

TOTALLY TAE KWON DO

Issue 13

www.totallytkd.com

March 2010

The Free Global Tae Kwon Do Magazine

**GM Trần
Memorial
Issue**



**Women of
Tae Kwon Do**

Plus

Interview With Mr Kick Pic's

Putting The 'Kwon' Into Tae-Kwon-Do

Elite Training When Your Over 40

The Probe Step

Build Your Own Breaking Board Holder

Step Sparring - Part 1

Cross-Training

Plus Much More Inside

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

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

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Editorial

Issue 13 - March 2010

I should be celebrating as the magazine is officially 1 year old, I should be happy as once again our writers have outdone themselves and submitted some outstanding articles. Its great that we can read about the *Women Of Tae Kwon Do* and I challenge others to put forth



the pioneering ladies from their countries as well (by the way), its fantastic to have an interview with the hard working 'snapper' Mr Kick Pics - Stace Sanchez (who incidentally I came into contact with many many years ago), its great to hear about our Tae Kwon Do friends in Serbia, as when push comes to shove, we are but one family. Its great that one of my recent articles has prompted a response that will (hopefully) get everyone thinking - btw, it wasn't really my article, I just put it together with the help of a physics major! Its great that the *Over 40's* have an article to encourage their development and that we can all learn the 'probe step' in another technical article and that we have another great 'build your own breaking board holder' feature - to save everyone hundreds of £££... I should be over the moon because *Jason Ainley* has now become a regular writer for the magazine, with outstanding training articles every month that will help many students development, with this month no exception.

However, despite all of the above I am sad... sad at the loss of Grandmaster Trần Triều Quân and while putting this months magazine together I wanted something that, to me, describes him a little and I came up with a *sound bite* from a film many will also love, 'The Last Samurai' and I think it describes Grandmaster Trần perfectly, so I have 'ad-libbed' it for us TKD folk:

10th Kup Student (upon seeing GM Tran for the first time): "So, he fought with the Samurai?"

TKD Instructors: He WAS Samurai!

Enjoy the magazine,
All the best,
Stuart Anslow
Editor

사범스튜
아트앤슬
로창현류
태권도

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Contributors: George Vitale, Earl Weiss, Michael Munyon, Velimir Mladenov,
Jason Ainley, Grandmaster Trần Triều Quân, Paul O'Leary, Thomas Gordon,
Al Walkinshaw, Robert Barnes, Stace Sanchez & Stuart Anslow

Totally TKD News



Sad New

Following the news in last month issue that Grandmaster Trần Triều Quân, ITF President, was amongst those missing in Haiti, following the massive earthquake, I am saddened to have to report that his body was recovered from the ruins of the Hotel Montana in Port-au-Prince, Haiti.

Grandmaster Trần's funeral was held in Québec on the 19th February, 2010.



WTF Missing Out

Following the closure of the excellent *Dojang Digest* recently, there is no WTF based 'official' news coming into the magazine and thus, WTF students and instructors are missing out. If you would like to take up the gauntlet and report news from the WTF world, to this magazine, for your WTF brothers and sisters benefit around the world, please do so.

No Criminals As WTF President

It has been reported on the TKD Times website that the Republic of Korea's National Assembly is in the process of passing a law that will prohibit those with a criminal record from holding the office of President of the Kukkiwon.

Could this be a result of a story posted by Alex Gillis on a blog on his website: <http://www.akillingart.com/blog?>

Mr. Gillis an investigative journalist and writing instructor at a Canadian school who authored the book he called "The Killing Art; The Untold History of Tae Kwon Do. This book sheds a very bright light on the seedy characters and shady transactions that have plagued the Korean Martial Art and Sport since its inception.

His book is a must read and has been previously reviewed by George Vitale in issue #8 of October 2009 of this magazine still available for free download.

Mr. Gillis reports that "in 1987, under a South Korean dictatorship, Lee Seng-Wan" (current Kukkiwon president, recently elected), "was the godfather of a gang hired by Korean politicians to attack a democratic party. Fifty hoodlums, backed by the Korean Central Intelligence Agency (KCIA), descended on twenty meetings, destroying furniture and attacking people with clubs. Korean media extensively covered the story". "Lee was sentenced to 1.5 years in prison for his role in the 1987 attack -- called the Yongpal Incident. In 2003, Lee was again sentenced to years in prison, this time for being part of an effort to prevent people from voting in a Korean Taekwondo Association (KTA) presidential election. The plan involved bribing officials and hiring 300 gangsters and Taekwondo experts to disrupt the meeting. The scandal

was widely covered in the Korean media".

How will this affect the current president? Visit his blog and make sure to check future issues of TotallyTKD.com for more information as it becomes available.

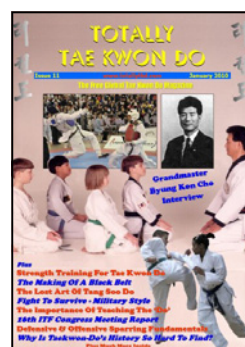
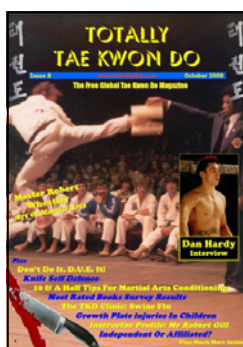
Congratulations - 1 Year Old

I wish to offer my most sincere gratitude to Mr. Stuart Anslow, noted author, competent traditional martial artist, who appears willing to adapt his training to insure his Art of TKD stays up to date and relevant for today's world self defense needs, for putting together TotallyTKD for readers around the world. He seems to have adapted his outlook in training to the modern "E" revolution with his new E-Zine which now celebrates one full year with this March 2010 issue. This on-line magazine allows us to share and learn from each other. It brings the Tae Kwon Do world

together and is another small part in building "a more peaceful world". I for one am most thankful for his untiring efforts and hope others will continue to support this wonderful venture, helping it to grow. Please be kind enough to share (especially with me in the area of history LOL) so that all may potentially benefit. - **George Vitale**

TKD Documentries

Please remember to check www.LUVfilms.com and www.TONG-ILmovie.com for updates on the two documentary films on Tae Kwon Do that were reported on in the last issue of TotallyTKD. The first film Tong-Il is now in the post production phase. The film maker is in the process of doing final editing in order to submit the movie to various film festivals. These websites which are about to go on line will direct the reader to how they can find out more about these projects.



**1 YEAR ON
AND STILL GOING STRONG
HAPPY BIRTHDAY
TOTALLY TAE KWON DO
MAGAZINE**



All Ireland Open Tae Kwon Do Championships



Sparring
Breaking

Saturday
29th May

Patterns
Team Events
9a.m. - 6p.m.

Competition Starts at 9a.m
Sharp With Senior Black Belt
and Junior Grades Together

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2010

Venue

ITF

Red Cow Morans Hotel
Naas Road
Dublin
Ireland

WTF

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For Hotel bookings please
go to
www.moranhôtels.ie

For all information, updates and
registration please go to
www.allireland.ie
or contact

Pat White on 0868275075
Int. Code 00353 868275075
patjwhite@eircom.net

All Tae Kwon Do Styles, Associations,
Clubs and Schools are Welcome

Seniors 40 Euros Juniors 30 Euros For Pre-registration
Seniors 50 & Juniors 40 at the Door
Instructors Save Money Register Early

All Junior and Senior Sparring is Continuous

Please Note Change of Venue and Date

Spectators 5 Euro

A Tribute to Grandmaster Tran Trieu Quan

A Gifted Taekwon-Do Leader

By George Vitale & Stuart Anslow



On January 12, 2010 a devastating 7.0 earthquake hit the city centre of Haiti's capital Port-au-Prince. Rarely does a natural disaster hit a congested urban location so directly. Its impact to what is the western hemisphere's poorest nation left over 200,000 dead and upwards of a million people homeless. Its true toll has yet to be accurately measured. The Taekwon-Do world waited anxiously for word on one of its leaders, as Grandmaster Tran Trieu Quan was there ironically as an engineer to help advise and teach local officials about improving their building code standards.

Sadly on February 13, 2010 it was reported

that the remains of Grandmaster Tran had been

recovered from the rubble of the Hotel Montana and identified. His body was sent back to his adopted homeland of Canada on February 14, new years on the Lunar calendar and Valentine's day. This sad news broke many hearts around the world which prayed for a month for his safe return. I was one of the countless numbers of people around the world that have felt the deep loss of this man as a result of our friendship that goes back to the mid 1980s.

Our common association was the result of a shared love of the Korean Martial Art of Self Defense, called Taekwon-Do. Even though one may never have met Grandmaster Tran, it is evident how his life and now his loss has affected so many who may have only trained under him a single time, or just read of his teachings. This point is made clear by just reading some of the thoughts written on condolence pages worldwide over the internet.

While I am not a trained writer, Mr. Stuart Anslow and I felt we should tell the



**GM Tran with Masters Vitale, DeCid, Barkley & the Gallucio Twins.
Mid 1980s, Mississauga, Canada (Hometown of General Choi)**

readership of Totally TKD a little bit about a Taekwon-Do man that was taken from us all too soon. Grandmaster Tran was born in Hanoi Vietnam in 1952. Two years later when Vietnam was divided into two, his family, along with others started their escape from communist rule. In December of 1962, The Republic of (south) Korea started to dispatch Taekwon-Do instructors to South Vietnam to train Vietnamese soldiers in this Korean Martial Art of Self Defense that was developed in the ROK Army by Major-General Choi Hong Hi and soldiers under his command. The initial detail of instructors was led by Col. Nam Tae Hi, Gen. Choi's right hand man at the time. For his efforts, Col. Nam is considered the Father of Taekwon-Do in Vietnam.

Vietnam was one of the first countries outside of Korea to train in Taekwon-Do, becoming in 1966 a founding member nation of the International Taekwon-Do Federation. One of Vietnam's earliest students and most senior member of Taekwon-Do was a then 12 year old Tran Trieu Quan who started to train within 2 years of Taekwon-Do's launch in Vietnam. It took him about 5 years to earn his black belt. He led a high school class on Taekwon-Do when he was 17 years of age, starting his long career as a Taekwon-Do leader.

Since 1970 Mr. Tran was fortunate to have lived in Canada where he attended a university in Quebec to further his education.



Grandmaster Tran & General Choi



After graduating he obtained a job, started a family and eventually earned Canadian citizenship. Sadly such fortunate did not touch other members of the Tran family. His oldest brother was killed by bombs during the war. Then after the war ended his parents and 4 of his siblings, in an attempt to escape the control of the communists, vanished at sea when their boat was lost, never to be heard from again.

Living in Quebec, Grandmaster Tran opened one of the early Taekwon-Do schools in that area. During this time he developed a strong relationship with Gen. Choi who exiled himself to Canada in 1972. Dr. Janel Gauthier an ITF black belt member and friend, was quoted saying that Gen. Choi joked that Mr. Tran was like his adoptive son. Over the years Grandmaster Tran held such important posts in the ITF such as president of the Canadian National Governing Body as well as the Pan American Continental Body for the ITF. Additionally he served as the Chairman of their Tournament Committee.

In Montreal in 1990 and Quebec City in 2007 Grandmaster Tran hosted ITF World Championships. The City of Montreal gave

him an award for “Best Event of the Year” for his efforts in organizing the 7th World Championships in August of 1990. December of 2008 saw Mr. Tran attaining the highest rank in Taekwon-Do, IX Dan black belt and the title that is reserved for the holders of the terminal degree, Grandmaster.



Mission in Vietnam with General Choi, 1990

Perhaps maybe his greatest contribution was his focus on teaching the Do of Taekwon-Do. This was an aspect of Taekwon-Do that Gen. Choi readily admitted he simply did not focus enough attention on. Gen. Choi towards the end of his life, asked the next generation of his Taekwon-Do leaders and seniors to take up this cause. Grandmaster Tran should be saluted for his efforts in this area. Hopefully other senior leaders of Taekwon-Do will continue the work Grandmaster Tran did in this all important area.



Grandmaster Tran Teaching The ‘Do’

Grandmaster Tran was more than a Taekwon-Do man. While I am not qualified to speak to these areas with the attention and detail they required, we will simply list some of his other many accomplishments. The Museum of Civilization in Quebec City proclaimed Mr. Tran as one of the “Productive Citizens”. A

regional professional engineers association in Quebec named him “Personality of the Year” in 1997. For 2006-2007, the local Chamber of Commerce, the Ministry of Immigration of the Province of Quebec, and the City of Quebec proclaimed Grand Master Tran an “Immigrant of the World”.

One of Grandmaster Tran’s greatest personal challenges in life came in the 1990s when a commercial dispute where a supplier that he brokered a deal with never delivered the goods. This resulted in him being arrested in his native Vietnam. The undemocratic government there gave him a one day trial, convicted him and sent him to prison for life. Having to deal with the very harsh realities in a penal system not know for protecting human rights was very trying. Grandmaster Tran’s strong composition, aided by his life long study of original Taekwon-Do helped him to persevere, until outside pressure spurred by the collection of petitions totalling 125,000 signatures resulted in his release.

Mr. Tran was held for three years of suffering under conditions no human being

should ever face. His release was obtained a couple of months before Vietnam was to host a major international event that rotates among French speaking nations. The Taekwon-Do world hoped that his internal fortitude would once again serve him well, under such devastating conditions in Haiti. Tragically that was not the case in 2010.

The Tran Family was honored with the title "Family of the Year" for 1997. Grandmaster Tran is survived by his wife My Nguyen, his children, all black belts, Joliette (6th degree), Cecilia and Nicolas (4th degree). May they be comforted in knowing that he is now at peace and has made the



GM Tran throwing a student at a seminar, teaching an all to often neglected part of Taekwon-Do

world a better place today with all that he shared with so many people over the years that we were lucky to have him. May we be inspired by his work and strive to continue it, for it is the way we "build a more peaceful world".

The information gathered for this article was complied from several sources. Among them were personal communications the writers have had with GM Tran, stories shared with us by others, articles appearing on line in the Globe and Mail, Agence France-Presse and the ITF website. Photographs courtesy of George Vitale, Phillip Hawkins & those previously supplied by Grandmaster Tran for his own articles.

In memory of Grandmaster Tran, we will continue to run the articles he authorised us to run and when exhausted, will contact the ITF in the hope that they will fulfil his wishes and offer further articles by this fantastic Grandmaster.



Women of Tae Kwon Do

By George Vitale

In the United States March is celebrated as Women's History Month. The lobbying effort was led by the National Women's History Project. They were successful in getting then President Jimmy Carter to declare March 8, 1980 the first Women's History Week. They along with other Women's groups continued their efforts and just 7 years later in 1987 the U.S. Congress established March as National Women's History Month. Appropriately I submit this article during this month, touching upon some noted Tae Kwon Do women trailblazing pioneers along with some other current women who currently train and I am sure will impact the future of Tae Kwon Do.

Tae Kwon Do was founded in the 1950s in the Republic of Korea's Army. Korea being a very patriarchal society at the time, did not afford many opportunities for women to train in the martial arts. Of course since military service was mandatory for all able bodied males, this also meant that women had even less access to Tae Kwon Do in those early days.

One of the first Korean females to earn a black belt was Mrs. Myong Sok Namkung-Mayes, who received her 1 Dan at the Jidokwan, under one of the most influential grandmasters in the world of Taekwondo, Lee Chong Woo back in February of 1964.



Grandmaster Namkung-Mayes

While in Korea she became a top competitor and was one of the first female coaches after she retired from active competition. Mrs. Namkung-Mayes moved to the United States.

In 1987 she opened the first of what would grow to over 20 plus US Taekwondo Centers in Spring Lake North Carolina. In December of 2007 she made history when she became the first women in the

world to be promoted to IX Dan grandmaster by the Kukkiwon.

Grandmaster Namkung-Mayes has been an influential WTF leader in the USA.

Master Rene Sereff of Colorado was the first women to be promoted to VII Dan master by the ITF and Gen. Choi Hong Hi, the principle founder of Taekwon-Do. Ms. Sereff held many leading positions with the ITF, including many firsts, an example being the first female on their Board of Directors. Master Sereff has also played a vital role in the USTF for several decades, currently serving as secretary and the director of testing. She was an active competitor and coach and still teaches classes regularly in her home State of Colorado. On March 12, 2005 she was promoted to VIII Dan by the United States Taekwon-Do Federation. Senior Master Sereff travels frequently to teach, test, support and conduct USTF business for their many members across America.

Another trailblazer is Master Brenda Sell. Mrs. Sell began her training in 1970, before the WTF and Kukkiwon were even formed. Two years later she earned her black belt. She attained the title of master when she earned her 4th degree after 8 years of training in 1978. The Chung Do Kwan, one of the most influential early civilian gyms in Tae Kwon Do's formative years, promoted her to VIII Dan in 2003. Master Sell then tested at the Kukkiwon on May 19, 2005 for VIII Dan as well. Master Sell was the first non Korean woman in the world to attain these prestigious distinctions. In 2004 she assumed the presidency of the US Chung Do Kwan Association, an organization dating back to 1967 with over 150 member schools. It took her only 3 years to fulfill a dream by holding their first national championship. Leading by example, this senior master even competed herself, receiving a perfect score in the poomsae division.

These Tae Kwon Do pioneers blazed the way for females of all ages not only in the United States, but around the world. If not for these dedicated and talented women, some of what goes on today in Tae Kwon Do may simply not be possible. Let's look at a present day



Nicole Spinelli

sampling female Taekwon-Do students in America's largest city:

Nicole Spinelli is a 3rd Dan black belt. She was born in Bay Ridge Brooklyn to a Chinese mother and Italian father. Nicole is 19 years old and attends John Jay College of Criminal Justice in Manhattan. Ms. Spinelli started Taekwon-Do because she loved the Power Rangers and the Ninja Turtles when she was just 6 years of age.

Taekwon-Do has become part of her life. This helps explain why she has lasted so long after starting so young, as many children simply lose interest over the years, which is natural in many aspects of life. Nicole says it has helped her "become a better person" in both school and other aspects of her life. She is an active competitor as well, earning a spot on the USA Team, winning a bronze medal in patterns at the 2007 ITF World Championships.



Ha Tang

Ha Tang is a 22 year old Vietnamese-American 2nd Dan. Ms. Tang has earned a Bachelors of Science Degree in Health Science from The State University of NY at Stony Brook on Long Island. Ha is currently working on a 2nd BS Degree in Nursing Science. She started Taekwon-Do when she was 15 years old



Ha with George & GM Hwang Kwang Sung

and was looking for “something fun to do”. When asked why she enjoys Taekwon-Do she replied that many people grow up with a religion influencing their lives, helping to shape their values and their overall life. She feels that whether or not people still attend religious services, they still retain benefits from their religion.

While Ha grew up in Brooklyn, her household was not particularly religious. Ms. Tang believes this is the best way to explain how Taekwon-Do has affected her life. Being more than 2 hours away from home at school, helped show her how much Taekwon-Do means to her and how much she misses it. During the school year she can only train at her Dojang on breaks and some weekends. However she has found fellow Taekwon-Do students at college to train with as well.

Dr. Connie Photopoulos is a 1st Degree black belt. Ms. Photopoulos is a Greek-American who is a dentist, earning her Dental Degree from New York University in Manhattan. She lives and maintains her career in Brooklyn. Dr. Photopoulos had the honor of testing in front of Grandmaster Charles E. Sereff, one of only 7 people

promoted to 9th Dan grandmaster in April of 2008. Also heading the testing panel that day was Master Rene Sereff, a woman pioneer of Taekwon-Do. In fact both of the other black belts above have also had the honor, privilege and experience in testing before this legendary Senior Master of Taekwon-Do.

Kristina Ng is a native New Yorker, raised in Brooklyn. Born in South Korea, Kristina was adopted as an infant by a Chinese American father and German mother. She is 27 years old and is currently working as an Executive Search Consultant in the Financial Services Industry. Kristina holds a Masters Degree in Industrial Organizational Psychology and a Bachelors degree in Psychology from New York University.

Kristina began studying Taekwon-Do in the beginning of 2008. She enjoys the amalgamation of both the physical and mental aspects of studying the art. It is both a challenge and recreational activity that in many ways relaxes her and provides an alternative way to focus energy and provide an intrinsic sense of accomplishment aside from professional pursuits

Sadia Rodriguez is a 29 year old New Yorker of Salvadoran descent raised in Yonkers a small city just north of New York City, where she lived for most of her life before moving to Brooklyn. Sadia is currently Controller of Original Media, a production company that produces non-scripted and scripted TV along with critically acclaimed films such as Half Nelson and the Squid and the Whale. Ms. Rodriguez received her college education at Pace University in Manhattan and holds a BA in Public Accounting and is a certified public accountant.

Sadia was going to the Original Taekwon-Do & Fitness Center for the kickboxing class for a few of years before she joined Taekwon-Do in mid 2008. She had always

enjoyed the kickboxing class at the school, especially since Master Affatigato and Mr. Carlos Pion would meld Taekwon-Do concept and form with the routine with “none of that frilly Jane Fonda routines”. Ms. Rodriguez always wanted to join the Taekwon-Do class, mostly because of the challenge, discipline and concentration she perceived was involved and because she “wanted to learn more”! Once she did she really enjoys challenging my body and mind at each new level, the beauty and the power of form and the new friendships she has made.

Yoke Wah Khoo is a 19 year old Chinese-Malaysian undergraduate sophomore studying Nursing and Psychology in New York University. Born in Johor Bahru, Malaysia but was raised in Singapore and Malaysia until her family immigrated to Brooklyn, New York at the age of 11. One of the main reasons she started Taekwon-Do was for self-defense. Many years ago, five gigantic guys robbed her cell phone on the Q train subway when she was going home after school. There were people that witnessed the foul act as the guys huddle around her as they attempted to snatch the cell phone from her hand. Even though

danger and crime unfolded in front of them, no one helped. Though not injured or traumatized, she learned that only you could help yourself. Since then she became more eager in learning some sort of unarmed combat to protect herself from future such incidents. A good friend of mine at the time just started training at Original Taekwon-do and introduced her to both the art and school. She decided to give Taekwon-Do a shot and has never regretted it. Starting Taekwon-Do has changed her life positively and has truly been a rewarding experience.

Nadia Sarmova is a Bulgarian born filmmaker who aims to become a master storyteller. At 27 years of age, she has won multiple filmmaking awards. It is the cultivation and sharing of “metaphors for life-like” stories however, which she finds most rewarding. She is a graduate of Florida State University and presently writing two screenplays, both exploring the world of martial arts. Nadia serendipitously stumbled upon Taekwon-Do, having no previous exposure to any martial art discipline. She has been training since October 2009 and recognizes that what most intrigues her is the combined physical and mental stamina



Brooklyn TKD ladies with woman pioneer Master Sereff & GM Sereff



L-R Sadia, Nadia, Connie, Master Affatigato, Nicole, Kristina Yoke Wah Khoo

demanding by the art form. She is grateful to her instructors, Master Affatigato, Master Vitale, and Assistant Instructor Chan, for bestowing upon her knowledge and techniques applicable well outside the walls of Original Taekwon-Do & Fitness Center.

These students all train in New York City. This city is often called the "Capital of the World". One of the reasons for it is that there is such an ethnic, cultural and religious diversity. This city which is made up of 5 counties or boroughs contains some 8 million plus people from all corners of the globe. These "boros" contain numerous ethnic neighborhoods which give the feel of being back in the native land for many visitors and residents alike. In fact, when one telephones the local NYC government, an operator can connect you to an agent who can best help you in a language of your choice. They have the capability to assist in over 100 languages.

This sampling of female students represents Asia, the Americas, including Central America, Europe, both east and

west and the Pacific nations as well, literally the world, including the first 3 countries to train in Taekwon-Do, Korea, Malaysia and Vietnam.

So if you want to tour the world, come to its capital, where you can see it all! Make sure you visit Brooklyn, the most populated boro, home of Original Taekwon-Do & Fitness Center. This school concentrates on the self defense aspect of Taekwon-Do, the initial reason why Taekwon-Do was created. It is run by 7th Dan Master Vincent A. Affatigato, the Chief Instructor. Master "A" is the regional director for the USTF. The school has long been a center for the ITF in the NY Metropolitan area and has not forgotten Taekwon-Do's formation as a mixed martial art of Korea. Our diversity also helps make building "a more peaceful world" a little bit easier. Like always, please feel free to write to George at: TKD.research@yahoo.com. Comments are always most welcomed, as are visitors.

As an historical side note women did not compete in Tae Kwon Do world

championships till 1984 when the ITF hosted their championships in Scotland that year. The WTF followed suit in 1987 when they hosted their championships in Spain. I have been told that women participated earlier at the ITF world championships, but I have not been able to verify it. If you can help, please be kind enough to contact me. Any assistance with recording the history and development of Tae Kwon Do is most appreciated.



Future TKD Leading Ladies with their Teacher



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Putting The 'Kwon' Into *Tae-Kwon-Do*

By Jason Ainley

I can recall my son when he was just 3 years old saying to me when I picked my training bag up as I left the house to go to the dojang "going to **kwon-do** daddy ?".

It was at that time I asked myself just how many of the hand techniques in Taekwon-do classes are actually practised other than the competition style straight back fist, reverse punch and ridge hand.

The uses of the hands in a self defence situation are far superior and practical than the use of the legs because

1. We lose 90% of our balance when we stand on one leg
2. Kicking distance can be easily cut down when an attacker moves forward

Not good when we have a 16 stone assailant bearing down on us.

The use of the hands employ all the gross motor skills like pushing forwards { striking }, pulling backwards { gripping holding on }, moving sideways { striking } rising up or dropping down.

The hand techniques we will look at in this article are based on self defence not competition and are all found in the Chang Hon Taekwon-do patterns and can be applied as pre emptive strikes or within grappling range.

The techniques are:

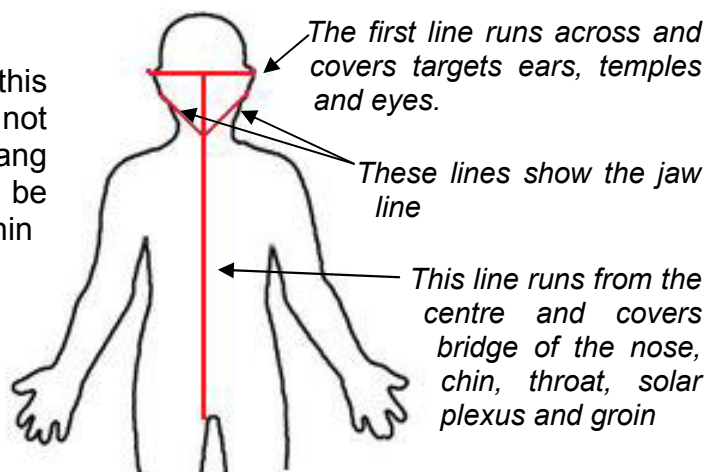
- Forearm strike
- Palm Strike.
- Side fist / Hammer fist.

- Arc hand.
- Back fist.

Before moving onto the techniques we will look at the target zones that will make them most effective, part of the theory of power behind Taekwon-do techniques is to deliver powerful strikes concentrated through a small part of our body into a vulnerable area of our opponents anatomy.

We also have to consider that the hands are very delicate and are made up of fragile bones that can be easily damaged when striking heavy surfaces like the cranium or cut if making contact with teeth, professional boxers have been known to break hands in training or competition when hands are wrapped, taped and gloved so the chance of hand damage in a wild frenzied street fight is greatly increased.

Look at the human torso and follow the red lines they outline all the primary targets that can be manipulated to overpower an attacker with a pre emptive strike or to enable a release in a grappling situation.





Palm Strike. { Pyon joomok }

Palm strikes can be used as pre emptive strikes or in fight grappling techniques. The heel of the palm is the weapon, arch hand slightly back and curl fingertips under.



A palm strike can be executed to the face or the side of the head in single or double strikes, or in a downward vertical motion.

The primary target areas are the bridge of the nose, underneath the chin striking upwards to push the head back and to help gain control of the head in a grappling situation, or when delivered from the side to strike ears, temples or anywhere along the jaw line with both single and simultaneous strikes.

Examples of palm strikes found in the patterns are Move 27 checking block Choong Moo double strike to temple and jaw line {crossing of the arms demonstrates the follow through} and single strikes moves 50 & 52 Chung jang pattern.

A palm strike can be used to set a datum to follow with a reverse punch or hammer fist and also to strike a locked joint.



Outer Forearm {Bakat Palmook }

The forearm is a very practical Self defence weapon, it has a large striking



surface from the bottom of the elbow along the ulna bone to the wrist and can be applied from side inward or outward, rising or in a downward axe motion.

Consider the chamber position on all blocks than begin from the upper arm, the fore arm comes across the body and can be interpreted as a strike to the side of the head, bridge of the nose ,base of the neck , solar plexus or when used in a rising motion {chookio Magi} to strike the throat or underneath the chin.

A forearm can also be applied in a downward axe motion to attack collarbones.



Side fist / Hammer fist { Yop Jirugi }

The side fists or hammer fists in Taekwon-do is generally seen demonstrated at destruction tests,



although they are a very practical self defence weapon.

Point of contact is the bottom of the fist and can be executed in an inward, outward or downward motion.

Primary target areas are nose, jaw line, temples or ears with either single or simultaneous strikes.

Hammer fists can be very effective when fighting from the ground either from the mount or from the bottom position and have been used with success by some MMA fighters.



Arc Hand {Bandal Son}

The Arc hand is a technique that requires accuracy to minimize damage to our own hand.



Fingers are held together open with a slight bend and the thumb is pointed away at 90 degrees, the point of contact is the web of the hand between the thumb and fingers.

This technique is used in a forward thrusting motion or rising up depending on distance between yourself and the opponent, with the target being the throat.

Examples of the arc hand are found in Jung Jang pattern moves 42 & 44.

The arc hand can also be used to pinch the larynx {adams apple} between the thumb and the fingers, and also to apply pressure to the base of the throat in the hollow area where the trachea is not protected, pushing the thumb into here can cause pain and discomfort to an opponent making this a very effective grappling technique against a strong attacker.



Back fist { Dung joomuk }

The back fist in Taekwon-do is generally seen in competition and is thrown from the guard around chest level.



In continuous sparring it is used as a range finder to get distance for the heavier techniques to follow.

In self defence the back fist is thrown from waist level or chest height using a whipping motion with the point of contact being the back of the knuckles to the side of the head.

In this situation the back fist is best when applied side on to an opponent as a pre-emptive strike or after a release from a grab from behind.

Putting The Techniques Into Practise

Techniques are only effective when applied at the correct range so train the techniques on bags, focus pads, strike shields and Thai pads.

When using pads make sure your pad holder slightly moves the pads and meets your strikes and when using shields hold them flat against the body {men only} rather than looping the arms through the straps, using these methods will make the impact greater.

Techniques like the arc hand can be practiced against a piece of dowel wrapped in sponge or any other soft material and taped to a heavy bag, start with close range strikes and gradually increase the distance.

Practise the techniques at different ranges and angles and from disadvantaged positions e.g. on the ground or against a wall.

Train the strikes on both sides of the body and find the techniques that feel natural and work best for you, the ones that you can deliver most power with then drill them as your main weapons until they become an instinctive reaction.

When training self defence techniques you must train for **failure** as well, we do not live in a perfect world so our strikes are not guaranteed to work so we must always have a back up

Examples Drills

1. Palm strike to front of face followed by reverse punch.
2. *Palm strike front of face downward axe fore arm to base of neck or collarbones*
3. Palm strike followed by rising arc hand to throat.
4. *Palm strike , inward hammer fist side to temples or jaw line.*
5. Rising fore arm strike, followed by arc hand.
6. *Back fist followed by open hand slap.*

Conditioning The Hands, Wrists And Forearms.

Hand conditioning for self defence is very important but there is a fine line between hand conditioning and hand destroying.

First start with a heavy bag, find the hardest part of the bag and strike it with your chosen technique then move onto the makiwara ,start with half power strikes gradually increasing the force over a period of time.

During a self defence situation the strength in your wrists and forearms can mean the difference between success and failure, we are only as strong as our weakest link and although having conditioned hands speed and accuracy with the strikes is important, if you lack strength in the wrists and forearms then techniques when applied at full force can buckle on impact making power that should have been concentrated into the target spill out or worse still leave us in a fight with a damaged limb.

Wrist and grip strength is a big asset during a grappling situation and will enable you to hold on and control an opponent while applying close range strikes.

Strengthening our wrists and grip can be done with barbells { reverse curls } and grippers but a more practical methods for strength should be done by training with thick metal bars as this resembles the thickness of a arm and will strengthen the grip between the thumb and the index finger.

Basic Strength Building

See pictures on opposite page. Hold the bar at arms length {1} slowly lower towards your forehead the back again {2}, another method is holding the bar down by your waist {3} and levering it up and down {4}, these exercises can be done holding one bar with one arm or two bars with both arms.



Forearm Strengthening Exercise (L to R - #1 to #4)



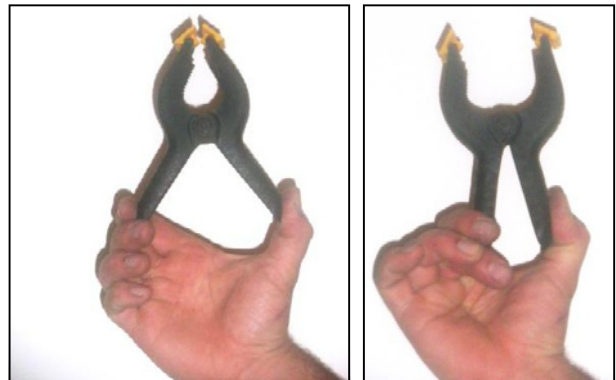
Forearm Roll

Forearm Roll

Strengthening the forearms can be done by wrapping a piece of rope over the bar then attaching a weight to the other end, hold the bar at arms length shoulder height and roll your wrists forward lifting the weight up then lower back down again.

Grip Strengthening Exercise

The last exercise will strengthen our thumbs helping our grip strength and also enable us to pierce pressure points. Use a strong spring clamp and hold it between thumb and index finger and squeeze the clamp shut. Start with around 10 reps then increase number as grip strengthens.



Conclusion

Self protection training should be built around awareness and avoidance, but if a fight is unavoidable then we must employ a continuous attack until the opportunity for escape arises.

We must consider other important factors involved in a real self defence situation; real fighting is a brutal affair and is not the same as training in the dojang, the techniques in this article are just a guideline we must take into account.

- An individual's ability to manage adrenaline during pre-fight and in-fight
- Number of assailants.
- Surroundings and conditions.
- Our own capabilities

All the above are just some points that can and will have an affect on the methods we

employ.

Self protection, self defence is our personal responsibility we have to do what is necessary to survive and the techniques in Tae kwon do can and will help us to do that.

*Jason Ainley, 4th Degree Black Belt
Eastern Cyprus Taekwon-do
Pioneer Tae kwon Do Association*

Disclaimer: Martial arts training requires professional supervision and 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 techniques and exercises demonstrated in this article. All national and local laws relating to self defence must be considered. The author and totally Tae kwon do magazine accept no responsibility for prosecutions proceedings or injury against any person or body as a result of use or misuse of the techniques described in this article.

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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.

Mr Kick Pics

An Interview With Stace Sanchez

By Michael Munyon, ITF/USKMAF

Mr. Stace Sanchez is the owner of the world renowned web site Kickpics. He has traveled to many locations both stateside and overseas taking pictures of talented martial artists doing what they love to do most....KICK.

Michael Munyon: Hello Stace. Thanks for sharing your time with me to conduct this interview.

Stace Sanchez: No problem Michael. Thanks for having me.

Michael Munyon: Stace, when did you come up with the idea of creating Kickpics?

Stace Sanchez: Well, I officially created KICKPICS the website in 2001. As a young kid, I collected many books and magazines so I decided to create a website that I could show off my collection of kicking photos. Remember the old jeans ad in BlackBelt Magazine where a younger Bill Wallace was kicking? Ha! Yeah, that's how far back it started. So I created KICKPICS and thought, "we'll see if anyone out there likes kicks as much as I do." When I got my first couple of hits on the website, I was pretty excited. Here we are nine years later and I am almost at the half a million mark.

Michael Munyon: As a photographer, it takes a great understanding of what martial artists have to do to perform these various techniques that you photograph. Have you ever trained in any martial arts and has it



helped you in your line of work?

Stace Sanchez: Yes, my main style was Tae Kwon Do where I achieved my 1st Dan-d. After training for over four years in TKD, I dabbled in a few other styles too: Koei-Kan, Isshinryu and Capoeira. Then school, work and being broke took over so I had to stop.

I do believe that my training has helped me because I have a pretty good idea of what looks good. I can give martial artists that step in front of my camera some suggestions on how to make their photos look the best. I also believe that my training has helped me with the timing it takes to take great action shots.

Michael Munyon: How many different states and countries have you travelled to?

Stace Sanchez: To date, we have shot photos in eighteen states and internationally in Canada, Denmark, Sweden and the UK. We are making a second visit to the UK in September. We are quite popular in the UK so I am looking forward to shooting some pics with some of their best martial artists.

Michael Munyon: I've noticed that you've been inducted into a few Hall of Fames.

Can you tell us a little about how you got inducted and how being inducted has helped your business?

Stace Sanchez: Over the years, I have made some incredible contacts and have met some phenomenal martial artists. Through all of this, we have been helped every day people like you and I get their big break on the big screen, got them published in various martial arts magazines, modeling jobs, Instructor positions and Personal Training Jobs. But it doesn't stop there. We have helped motivate and inspire people to either train harder or start training in the martial arts. I encourage everyone to go to our website, www.KICKPICS.net, and click on the WEBSITE COMMENTS and TESTIMONIALS. You will read some very touching comments from people from all over the world. One of my favorite memories is the story that we recently published in Tae Kwon Do Magazine.

The story is about an incredible young man from Florida, Bradley Schneider. He has Down Syndrome but never let that stand in his way from achieving his black belt status. If we can continue to create awareness, inspire or motivate people then all of the blood, sweat and tears is all worth it. One of the awards that we have received has been the "Contributions to the Martial Arts" and that is what KICKPICS is all about. By receiving these awards and attending these events, my network of martial arts contacts just keeps getting bigger. It has truly catapulted my hobby into a very successful business.

Michael Munyon: *How does one contact you and schedule a photo shoot?*

Stace Sanchez: Of course, I encourage everyone to visit our website and there is a CONTACT link that you can submit an email to us. My direct email address is kickpics@gmail.com.



Michael Munyon: *What kind of photo shoots do you offer?*

Stace Sanchez: Well, martial arts photography is our specialty. We shoot all styles of martial arts. I received an email from a martial artist stating, "I wish KICKPICS would shoot some photos for me....but we really don't have a lot of high kicks in our style." Again, we shoot all styles whether they kick or not.

Michael Munyon: *What are some of the challenges you've gone through with Kickpics and how were you able to overcome them?*

Stace Sanchez: The two biggest complaints I hear from school owners is that the previous photography company did not take good photo and their service was poor. I was a Mortgage Broker many years so I know how important service is to clients. So that is never an issue with me. As far as our photos, we hate boring photos too. We love to spice up our photo shoots with great angles and we specialize in partner/action shots. If we need to take a little more time to capture a great shot, we will do it. We are not about taking mediocre photos and collecting money. We want you to get your money's worth.

Michael Munyon: Have any of your photos been published in any magazines or web sites?

Stace Sanchez: Yes, our photos have been published in magazines here in the states and overseas: Tae Kwon Do Times, Inside Kung-Fu, BlackBelt UK and Cinturon Negro. Our work has also been published on a couple online magazines such as our friends at totallytkd.com and shaiimagazine.net. Last year was an exciting year because our work was published in our first-ever book, Sifu Vincent Lyn's book, "Kung Fu In The Real World." This year more of our photos are going to be published in another fellow martial artist's book as well. We keep seeing our photos pop up on website all over. The main reason is because when we shoot photos, we give the martial artists full rights to their photos. We actually encourage them to use their professionally shot photos for their marketing because we know that image and first impressions are everything.

Michael Munyon: Have you had any opportunities to conduct a photo shoot on any famous people/celebrities?

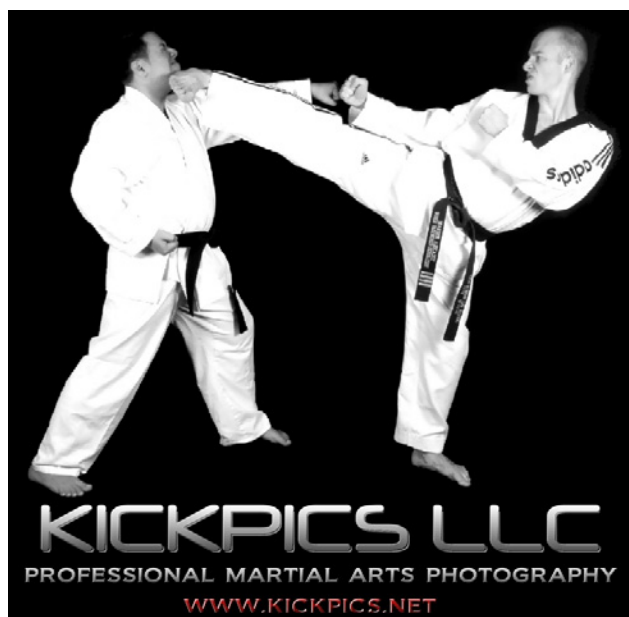
Stace Sanchez: I have. One of my all-time favorite actors is Loren Avedon and his movie, King of the Kickboxers, is still one of my favorites. One of my favorite fighters, also turned Actor, is Keith Vitali and I shot with him a few years ago. I also shot photos with Gary Daniels, JD Rifkin and, the legend, Bill Superfoot Wallace. Recently, we tapped into the UFC / MMA world with photo shoots with Thales Leites and Fabricio Werdum.

Michael Munyon: What do you predict for Kickpics in 2010?

Stace Sanchez: I have a feeling 2010 is going to be a FANTASTIC year at KICKPICS. Our photos and service are

allowing school owners and martial artists to tell their friends and it is opening a lot of doors for us. My goal is not to be rich. I just want to be comfortable and make enough money to afford my next trip. I want to take care of my schools here in the states but I really would love to shoot more international stuff. Australia, Norway, Italy, China, Japan, Brazil, Spain and Hong Kong are a few destinations that are on my "must visit" list. My goal is not to be the biggest Martial Arts Photography company in the world. That is not important to me. To me, the definition of a successful person is one who is happy with what is inside. I'm already there. I love what I do. I love helping people out and I love the memories that we are capturing. It is a pretty incredible feeling when you can stop the hands of time and capture some beautiful moments in a martial artist's life. It is this passion, our quality photos and our service that will continue to help my business grow.

That's about all the time we have today Stace. Thanks again for your time and information about your wonderful KICKPICS web site. It's a pleasure to have seen you again and I hope to see you for a photo shoot in the near future my friend.



For more information about KICKPICS go to www.kickpics.net.

Grandmaster Trần Triều Quân

My Thoughts

By Stuart Anslow

Although I had heard of Grandmaster Trần following the ITF split after General Choi's passing, I had little interest in TKD politics so didn't pay it much mind until last year! I have never met Grandmaster Trần, nor have I ever had the privilege to train under him, but I have an insight or view on him that I feel I should share.



more powerful that his position in the ITF.

When I heard he was in Haiti following the disaster I was shocked and saddened and hoped/prayed for his safe return - sadly, a week or two later those wishes went unheard. Its weird, because I don't really know the man, except for the emails we shared, but his

Last year, a few issues after Totally Tae Kwon Do magazine was released I received an email from Grandmaster Trần pledging his support for the magazine - for some this may not seem like a big thing, but considering the political world of TKD, and more so the ITFs, I saw it as a big step - this was a man not scared to make great steps forwards - after all he has trodden where none of the other ITF leaders bothered - he saw the bigger picture, as despite being the head of one of the big, all powerful ITF's, he contacted me a non-ITF member and offered his support.

Through our email correspondence, I realised that his vision for Taekwon-Do was not just to ensure 'his' ITF was the best, or most well run or whatever, but he truly loved Taekwon-Do and that was even

death has hit me as if he was a close friend of mine and over the last few days I have been wondering why has it hit me like it has and I realised, that through his private emails, not only had I come to respect him, but I realised that he was the future of the ITF - not 3 ITFs but the one man who was probably capable of unity, not just of ITF, but of many TKD people around the world, as where others were not interested in going, he did - his articles spoke volumes when others wrote nothing, he was a man on a mission, not a pay cheque!

I learnt more about Grandmaster Trần up to and following his sad end, and the pieces fitted into place - he didn't get to his position in the ITF due to bloodlines or politics, but was voted in by the people, despite his past, which he turned around. - BTW - that isn't meant as a sign of disrespect to the other ITF leaders, just

that I mean he had no anchors, except the man he was!

Through his correspondence to me, I truly believe that 'HE' was the one person capable and willing to UNITE ITF Taekwon-Do, and I hope that ITF-V follow his lead and continue with the same cause.

Looking back at his life story, it seems Taekwon-Do changed his life, in return he changed others lives, but sadly, like all good men, his life ended tragically and all too soon, but I hope the other ITF leaders and masters now see Grandmaster Trân

for the person he was and are inspired by him... because I am, but I do not hold the same power of openness and unity that others do.

Either way, the death of Grandmaster Trân has affected me greatly, more than I could of ever imagined and like many others, I am now in mourning and cannot stop to think of how things would have continued to changed with him as ITF President.

RIP Grandmaster Trân, you will be missed by many and not just ITF-V



Dear Mr. Anslow,
I read your good publications. I would like to congratulate you for your great efforts and passion to make them available on line as I know that is a huge work and the Tae Kwon Do people around the world need neutral, educational and professional means of communication!
Please let me know if you need any cooperation from the ITF or myself.
All the best to you and your Totally Tae Kwon Do Magazine,
Gm Tran Trieu Quan
ITF President

Personal email from Grandmaster Tran in support of the magazine.
(I originally gained his permission to print it to help promote the magazine)

Elite Training When Your Over 40

By Robert Barnes

Years ago when I got my first taste of Tae Kwon Do I said this is what I want to do forever. I saw myself training well into my 60's or even 70's like my Grandmaster Instructor Chang Sik Lee in Dallas Texas. I used to see movies of men fighting and teaching with gray beards and still moving with grace and speed as good or better than the younger men around them. I wanted to be like them so bad.

Also me being a late bloomer athletically I felt that I could easily train longer because I didn't have the injuries that plagued some of my fellow TKD competitors and friends around my age.

Well, like a flash it happened. My 40th birthday. I didn't notice much of a change physically not at first, but then a muscle pull here and there - a little winded while running, and some soreness in the knees. But one more year later and BOOM. One good workout would leave me gasping for air and so sore the next day that I could hardly move. This can't be happening not Yet!!!!

Well being a true martial artist I can't just quit. So I sat down and evaluated my options and after some hard thinking and planning I began my journey to find the Fountain of Youth.

Here are the steps that I used to get back in the Ring and On the Mat.

Step #1a. Private Lessons and Personal Training

My private lessons were a great way to start. I had Master Dong Lee from Dallas Texas (Mesquite) to get me the training that I needed to not only jump start my body, but also show me what I call the Future of Martial Arts Training. He is on the cutting edge of Olympic Style Tae Kwon

Do. By learning new techniques and safer ways to kick protects me from knee and back problems. Also great footwork keeps me from having to withstand the blows that come from the kicks and punches thrown in competition.

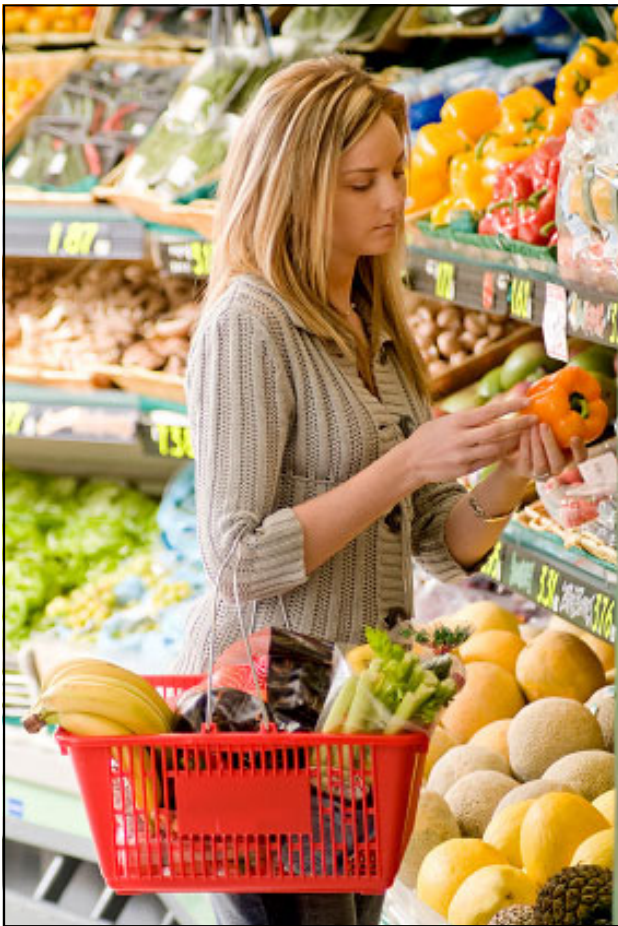
High levels of reaction drills will help greatly in hitting targets on time - Remember as we get older one of the first things that will go is the ability to react to movements coming at you. I had to Get the Edge.



1b. Personal trainers have the knowledge of muscle theory and know how hard to push you, Also they can see when your technique is getting bad from fatigue, but find a certified trainer!!! I have seen places that will train employees for 2- 3 weeks and become a personal trainer spotting weight lifters and other duties. A good one will cost around \$50 - \$100 an hour and some much more. its worth it trust me.

Step #2. Nutrition

After you reach the age of 30 or so your metabolism WILL began to slow down. And you will need to seriously look at the foods that you eat making sure you watch the fats and beverages that go into your body.



Some people can get by with 1 or 2 meals a day I've seen it and done it. But now at my age I make sure to give my body the Battery power that it needs. Throughout most of my life i have had a terrible diet. 4 - 6 cans of soda per day. (No kidding) Deep Fried Foods and lots of Desert. But i was a freak of nature being able to stay at 125 - 135 easy and within reach of my fighting weight 127.5. I could easily diet just one week or so and be right on target and ready to go.

At 40 and above I know that I have to think different. I Start my day with a good breakfast and then I have a pre-drink or shake before i workout one that will give me some energy and get me ready for my workout. Right after my workout i make sure and have my protein shake. Last late in the day i may have a recovery drink.

Of course I have my meals in between that will consist of lots of non fat foods. I'm not perfect i do cheat every now and then, but i

know if I abuse then I will pay dearly.

Step #3. Ease the spirit-teach it to fly

We all need to be as stress free as possible, and that takes work. also we need to be uplifted. I use anything that i can find that will create peak performance in my training. A book that I read years ago said to "Find Yoda!"

This is very important. Get out there and find and great mentor that can push you mentally to the next level. If you can not then do what I did years ago. Get every audio book and Self Help Seminar and dive in. Your car can become the place to where you are educated and retrained in living at your best.



Step #5. Hydration- Water/Agua/Eau

(The last one is french, see Rosetta Stone) I need to be arrested for the way that I've cheated my body for years drinking sodas in place of Water. I used to do workouts that averaged more than 3hrs per day minus the weekends. then i would still teach or take normally black belt classes later that night, and I never use to drink water pretty much except for when I ate ice cream.

Every single organ needs to have water intake to function right. If we workout hard then we need to take in even more. Look at it this way- By the time you are thirsty I was told it's already too late. you are already dehydrated.

Step #6 PACE YOURSELF

Listen to this. A few years ago I was doing a heavy competition team workout and after an hour and forty five minutes i felt a little thump in my calf muscle. I took one step and saw that I had strained the muscle. so while in my office i went on the net and saw that I needed to lay off for a few weeks and wrap it up.

Two days later I watched a student do a move incorrectly and went out to help. I did a back kick and landed on that leg and the muscle Popped and Tore. Ouch!! It was the most painful thing ever with me holding back tears trying not to let the crowd see the pain i was in. I could not walk for days. All this happened because of not pacing

myself and warming up right. I jumped in and gave my all including my calf muscle and 6 months of being able to train.

Now there are many more Steps but this is a start, and remember, as we get older we do have to face reality. Our bodies change..But the great news is that we have come so far with better exercises and modern ways to workout that are easier on our muscles and joints.



Do the research and Learn your body-and set age appropriate goals. to learn more and get great workouts and tips go to

www.robertbarnesmedia.com and www.nextkaratestar.com



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Step Sparring Part 1

(One of a small series of miscellaneous things relating to step sparring)

By Michael Munyon, ITF/USKMAF

The Composition of Taekwon-Do includes the following: Fundamental Movements, Tuls, Dallyon, Sparring and Self Defense Techniques. Under the sparring category we have Step Sparring. When I talk to students about step sparring I describe it as the middle ground between fundamental movements, free sparring and self-defense. I'd like to take a moment to talk about some of the Step Sparring training I've received from a few different sources. Between all of them I've greatly increased my understanding of step sparring, free sparring and yes, my self defense.

The Air Force transferred me to Vandenberg AFB, California in early 1999. At was at this duty station I was introduced to a dojang affiliated with the United States Taekwon-Do Federation (USTF) called Martin Taekwon-Do. At that time I was a 3rd Degree Black Belt and was originally associated with the USA-Korean Karate



Association. While training at the Martin's Taekwon-Do Academy I was introduced to a different training concept I was never shown before. The USTF had what was known as Beginning, Intermediate and advanced 1-2-3 Step Sparring. This was performed as followed:

Beginning Step Sparring was when the defender would execute a single counter attack.

Intermediate Step Sparring was when the defender would execute two counter attacks. One of which was a hand technique and the other a foot technique (could also be foot first then hand).

Advanced Step Sparring was when the defender would execute 3 counter attacks. The techniques would have to be executed in a term I called "sandwiched." Hand-Foot-Hand or Foot -Hand-Foot.

Later in my training I got to train with President Choi Jung Hwa and a handful of his Master instructors. During several seminars President Choi and his

Masters all had the same position on ALL Step Sparring and it was simple. They stated that all counter attacks should be delivered with enough force to destroy your attacker with a single blow. Similar to Karate's One Strike One Kill



that has proven many of his students have a greater understanding of both Step Sparring and Self Defense.

One of the things that I've added to my Step Sparring classes for advanced students is slightly different

or the Sniper's concept of One Shot One Kill. When you look at the Training Secrets of Taekwon-Do it mentions utilizing the appropriate tool (strike) to vital points of the body. Many of the "purists" in ITF Taekwon-Do continue to teach this version.

During my training with Master Robert N. Wheatley, President of the United States International Taekwon-Do Federation (US-ITF) he's always been a fan of multiple counter techniques. One of the things I enjoy about Master Wheatley's view on Step Sparring is that he allows Ho Sin Sul techniques during the counter attack. This is unique due to many groups completely separate their Step Sparring and Ho Sin Sul. Granted this is only performed by those of higher rank and know how to properly execute these techniques. I've seen several excellent Step Sparring

routines during promotion examinations thanks to the flexibility Master Wheatley has allowed senior students in their Step Sparring. The outcome of



then what I've seen in many ITF schools. When you watch beginners, intermediate and some advance students you see them STILL holding their strike out there while their partner is executing multiple counter attacks. I don't know what kind of world you guys live in, BUT in MY world when you block a strike it moves and when I execute a counter attacker to let's say the stomach, my opponent bends over due to getting hit. With your partner just standing there you only demonstrate a version of Model Sparring. Though this gives the Taekwon-Do player to demonstrate advanced techniques found within Taekwon-Do step sparring it detracts from the real world self defense found on actual combat.

In conclusion, I mentioned how some organizations and school perform and instruct step sparring. The next articles will include different training theories and tips that you could add to your tool box of Taekwon-Do.

ITF Taekwon-Do League of South East Europe

You Can Already Feel The Unbelievable Energy

**By Velimir Mladenov,
President, ITF Taekwon-do Federation of Serbia**

I get up in the morning with a smile on my face and cheerful. As always immediately take the equipment for running and go outside. While hardly balances due to the snow, my thoughts wander far away. Fantasize about objectives, thinking where we started ...

Small room, too slippery and dirty for the full progress in taekwon-do. Several young men resolved to succeed. In their eyes we can see dissatisfaction with the area where the train and the desire for success. I remember how I was well prepared for each competition, each local tournament, I feared that the fight will go without traces of bruises on my face ... For though tomorrow was supposed to go to college and out of such examinations. I'm running and laughing. I loved that period.

On one occasion, before the European Championships, I spoke with the then six-year old nephew about it. He asked me whether I am afraid, and I answered him affirmatively. Then he said: "What do you have to fear? You should just enter the ring, kick them all and come at my place that we can continue to play. "And incredibly, but everything is so simple and since then I constantly tell this to my fighters. This region is a prolific fighters, we enjoy it.

Now the situation is different, work, other commitments ... but taekwon-do remains. The same determination in those eyes, same smile and a desire to fight! But the



local tournaments are past. We are participating in the creation of something huge, in a couple of years Champions League in Taekwon-do.

We arrived in Zagreb and the meeting for League begins. Great atmosphere all excited and wish the same Unbelievable. People who participated in the dissemination of TKD with us, senior master Nobilo, sitting next to us and seek our opinion. A huge project, worth every respect.

Decisions are made, freer contact us favorite, closed gloves, jerseys in the colors of the city club. Incredible energy can

already be smelled. The terms agreed upon, four countries league. Serbia, Croatia, Slovenia and Bosnia, eight clubs divided in two groups.

I am coming home, wet from running and jumping, people shaking because of coldness, and me? I'm still laughing, because I know what are we creating!



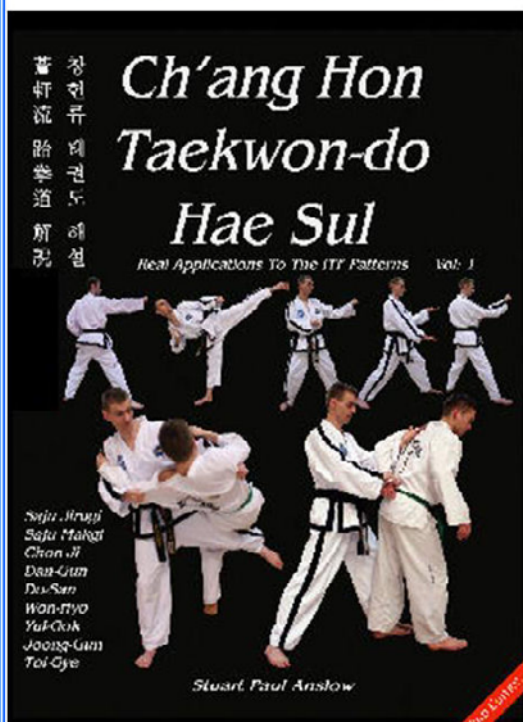
Serbian team, Euro 2009

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

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

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

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

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



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

Totally TKD Q & A - Replies

Last issue, Michael Munyon asked the following questions:

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 concensus 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!

And here are the replies:

Master Earl Weiss

Disclaimer. *The following is not any official position. Except where there are references to the text, I am making most of this stuff up.*

Before I address the questions individually, I think we first need to understand underlying concepts behind pattern practice. Not all will agree on these concepts.

First and foremost although a logical sequence to pattern moves is one goal, clearly this is not always the case. There is also the goal of moves being allocated between right and left sides so that both are practiced equally. Combat does not happen symmetrically, so it would be virtually impossible to have a pattern accomplish both goals unless all patterns were like Po Eun with the second half mirroring the first.

Second, we need to accept that there is an aesthetic element to patterns "The Art" in martial arts. Otherwise you simply have sparring combinations akin to sports like boxing and kickboxing.

Third is the issue of the purpose of the move. Thoughts vary from the text examples being the exclusive purpose, to the purpose being some lost or found original purpose. Perhaps neither, perhaps both, or perhaps as General Choi would mention at an instructor course, if a suggested purpose seemed effective, then it was a good explanation.

Toward that end we have #5 of the "8 parts of the training secrets" ; "5. To become familiar with the correct angle and distance for attack and defense." If you accept the correct angle and distance idea, then the suggested application is merely a training tool to help you understand how to move in a powerful, efficient and well balanced manner to effect any application for that angle and distance.

With the foregoing in mind my specific responses are as follows:

1. Yul-Guk #1. The stated application probably makes no sense. You could certainly come up with a scenario. For

instance. You are guarding something or someone behind you, standing in Parallel ready stance. A person approaching from the front appears to be in a position to pass on your left. You step to your left to a sitting stance extending your left hand to measure with your fist at your shoulder / their center line. (Don't ask me why you would want to be in a sitting stance for this or the following moves.) Since you shifted to your left the person attempts to shift to your right in order to pass on your right side whereupon you intercept them with the 2 punches. The motion well certainly provides fodder for the "Real" "Alternate" application aficionados.

2. Joon - Gun. U shape Block: I agree that the position of the staff as such is not realistic. However, as per the third item above, it is a tool which provides the student with insight into distance and direction.

Further, there has been much discussion about the blocking surface being the Reverse Knifehand versus what is often taught as the arc hand. Note that although the blocking surface is the Reverse Knifehand, the thumb is still extended so that the hand formation is not that of a typical Reverse Knifehand. This is an important distinction because if you are facing "A" as in #31 it determines whether your hands move in a line parallel to the AB line as it would if you use the arc hand or in somewhat of an arc finishing in a direction parallel to the CD line if you use the Reverse Knifehand surface. A student of mine suggested that (not only the obvious of the extended thumb facilitating a grab) if the pole were moving toward you and were deflected by the Reverse Knifehand the thumb helps prevent the deflection from still striking you. Could this have been given a better name with a more intuitive connection to the blocking surface? Certainly! For instance it looks more like the letter C than the letter U. But this same criticism could be made for other techniques as well such as the "Double Arc

Hand Block”.

Again, while the text application is not optimal, consider the distance and angle and perhaps alternate applications such as a shouldered rifle.

3. Toi Gye. Why not look? I assume move 3 & 6 are referred to? If so, the non Back fist arm is not specified as a block but is extended to the side downward. This may raise more questions than it solves and again provides fodder for alternate applications. However, it raises an important point vis a vis many questions some of which are alluded to at the end of Mr. Munyon's items. Those questions are:

Why do we do it this way in this pattern if we never did it this way in any other pattern? Or, why do we never do it this way?

My response to those types of questions is just because a pattern or patterns stipulate that a technique is done a certain way, does not mean it can only be done that way. A simple example is Outer forearm block (Do San # 1 etc.) is never middle. That doesn't mean that if for some reason in a combat application you were to perform a middle outer forearm block the technique police will show up and have you arrested.

So, why not look? The only person who can truly answer the question is no longer here. We can draw an analogy from other techniques such as twin outer forearm block where certain techniques are considered primary, and some secondary. In this particular pattern, after the second backfist the focus is toward the front with a block and several attacks, so perhaps the priority is to have the practitioner maintain focus in that direction.

4. Kwang Gae #1. Again, fodder for alternate application thoughts. I draw an analogy between this and close ready stance A. There are text reference for

closed versus open hand blocks (i.e X Checking) where it notes that an open hand can facilitate a grab. So, if someone were to reach for your throat with both hands moving to close ready Stance A would block this attempt, as would Heaven hand, but the open hand could facilitate a grab such as holding and pulling with one while performing the upset punch with the other.

Then there is the story I heard General Choi tell of King Kwang Gae standing on a hill assuming the heaven hand position and move # 1 was a signal to the troops. Of course General Choi would have to have been about 1600 years old to witness this. However, we do need to keep in mind that as with Tong Il, General Choi did include moves for their symbolism.

5. Eui Am . Mr. Munyon's pushing my buttons with the Middle Section / High Section thing:) Didn't he read my article in issue #5 July 2009 of Totally Tae Kwon Do? "Is your technique on the level?" I believe these moves (44-45) are middle punch and high punch. (Not section and not Strike).

While performing patterns there are certain default levels used since there is no opponent. These levels are in relation to your own body irrespective of the non existent opponent's size / stance / posture. For punching high =eye, and middle = shoulder. Using these levels allows the student to be specific with the technique and allows the instructor to determine if the student is performing as instructed. These are related but independent of Vital spot targets on the opponents body. You probably would not find optimal vital spots at the opponents shoulder level. So, depending on your opponents size, stance, and position the optimal targets might be anywhere, even both in the middle section of the opponent, yet still middle and high in relation to your own body, which would not result the type of reaction and targeting difficulties referenced.

Above I have reference Close (not closed) ready stance A and Heaven hand. I will leave the rest for others. Looking forward to other comments.

Master George Vitale

I'll take a stab at answering some of the questions:

#1 Yul Gok moves 1 & 4 we are directed to only "extend the fist to D horizontally", some may explain this move as measuring, additionally the new techniques that are taught & listed prior to the pattern does not include a measuring move. The photos do show fists being extended to the shoulder line with the 4 sitting stance middle punches are directed to be "brought to the center of the attacker".

#5 Kwang Gae we only moves the toes the 1st time to make the body become naturally half facing while stepping, which is preferred. It is not as pronounced in the 2nd step, as the toes are already facing inward as you are in an L Stance, as compared to a walking stance the 1st time

As a side note there are 4 official Closed Ready Stances, A, B, C & D. Type did is now the named designated ready posture (Junbi Jase) for Eui Am. This changed over the years.

Stuart Anslow

Okay, as Master Weiss and Master Vitale were game, I'll have a go at some answers from my perspective - ITF guys probably wont like them :-)

1. Yul-Gok - No Idea, I use to think it was just a dogy photo in the encyclopedias that became accepted as fact, but now I just think it truly has/is - no idea!

2. Joong-Gun - U-Shape block comes

from Shotokan, it was/is an application for a release etc. I think the TKD take on it was to give it a purpose, according to my research this was originally grabbing a rifle held in an 'attention' position, as in resting in a palm and propped up against a shoulder - this was later changed to a pole as TKD was pushed more in the civilian world. I'm not saying the applications correct, just the TKD take on it.

3. Toi-Gye - Because its not a back-fist strike - not in a realistic application sense anyway!

4. Kwang-Gae - As this is an area I have heavily researched for Vol 2 of *Ch'ang Hon Taekwon-do Hae Sul*, I can confidently say this is found in older Karate kata. The heaven hands, circular arms downwards and following technique (upset punch) all work together to defend against a head butt and end up in an arm lock. Can't visualize it - no problem, Vol 2 is on the way :-). I have also found the circular arms as a lock against two opponents as well!

5. Kwang-Gae - Toes inward - we do? I was taught that as you step your toes are more facing outwards, so I cannot answer that one as I don't think I've seen it. Looking in the 1983 ency, it doesn't seem to mention that either unless I've missed something!

6. Eui-Am - Quite agree - unless they are grabs not punches, or a punch and grab.. But then where's the final finishing move if that's the case!

Close Stances - In TKD, they are seen as just 'ready postures', however, they do have applications, in fact if you follow the through A, B & C - you get a very good wrist lock!

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!

Cross-Training

By Thomas Gordon

A short review of the history of cross training.

Some puritans suggest we should do XYZ art until we have it mastered. Then there's the martial art nomads that seem to struggle to produce a first degree black belt certificate although they have umpteen years training. For me, like most things in life, the answer is somewhere in the middle.

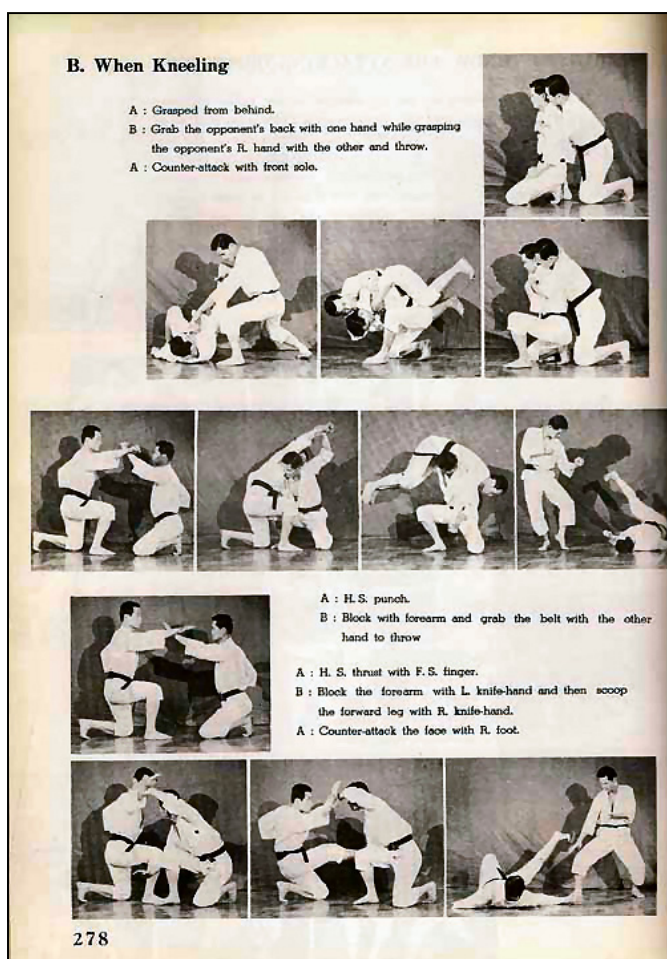
A few facts before I jump into this. Cross training is nothing new and there isn't a "pure" art. Samurai's cross trained, boxers cross train, weight lifters cross train, even companies send their employees out to cross train. Taekwon-Do's father, General Choi cross trained. The 1965 edition of Taekwon-Do, General Choi discusses how T'ae-Kyon was a foot

technique art that was enhanced during the Japanese occupation with the addition of hand techniques. These combined arts had "various names such as Tang-Su, Kong-Su, Karate, Kwon-pop, T'ae-Su, etc."

It's no secret that General Choi held a black belt in Karate. In the 1965 edition of Taekwon-Do, he uses Karate terms such as back stance, forward stance, karate uniforms, and even Shotokan Karate

patterns. In the later pages of the book you will find influence from Judo's throwing techniques.

My instructor, Grand Master Hwang, Kwang Sung (K-9-1) also has trained in TangSooDo, Judo, and Yawara (predecessor to Hapkido).



On occasion I hear the purist try to explain how martial artists should not cross train. And to a certain level, I agree. A person does need a core art and shouldn't start doing much cross training until they have gotten through the fundamental levels of the art like second or third degree black belt.

First time I felt Taekwondo wasn't enough.

On November 12, 1993, a group of black belts were sitting in my instructor's home

for a "black belt meeting" to watch a new PPV event called UFC. As we watched UFC 1 and pulled for Taekwondo fighter Patrick Smith, we were dismayed with the results. In less than two minutes, Patrick Smith was tapping out from a fairly sloppy applied ankle lock by Ken Shamrock. One by one, all the stand up fighters got demolished and there was this sense that we were not prepared for the ground game.

This was the first of many “black belt meetings” where we used it for an excuse to for us to get together and watch martial art events while eating hot wings and pizza. UFC 2 came on many months later in what seemed like forever. Our hero Patrick Smith came back only to get quickly tapped out by Royce Gracie. We probably watched the first 10 UFC’s over at our instructor’s home always pulling for the stand-up guy.

If you can’t beat them, join them.

Shortly thereafter, as a second degree black belt, I started looking for an art to complement the kicks and strikes of Taekwondo. My buddy and I found a seventh degree in Hakkoryu Ju-Jutsu and trained there for about 18 months. The drive was about 50 minutes south of us and we opened a school about 25 minutes north of us so we both stopped training there.

Before that happened, we were introduced to a weekend of seminars with masters and instructors in various arts where every hour was three sessions running simultaneously and the participants could chose what topic they wanted to partake in. An interesting approach to allowing the participant to get a taste of various arts and as I understand it, borrowed from Professor George Kirby’s annual event in California. Since then I’ve been to several menu type weekend seminars. Some were good, some were great, and some left me feeling like I was robbed of a weekend out of my life. But all in all, it’s a good way to get a taste of an art to see if you want to pursue it further.

Using cross training to find holes.

One truth we must understand, all arts

evolve or they die. In fact, everything evolves or it dies. Any competitor knows this. A boxer meets a wrestler and ends up on his back and unceremoniously get’s his head handed to him. He’ll either learn enough wrestling defense to mount a formable boxers offense, learns to avoid wrestlers, or goes the way of the Dodo bird. It’s just math.

Martial arts are no different. Training in the traditional ju-jutsu school allowed me to see the weakness of Taekwondo and also find holes in ju-jutsu. In 2003, I started studying Hapkido and some of it came easy simply because of the formal ju-jutsu training. I would see people drop in for a few classes and listen to them explain how



they haven’t found a complete art so they just travel from school to school and art to art. In essence, they are collecting techniques and perhaps picked up a few new techniques while a martial artist with a core understanding sees variations off of each technique

shown and walks away with dozens of applications. To compound matters, they generally picked up beginner techniques. More than once I’ve heard someone comment about “I tried XYZ art and it wasn’t very good.” They’ve tried XYZ art at beginner level. I’ve seen these people come into our school and think, “for X number years of training, they sure didn’t have any depth to their material.”

Benefits of cross training

1 – Beat the boredom.

Something done day in and day out gets boring. Catching a seminar on occasion allows us to get rejuvenated. I’ve heard grand masters comment that Taekwon-Do

can be boring at times. Anything you do every day gets a bit monotonous.

2 – Meet new friends and make good contacts.

I've gone to seminars where I didn't know a single person. I left there having a dozen new friends, lots of contacts, and invitations to future events.

3 – Deeper understanding of your own core art.

I've also had a problem understanding a technique only to have it all come together when explained from a different perspective. Sometimes I'll see things that p r e d a t e d Taekwon-Do and it makes me realize w h e r e something came from.

4 – Increase your own performance.

This in turn gives you b e t t e r performance in your own core art. You can go back to your school and give the students a little taste of something. You didn't change the main course, just gave a little spin to the desert.

5 – Work through an injury.

A torn or strained ACL in Taekwon-Do will have little bearing in a sticks art. A tweaked wrist from Hapkido shouldn't be much of an issue in a Taekwon-Do school. This allows you to have an active recovery instead of being laid up on the couch.

How to cross train.

If you are a student, it's best to get the instructor's permission before going

outside the school. They may know something you don't. They may suggest you try a different school than the one you are considering. If you live in a small community, I would suggest NOT training in that community. The more rank/status you have in your school, the more this applies.

Watch a class before you try it. You may find you're in a school that you have no interest in being in.

When I cross train, I generally take three belts with me. A white belt, a generic (no markings) black belt, and my black belt. If



you outrank the school owner or instructor on the floor, they may get a little self conscious about a higher rank coming into their school for s e v e r a l reasons. It may make them uneasy on a curriculum level and it may make them feel you are there testing the

waters to open a school in their area. Business is business and they may see you as a threat to how they feed their family.

Have a non assuming uniform. Don't come in there with your Nascar looking uniform and tie on a white belt like you are trying to be humble. No one is buying it. If your organization has proprietary rank/position patches, you may want to bring a plain uniform and/or some sweats and t-shirt.

Never, ever watch a technique and comment, "at our school..." No one wants

to hear it. Just keep the eyes, ears, & mind open and mouth shut.

That leads into being opened minded. They may have techniques that look like it won't work – but with proper training, it may. Then again, I've seen techniques that looked like they wouldn't work and they won't. Regardless, you're a guest. Don't be afraid to speak up and say you don't understand something. As a Taekwondo stylist, being told to fall in Ju-Jutsu certainly didn't come natural. I felt (and looked) like I was out of my element.

Never invite anyone to your school unless BOTH school owner's okay it. You don't want to be viewed as stealing students. Remember, this may very well be how this school owner feeds his family.



Summary

The early UFC days are still a good memory and to this day we still have a few yearly "black belt meetings" and watch UFC. Find some great seminars to attend. I feel so strongly about cross training we've started our own event with "Gathering of the Masters" in Crestview, FL every April where we bring in several high ranking masters and grandmasters to

give various seminars in their respective arts. Get on the internet and type in martial art seminars for events in your area so you can expand on your martial art knowledge.

Thomas Gordon
Florida, USA / UITF A-6-13
UITF Webmaster & Membership Committee

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What's The Point?

By Paul O'Leary

Choong-Moo

Sometimes in the pursuit to find practical applications for the movements in patterns we can miss the value of the original application. Pressure points seem to give us a great way to increase the effectiveness of otherwise seemingly impractical actions. In this article we are looking at one such movement found at the start of Choong-Moo Tul.

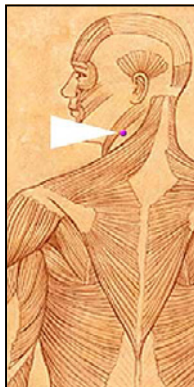
The opening two movements in this pattern are pretty straight forward. But if you were to take the applications for the first move as being a block in two directions (as shown by many people) then you would be turning your head to keep an eye on both attackers. With the second movement we are asked to strike to the neck area and that is where we run into problems. While a good hard strike to the neck can hurt, knowing the exact place to hit that will result in the attacker dropping to the ground can make for an easier defence.



The movements as found in the pattern.

While this might seem simple, the results of hitting SI-16 can be KO or TKO and I urge you to try this one softly at first.

Check out our videos on YouTube under "jungshin". Finally I'd like to thank my attacker for this article Kenneth Cranitch from United Taekwon-Do - Blarney, Cork, Ireland.



SI-16



We then move forward cutting our left hand across the face and land another shot on SI-16 with our knife hand.



The attacker swinging at us with a left punch, which we block and counter strike to the neck at SI-16.

Paul o'Leary, 4th Dan Tae Kwon Do and 2nd Dan in Prof Rick

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

Firmly Committed To The Development Of Democratic Operations At The ITF

By Grand Master Trần Triều Quân

The Student's Oath is of great importance for all Taekwon-Do practitioners. **We pledge to work to build a better society where peace, freedom, and justice will prevail.** This is the basic principle of Taekwon-Do.

We have good intentions, but we need to start by putting our own "house" in order. Each member of your ITF team firmly believes that by establishing a democratic process within our organization, we will be able to advance toward our goal of building a better society. This is why, as I have written repeatedly, **the ITF must belong to its members**, and work with and for its members. Even before I became President of the ITF two years ago, I had given a lot of thought to this fundamental principle and to how it could be applied in the ITF.

I believe that **respect for the dignity and the rights of all individuals** – remember that courtesy is the first element in the tenets of Taekwon-Do – is essential to reach these goals. This is why I chose to introduce democracy as a guiding principle for the governance of the ITF. Your ITF

team has worked very hard to modernize the Constitution and to develop By-Law No. 1. We have introduced a number of Policies that are consistent with the principles of democracy.

The concept of democracy is generally considered to be foreign to the martial arts, including Taekwon-Do, and is often misunderstood. Some individuals believe there is no place for democracy in Taekwon-Do. Some think they should be able to do whatever they want. This is why I have decided to focus on democracy in this message to you.

My goal is to provide the information you need to understand what democracy is all about and why the ITF has decided to rely on democratic principles to govern

its organization and as a tool for solving internal problems. In order to do this successfully, **we have a plan, a strategy, and a calendar** to realize it. We are not simply improvising. We do not use the word "democracy" for meaningless propaganda. This is not just idle talk.

The ITF team is seriously committed to



the development and implementation of democratic operations in the organization.

What is a democratic system?

A great deal has been written about democracy, and the history of democracy as a political system goes back very far in history.

"Sometime around [year] 1200 a group of mountain folk managed to throw a wooden bridge across the Reuss River in the gorge where it hurtles through the Alps. Before long the track filled with trains of mules bearing goods from the plains of Italy north to Germany. Princes began to notice the peasants and herdsmen who lived in the valleys along the new trade route. What the princes saw was a form of governance so bizarre as to seem unworkable, so unfamiliar that they scarcely knew what to call it. Many since have called it democracy."

"Never at War – Why Democracies Will Not Fight One Another" by Spencer R. Weart, 1998, page 9.

The concept of democracy has become popular because it has led to an improvement in the quality of life for the citizens in the many countries where democratic governments have been introduced. This system tries to avoid arbitrary decisions and abuse of authority. It has been implemented as a political regime in many countries and as a system of governance in many organizations.

In a democratic system, the citizens or the members have the following rights:

- the freedom to select their leaders through a fair process of elections;
- the freedom to express their opinions without any risk of reprisals;
- freedom of the press and access to information, to ensure transparency;
- a government and leaders who operate under the Rule of Law – with a Constitution, Laws, an independent

judiciary, etc. – to ensure fairness and justice for all;

- the possibility of amending existing rules and regulations by expressing their opinions through their elected representatives.

However, democracy is not absolute or perfect. It has its limits. It is not permanent, and it must always be monitored. Unfortunately, the human tendency is often to seek power at the expense of others.

How does the democratic system work in the ITF and its affiliated organizations?

The ITF Context:

- In the past, I had the opportunity to participate in the resolution of conflicts within the ITF, and I was mandated by General Choi to conduct missions in different parts of the world. I came to realize that the development of the ITF as a professional international martial arts organization would require a clear vision and a solid legal framework, that its operations would have to be both democratic and effective;
- *The ITF definitely has an excellent product, but our organizations, at all levels from local to international, need to work continually to improve our operations. It is essential that all members be allowed to exercise their rights and to participate actively without discrimination;*
- The application of the concept of democracy is new to the ITF, and we need work to develop it. Democracy cannot be purchased or owned;
- *The members of your ITF team have worked very hard to modernize the ITF Constitution, based on the principles of democracy. The Constitution became our first official democratic tool;*
- Since the election of the ITF Board of Directors in Warsaw (Poland) in June 2003, we have gradually built,

structured, and developed a democratic mode of operations;

- *The ITF Congress constitutes the supreme authority for ITF, but the voting delegates of the Congress are elected by the members;*
- By-Law No. 1 clearly defines the democratic principles on which the ITF operates;
- *ITF Policies outline the processes by which the By-Laws are applied, to ensure that decisions are fair for all and transparent;*
- These tools of democracy are of enormous value; all ITF members must respect and apply them;
- *The development and implementation of democratic practices must come first from the ITF, which will then become a model for its affiliated organizations.*
-

We did not invent democracy for Taekwon-Do:

ITF Taekwon-Do has always had the ultimate goal to build a better and more peaceful world where justice and freedom prevail (Charter and Philosophy of Taekwon-Do, p.12-13, p.88-89 of Encyclopedia of Taekwon-Do, volume 1; Student's Oath, p.170 of Encyclopedia of

Taekwon-Do, volume 2).

Our mission is to develop the ITF further, following in the footsteps of our late Founder General Choi Hong Hi.

In terms of values and objectives, Taekwon-Do has always had democratic beliefs. It is now up to us to implement them.

Therefore, from now on we must always make decisions based on the democratic principles of ITF Taekwon-Do, never acting according to our moods or emotions, and we must govern with respect for the rights and dignity of all people.

Is the democratic process compatible with the "Way of the Master"?

According to the traditions of the martial arts, the "Way of the Master" plays an essential role in education and teaching. The Master transmits the right values to the student.

Our organization needs to be well managed, with a structure that is synchronized with the interests of its members and the public. That structure should be based on democratic principles, while the teaching is done according to the



Grandmaster Tran Teaching The Do

"Way of the Master".

Mutual respect between the democratically-elected ITF leaders and the Grand Masters, Masters, and seniors, each in his respective role, will ensure harmony and allow for fruitful relations.

Many provisions in By-Law No. 1 were included precisely in order to favor balance in our organizations and to guarantee the respect of our traditional values, particularly the important relation between the Master and his students.

Over the last two years, I have also been working with competent resources to develop important projects that we will be implementing internationally in the near future. Such projects include a program and booklet about teaching the Do, a booklet on protocol in the Taekwon-Do, and a Code of Ethics. These projects will help to promote good relations among all ITF members and, in particular, the gratitude and loyalty the student owes to his Master.

What are the benefits of a democratic system for the ITF and his affiliated organizations?

- Justice, freedom of speech, stability of the organization.
- *Members will be motivated to participate by sharing their ideas and opinions and by becoming involved in the activities of the ITF.*
- When people feel they are respected, are involved in the decisions, and know that the organization cares about its members, they develop a sense of belonging.

Some examples of our realizations so far:

1. More efficient meetings

How many times have you been to a meeting that seemed like a waste of time?

Maybe too many people are trying to talk at

the same time. Or perhaps you noticed that some participants are not able to get a word in edgewise. Sometimes a speaker wanders so far away from the topic on the agenda, that you forget what he was supposed to be talking about. And have you noticed that sometimes after a meeting the participants cannot agree on what was, or was not, decided?

To prevent such problems, the Board of Directors and the Chairs of the Standing Committees have adopted a motion whereby official ITF meetings (Board meetings, Congress meetings, etc.) are to be conducted using parliamentary rules based on the internationally-recognized *Robert's Rules of Order*.

These rules provide processes through which an organization, large or small, can work out satisfactory solutions to the largest number of questions in the least amount of time, and do so in a way that is fair for everyone. They are tools designed to ensure efficient, effective, democratic meetings.

More importantly, applying these rules will help us to reach decisions more fairly, particularly concerning bitterly-contested issues.

2. A new consultation process

Recently I have discussed with the chairs of the Technical & Instruction Committee, Master Hector Marano, and of the Tournament & Umpire Committee, Master Wim Bos, the necessity of introducing a consultation process. They fully agreed with me that the following procedures will be respected:

- Changes to the tournament rules will require a consultation process involving the referees and coaches;
- *Standardization of ITF techniques (interpretation and modification) will require a consultation process involving the members of the jury boards for the promotion of*



candidates to 7th degree and up.

After the consultation process is completed, the analysis of the results of the consultation will be presented to the ITF Board of Directors, along with recommendations for changes when appropriate.

This will ensure a transparent process and will give concerned ITF members the opportunity to be heard.

Conclusion

I believe that the above explanations will help you to understand why I am a fervent promoter of democratic practices for the ITF.

I hope that you will also realize that, although we have made significant progress, "Rome was not built in one day!" Your ITF team will continue to work to improve our operations and to develop the ITF as a truly democratic international martial arts organization.

The key factor that will help us

complete this noble mission is the support and participation of you, our ITF members.

In conclusion, I would like to quote the words spoken by President Abraham Lincoln on the battlefield of Gettysburg (Pennsylvania) on November 19th 1863, during the American Civil War, a war that was fought to promote democracy:

"It is rather for us to be here dedicated to the great task remaining before us, [...] that the nation shall [...] have a new birth of freedom, and that this government of the people, by the people, for the people, shall not perish from the earth".

Sincerely yours,

Master Trần Triêu Quân,
President

Quebec City (Canada) - May 17th 2005

I Reject Your Reality & Substitute My Own

A Response To The Article 'Tae kwon-Do's Science' in Issue 12

By Earl Weiss

While the article raises many sound points, as a critique of General Choi or his materials it pretty much falls flat in several respects.

First is the point that General Choi claimed that Taekwon-Do was based on scientific principles. Agreed. He certainly did not claim it to be smoke and mirrors. The texts never claim that it is superior to all other arts. (There are certain comparisons which I will later address vis a vis points raised in your article.)

To the contrary General Choi points out that just as no one country or person can claim to have invented the wheel or discovered fire, no one person or country can claim to have invented or discovered Martial art techniques.

Now perhaps the larger issue is as stated in the third paragraph.: *"...I never understood why people use these points to claim Taekwon-Do is better than other arts..."* - I think it unfair to blame authors of works for the misinterpretations of those who read them. This would be akin to blaming authors of religious texts for acts of fanatics who misinterpret the text.

The fourth paragraph states in part ; *" .. Explain to me the virtue of the first going forwards then backwards, then hitting the target...."*. (Page 15, 4th Paragraph). I find no reference to any such theory in the text. There is a mention of starting most motions by first moving in the opposite direction.

This is not unique to Taekwon-Do. Think of someone throwing a ball. The hand that throws the ball will move backward before it throws forward. Think of someone needing to jump upward. They will first flex their knees and move downward. I will leave it to those well versed in Kinesiology to explain why this is done.

I have seen people execute (for instance) a walking stance punch where they seem to rock forward and then rock backward as their punch moves forward. If this is what you refer to as having no virtue, then you are correct. However, the text does not dictate this and at an instructor course session held in Grandmaster Sereff's gym this vary question and motion was presented to General Choi by none other than Grandmaster Sereff himself. General Choi was asked if this was the motion he was seeking. The answer from General Choi was that it most definitely was not.

Through the years I noted a trend where if General Choi recommended something, people would seem to figure if a little was good, more was better and this lead to overly exaggerated motions. Hip twist was a noted example. I often saw General Choi correct these exaggerated motions. One also needs to keep in mind General Choi was teaching quite often past the age of 70 and 80. He would be assisted by people whose physicality was much better than his. So, just as we all will likely need to be cut some slack when we reach (hopefully) that age, we need to watch physical

demonstrations by General Choi caught on video with the same factors in mind.

So, the essential point is contained in the second paragraph in the second column on page 15. *"In fact all activities use scientific principle in exactly the same way."* True enough, but do they all do so optimally? One could say all high jumpers use principles the same way. I am old enough (unfortunately) to remember learning to do a high jump like everyone else. We all used the same principles. Then along comes a guy named Fosbury in 1968, and it wasn't long before everyone changed to his new method. Scientific principles did not change, but the methodology certainly did.

There seems to be a criticism of including the basic science and formulas in General Choi's texts insinuating they *"....don't add anything to what we already know from experience."* This is akin to stating that books on rocket science are bad if gravity is mentioned since we already know gravity exists. I always viewed inclusion of these principals as showing that what we were doing / teaching was not unique to Taekwon-Do as opposed to when I started and many Martial arts were still shrouded in the metaphysical. Having started at a time when the explanation of a technique was "Do this", or "Not like this; like this." I have been quite thankful for having explanations in the text which are easy to share with students. (Which is not to say I agree with all of them.)

Curious is the statement that *"TKD is not any more or less scientific than any other MA;"* (page 17) since many of us are aware of the level headed stepping motion of some karate styles versus the up and down motion characteristic of General Choi's style. Yet on page 20 the *"Natural" up-and-down motion in certain kinds of movement*—is addressed, so why is there no fault found in styles that extinguish the natural motion. How can both systems doing such different things be equally

scientific?

At the 6th line on page 18 it says; *"All that damned formula tells you is more mass for a given velocity, or more velocity for a given mass give you more energy..."* Really? In my not so humble opinion, I think the formula tells us that the increase in energy is much greater for an increase in velocity versus an increase in mass. As such, the emphasis should be on maximizing velocity versus maximizing mass. (With all the noted difficulties in increasing mass present as well.)

Curious again is a criticism with regard to having to consciously think about something that is natural. To that I can only say the authors must be blessed with stellar students. Breathing is one of the most natural things a human can do. Yet I often find students holding their breath when they shouldn't or not coordinating their breathing with their motions. So I can hardly fault someone for including what might be considered as "natural" in the text, particularly if it is so different from what may be found in other styles.

So, in a sense, my experience with General Choi's materials, the person and teaching over the last 36 years is diametrically opposed to what is contained in the article. I have found and teach that principles contained in General Choi's materials are not unique (although certain terminology might be). These principles are found everywhere. What is unique, (or at least what was unique for many years because other books may now include much of the same) was his assembly and presentment of these principles and their application to his system.

Sincerely,

Earl Weiss

The TAEGEUK CIPHER

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

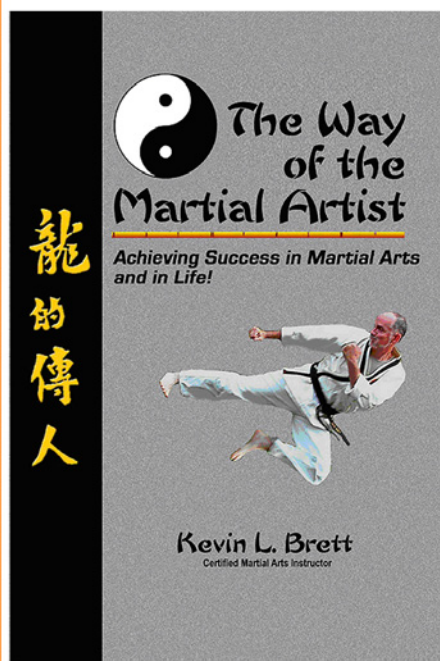
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Totally TKD Magazine

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.



Alex Gillis

**TKD Black Belt, Investigative journalist
& author of the book “The Killing Art; -
The Untold History of Tae Kwon”**



Pending requests from previous issues:

Chip Townsend, 5th degree, Master Philip Ameris, 7th degree, Master Dave Oliver, 8th degree & MORE WTF writers & reporters

MORE

Footwork Tips For Closing The Gap: *The Probe Step*

By Earl Weiss

The Probe Step – Here are some basic types:

Lead Probe, Split Probe, Cross Probe, and Switch Probe Steps

Please note: While the following article focuses on the foot motion, any such motion can and should be coupled with any number of hand techniques in order to divert your opponent's attention from the motion which is intended to close the gap.

These motions are intended to be very fast and dynamic. Something difficult to convey in a two dimensional medium. With a little experimentation and practice you will find these tips useful.

Lead Probe

When sparring fighters often bounce. The Lead Probe involves randomly moving your lead foot forward, lengthening your stance and closing the gap by about one foot length between the lead foot and the opponent. By randomly moving it forward during the bounce, your true intentions of closing the gap are disguised, particularly if this motion is intermingled with various types of steps so your opponent becomes accustomed to the motion and does not adjust for the smaller gap.

Note: Lines on the floor provide reference for starting and following positions.

The Lead Probe should immediately be followed by any number of techniques that would not have reached the opponent had the Lead Probe not shrunk the gap. It can be combined with any number of other methods used to close the gap as hereinafter set forth and as previously addressed in Issue 12 of Totally Tae Kwon Do, "Footwork tips for closing the gap."



Lead Probe Ready Position



Lead Probe Lead Foot Advancing



Starting Position



Technique Does Not Reach

Relative distance without the Lead Probe for rear leg Front Snap kick



George Paweleck has made the Probe



Kick now reaches Richard Mann

**Relative
distance
with
Lead
Probe**

Split Probe

The Split Probe is similar to the Lead Probe, but not only does the lead foot move forward, but (initially) the rear foot moves backward an equal distance. In this fashion the opponent who focuses on your torso will not note any difference in the gap because there is none...initially. Your centerline stays above the same spot on the floor. As with the Lead Probe the splitting of the legs is done randomly while bouncing. However at some point instead of a split with the rear foot moving rearward, that foot will land on the same spot it took off from and the lead foot will move forward. This is similar to the Lead Probe except the action results in more ground being covered.

Note how in both photos (right and across page), the centerline & shoulders have remained above the same spot



Split Probe Ready Position

on the floor, although the lead foot has moved slightly forward. This relative position of the shoulders and centerline disguises the advancement of the lead foot.



Split Probe performed. Note how the centerline stays above the black line on the floor.



Shown below is how the kick will not reach the opponent from the positioning of the lead foot as shown on previously.



Split Probe has been performed, but the rear foot has stayed in the same spot as shown in the Split Probe ready position photo shown at the beginning of this section.



Kick now reaches the target.

As with other footwork, this may be preceded, by hand techniques, as well as combined and followed with any number of other techniques and footwork.

The Cross Probe

The Cross Probe involves crossing the legs while maintaining the same facing. Your rear foot has moved to the lead foot position and visa versa. This is still done in a random fashion to disguise your true intentions.

By maintaining the same facing, there is no advancing motion of your center line, and the opponent does not perceive any reason to adjust the distance. What you have done is made your rear foot your lead foot and effectively shortened the gap by about a stance length without any advancement of your body.



The ready position prior to the Cross Probe



The kick does not reach, even with a slight forward motion of the right foot.



The Cross Probe is performed



The kick now reaches the target.

This is particularly well suited for kicking with the foot that was your lead foot and which had become the rear foot when crossed. It is usually easier to execute a kick if the leg that was in front is crossed in front of the other leg. However, depending on the kick to be executed this may vary.

Notice that the relative position of the centerline and shoulders above the line on the floor remains unchanged which helps disguise what the feet have done.

The Switch Probe

The Switch Probe is not so much a tool for closing the gap as it is for repositioning for a different angle. You may find yourself in the relative "Open Stance" (Both chests facing the same way – one fighter right leg back and the other left leg back) or "Closed Stance" (Chests facing opposite directions – Both fighters same leg back). Since the back is not a legal target depending on which kick / leg you wish to use, the Switch Probe becomes useful. This involves a simultaneous switch of the legs while turning 180°. When the Switch has accomplished its goal of resetting your relative position the attack needs to be launched immediately following the Switch with virtually no pause between the Switch and the attack.

For instance if you were in Open Stance and wished to do a lead leg side turning / roundhouse kick to the opponent's front, you would need to do the Switch Probe in order to have your lead foot at the proper angle. Similarly, if were in Closed Stance and you wanted to do a rear leg side turning / roundhouse to the opponent's front, you would need to do the Switch Probe in order to launch the rear foot from the proper position.

Where this gets interesting is when you watch your opponent's reaction to your random switch probes. If you are in a certain relative position and you Switch Probe, they may switch as well to thwart your tactic. This can be countered by doing a double switch followed by immediate launch of the attack.

The drill I use for this is to have the students bounce and I call out the commands such as;

"Switch... Switch... Switch/Go" (The ... means a pause between commands. And the / means no pause, and "Go:" signalling attack.)

Another example might be: *" Switch... Switch/*



The relative "Closed Stance" starting position of the fighters. This position is not suitable for a rear leg roundhouse / side turning kick to the body.



Here, the fighter on the right has performed the Switch Probe by jumping in the air making a half turn clockwise. The rear leg roundhouse / side turning kick to the body can now be executed successfully.

Switch/Go”

The student then transitions from your audible cues to visual cues based upon what the opponent does.

Readers and users of the above information assume all risk of injury to themselves and others. These techniques should only be practiced under the supervision of a qualified instructor. The foregoing reflects opinions of the author and is not endorsed or approved by any organization.

You may contact the author at EWeisstk@aol.com

Additional articles by the author may be found at: <http://sites.google.com/site/ntkdacad/>



The kick has now been successfully executed.



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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:

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 - We strive to improve knowledge of the condition
 - We champion the rights of people with Down's syndrome.

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How To Make Your Own Breaking Board Holder

By Al Walkinshaw

Right this is a quick and cheap "How To" for making a portable, fixed height breaking board holder for around £30-£40. Being on a limited budget and wanting a suitable piece of equipment for my students to use I set about this little project.

There were several factors that had to be considered including:

1. It had to be quick and easy to assemble and take apart for easy transportation in a car.
2. *It had to be strong and stable enough for the purpose.*
3. It had to have an adjustable board support allowing for single and multiple boards.
4. *It had to be CHEAP to make.*

I have tried to make this step by step guide, and parts list as simple, and cheap as possible, and all the photos are from me making this very thing in August 2009.

Parts list:

- 1 Sheet of 12mm thick Plywood 120cm x 60cm
- 1 Sheet of 6mm thick Plywood 120cm x 60cm
- 32ft of 3"x2" planed timber
- 4ft of 2"x1" rough sawn timber
- 2 x 1 metre lengths of M10 threaded rod
- 4 x 120mm long M10 Coach Bolts
- 12 x M10 Wing Nuts
- 12 x M10 Repair Washers
- 1 Box of 2" long wood screws
- 1 Box of 1" long wood screws
- Wood Glue

Tools:

- Wood Saw
- Hacksaw
- Hammer
- Wide Wood Chisel
- Power Drill
- 10mm Drill Bit
- 2 x G Clamps
- Philips Screwdriver
- Sandpaper & Electric Sander

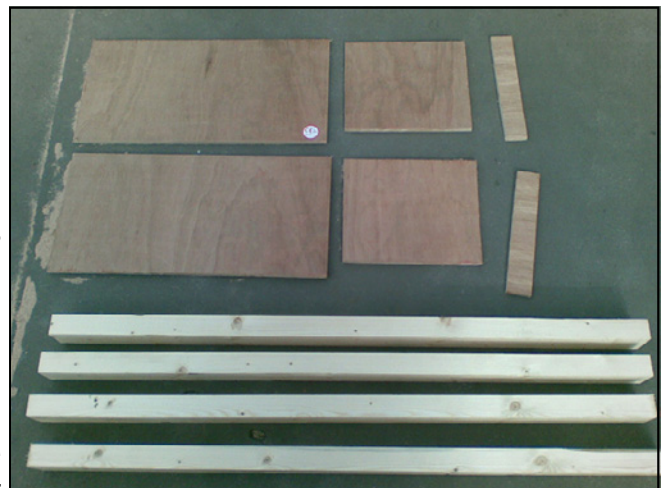
Stage 1: Making the Box & Legs

Step 1

Cut 2 pieces 30cm x 60cm, 2 pieces 28.8cm x 30cm, 2 pieces 28.8cm x 28.8cm, and 2 pieces 4cm x 30cm from the 12mm Plywood.

Step 2

Cut 4 legs from the 3x2" timber (I made mine 120cm (4ft) long and they worked out



Step 1 & 2

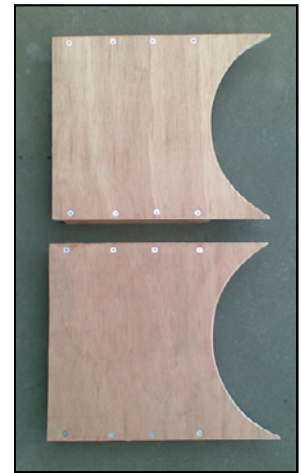
great for me)

Step 3

Take the 2 30x60cm and the 4x30cm pieces, and glue together as shown below, and hold in place with the clamps. Once the glue is set secure with screws.



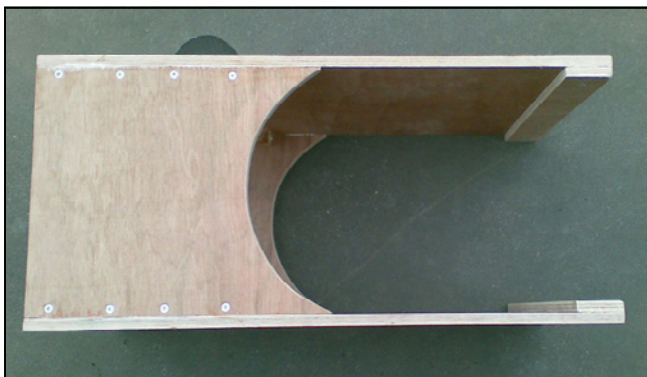
Step 3



Step 4

Step 4

Take the 28.8x30cm pieces and carefully cut an arc in one end on the 28.8cm edge of both pieces.



Step 5 & 6

Step 5

Cut 4 pieces of the 2x1" timber to length so that they are 24mm shorter than the distance from the straight edge to the centre of the arc cut previously and attach to the top and bottom edges of the pieces from step 4, 12mm from the straight edge, with screws and glue.

Step 6

Next attach the pieces assembled in step 5 to those made in step 3 so that the stepped parts are facing inwards.



Step 7

Step 7

Now fit the 28.8x28.8cm pieces to the front and back to complete the box as shown left.

Step 8

Cut 1 piece 15cm x 30cm, 2 pieces 30cm x 5cm, and 2 pieces 30cm x 2.5cm from the 6mm thick plywood.

Step 9

Draw a pencil line along the

bottom of the box 5 cm from each long edge.

Step 10

Glue one of the 2.5 cm pieces from step 8 to the inside of each line, so you have a 15 cm gap between them. The glue the 5 cm pieces on top of this to create a slot for your board support.

Step 11

Secure the above pieces with screws, being careful that no



Step 11

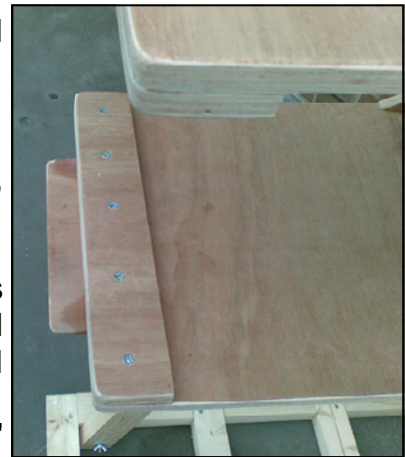
points stick out through the surface on the other side, and slide the 15x30cm piece into the slot created in step 10.

Step 12

Sand all the edges to remove any sharp corners or splinters, round the corners of the board support and "jaws"

You should now have a fairly sturdy box and 4 legs. At this stage the box can be tested on the floor by placing a board on it while it is facing upwards, and breaking with a downward kick etc...

The board support installed in the bottom should be a "loose" fit, and may require sanding and a little white grease to free it up. It is also long enough to hold 8-9 boards depending on thickness and weight!!!



Step 12

Stage 2: Making the Base

Step 1

Cut 2 pieces 120cm long from the 3x2" timber.

Step 2

Lay the Box you made on its side and place 2 of the legs on top of it one on top of the other, and measure carefully the total width of the box and legs.

Step 3

Cut 4 pieces of the 3x2" timber to the length of the measurement in step 2 PLUS the width of your timber.

Step 4

Mark a line the exact width of your timber away from each end of the pieces you cut in step 1, and carefully cut with the saw half way through the timber on the lines.

Step 5

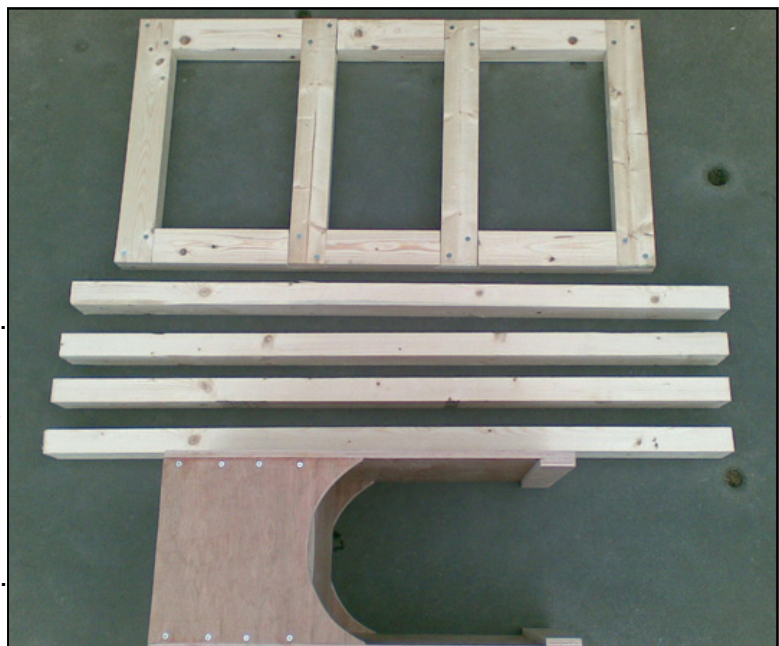
Repeat step 4 for the shorter lengths you made in step 3.

Step 6

Using the hammer and chisel carefully remove the end pieces from each length of timber in steps 4 and 5 to leave a step in each end.

Step 7

Measure 40cm from each end of the longer pieces and make a mark. Lay one end of a short piece centrally on this mark and draw 2 lines to mark the width of this piece. Repeat until all four have been



marked out.

Step 8

Repeat the processes from step 4 and 6 to remove a recess for each of the pieces marked.

Step 9

Join all the pieces together with screws to create a frame as shown in the previous picture.

Nearly there now!!! You should have a box, 4 legs and a base ready to put together. This is the hardest part to get right!!!

Stage 3: Assembling the Board Holder

Step 1

First lay the base frame on the floor preferably flat and level!!! Take 2 legs and stand them inside, one at each end so that they meet at the top in the middle. Mark a line across the leg where it meets the base.

Step 2

Cut the bottom of the leg off parallel to the line you drew in step one, cutting from the corner so that you end up with an angled end. repeat for the other 3 legs.

Step 3

Place all the legs in position and drill a hole through the base and leg. Secure using the Coach Bolts and wing nuts as shown. (I numbered each one so they always go in the same place and will always fit)



Step 4

Mark a point on the box exactly in the centre between the arc cut out and the rear edge.

Step 5

An assistant is recommended for this part. Line up the mark made in step 4 with the point where the 2 legs meet and hold in position. It will be easier if the whole assembly is laid on its side.

Step 6

Drill a 10mm hole through each leg and the box, 3cm from the top. Repeat this for each leg making sure that the box is kept parallel with the base at all times.

Step 7

Cut one of the M10 threaded rods in half and one through each set of holes all the way through the legs and box. Secure in place with repair washer and wing nut on each end.

Step 8

Repeat step 6 & 7 further down the leg approx. 3cm from the bottom of the box. Make sure that the holes are drilled in each leg in EXACTLY the same place or the threaded bar will be difficult to get through.

You now should have a fully assembled and ready for use Breaking Board Holder.



All that is left is to cut the excess ends off the threaded rods removing any sharp edges, and maybe add an elastic strap (bungee cord) to hold the boards.

For BIG breaks of multiple boards it is best to have one or two people stand on the base to stop it moving, but if you are just doing single board breaks it should be fine freestanding or butted against a wall again to stop it moving back.

This is the first generation of this holder and I am already working on a "drop away arm" release mechanism for the first modification to it as well as making a "brick" holder on the other side of the box.

Al. Walkinshaw - Blue Dragon Taekwon-Do, Imperial Taekwon-Do Association - www.bdtkd.co.uk

HONEST JOHNS PRODUCT REVIEWS

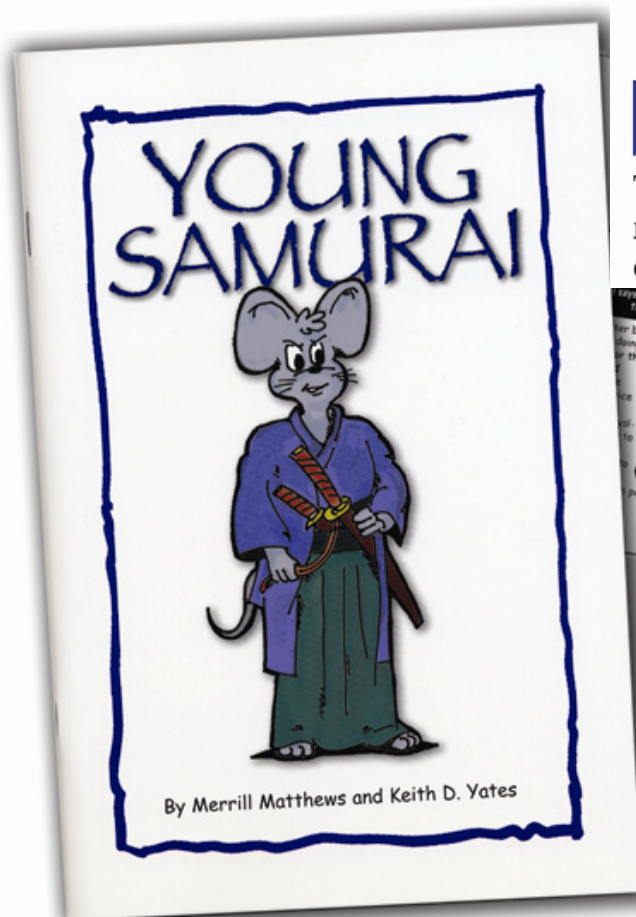
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Each month Glenn Smits will be able to answer selected questions on health, well being, physical training and advise on the treatment of Tae Kwon Do sustained injuries.



Please send your questions to Glenn via TKDClinic@totallytkd.com
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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If you'd like to submit something to Totally Tae kwon Do magazine, please send your submission to: editor@totallytkd.com

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 & emails</i>
<i>Self Defence articles</i>	<i>Profiles of your school or teacher</i>

Issue Deadlines are the 20th of each month

Submission Guidelines

1. All articles must be submitted in word, RTF or plain text format only with minimal formatting
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
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taekwondoitf.it - *Web Site of Taekwondo ITF Calabria*

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

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

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

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

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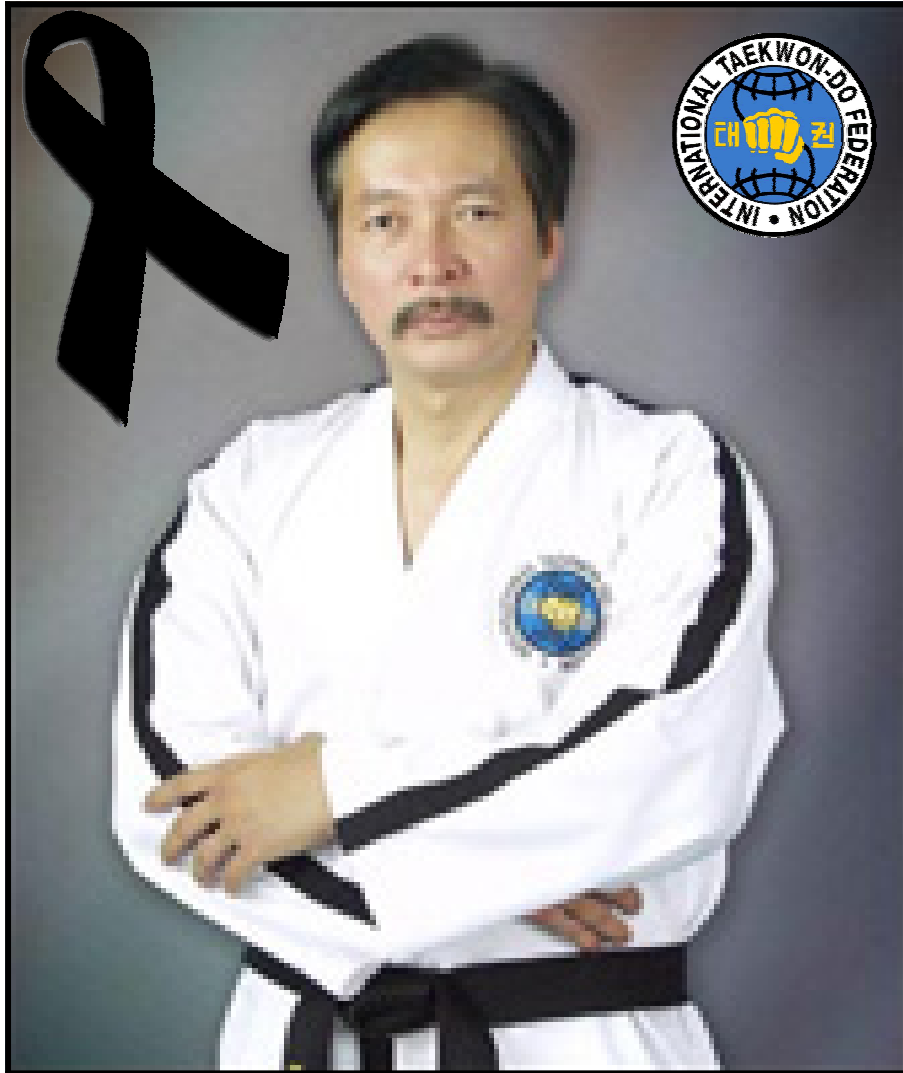
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Issue 14: 1st April, 2010

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