, particularly as Chair of the ITF Committee on Ethics and Discipline and, most recently, the development of a master teaching program for the Do.

**TTQ:** I thought we could discuss how the Taekwon-Do way of life applies to our Taekwon-Do training by looking at certain aspects of our training and how the Taekwon-Do way of life may influence them. The aspects I would like to consider today are:

- fundamental exercises (basic movements) and patterns;
- prearranged ( step) sparring and free sparring;
- breaking;
- competition;
- overtraining.

**JG:** It is certainly worth taking the time to consider how the ITF Taekwon-Do philosophy and moral values apply to these aspects of our training. We will be able to benefit fully from the value of Taekwon-Do only if we integrate the Do into our training – and into our daily life.

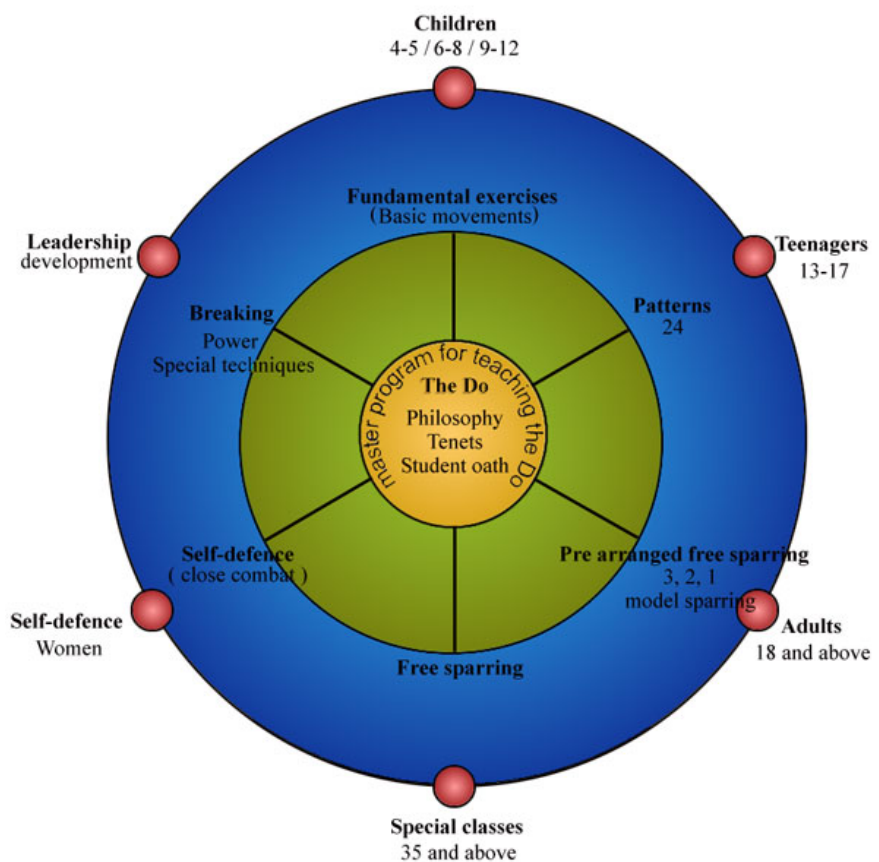
**TTQ:** I remember how proud General Choi was of the more than three thousand fundamental exercises that he created for the ITF Taekwon-Do system. He described these movements as a scientific, rational, and

natural use of the human body for effective combat techniques. The movements were synthesized into logical sequences to facilitate training.

Practicing the 24 patterns as defined by General Choi helps us to improve our level of technical skills: the quality of techniques and stances, notably the power and beauty, sense of balance, flexibility, rhythm, coordination, etc. In addition, when we realize how much there is to learn, we begin to understand the value of perseverance.

General Choi gave a name to each of the 24 patterns. Most of the patterns were named in honor of important figures in the history of Korea, people who made a contribution to their country and their society.

**JG:** Looking at it in the historical context, we can understand why General Choi chose these names. He was a military man



designed by Master Trần Triều Quân, February 27th 2007.

**ITF Training's circle (composition and cliente)**

and he originally developed Taekwon-Do for the Korean military. Each of the names refers to an important figure, a specific achievement or an historical event well-known to Koreans.

**TTQ:** General Choi wanted to express his pride in his country and its achievements, as well as his pain that Korea had been divided into two countries.

**JG:** Today, our ultimate purpose is not the study of the history of Korea. However, learning about the stories of these Korean heroes can help us to understand more fully what we are trying to achieve by practicing the twenty-four patterns. One of those lessons is to show respect for the land of our birth and help to make it a better place to live.

**TTQ:** Everyone will remember that the 24 patterns reflect the 24 hours in a day. General Choi said that the 24 patterns and 24 hours remind us that to reach our goals we need to be devoted, work hard, and not waste time. Time moves steadily on – no matter what we do – so it is important to use our time wisely and work to make the world a better place. Whether we work on the local level or on the international scene, this is how we can leave a valuable legacy.

From General Choi, I learned an oriental proverb:

***When an animal dies, it leaves behind its skin.***

***When a human dies, he leaves behind his name (his legacy).***



***Presentation of the pattern Moon-Moo at the 2nd World Cup in Benidorm, Spain, October 2006 by Mr. Maxime Bujold 4th degree from Canada who won the Gold medal for this event.***

The desire to leave a beneficial legacy is a potent motivator that should inspire us to work hard and with conviction to make the world a better place.

I would also like to point out that the composition of the ITF patterns – including the number of patterns, the way to perform the movements, and the diagrams – has evolved since General Choi first introduced them on the international level in the early 1960s. He continued to make

adjustments until he felt the patterns were complete. After the introduction of the sine wave theory, he believed he had found the right balance.

The shape of the diagram for each pattern also has a specific meaning. For example: A diagram shaped like the capital letter “I” resembles the Chinese or Korean character meaning “student” or “scholar”.

In ancient civilizations, scholars were part of the elite of society. They enjoyed the privileges of their status, but they had to earn that status. The scholars also had a greater responsibility to make a contribution to their society and their country. In addition, they were expected to demonstrate exemplary behavior at all times, just as the ITF expects its grand masters, masters, instructors, and all other black belts to set a good example for their juniors.

Another example is the Po Eun pattern. The diagram is simply a straight line: —. Po Eun was a brave individual who proved his loyalty by refusing to leave his master



for another, even though his loyalty cost him his life. The straight line of the diagram represents his unwavering loyalty.

There is a story behind the name and the shape of the diagram of each of the 24 patterns, and we can all benefit from learning more about them.

Now let's move to the second aspect: ***prearranged sparring and free sparring***.

**JG:** Could you describe how training with step sparring can be complementary to free sparring and the benefits from using both types of training?

**TTQ:** The program and methods of teaching ITF Taekwon-Do are based on progressive learning.

Because practicing the patterns is in effect sparring without a real opponent, General Choi introduced prearranged (step) sparring with an opponent as a method of training to prepare for free sparring. The two participants agree on the movements to be used and work together to improve their sparring. The goal is to understand the purpose of the movements, to master interaction with the opponent (stances and distances), and to develop faster reflexes, particularly an instantaneous response in self-defense.

By training with *three-step sparring*, the student can master the effective application of the techniques and develop his ability to judge distance, a key element for success in free sparring.

*Two-step sparring* introduces the spirit of sparring and gives the student the opportunity to practice attack, defense, and counter-attack techniques with combinations consisting of one hand technique and one foot technique.

The purpose of *one-step sparring*, used for more advanced training, is to be prepared for any kind of attack at any time with a

single effective technique.

Step sparring is a very effective methods of training and can be particularly useful for older people. This is another example of how Taekwon-Do can be accessible and adjusted to the practitioner's physical condition.

During my visits to ITF organizations around the world I have observed that many of our members do not train enough on step sparring. As a result, they may find it difficult to perform with proper techniques, distance, and timing when they practice free sparring.

It is like someone who is learning to play the piano but who doesn't want to practice scales. After all, it is much more fun to play real music than to run your fingers up and down the keyboard repeatedly! But experience has shown that by practicing scales the student learns techniques that serve him well when, eventually, he plays more complicated pieces of music.

General Choi always stressed that step sparring must be an integral part of our training. When I was younger, I was more interested in free sparring. I wanted to progress and to do so quickly and I thought free sparring was the best way. However, as I grew older and gained experience and maturity I understood that General Choi was right.

Step sparring is essential and should have an important place in everyone's training.

**JG:** Yes, practicing with step sparring is an important tool that we can use to improve our free sparring, but I would add that we have here an excellent opportunity to apply the tenet of *perseverance*, exercising patience as we persevere in our training.

**TTQ:** That is very true. As Confucius said, ***One who is impatient in trivial matters can seldom achieve success in matters of great importance.***

*Free sparring* is also a valuable training technique. It is good for improving physical condition and for mental conditioning. It also helps us prepare for the challenges we face in life.

I recommend the following approach to successful training with free sparring:

- train using the proper techniques,
- use your mind (your brain) to analyze each situation rapidly;
- make a quick decision about what your reaction should be and execute the technique with confidence, determination, and positive emotion from the heart.

Developing a strong mind is particularly important. Good techniques are important but having a strong mind allows you to use those techniques to best advantage.

After a free sparring match, it is really important to analyze how you performed:

- Identify your strong and weak points and those of your opponent.
- Were you able to take advantage of his weak points?
- Did you stop him from taking advantage of your weak points?
- Did you use an appropriate strategy?
- What could you have done better?

This type of honest self-evaluation, combined with the approach proposed above, will help you to apply appropriate strategies in sparring – and in life.

**JG:** I would add that in free sparring, as in life, it is essential to show courtesy and respect for one's opponent.

This is a basic principle of the martial arts.



Of course we always want to win a free sparring match, but winning isn't everything. The real value of free sparring is what we learn from it. This is an opportunity to put into practice the principles of the Taekwon-Do philosophy and clearly demonstrate that we are living the Taekwon-Do way of life.

For example: I might be tempted to resort to "dirty fighting" to win a sparring match. Would that be acting with courtesy and respect toward my opponent? Would I be showing that I have self-respect? No. I would be cheating my opponent and cheating myself. Even if I did win, how could I be proud of such a victory?

I am sorry to say that in the past I have seen some students attempt to intimidate their opponents who are smaller or weaker. Some are not satisfied with winning easily and will attempt to "demolish" a weaker opponent. I have noticed that very often these same students prefer not to face a larger, stronger opponent. They will find an excuse to avoid fighting a more skilled opponent and may even pretend to be injured in order to stop a match. It is very clear that individuals who act like bullies are not applying the Taekwon-Do tenets.

*Free sparring requires the application of all five of the Taekwon-Do tenets:*

- The rules require opponents to show courtesy and respect to each other;
- The opponents show integrity by not indulging in “dirty fighting” tactics;
- Perseverance will help the participants to train effectively and not give up;
- Self-control is essential in Taekwon-Do sparring, step and free. Each movement must be purposeful and controlled. Emotions must be kept in check;
- Cultivating an indomitable spirit helps the participants to be motivated to train well and do their best in sparring matches. An indomitable spirit means not becoming discouraged and quitting because you are not winning.

**TTQ:** Indeed, living the Taekwon-Do way of life means applying the Taekwon-Do tenets in sparring... and in life.

At this point I would like to mention the need for safety in free sparring. By using the appropriate equipment, following the rules, and fighting with respect we can avoid unnecessary injuries.

Now let's move to the next aspect of training: **breaking**.

**JG:** People who do not practice a martial art are usually very impressed by breaking. They think it is amazing, but at the same time they wonder why anyone would want to learn to break boards!

**TTQ:** There are good reasons why breaking is a part of Taekwon-Do training, and the purpose is certainly not just to impress people!

Breaking is a visible demonstration of good training. You cannot be successful at breaking if you have not

trained well, mastered the techniques to produce maximum power, and developed your mental strength.

Breaking teaches the student the importance of cultivating perseverance, self-control, and an indomitable spirit.

**JG:** I would add that a student's first success at breaking is an important step in his progress in Taekwon-Do. Mastering the breaking techniques gives an enormous boost to a student's self-confidence.

Many students start out believing that it will be impossible for them to learn breaking, but with proper training and preparation they can do it. And being successful teaches a valuable lesson: By training well and persevering you can achieve your goals.

The student who applies this lesson in his life as well as in Taekwon-Do training will be more motivated to continue to progress and to work toward the goal of a happier, more balanced life.



**TTQ:** Another aspect of training is participation in **competitions**. I encourage students to participate in competitions because it is good preparation for life. Preparing properly for a competition requires that the participant set goals and make plans to reach those goals. This is also how we can achieve success in life, at school and at work.

As in free sparring, participants in ITF Taekwon-Do competitions must demonstrate all five ITF Taekwon-Do



tenets: courtesy, integrity, perseverance, self-control, and indomitable spirit. We should also mention the broader purpose of our competitions, which is to improve the overall quality of Taekwon-Do practiced in the ITF.

Preparing for a competition is hard work, and participating in a competition can be stressful. It is not like sparring with other students at your Taekwon-Do school. There is more pressure to perform and more pressure to win.

Of course we all want to win. But we mustn't forget that every time one competitor wins, another competitor loses.

Yes, it is important to learn to be a "good" winner, but it is equally important to learn to be a "good" loser.

A *"good" winner* is humble in victory and shows respect for his opponent. He realizes that each match gives him the opportunity to learn something about himself – his weaknesses and strengths – and his use of Taekwon-Do techniques. He is grateful to his opponent for participating in this learning process.

A *"good" loser* is humble in defeat and shows respect for the umpire's decision and for his opponent. He too uses the opportunity to identify his weaknesses and strengths and how he can improve his techniques. Like the "good" winner, the "good" loser is grateful to his opponent for participating in this learning process.

As we can see, although one is a winner



and one is a loser, the outcome for each of the opponents is a better knowledge of his strengths and weaknesses. They will both be motivated to continue their training.

**JG:** We can see that humility and respect for others must define the moral character of all competitors.

**TTQ:** Actually, those who win all the time, or most of the time, are more at risk of losing their self-confidence when they experience a string of defeats, whereas those who view their defeats as an opportunity to learn

will become more resilient. When faced with failure or defeat in patterns, free sparring, breaking or other obstacles in their lives, resilient people will bounce back more effectively and efficiently than others. They see challenges instead of obstacles, and that helps them to keep a positive attitude and motivates them to work even harder.

Indeed, when examining the value of competing we must consider the mental, moral, and social aspects in addition to physical condition and the performance itself. In training, we frequently compare our performance to our own past performance, trying to do better. But by participating in competitions we have the opportunity to measure our performance in comparison to others.

To make competition a valuable experience, it is essential that we learn how to analyze our performance and determine how we can improve. This analysis must be carried out in a spirit of

humility and for the purpose of self-improvement, not in a spirit of self-promotion or arrogance.

**JG:** As you mentioned, it is essential to understand that there is much more to competition than just performance. To benefit fully from participating in a competition, students should use it as an opportunity for self-examination and self-evaluation as well as an opportunity to apply the tenets of Taekwon-Do.

*Whether you win or lose, there are valuable lessons to be learned from participating in competitions.*

**TTQ:** I am pleased to say that in the past couple of years I have noticed that there is a very good spirit among the participants in our ITF competitions. We have made changes to improve the quality of ITF competitions, particularly the rules and the work of the umpires. When competitors and their coaches respect the rules and accept the decisions of the umpires, the result is better quality competitions.

Now I see competitors who fight each other but are still able to enjoy fellowship together. This is living the Taekwon-Do

way of life.

**JG:** I certainly agree that the psychological aspect is as important as the actual combat. It is important to learn how to lose and how to win.

Imagine that you are a young person who excels in competition. Perhaps you win almost all the time. Eventually you come to see yourself as a successful person simply because you are a winning competitor. However, the process of aging will catch up with you (as it does for everyone) and eventually you will no longer be able to win all the time. Where will your sense of self-worth and your self-confidence come from then?

On the other hand, if you make it your goal to become a good person with a balanced life, if you work hard to apply the tenets of Taekwon-Do, if you strive to reach what General Choi called “the perfection of moral behavior”, you will have the inner strength and the ability to believe in yourself, no matter whether you win or lose in competition. That is why Taekwon-Do is for life.

**TTQ:** Striving to reach “the perfection of



moral behavior” is certainly a noble goal, but it can seem rather overwhelming. As I have said before, we have to take it one step at a time.

Finally, I would like to talk about the dangers of **over-training**.

We who practice ITF Taekwon-Do have a passion for our martial art. This passion is a wonderful thing: It enables us to make progress in our training by doing something that we love to do. But we must be aware of the danger that this passion could push us to go beyond what is reasonable in training.

There is a misconception that training must be “hard” or even painful to be effective. But successful training is not measured by how many times you have repeated a certain movement or sequence. In fact, by setting unrealistically high goals for your training, you risk injury and discouragement.

It is important to have a realistic plan for your training, one that is adapted to your physical condition and your training goals. Certainly you should push yourself to do your best, but make sure your goals are realistic.

**JG:** I would add that if training results in unnecessary pain and injuries, it is not in harmony with Taekwon-Do principles. In training – as in life – perseverance and indomitable spirit (which some may cite to justify “hard” training) must be moderated by self-control and integrity.

Many martial artists believe in “hard” training. According to their way of thinking, the goal of extreme training is that the mind should dominate the body and, as much as possible, the body should be trained not to feel pain under any circumstances.

We have to remember that General Choi first developed Taekwon-Do as a martial art for the members of the Korean armed

forces. They were healthy young men in top physical condition, so the training was rigorous. However, Our Founder later realized that Taekwon-Do training could be beneficial for everyone, and he modified Taekwon-Do to make it accessible to all.

This shows us that Taekwon-Do training does not have to be “hard” to be effective and is another example of how ITF Taekwon-Do has continued to evolve.

**TTQ:** And ITF Taekwon-Do continues to evolve, because we are always working to make it better. For example, we now put more emphasis on controlled breathing to ensure better oxygenation of the body, which has been shown to be beneficial and can result in increased life expectancy.

This would be a good time to mention the work of the ITF Technique & Instruction Committee whose mandate includes improving the quality of ITF instructors and ensuring the uniformity of teaching standards around the world. The Committee is always interested in receiving questions and suggestions from Taekwon-Do practitioners.

**JG:** Because Taekwon-Do is accessible to everyone, it is essential that the intensity and duration of training sessions be adapted to the physical condition and the needs of each practitioner.

The human body has been described as “the best machine in the world”, but it does have limitations. Your body will let you know when you have pushed it too far, but you have to pay attention and recognize any signs that your training regimen is not realistic.

**TTQ:** Here again, there is an abundance of information available in magazines, books, and on the Web. Learn as much as you can about how to train properly and seek guidance from those who have more experience.



Think about your physical safety and your physical and mental health. If you try to train too hard, you could reach a point where you lack the physical and mental energy to keep up. Even if you do train for three hours a day, it is possible to avoid the negative effects of overtraining by making sure to give yourself time to recuperate. We lead busy lives, but it is important to get enough sleep and to include some time for relaxation. By making sure your body has an opportunity to recuperate, you will be ready and motivated to continue training. Make it your goal to have a balanced life.

**JG:** Overtraining can lead to physical and mental exhaustion and, eventually, to discouragement. “Hard” training is promoted as an example of supreme self-control but, if taken to extremes, it can actually become an example of a lack of self-control.

In any case, although you may train for two, three, or more hours, there are still all the other hours in the day.

What you do with those hours is very important, because how you act when you are not training shows how well you apply what you have learned. That is when you demonstrate that you are truly living the Taekwon-Do way of life.

**TTQ:** It is also very important to set realistic training goals so that students will not become discouraged and lack motivation. It would be a pity if a student stopped practicing Taekwon-Do because he was unable to achieve success in “hard” training, when a more realistic approach to training would have allowed him to continue to improve and enjoy the benefits of ITF Taekwon-Do.

To help students stay motivated, I recommend that ITF teachers encourage them to compare their performance to their own past performances, rather than comparing themselves to others.

*For example:* A student could evaluate his progress every month by seeing how many pushups he can do in 30 seconds. By setting realistic goals and tracking the results, the student will see that he is making progress and will find the motivation to continue to train.

**JG:** To sum up our discussion, we have seen the importance of applying the Do, cultivating the tenets of Taekwon-Do, and living the Taekwon-Do way of life in all aspects of our training – and of our life.

**TTQ:** In conclusion, I want to emphasize that to benefit fully from Taekwon-Do, it is essential to integrate the Do into your training and your life.

As we have seen above, when General Choi was creating and developing Taekwon-Do he gave a lot of thought to the philosophical concepts underlying the physical training. He chose the names and diagrams for the patterns in his 24-pattern system to tell a story and teach the Do.

Our Founder shared with us his secrets of Taekwon-Do training and introduced speed-motions (particularly the natural, slow, continuous and connecting movements: soft motions), breathing control, and the implementation of the well-known “sine wave”. After mature reflection, he made major changes to the ITF system to achieve a balance between the hard and soft styles. This modernization made the ITF technical system coherent with his philosophy and his objective of promoting a harmonious society with peace, justice, and freedom. As I mentioned at the beginning of this message, General Choi made it possible for all ITF practitioners to adopt Taekwon-Do as their way of life and enjoy a well-balanced life.

An obvious example of his attention to detail is the name our Founder gave to this martial art and even the way he chose to write that name. We all know that “taekwon” means “hands and feet” and

“Do” means “the way”. Notice that they are joined by a hyphen to form “Taekwon-Do”; this reminds us of the importance of developing the physical and the philosophical in harmony.

When you reach a certain level of knowledge and understanding of Taekwon-Do, you are able to integrate the Do seamlessly into your life. You live your life according to the values of the Do. Some would say that you eat, drink, think, and breathe Taekwon-Do. The Do truly becomes a part of you, and you become a true martial artist.

This is a worthy goal for all Taekwon-Do practitioners.

I am sure you agree that living the

Taekwon-Do way of life is a very interesting and important subject, I intend to continue to explore additional aspects in future messages.

I trust you have found this message both interesting and instructive.



Master Trần Triệu Quân  
ITF President

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# The TKD Clinic

With Glenn Smits



Hi Glenn.

I am curious about whether I should (a) worry about my shins, and (b) recommend shin conditioning to those who study martial arts.

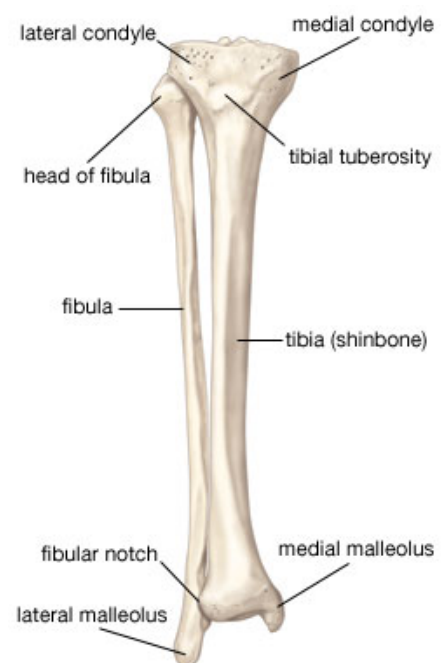
I studied with a Karate master who did hard makiwara and shin conditioning. The shin conditioning started with our teacher first rubbing the blade of his boot down the front of our shins as we stood in deep stances. Later it progressed to Escrima sticks being whacked at them and later to kicking trees. We would fight and use our shins to block and actually drive through the legs. I have posted a video of this master smashing a baseball bat with his shin kick. It did make our shins very tough over a long period. 10 years later I can still take and give hits without feeling, and weekly kick the wall and still whack them, but much lighter now. When we were doing this the blood welts would be about  $\frac{3}{4}$ " high. Obviously my legs would literally be black and blue. Sometimes my wife would cry. At the same time the return value was that as a young guy I could use this weapon sparring and had a huge edge on most.

Now my legs still look all pounded up and I worry about issues like blood clots or arthritic problems in the future. Are these things I should worry about? What are your thoughts on the health and safety of this kind of training?

Thanks,

David O. United States

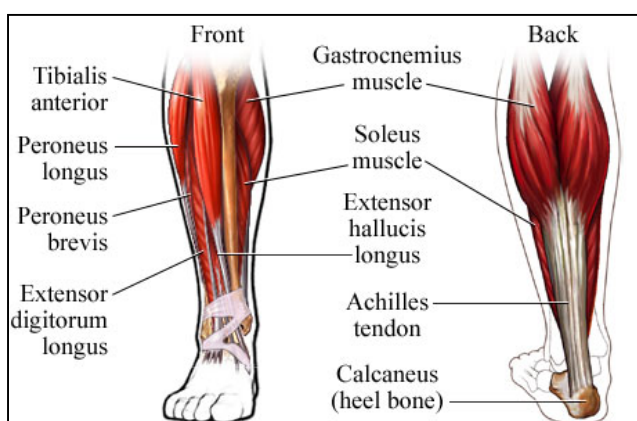
Hi Dave, and thanks for the question. Let's do a little background first. When we refer to the shin, what we are really referring to is the lower leg bone which is called the tibia. It is, by size and density the second largest bone in the body, the largest being the femur or upper leg bone. At its upper end it expands into a large platform called the "tibial plateau" where it articulates with or meets the lower end of the femur to form the knee joint. It expands again at the bottom where it meets or articulates with other bones in the foot to form the ankle. The fibula, which is the other bone that makes up the lower leg attaches to the tibia via an interosseous membrane on the lateral side.



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Next, the femur is the strongest bone in the human body. It has to be since it bears all of our weight and during activities such as running or jumping it has to absorb the shock of up to five times the weight of our bodies as the foot makes contact with the ground. As with all other bones in the body it is made up of two different types of bone tissue, cortical and cancellous bone. The cortical bone is the hard, outer surface that I'll speak more about shortly, and the cancellous bone (or spongy bone) is the tissue on the inside of the bone. It is very vascular and is also the marrow of the bone. Red bone marrow is very important since this is where the stem cells that form our blood cells are produced. There is an outside covering or membrane that surrounds the bone which is called the periosteum.



The bone itself has three borders: an anterior (front), medial (inside) and lateral (outside) border. The anterior border, which we're most concerned with here, is also referred to as the tibial crest since the end closest to the knee forms a rather sharp edge and then flattens and becomes more rounded toward the ankle. You can feel this if you put your finger on your shin bone just under the knee cap and then run it down the leg. You will be able to feel the bone get flatter as you progress toward the ankle.

There are quite a few muscles and tendons that complete the structure of the lower leg and they all interweave and cross over in a rather complex fashion. It is this interweaving and crossing that provides

additional strength to the lower leg and provides the strength and support the body needs to be mobile.



OK, so now that I've properly bored you with anatomy, let's try to address the question. The kind of conditioning your instructor had you do I've heard of and seen done especially in some of the harder, Shaolin-based Chinese systems and in Okinawan systems such as Uechi-ryu. What happens is a number of things. You will induce small, possibly microscopic stress fractures in the bone itself. There will also be tears in the muscles, especially the anterior tibialis muscle, and the last thing would be the inducement of subperiosteal hematomas (blood blisters or pockets) between the outer membrane (periosteum) and the bone itself; in other words, a severe case of shin splints, which is a broad term that would/can be inclusive of all of the above stated conditions. As these lesions (wounds) heal, they will scar in the case of the muscle tissue and calcify (which is bone scarring) in the bone itself. Now, once healed these scars have very little blood supply or sensory nerve endings, which is why the practitioner can eventually kick through hard objects with little or no pain.

Does this cause any long term medical problems? In other parts of the body very possibly so, but probably not so much in the lower leg – some tenderness, possibly, in older age but that's about it. Is there a



downside, then? Yes, I believe there are several. In my over 40 years participating in the Martial Arts as student, competitor, coach, judge and instructor I've seen a lot of stupid things, especially where breaking has been concerned. Most accidents and injuries have occurred when players pushed the limit and tried to do more than what their bodies were capable of. Thinking that your leg is properly "toughened" may make one take unseemly risks. I remember years ago at a breaking competition I was judging a young man tried to do a shin break through not one, but two hardwood baseball bats. When he failed at his first two attempts he took one last try and gave it all he had. There was a tremendous, audible "crack". However, it was not the wood, but the gentleman's tibia and fibula that had both been fractured and you could see the bone sticking out through the skin. If this were an isolated incident it would have been one thing, but unfortunately it was not. If a fracture occurs near the lower part of the tibia where it joins the foot to form the ankle, this can be a real problem. There are three bone structures in the body that have a poor blood supply and take a notoriously long time to heal. They are the scaphoid bone in the wrist, the trochanter (head of the femur or upper leg bone) and the distal (ankle end) of the tibia. A fracture here could mean being in a cast for 12 weeks or more

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with all that implies (missed time from work, activities etc).

As far as recommending this type of training to your students is concerned ... If they are adults both legally and with respect to skeletal maturity I would say as long as you explain the pro's and con's to them and they understand the consequences, it would totally be up to them. Aside from some sense of macho pride in being able to break hard things with your shins I think that it is a lot of expenditure in time and pain for little functional reward. Those practices were developed centuries ago by men who fought with little more than their hands, feet and hand held weaponry. Their survival on the battlefield depended upon their skill and physical toughness. They mostly also had very short life expectancies so long term medical consequences were never an issue. As far as encouraging anyone who has not achieved skeletal maturity is concerned (16-18 years female, 18-20 years male), there could be serious medical consequences. At either end of an immature tibia are epiphyseal growth plates. The epiphysis is what the ends of long bones are called with the shaft termed the diaphysis. These end sections of bone during a young person's growing years are where the most rapid cellular proliferation and growth occurs allowing the bones to lengthen. If these sections are damaged in any way it can mean the bone will not grow properly, possibly causing one leg to be shorter than the other and a lifetime of knee, hip and low back problems.

David, I hope you've found the information I've presented useful and informative. I'm sure this is an issue that more than one of our readers has thought about, and appreciate you giving me the opportunity to address it.

As always, yours in training and good health,

Glenn Smits

# Footwork Tips For Closing The Gap

By Earl Weiss

Before your kick or punch can make contact, you must be close enough for your limbs to reach. You can use footwork in many ways to accomplish this purpose. Here are just a few. (Terminology may not be universal across all disciplines, so I have defined the terms in use here.)

**Please note:** Any footwork can and often should be preceded (to distract your opponent or disguise your true intention) with any number of hand and / or foot techniques.

## I. The Hop.

This is defined as kicking with the lead leg and hopping forward with the rear foot at **the same time**. Instructors need to make certain students don't "cheat" (when practicing). Common *Cheats* include hopping off the rear foot and then kicking or taking a small step forward with the lead foot before hopping.

The hop will typically allow you to move forward about one stance length. It is executed very quickly and should not detract from the execution speed of the lead leg kick. An example would be a lead leg side turning kick.

*Top Right* is an example of relative distance between opponents. The opponent is out of reach for a lead leg kick unless the gap is closed. A lead leg side turning / roundhouse kick closes the gap if used while simultaneously hopping off the rear foot.



*Note in the photos how the rear foot has moved forward to where the lead foot was.*

**George Paweleck demonstrates 'The Hop'**

The momentum of the kicking leg extension should facilitate the distance gained from the hop. The nature of this motion will put your center of gravity in front of the support foot making multiple kicks difficult. An exercise to develop the leg strength needed for the hop is to have students stand on the rear foot with the lead foot off the floor and the leg chambered in a front or turning kick position. It is important to minimize upward



motion of the hop and maximize the forward distance. Since the shortest distance between two points is a straight line, any upward motion increases the distance and therefore the elapsed time.

Below is an example of having students hop from a Front kick chamber position. Note that the distance covered is typically far less than if both feet started on the floor.



Then have the students repeatedly kick while hopping, without putting the kicking foot down. Emphasize that the hop and kick happen at the same time so that the hop starts at the same time or even slightly after the extension begins.

## II. The Skip

This will be a lead leg kick and is similar to the hop. However, this kick can cover greater distance since the rear foot will move first and travel beyond the starting position of the lead foot. This will usually be between one and one half to two stance lengths depending on individual athleticism. Once again, it is important to minimize any upward motion. The skip travels further than the hop, so it will take a little longer to execute. Since it is initiated by moving the rear foot slightly before the lead foot kick is started, the opponent is able to perceive the forward motion sooner and have more time to react than with the hop. The forward momentum is gained from skipping the rear foot forward, it is much easier to keep the weight over the support foot and execute multiple lead leg kicks before setting the kicking foot down.



*Note the location of the feet in the photos below. The rear foot has moved past the point where the lead foot started.*

### III. The Shuffle Step.

The rear foot moves first toward your opponent, and then the lead foot moves forward to the same stance it started in.



As noted at the beginning of the article, footwork should often be preceded or coupled with any number of hand or foot techniques. This particular method may be viewed as having two parts, the rear foot motion and the lead foot motion. Each part may be coupled with a hand technique.

A typical example would be a straight punch with the lead hand as the rear foot moves forward. (See ***Totally Tae Kwon Do Issue #11***, January 2010 ***Some basic Offensive and Defensive Sparring Fundamentals*** about the closest weapon to closest target concept.)

Now that the opponent's attention is focused on the lead hand, the attention is diverted from the rear foot. Next, the rear foot moves, perhaps coupled with a rear hand technique and then the lead foot again moves forward, once again coupled with a lead hand technique. You then immediately employ any number of kicking or punching combinations. However, since the lead foot has just set down, this would be the most difficult tool to implement. A rear leg kick would be ideal. An example appears below:



1. Lead Hand Punch



2. Rear Leg Front Snap Kick



3. Kicking Side Hand Punch

The first photo is the same as the third photo above, but a rear leg front snap kick immediately follows, finishing with a kicking side hand punch as the kicking foot sets down. Any number of additional hand or foot techniques can follow the last punch in this example.

In another article I will explore additional methods for closing the gap including Lead leg Probe, Split Probe, Cross Probe, and Switch Probe steps.

**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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**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.*



# Tae Kwon-Do; The Way To What?

By Andy Taylor, Kinetic Tae Kwon-Do

태 TAE

MEANS JUMPING OR FLYING, TO KICK OR SMASH WITH THE FOOT.

권 KWON

MEANS THE FIST, TO PUNCH OR DESTROY WITH THE HAND OR FIST

도 DO

MEANS AN ART OR WAY

*Figure 1: What doe Tae Kwon-Do mean?*

Translated literally "**Tae**" stands for jumping or flying, to kick or smash with the foot. "**Kwon**" means the fist, to punch or destroy with the hand or fist. "**Do**" means an art or way.

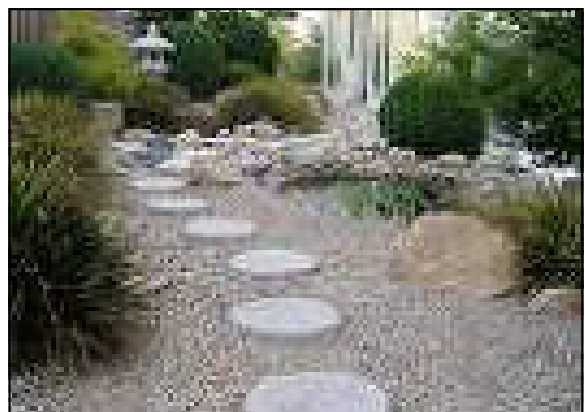
So what is the 'Do', what is the way?

Is Taekwondo a means to an end, if so what is that end? Or, is our Taekwondo journey the end in itself.

How many times have you got in your car, taken public transport, cycled or walked somewhere thinking 'I have to get to my end destinations by such a time, I can't be late, and hurried along. When you get to your destination you've been in such a rush you've missed all the sites along the way, and the whole journey has been a blur.

This situation can equally be applied to Taekwondo. Enjoy the training moment to moment, and by not treating each lesson as a means to an end, as a means to the next grading, or as means to prove to oneself how great one is, then one can fully participate in the lesson and enjoy Taekwondo for what it is. One can enjoy the journey, taking in all along the way.

By living in the moment, participating in each lesson as if it were your first and your last, to empty your mind of the grasping of how quickly you can progress, one can participate fully in each lesson. An apt Zen phrase is, 'When you run, just run; when you sit, just sit; when you walk, just walk.' When you train, just train. Don't think of the training as a means to an end, don't think of your day to day issues, what you need to get from the shops, of bills that need to be paid.



*Figure 2: Follow the path*

It's so common in today's competitive and egocentric environment to be so caught up in how we should train to win points from judges, how we should perform our respective patterns specifically for the next competition, or treat Taekwondo as a means to

wining the next competition, be it patterns, destruction or sparring that we often loose track of the 'Do', the way of Taekwondo. By using Taekwondo as a means to win competitions, we could be in danger of loosing the 'Do', and thus the differentiation of TaekwonDo and just a combative sport.

백절불굴

Figure 3: Tenets

Taekwondo strives to build a more peaceful world by encouraging positive moral traits in all practitioners, namely courtesy, integrity, perseverance and indomitable spirit. We learn and repeat the oath and tenets every session, but how many just repeat them as a matter of due course without meaning or even understanding what is being repeated? To live by the tenets, and to observe the oath is by no means an easy task, but Taekwondo is far more than just hard physical and mental effort a few times a week in the 'Dojang, it was created to provide moral guidance as well as for self defence. The physical challenges of Taekwondo are a means to teach and strengthen the mental and

spiritual elements, and to provide a 'Do', a way to live, a path. Teaching and living the 'Do' will help plant seeds in ones own consciousness, as well as those around us. These seeds may not take root and blossom in a day, a month or a year, but with constant maintenance will bloom, providing a more beautiful world for all.

By striving to achieve the moral teachings of Taekwondo, and living the 'Do' on a day-to-day, moment-by-moment basis one can pass on the teachings and instil positive personal ethos in oneself and in those we come into contact with, not just amongst fellow Taekwondo practitioners. The 'Do' can only be attained by cultivating all three areas of Taekwondo, namely the physical, mental and spiritual. By doing so, Taekwondo will be in a much better position to help build a more peaceful world.

태권도

By learning to practice the 'Do', one can begin to understand the nature of Taekwondo, and by doing so help uncover ones own nature. Surely that is more valuable than one more medal, rushing to gain the next grade, or beating the person who started with you to the next grade for no other reason than to feel more important and to satisfy ones ego.



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# Cross-Training & Martial Arts

By Robert Barnes

When I first got into Martial Arts, most schools were all about “*do what I say*” and nothing else. There was an invisible “*no adding or visiting*” rule.

I was very lucky to have an instructor with an open mind who allowed us to expand our thinking and training, then listened to our questions.

I used to ask “Why can’t we add football drills to our training?” Or “What about Yoga, or track and field speed workouts” etc. He would just say “*try and see how it feels for you*”.

So I did - I experimented with as many things as I could.

1. Subliminal tapes
  2. Resistance Bands
  3. NLP Neuro-linguistic programming
  4. Sports Psychology
- And many more techniques to make myself more competitive in the ring.

He also let me do the Forbidden – Visit other Instructors. Oh No!!!

Well after many championships and valuable lessons learned I know it was a blessing to be allowed to “Free my mind” and try new things.

## 1. Sprints

We fight fast not at a Joggers pace. So why not do sprints any more. And also take lesson in speed training from Coaches.

In my training in the past, I would do 10, 40, 60, and 80 yard dashes to make my kicks and other movements faster. It helped me with my closing speed and made my footwork effortless.

Again so many of the speed drills out there

are awesome and work perfectly with Martial Arts.



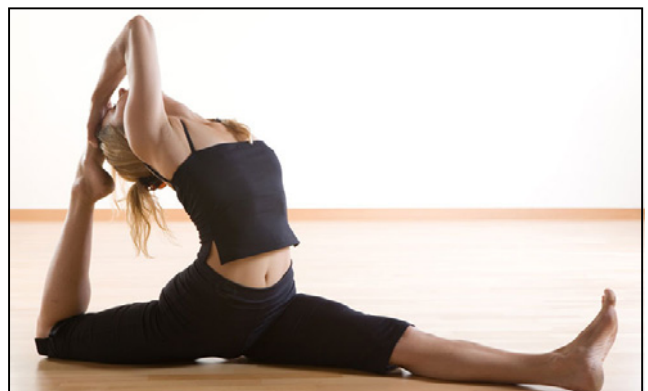
## 2. Yoga and Stretching programs

(books and videos)

I’ve tried everything, I used to kill my legs pushing myself down or getting pushed/ tortured before class or a sparring match. Then one day I tried something that I didn’t know that I would enjoy so much - Yoga.

I owe this to my girlfriend who got me to do Yoga only first through doing a P90X workout that she bought.

After 50,000 positions and an hour and a half of twisting and balancing, I could actually do the splits without feeling pain in my joints and knees. I’m in my early 40’s. Also the spirituality and meditation in Yoga and I are a perfect match with our Martial Arts background.





### 3. Basketball

I have to say first that I am the worst Basketball player in the world, Guaranteed! But I am fast and can play pretty good defense, I just can't shoot.

Yes I know that a martial artist should never say Can't, but I CAN'T play basketball! With basketball you are in an OFFENSE-DEFENSE ---- DEFENSE – OFFENSE and this is exactly what martial arts sparring is all about.

See, most of us are either offensive or defensive fighters, and that sometimes can be our worst habit. A good coach can eat you up with that strategy. The ability to do both fluidly is the key and is much more effective.



### 4. Swimming/ Water Training

Wow this may sound like a stretch but listen. In Rocky 3 Apollo tells Rocky how swimming works muscles that you aren't accustomed to using. And it's true.

By the way, I'm terrible at swimming, maybe worst than basketball. God blessed me with the ability to kick competitors and then make them miss, and that's about it.

But I do train in water chest level and do kicks and footwork. The resistance (and balance) under water really helped my strength and explosiveness.

If you've ever been injured it's the best way to get those muscles back going, and, in essence, slows you down to prevent more injuries.



### 5. Hills

I know this seems like it this should be under Sprints, but "Hills" are very different to me. I look at them as my Fountain of Youth. Guys like Jerry Rice, Andre Aggasi, Robert "Cobra" Barnes (that's me – I always wanted to be mentioned with these guys) have used "Hills" to build wind, speed and strength.

The hill that I run is a part of the Dam that is at our local lake, that is very high. I've taken Army guys from Fort Hood, former football players and Martial arts competitors and they all give up after 3 or 4 trips up that thing.



The first one may be easy but the 3<sup>rd</sup> brings reality into play. And the 4<sup>th</sup> will make you marry the first person that brings you Gatorade. However, if you give it some time you will be in good enough shape to run a 5k marathon.

These are just a few things that I use to make myself a better competitor and a better instructor. And using these things will also keep your training from ever becoming redundant. Again - free your mind and Free your workout plan.

If you need more ideas on expanding your training or want to see how I did it go to [www.robertbarnesmedia.com](http://www.robertbarnesmedia.com) and see how I did it.

*Robert Barnes – Robert “Cobra” Barnes is the host of Lessons for your life Radio show in Waco Tx. And is the Host of Next Karate Star Tv Show. He can be reached at [www.robertbarnesmedia.com](http://www.robertbarnesmedia.com) .*



## Down's Syndrome Association

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



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

**Who we are :** We are the only organisation in the UK focusing solely on all aspects of living successfully with Down's syndrome. Since 1970, we have grown from being a local parent support group to a national charity with over 20,000 members, a national office in Teddington Middlesex, offices in Northern Ireland and Wales. Despite this, the organisation is run by a total staff of only 38 (many of them part time), and a network of around 100 regional volunteer-led support groups.

### Our mission is:

- **To provide information and support for people with Down's syndrome, their families and carers, and the professionals who work with them.**
  - We strive to improve knowledge of the condition
  - We champion the rights of people with Down's syndrome.

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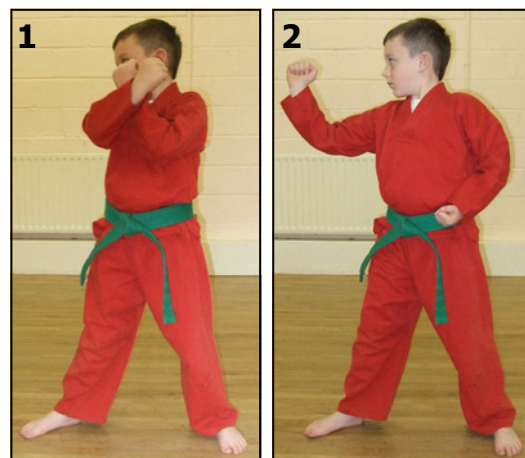


# What's The Point?

By Paul O'Leary

Many times will see applications shown for simple movements in martial arts patterns and they really go beyond the point of creating effective self defence. I guess I could be guilty of such actions myself, but I hope that I catch myself before it gets too silly.

That's why in this issue I'd like to bring it right back to basics and bring in the kids from my club to show effective applications that they can do with ease. We are using the backfist movement here with the ready position being as important as the strike.

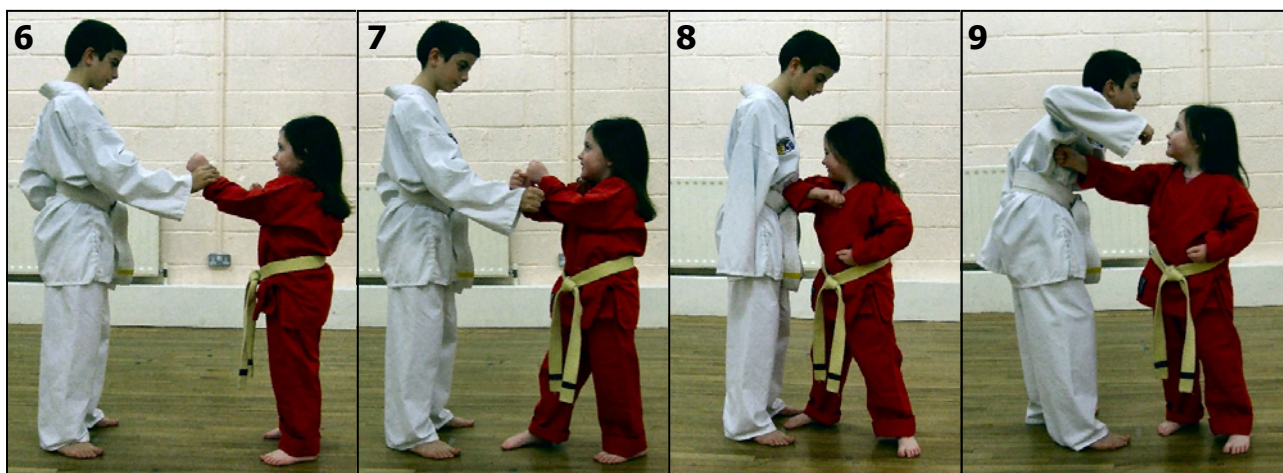


*The ready position and backfist strike.*



*Striking the forearm at LI-6 with your own forearm to release the grip & Placing the strike to the temple*

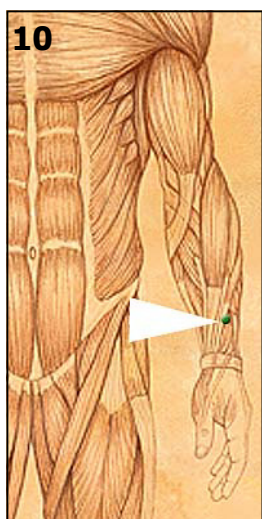
Pic's 6 to 9 show how an application can change depending on the height of the individual. This is equally important when we are working with adults. But this is more pronounced when working with children.



*(6 & 7) Striking the forearm at LI-6 with your own forearm to release the grip & (8 & 9) hitting with the elbow first before hitting the backfist to the ribs.*



The basic action of the application is built on the idea of the wrist release techniques we so often see shown to students which involve a twisting and turning of the wrist out of a grip. But kids often have a problem with this technique as they may be grabbed by much larger child or even an adult.



10

LI-9

This application allows them to strike the attacker at a painful point

(LI-6) which will help loosen the grip and allow the release to happen easier.

I'd like to thank Kieran o'Leary, Jason Hopkins, Donna o'Leary and Maive o'Leary for their help.

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

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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.*

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## The TAEGEUK CIPHER

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

by Simon John O'Neill

- step-by-step analysis of the eight Taegeuk patterns
- striking, clinching and throwing solutions to real attacks
- designing a realistic pattern-based syllabus for self-defence
- history and development of the patterns of Taekwondo

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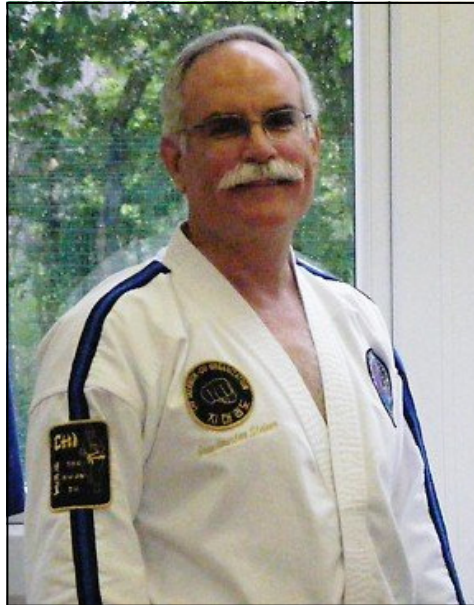
# Looking Back On 40 Years In Taekwon-Do

By Grandmaster Steiner

September of 2009 saw the celebration of my 40th year since I first put on a white dobok. In 1981, through twists and turns of life, I found myself retiring from corporate life and evolving my part time teaching to opening a full time Taekwondo School, thus leaving corporate life behind forever. Thousands of students, many thousands of hours of training and many trips worldwide later, I have had the opportunity to reflect on the journey which took me this far, and hopefully to continue beyond. These observations are my own and I take full responsibility for its contents. My apologies if I happen to offend anyone along the way as it is not my purpose or intent.

My martial arts journey began in 1969 as a consequence to being assaulted by a gang of 25 plus; bent on having fun at my expense and ending with some serious injuries on my part. Some months later, my Martial Arts career began, encouraged by the memory of not wanting to allow another beating to take place, at least unprepared.

The 40 year journey has been very instructional not only as to technique, but as to the complicated personalities of those imparting the knowledge. I was fortunate to meet and train with founders and instructors from



differing arts. Some instructors were impeccable as to physical technique and knowledge, but all were flawed as to human frailties and weaknesses, as are we all. Much has been written (according to my particular observational experience) as to their past glories and contributions yet hardly anything has been written about those not of Asian descent who came along soon thereafter and who too contributed much and

were pioneers in their own way. Across the board and including most Martial Arts, one sees very few pictures or articles printed showing proud students with non Asian Masters or Grandmasters and I would like to see in particular, a list of all legit non-





Asian Ch'ang Hon Masters and Grandmasters, permanently added to those Asians already previously named and how they as well influenced the promotion of our art.

Why Ch'ang Hon Taekwon Do cannot/has not/will not come together as a unified art is a mystery to me, although most arts whose founder have passed away have split up into separate groups as well; Goju, Shotokan, Chinese Kenpo to just name a few. Of the little that I understand, very few split up for major technical differences yet politics and conflicts in personalities seem to play the major role. Gives one pause to wonder how the founders managed to balance technique with personalities and yet maintained their art united as one. Gen Choi relished in his philosophy of dividing and conquering, thus not allowing any one group to become strong, then easy to control. Not even the pioneers could come together to agree and stay together or unify the members of the art. Today there are mind numbing numbers of Junior Championships, Senior Championships, local, nationals and so on but attended by less than if there would be one of each. Not one (ITF) group has extended a hand out to each other to set aside their internal prejudicial rules, nor to the independent groups out there (who by the



way, outnumber the 3 ITFS put together) and to put aside their prejudicial written rules preventing their students to even speak to those in other groups, much less participate in their events. Not one group has opened their doors fully, or created a "Reconciliation Committee", but then again, I may be overly optimistic or simply delirious. How sad to be of the same family and yet not be allowed to compete or relate with those of the same art. It says a lot about those who are in charge and challenge any one of them to take the step and truly open the doors to the rest of us if we so wish to join or participate.



In general, the Martial Arts in the US are in a sad state. Most schools continuously add whatever art as the flavor of the week, (seem to recall Tae Bo not long ago, now MMA) sell all kinds of unnecessary equipment, shirt or uniform all the while compromising passing on quality art just for the sake of making the most money out of the student, and all the while teaching nothing of substance or depth. Rank standards for the most part are nonexistent, belt levels are sold like candy to anyone with the cash regardless of the knowledge learned or taught. Hate to think what will remain 50 years from now or perhaps, most out there just don't care?





# 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.*

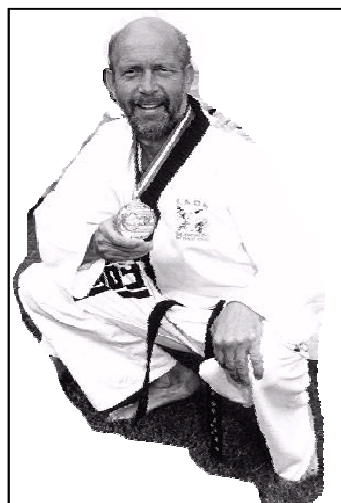
*The readership of the magazine is invited to email us with requests for this section based on Tae Kwon Do people (of any org, style or system) that they remember has*

*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.*



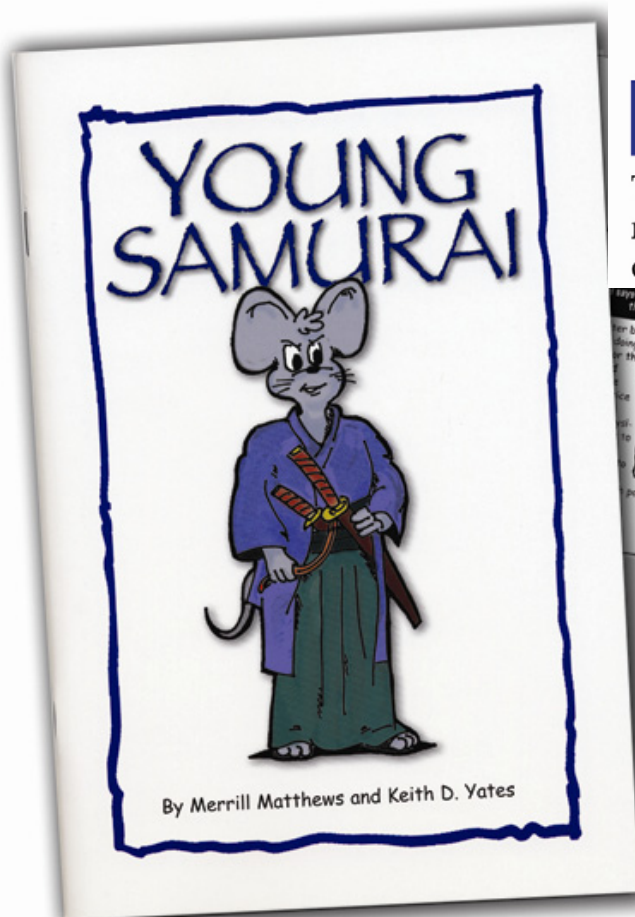
**Any one with a WTF background for more WTF related article!**



*Pending requests from previous issues:*

**Chip Townsend, 5th degree, Master Philip Ameris, 7th degree  
& Master Dave Oliver, 8th degree**





*"Grandmaster Yates has written another classic."*

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

<i>Articles on aspects of training</i>	<i>Technical articles (ie. How to....)</i>
<i>Articles on patterns, sparring or destruction</i>	<i>Black belt essays</i>
<i>Articles on Stretching, Fitness or conditioning</i>	<i>Competition reports, results and photos</i>
<i>Articles on health, nutrition or well being</i>	<i>Seminar reports and photos</i>
<i>Interviews with instructors, masters or students</i>	<i>Book, DVD and film reviews</i>
<i>History related articles</i>	<i>Your own views on things TKD!</i>
<i>Articles on exercises</i>	<i>Letters &amp; emails</i>
<i>Self Defence articles</i>	<i>Profiles of your school or teacher</i>

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

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2. All articles must have photos and pictures to accompany them
3. Photos and pictures do not have to be high resolution. If we want one for the cover picture we will contact you for a high resolution picture.
4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
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
6. Please ensure you spell check your work before sending
7. Please send words in hangul or hanja/Kanji as Jpeg files
8. All articles must be the author's own work or have permission from the author to the submitter to publish them with this magazine - please state this in the email sent
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**combat-tkd.com** - Web Site of Simon O'Neill and "The Taegeuk Cipher"

**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

**moss-tkd.no** - Moss Taekwondo Klubb

**camshill-taekwondo.co.uk** - Cams Hill Taekwon-Do Impact

**dumainetaekwondo.com** - Dumaine Taekwondo

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**"Don't be afraid to take a big step.  
You can't cross a chasm in two small jumps "**  
*- David Lloyd George*

**Issue 13: 1st March, 2010**

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