

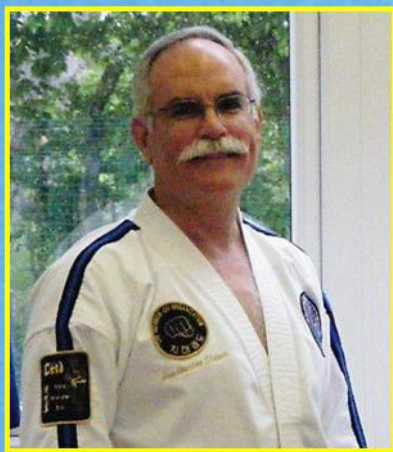
TOTALLY TAE KWON DO

Issue 14

www.totallytkd.com

April 2010

The Free Global Tae Kwon Do Magazine



**Grandmaster
Mel Steiner
Interview**



**Dr. Choue and
GM Nam, Tae Hi**

Plus

Flexibility Training

Overcoming Pre-fight Nerves

NPL and the Martial Arts

The Dodge

Why I Miss Mr. Miyagi

What Is The Taekwon-do Way of Life?

Special Report from South Korea

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 14 - April 2010

What an issue we have for you this month! They say the mind is a terrible thing to waste, well now you can utilize it more thanks to some great articles by Roy Bertrand and Jon Mackey.



Still struggling with your flexibility, well then follow Jason Ainley's stretching routines and you'll (maybe) become Mr Elastic in no time at all. Don't like getting kicked in the head all the time, well Master Earl Weiss shows you how to avoid it!

Grandmaster Tran is sadly no longer with us, but remains in our hearts and minds and continues to educate the masses on the 'Do' of Taekwon-Do.

Better late than never we see the final part of John Kedrowski's enjoyable articles on Taekwon-do's cousin Tang Soo Do - if you liked them don't forget to get his book too!

There's loads of great stuff coming up as you can see from the adverts this month - Our own Michael Munyon is teaching a free *Women's self Defense Workshop* (page 20) at Offutt Airforce Base (USA) at the beginning of April and 'The Gathering of Masters' seminar (page 15) looks brilliant - 12 Masters over a full weekend at a bargain price, taking place in sunny Florida in April. Then in May we have the *All-Ireland Tae Kwon Do Championships*, an ITF & WTF event, so why not enter if you can get to Ireland at the end of May and in July is the *All-Star Specially Challenged Martial Arts Championships* (page 50), which I hope you can support if your close to Texas! Of course we hope have full reports on all of them and hope some of our readers will be in the photographs!

Anyway, enough rambling,
enjoy the magazine,.

All the best,

Stuart Anslow
Editor

사범스튜
아트앤슬
로창현류
태권도

Issue 14 Contents

<i>Totally TKD News: Special Report From Seoul, Korea</i>	<i>Page 5</i>
<i>Authors Enquiry</i>	<i>Page 8</i>
<i>Grandmaster Mel Steiner Interview</i>	<i>Page 9</i>
<i>Mental Preparation: Overcoming Pre-fight Nerves</i>	<i>Page 17</i>
<i>The Taekwon-Do Way Of Life: What Is It?</i>	<i>Page 21</i>
<i>Flexibility Training</i>	<i>Page 30</i>
<i>Book Review: Effective Taekwon-Do Sparring</i>	<i>Page 35</i>
<i>Totally TKD Q & A</i>	<i>Page 38</i>
<i>Why Does Juche Head In The Wrong Direction?</i>	<i>Page 40</i>
<i>ITF & WTF: Two Sides Of the Same Coin</i>	<i>Page 41</i>
<i>NPL And The Martial Arts</i>	<i>Page 45</i>
<i>The Lost Art Of Tang Soo Do - Part 3: A New Dimension</i>	<i>Page 51</i>
<i>Martial Arts Training Using The College Concept</i>	<i>Page 55</i>
<i>Why I Miss Mr Miyagi</i>	<i>Page 57</i>
<i>Totally TKD Magazine Wants You!</i>	<i>Page 59</i>
<i>The TKD Clinic</i>	<i>Page 60</i>
<i>The Dodge</i>	<i>Page 61</i>
<i>2010 South East Opens Report</i>	<i>Page 65</i>
<i>Submission Guidelines</i>	<i>Page 68</i>
<i>Where To Download Totally Tae Kwon Do</i>	<i>Page 69</i>

Contributors: Grandmaster Mel Steiner, Jason Ainley, Jon Mackey, Grandmaster Trần Triêu Quân, Roy Bertrand, Michael Munyon, Robert Barnes, Master Earl Weiss, Isaiah Cooper, Master Doug Cook, Brian Crawley, George Vitale, John Kedrowski, Robert Mitchell, Philip Hawkins and Stuart Anslow

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

Special Report From Seoul, Korea

By George Vitale

This past month of March marked the 44th anniversary of the foundation of the International Taekwon-Do Federation (ITF). What better way to celebrate this event than to be in Seoul, the capital of the Republic of (south) Korea.

This is the city where the ITF was formed on March 22, 1966. Forty four years to the day, several original Pioneer Grandmasters were invited to Seoul by the World Taekwondo Federation (WTF), a 37 year rival of the ITF. The purpose of the invitation was to thank, honor and credit these Taekwon-Do Pioneers, who were the founding members of the ITF, for their hard work and dedication in spreading Taekwon-Do to the world before the WTF was even formed.*

The invitation was extended to Col. Nam Tae Hi, co-founder of the Oh Do Kwan, the military gym where Taekwon-Do was originally developed and Gen. Choi Hong Hi's "right hand man" through Taekwon-Do's first period of development. Invited as well were Grandmasters Cho Sang Min (Pioneer-Brazil), Kong Yong Il (1973 World Tour Team Member) and Kong Yong Bo (1st ITF Overall World Champion 1974). Also invited were

Grandmasters Kim Jong Chan (Pioneer-Singapore, Malaysia & Coordinator of the ITF Formation Committee), Choi Chang Keun (Pioneer-Malaysia & 1973 World Tour Team Member), Park Jong Soo (Pioneer-Germany, Holland, Canada, 1965 & 73 World Team Tour Member), Rhee Ki

Ha (Pioneer-United Kingdom & Ireland, 1973 World Tour Team Member), Lee Yoo Sun (Pioneer-Hong Kong, Holland, France) and Yang Woo Sup (Pioneer-Australia). These were all soldiers or students under the leadership of General Choi, the man that named the Korean Martial Art of Self Defense Taekwon-Do that he was developing along with his military team.



Dr. Choue WTF President presents the award honoring Col. Nam, one of the key founders of original TKD and the ITF

Grandmaster Rhee is the current Senior Vice President of the ITF and their Promotion Committee Chairman. He could not attend due to a scheduling conflict with the ITF European Championships.

Grandmaster Park, the Chairman of the ITF Commendation Committee as well as a Vice President also had to decline the invitation as he is preparing for the Gen. Choi Memorial Cup he is hosting in just 2 weeks. Grandmasters Kim, Choi, Yang and Lee were also unable to attend at this time. All six of these Grandmasters were planning to attend when talks commenced, but could not finalize details or juggle their respective schedules. Ironically Grandmaster JC Kim and CK Choi were members of the ITF Merger Committee that successfully negotiated an agreement back in the early 1980s that was signed by the WTF but sadly never implemented.

The event took place at a press conference called at the headquarters of the WTF on March 22, 2010, which coincided with the date of the 44th Anniversary of the ITF. Plaques and gifts were presented to these Pioneer Taekwon-Do Grandmasters for

their “dedicated service, outstanding contribution, and lifelong endeavors to the promotion and development of Taekwondo”. The plaques were presented to the Pioneers by Dr. Choue Chung Won, the President of the WTF. Dr. Choue took over at the helm of the WTF as a result of scandals that rocked the WTF, the Kukkiwon and Taekwondo in Korea. Under his leadership the WTF has now spread to 190 Member Nations around the world. Dr. Choue, while not a Taekwondo man, is an academic with a record of integrity. It was personally refreshing to hear his words, which in my view are a great first step in the outreach to the original style of Taekwon-Do. This Taekwon-Do is often referred to as Chang Hon, after the founder Gen. Choi’s pen name or ITF Taekwon-Do after world’s first world Taekwon-Do governing body, that has oversees the Korean Martial Art of Self Defense. Excerpts of his speech are as follows: “As



Col. Nam & GM Lee Chong Woo, who we on opposite sides of the Art naming vote in 1961, (with Col. Nam wanting TKD & GM Lee wanting Tae Soo Do) reunite in Seoul as a result of the work LUV Films is doing

pioneers of taekwondo, you laid the foundation of the spirit and philosophy that has evolved into a universal sport enjoyed by over seventy million practitioners globally.

Your efforts have expanded the taekwondo family in ways that couldn't have been imagined in the past. Your passion now lives in all of us, connecting us once again as one taekwondo family.

While we are unable to have all of the pioneers with us, this is a great day as we gather together to not only to honor your legacies, but also the others that have gone before us.

Our sport and our culture have long traditions. While we look to a new vision for the future, it is important to recognize where we have been. The past can offer guiding lessons as we pave the way for our sport to reach beyond borders of any kind.

And as a family, your dedication is a part of all of our history”.

The festivities were captured by LUV Films (www.LUVfilms.com), a company established in 2004 that has been hard at work in documenting the history of Tae Kwon Do. I have been involved with this effort since 2006. This event was prompted in part by an interview of Dr. Choue conducted by LUV Films back in 2007. To view a video of parts of this interview go to: <http://www.akillingart.com/blog/34-blog/62-wtf-olympic-taekwondo-says-it-will-recognize-itf-pioneers-who-created-the-martial-art>. The internal politics of the Korean Martial Art organizations have been in place since the onset. Like all organizations, Tae Kwon Do has its share of these internal politics. Additionally Tae Kwon Do was both blessed and cursed by Korea's national and geo-politics in a way that no other Martial Art has.



**George Vitale with Dr. Dai-Soon Lee, VP-WTF, Chair TKD Promotion Foundation
and Mr. Hoss Rafaty Event Coordinator**

This historic event was a good move in the right direction. These invited Grandmasters were just a representative sample of a list containing some 80 plus names, including Gen. Choi that was submitted to the WTF during these events. While we may never completely eradicate internal politics from the picture, hopefully some of the curses that have plagued Tae Kwon Do from early on can finally be put to rest. All Tae Kwon Do practitioners around the world should follow the examples of these Tae Kwon Do leaders displayed by the spirit of this event, as well as refrain from participating in any further negative ways that are just not the Martial Art Way.

Dr. Choue and his administration were not in office during the years that Tae Kwon Do suffered as a result of the political interference and mudslinging that occurred during a series of military dictators. Hopefully he will continue to reach out with his extended hand and that hand will be embraced by more in the future. Only time will tell.

It is hoped that each one of us can do their best to build friendships and unity through

Tae Kwon Do. LUV Films is trying to do this with their first film, TONG-IL the movie. The website has been launched at: <http://www.TONG-ILmovie.com>. I was both excited and proud to be a guest of the WTF, along with these Pioneers, while trying to do my small part. Please remember to check future issues of TotallyTKD.com for more information. As always I can be reached at: TKD.Research@yahoo.com. Won't you try to do your part?

** **Note:** The WTF was formed 7 years after the ITF in May of 1973. This was 1 year after Gen. Choi exiled himself to Canada to escape political oppression by the increasing brutality of the military dictatorship in power at that time in south Korea. Members of the ITF voted to move their international headquarters to Toronto Canada. The year 1972 was the height of the oppression of the dictator who came to power in a military coup 11 years earlier on May 16, 1961. He only fell out of power when he was shot and killed on October 26, 1979 by his own KCIA man.*

Authors Enquiry

I am preparing a book on the technical applications of an older Koryo poomse than the present WTF of the same name. if you have practiced this form please contact me. I am interested in matters such as;

- Where you learned it.
- Any historical information that was given you as to its derivation or creation.
- Any explanations as to the meaning (application) of any of the moves, other than the standard "kick, punch, block"
- Of course, whatever additional information you believe to be relevant

I am linking two you tube videos of two variants of this form for individuals who may have a different name for it:

1. <http://www.youtube.com/watch?v=VeHbbbeXcbA>
2. http://www.youtube.com/watch?v=ek-2vo_wh4E&NR=1

I can be reached at Richard@returningwavesystems.com.

I would be happy to telephone if you would note such a desire, and a convenient time.
Richard Conceicao

An Interview With **Grandmaster Mel Steiner**

By Brian Crawley

***40 Years in Taekwon-Do
and still going strong***



40 years in Taekwondo Do, what are your strongest memories from that time?

There have been many great memories throughout the 40 year journey, like meeting many founders of different arts, Ed Parker-Chinese Kenpo, Peter Urban-USA Goju, Nho Dong-Cuong Nhu; style inheritors of White Eyebrow, Dragon, Choy Li Fut, 7 Star Mantis and so many others. In 1984 I had the unforgettable memory of travelling to China to be the first to demonstrate TKD at the Honan Shaolin Temple; great memories of travelling all over the place teaching and meeting so many great and enthusiastic people.

What do you think are the most important progressions that Taekwondo Do has made since its inception?

Ch'ang Hon evolved from a very karateish stiff beginning style, to a more unique flowing style through the implementation of the sine wave. I believe the sine wave to be the stylistic motion that separates us from all other arts and especially from our Japanese Shotokan/Okinawan Shorin-Shorei roots. Our system progressed more when the encyclopedia became more readily available to the students which in later editions dedicated many pages to just sine wave alone. I never saw a condensed encyclopedia or anything as relating to our art till perhaps late 70s to early 80s and by

sheer happenstance. My then instructor who was no longer in the ITF, had left his book open on his desk, one day before class. Curiously I glanced through it and was amazed, one, that there was a book, two, how much there was to learn and three, how wrongly my instructor was teaching us. I think one needs to clarify when one considers inception as Taekwondo was not "officially" so named until 1955 and was Chong Do Kwan/Shotokan before that and even after its naming. Despite the naming, the components of Ch'ang Hon came directly from Japanese Shotokan/Chong Do Kwan and lasted even through the early beginnings. Ch'ang Hon required students to learn 9 Shotokan Katas as described in our first encyclopedia of 1965. So, my personal opinion is that until those were removed and sine wave was then added, is probably what I would consider the beginning or "inception". I also saw the birth of the World Taekwondo Federation (WTF) in 1973, and a system which I briefly trained in as well

You attended 15 IIC's and taught 2 yourself, can you share some insights you gained from these, any amusing tales also.

I was fortunate to have experienced firsthand, a personal closeness to Gen Choi and so had quite a lot of private times with him over a 15 year period. I'm sure he must have been frustrated at times at the

amount of time he had to spend mostly on fundamentals at these courses; having to then explain basics to upper ranked black belts who should have known better. I know I sometimes get impatient with black belts who have no understanding of basic stances, for instance, and much less from a 4th Dan or above. To this day there are many high ranks out there that have no clue of the fundamentals, much less advanced techniques, this despite all the books and videos available to guide all students on proper fundamental techniques.

What is your opinion on there now being 3 ITF's?

We were once, more or less one, big family. Most everyone knew everyone and quality and ranking was somewhat controlled. To now have 3 groups, (plus all the independents) not talking to each other, nor participating in any of each other's events, is sad. There used to be one ITF World Championship, one Junior

Championship and now there are three, which creates not only less participation but in my opinion, diminishes the value of those championships. The split is not atypical as Shotokan, Goju, Chinese Kenpo and many other systems have split at the death of their founders, with similar consequences. Ch'ang Hon actually began to split way before Gen Choi passed away as most ITF seniors left and many created their own separate organizations. My original TKD instructors did not belong to the "original" ITF at the time I was with them, nor did they even mention Gen Choi. Students were only aware of their schools instructors and not only oblivious but could care less about the ITF as are the independent groups today.

You have an intimate technical knowledge of Gen Choi's Encyclopedia. Do you wish people studied them more closely? From what I have experienced a lot of



10 - Totally Tae Kwon Do



groups either don't or cannot interpret them correctly.

I'm always surprised that more students do not take advantage of all that is available to them as to the encyclopedia, CDs, DVDs etc.... Ch'ang Hon is the only art with a 15 volume encyclopedia containing over 30,000 photographs and which explains most of the art. All one needs to do is read, look at the pictures, do some thinking and then get on the floor to apply what has been spoon fed; not that difficult. Most explanations in the books are clear, if not, there are many out there in cyber space, who can clarify any doubts or grey areas. Why more students do not take the easy route and study the book is a mystery to me. It seems easier for instructors to follow old wrong ways from habit, than to study and correct things properly.

What is the legacy the General has left us? A wonderful art or a divisive political mess?

Most of the components of the art already existed as Shotokan, which is a battle tested art, even before Gen Choi came along to borrow from it. The politics too

existed even before Gen Choi came along to which even he contributed, so both elements have been left to us all by him.

Do you have any stories of the General you could share with us?

Gen Choi loved to cook typical Korean dishes, many were very spicy and I was fortunate to have been invited to many meals he personally cooked. While he was not teaching, he was in the process of writing his memoirs prior to them being published and would scribble notes as he recalled dates or activities sometimes on the backs of envelopes or any paper he would have handy to later re copy them on regular paper.

You have conditioned your hands in an unusual way; can you explain this to us?

For years I had read in magazines of the 60s and 70s about external and internal body conditioning. The internal known as Dim Mak or touch of death, and the external conditioning labeled as Iron Hand, or Iron Palm, Sand Hand, Copper Hand, Golden Bell etc...Most countries, who

originated the martial arts, had some form of conditioning any part of the body they wished to harden. I was fortunate to have been accepted to train in Chinese iron palm as taught to me by Grandmaster Chan Poi which I believe to have come from Black Tiger or the Fujo Pai system. Historically, by way from the middle east through China, Okinawa, Japan, and Korea, some form of conditioning was passed on which also included some kind of bruise liniment to accelerate healing or prevent long term disfigurement, yet not all conditioning that was passed on included liniments. With the proper liniments, calluses generally do not form yet the conditioning part becomes internally strong.

Have you practiced other styles such as Kung Fu, Goju Ryu Karate?

At the beginning of my Martial Arts journey and not sure which art was best suited for me, I enrolled in Chinese Kenpo, Shotokan, Cuong Nhu, Nisei Goju and took seminars in Northern Style praying mantis to finally settle and major in Ch'ang Hon Taekwondo Do. Much of what I pass on to my students is a mix of these arts.

You have made a study of the practical applications of techniques and their history; can you expand on this for us?

I have spent many years researching our pattern movement applications, in particular. My researched showed that

most original Martial Arts included sweeping, throwing, joint attacks, releases, pressure points, and ground work, as well as striking/percussion. Having been bothered that our system mostly only applied percussion to the movements, I went back and began to re study how to include what not included and to put back, without changing our standard movements, the sweeping, throwing, pressure points etc.... into our fundamental pattern



movements. The MMA today is not far off as to how most arts used to be. Some arts, like Pankration the oldest written art, to this day still continues a revived legacy through the efforts of Jim Arvanitis and which was included in the first Olympiads. The deadly tactics had to be removed as many of the first Olympiad competitors lost through death, sportsmanship rules had to then be implemented to protect the competitors. In 1905 when the Martial Arts were introduced to Okinwan school children, the story goes, the eye gauging, joint breaking etc...techniques were "disguised" and built

upon. It is my belief that our pattern movements have "disguised" applications, other than single/double blocking, as we have been taught.

You have affiliated clubs in Venezuela that you started up, and travel there regularly. How are they progressing, what are the people like there?

I am fortunate to have world class students



Reverse mid air back kick through 9 concrete roof tiles

in Venezuela whom established schools in several parts of the country beginning around 1983 or 84. They are very dedicated, hard working, kind, and respectful Ch'ang Hon practitioners. They have worked hard and long enough to reach 6th Dan and soon will qualify for 7th Dan Master level under the soon to be Master Francis Lue.

Your own club and Association Chi Taekwondo Do are based in Miami in your own full time facility. How long has it been running and what is the schedule? Do people train regularly? I believe you have a special breaking class once a month?

I began teaching part time in 1974 and full time beginning in 1981. Classes at my school and Master Fruitstone's school, whose school will be 5 years old, are held four days per week and roll is taken. All students are required to come to at least three of those days to qualify for their next

rank, otherwise they wait. We also require community service, teaching hours and thesis's, as well as written exams, for all students. I have found it helpful, as well as enjoyable, for the students to practice concrete and lumber breaking once a month, thus allowing the student to practice their breaking requirements and to prepare for testing time.

Some of your students have been with you from white belt to 7th Degree, how does that make you feel?

After all those years, they are family to me and we share not only in TKD but in personal issues as well. I am fortunate that they chose me to be part of their lives.

Your club is a pretty tough school, hard contact in sparring, children practicing destruction, what is the philosophy behind this?

I look at it similarly as, what is the point of learning how to swim on land without then

getting in the water and swimming. Not to say that we should go around looking for fights mind you but sometimes it finds us and without proper preparation, the likelihood of the student coming out ahead, are slim. I feel it our duty to pass on usable, practical knowledge to all students for hopefully, the unlikely possibility of being assaulted so our training includes those elements most useful for such a situation. Over the years I have had students assaulted by as many as seven, never a loss so far. We have also had our share of challenges by visitors to the school, and never a loss so far. Shame on us as instructors if we do not prepare our students for such possible events.

You are 60 and still train in all the aspects of the art, how do you keep such a regime going?

Well, I have to admit to having discouraging times and not feeling like training, just like everyone else, but try not to let those feelings overcome me for long by dressing out and getting back out on the floor and pushing myself forwards and onwards.

What drives you to keep teaching seminars in places as far afield as Venezuela and the UK?

Actually, my schedule has been pretty slow as of late considering I travelled for fifteen years the Caribbean, USA, Canada, and Europe as ITF examiner and seminar

instructor. I love to teach and pass on the knowledge I have gained through my own personal study and experience, and enjoy coming back to see how that knowledge has been applied and appreciated.

What would you like to see for Taekwondo Do in the future?

Well, I believe unification will be unlikely between the 3 ITFs and who knows as to the melding of WTF and ITF so I would like to see all Ch'ang Hon practitioners, regardless of affiliation, to be better prepared and concentrate to be more knowledgeable of their own art in order for it to survive as written, into the future.

What would you like to see for yourself, your students and your own club/association for the future?

I plan to continue teaching, training and researching, all the while passing it on to my students.

I would like to thank Mr. Brian Crawley, Ch'ang Hon 6th Dan from UK, for sending me these very insightful questions. I appreciate him for his loyalty, and dedication to the art of Ch'ang Hon and for taking great care of my students and me, when we come to visit.

GM Mel Steiner, 9th Dan
Chi Taekwondo, Miami, Florida



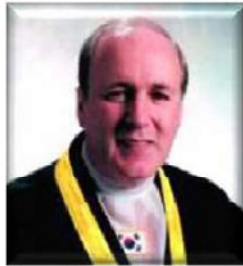
Grandmaster Lang, Mr. Ansen Steiner with Grandmaster Steiner

2010 Gathering Of Masters

April 16-18, 2010 in Crestview, FL, USA



Grand Master Hwang
(K-9-1) Connecticut, USA



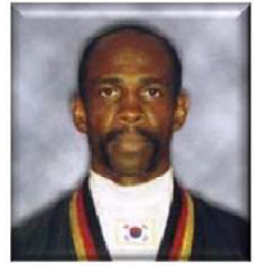
Grand Master Timmerman
Sault Ste. Canada



Grand Master McMurray
Texas, USA



Grand Master Booth
Liverpool, Australia



Grand Master Simms
Georgia, USA

The most exciting event in the Southeast USA for 2010!

Finally! The event of the Southeast USA is here! Held on April 16-18, 2010, the Fourth Annual Korean Martial Art Festival is a true international event with instructors coming from USA, Canada, and Australia. Topics covered will be Taekwon-Do, Hapkido, TangSooDo, KukSool, strikes, joint locks, throws, sticks, knife, gun, etc.

Open to all ranks and styles.

This event is held in Sunny Florida with an average high temperature of 79F/26C degrees. Being only 30 miles inland from World Famous Destin Beaches, this is a vacation spot that you can bring the whole family too.

\$150 for an exhilarating weekend packed full of grandmasters and masters from around the world.



Master Trudeau
Tennessee, USA



Master Janisse
Oregon, USA



Master Kincade
Mississippi, USA



Master Gordon
Florida, USA



Master DuFour
Florida, USA



Master Bledsoe
Florida, USA



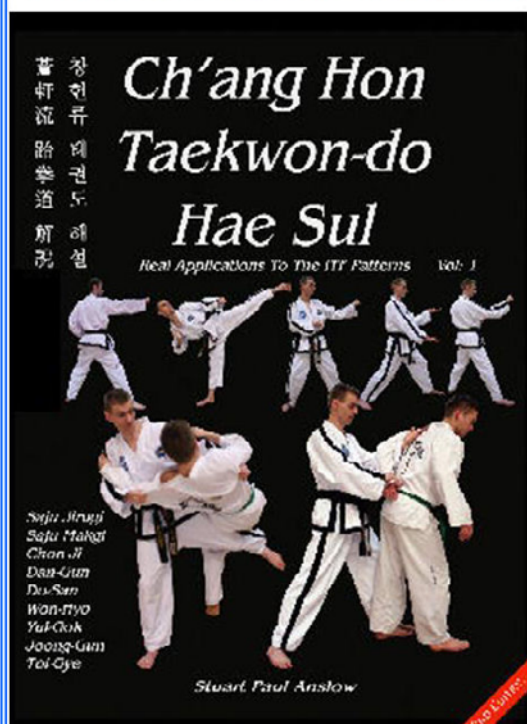
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More information & registration at:

www.SouthEastMA.com

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

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



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

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

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

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

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



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

- John Dowding, 3rd degree, ITF

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Mental Preparation:

Overcoming Pre-fight Nerves

By Jon Mackey



Competitors involved in combat athletics go through a myriad of emotions in the build up to a fight or a tournament. From the moment they've been told that they are on the bill, or that they've made the national team the competitor is set for a rollercoaster ride of emotions, starting with pure excitement, an over whelming rush or buzz right through to pre-fight nerves, sometimes to a degree of physical sickness. It is an understanding of and the ability to deal with these emotions that separate the competitors from the hobbyist.

As someone who has been competing in my own field for many a long year I have spent some time in researching for myself how to use pre fight nerves to my

advantage. For so long I have always prepared for tournaments with only physical training, developing the skill level and increasing stamina. Fighting fit I could look awesome on the pads and in training drills, but for some reason there was a point in my competing life where all of that training and looking good on the pads didn't replicate itself in the ring or on the mat. I was curious, there was something missing. It didn't bother me too much as a young lad competing as there wasn't much at stake, but in later life when I got the chance to compete internationally, tournaments became more important and getting the right results meant everything. I went in search of the competitor's holy grail - understanding combat mindset. Here I'd

like to share some tips I came across and some great advice I received from people who are to the fore of mental conditioning in my country.

Pre-fight Nerves

If you've stepped into a ring, whether it be roped or not, you have felt these. Butterflies a plenty, in some cases actual sickness, sweaty hands, jittery legs are the simple physical outplaying of a mental condition, I wouldn't call it fear, if it was fear most of us wouldn't even show up, anxiousness would be a better term.

All the doubts come to mind, all the 'what ifs' start to materialise in the mind, adding to the already perplexed state you might be in. You start to ask yourself 'why the hell did I agree to this?' – I'm sure you can relate to this!

If you have suffered from these emotions resulting in doubt, which inevitably will result in bad performance, don't worry there are ways to overcome it.

The Training Pyramid

There are four vital components of a properly constructed training programme for any competitor. Three of these components are obvious, and most competitors will work on these three as a matter of course;

1. Physical fitness
2. Tactics
3. Skill

The most important aspect of the training pyramid is often disregarded by the training competitor, and that is mind set or mental preparation.

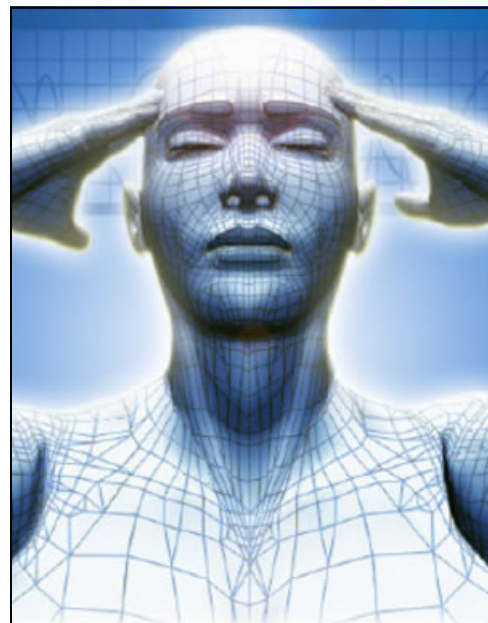
Mental preparation should act as the bedrock to the rest of your fight training. Without it, tactics, skill and physical fitness can fall apart in the blink of an eye when you step into the ring. The competitor who disregards mental preparation and suffers defeat can often take the defeat very badly. This can result in the competitor over analysing and in some cases they can beat

themselves up over their result while allowing the defeat to start a snowball effect which will effect their overall confidence leading to further defeat and then a cycle of self doubt.

Beginning Your Preparations

Any coach worth their salt will understand the importance of mental preparation and will factor it into their competitors training schedule. Simple tactics like creating an atmosphere of success or positive encouragement can go a long way to helping a competitor along the path to the ring.

There are other methods of prepping however that can aid such a training plan.



Visualisations

Visualisations have been long regarded as a valuable ingredient to mental preparation. Visualise how you will deal with certain situations, when they occur you will then be armed with ideas on how to deal with them. These are 'closed skills' performed in isolation.

Visualising yourself winning the fight or the tournament helps you train your subconscious mind to adapt to winning ways. Visualise yourself on the podium or wrapping the title belt around your waist, understand that feeling, that euphoria which surrounds such a moment.

Affirmations and Self Talk

It is good to have affirmations that deflect pressure, Mohammad Ali said "I am the greatest" he said this because he believed it, there wasn't an ounce of self doubt in this remarkable man when it came to his boxing. Repeating affirmations for the sake of it won't work. You have to believe. Your coach should play a big role in this, helping to create the positive unrelenting winner that you have the potential to be.

Control Negative Thoughts

Control unwanted thoughts and manage emotions. Maintain composure and refocus to task. Positive mental attitudes always improves consistency. Challenge any self doubt head on, you are in control.

Bad Days

You're allowed have a bad day at the office, it happens, don't let it get in the way. Acknowledge it and move on. It might be a case of having sparred badly, or not feeling as fit as you should be. Bad days happen, it's the nature of things. Preparing properly will mean you have to disregard bad days and turn any negativity into positivity.

The Last Few Hours

The last few hours in a run up to a fight are the most important. How you deal with this remaining time may be the deciding factor in whether you win or lose. Many competitors have different ways of dealing with this period of anxiousness. Some like to meditate and visualise, others have their

own superstitious ways, most like to be left alone to gather their thoughts, no competitor likes to have people around them in the run up to the fight unless it is their coach and immediate training staff. Coupled with the correct framing of the mind, a solid and proper physical warm up must accompany the mental prep from here on in. If you have prepared yourself mentally you will now be able to access that adrenal rush and put it to good use. Concentrate on that positive outcome and how it feels to have just competed, whether you win or lose, when you step onto that canvass or matted area you are a warrior, without doubt.

To finish, if I may quote a very famous martial artist:

"Defeat is a state of mind"

- The great Bruce Lee.



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

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

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The Taekwon-Do Way Of Life:

What Is It?

By Grandmaster Trần Triều Quân

Background

My first message about the Taekwon-Do Way of Life appeared on the ITF Website in January 2007. It started with an overview of what it means to make ITF Taekwon-Do your way of life. Then I shared my own experiences and how Taekwon-Do has helped me to get through some very challenging periods in my life. After a brief look at the ancient philosophies that our Founder General Choi Hong Hi studied and used as a foundation for the Do, I asked the question *"Why do we practice Taekwon-Do?"* The message continued with an examination of how we can work on self improvement with the goal of making our environment a better place. You may recall that I recommended making a plan and taking it one step at a time.

The second message, in March 2007, was about how to live the Taekwon-Do way of life in our training. This text was in the form of a conversation with Dr. Janel Gauthier, who at that time was Chair of the ITF Ethics & Discipline Committee and a member of the working group for the Teaching the Do Program. You will recall that I used an illustration of The Circle of Taekwon-Do Activities to show how the Do is central to our Taekwon-Do training and explored the application of the Do in a number of aspects of our training.

Please note: If you read these messages when they were first posted, you may notice that they now have a different look. This is because they have been reformatted for distribution by our instructors to their students as educational documents. The text itself has not been modified.

Since I first wrote about living the Taekwon-Do way of life, the ITF has started to put more emphasis on the Do. In fact, since 2003 we have been talking about the importance of the Do to participants in the International Instructor Courses.

In 2009 we will begin to offer a basic course about the Do to our members who have earned their red belt or black belts. The format will be similar to that of the course offered at International Instructor Courses. These courses will explain what the Do is, how we can apply it (including practical examples), and the benefits. Information about these courses will be communicated to our National Associations in the near future.

Our plans for the future include the introduction of more advanced courses about the Do. In this message, I will continue to explore what it means to live the Taekwon-Do way of life.

The Do is a philosophy, and I am aware that some readers may think the study of any philosophy is too theoretical or simply an intellectual exercise for academics, but I know from personal experience that the Do has practical applications and numerous benefits. My goal in this message is to share my reflections on modern life and to show you what it means to live the Taekwon-Do way on a practical level.

There is no mystery behind the ITF Taekwon-Do philosophy. The Do is not a matter of faith, and you are not being encouraged to adopt it as a new religion. The Do is based on basic universal values that are recognized and promoted by most religions, along with a generous dose of

common sense.

What is it like to live the Taekwon-Do way of life?

We could compare the Taekwon-Do way of life to jogging on a long, smooth, well-paved road.



If you are well prepared, if you are healthy and have a positive attitude, if you have trained well, if you are physically and mentally strong, if you are able to deal with the changing environment and any obstacles you encounter, you will be able to stay on the road, enjoying both the physical activity and the changing scenery. Eventually you will reach your final destination with a sense of accomplishment.

This comparison helps us to understand the importance of proper preparation and planning to reach our goals. Of course, since the road means your life, the end of the road would be the end of your life. So your goal is certainly not to run as fast as you can and reach the end of the road as soon as possible! Living the Taekwon-Do way of life is not a race. You want to keep jogging steadily down that road, living a happy and satisfying life.

An individual who chooses to live the Taekwon-Do way of life:

- has a well-balanced life,
- trains to reach the goal of a healthy mind in a healthy body,

- sets a minimum goal of earning black belt status, then perseveres to attain higher levels as his circumstances allow,
- naturally demonstrates the five tenets in all aspects of his life,
- has a happy family life,
- has a satisfying social life,
- always does a good job, whether as a student or a teacher, as an employee or an administrator,
- cultivates an appreciation for beauty as expressed in the arts: music, paintings, dance, architecture, and others.



Playing music to communicate the art for better quality of life!



- never stops learning and seeking self-improvement,
- makes a positive contribution to his community.

To summarize: an individual who lives the Taekwon-Do way of life has a happy life.

How do you define happiness?



Open arms under beautiful nature: an expression of happiness!

If you think back over your life, you will realize that your definition of happiness has evolved as you have matured and your circumstances have changed.

For an infant

happiness may be as basic as having enough to eat, feeling safe, and being surrounded by love. An infant is certainly not worrying about whether his parents have a luxury automobile or designer clothes!

For young children

the definition of happiness is similar but more likely to be influenced by their surroundings. They may be the target of marketing for toys and foods. They may want to have the same things their friends have.

Of course, the life of a child in a war-torn country is very different from that of a child of wealthy parents in a developed country. Nevertheless, they both can be happy.

In the teenage years

many young people are “trying to find themselves”. They are going through a period of rapid physical growth and may find it difficult to adjust. Also, they may be trying to come to grips with serious questions about their future and about life in general.

Advertising and lifestyle marketing are everywhere. They specifically target young people and try to convince them that being happy depends on “looking good”, wearing the “coolest” clothing, and owning the latest cellular phone or a sporty car. The result is endless consumption for those who have the money to buy these things and frustration for those who cannot afford it.

Friends become very important in the teenage years. There is a great need to belong and to be accepted as part of the group, especially for teens who lack low self-confidence. Sometimes a teenager will make unwise decisions and get in trouble. That results in unhappiness for the young person and for all those who care about him or her.

Practicing Taekwon-Do and living the Taekwon-Do way of life will help teenagers get through this phase and encourage them to reach psychological maturity.

We should not forget that, in countries around the world, many low-income families cannot afford to pay for their teenagers to school or to participate in sports; they have to work to help support their families. I encourage our ITF clubs to identify these young people and develop programs that will allow them to benefit from Taekwon-Do training. This is an example of how we can develop the fourth facet of ITF Taekwon-Do: as a tool for social development.

An adult's definition of happiness

can be influenced by the same factors. In addition, an adult has responsibilities to his or her family and to the community they live in. Since they have links with many more people, they are more likely to become involved in problem situations that can cause significant stress. On the other hand, they may also find that some of these relationships become sources of happiness.

With its emphasis on consumption, our modern affluent society creates “needs” that are essentially superficial. Some people actually make themselves unhappy by wishing for material things that wouldn’t bring them happiness even if they did possess them. It is impossible to be truly happy when you are never satisfied with what you have.

This reminds me of the Buddhist teaching that there are three sources of human suffering: unending desires, lack of self-control, and ignorance (not knowing that what you are doing is not good). The remedy Buddha suggested is to “*abandon your ego*”. This means being satisfied with what you have, working to improve your self-control, and continuously seeking to increase your knowledge and understanding.

What a contrast to what seems to be the motto of many people in the 21st century: “I, Me and Myself”. Which approach do you think will make you truly happy?

It is essential to stop and ask yourself: “What do I want from life?” and to identify what is really important to you. I have observed that many people tend to complicate their lives unnecessarily. They try to do so much and then are unhappy because they haven’t done anything really well. I would say that, in general, simple is better.



**“Joy is not in things;
it is in us.”**

- Richard Wagner, 1813 – 1883.
A German musician and
composer known primarily for
his operas

Be aware of negative influences

Putting material things first in our lives and getting caught up in the race to accumulate

wealth has a negative influence that can prevent us from having a happy life. But some other negative influences that may not be so easy to identify.

A very powerful influence, especially for young people, is the people you associate with. It is important to have friends and an active social life, but it is essential to choose friends who will help you reach your goals, not people who will ridicule you for practicing self-discipline and having goals in your life or who may encourage you to engage in dangerous activities such as taking illegal drugs.

Popular culture seems to be everywhere. For example: Superstar singers are famous around the world. Blockbuster movies are distributed in most countries. Fashion is a huge industry. We can certainly enjoy listening to music, watching movies, and wearing flattering clothing, but we need to ask ourselves what type of influence these things are having on us.

Does the music you like have lyrics that celebrate violence and encourage disrespect and hate for women or others? Do the words really express your values?

Do the movies you watch contain graphic violence? If you feel disgusted after watching a movie, stop and ask yourself why you watched it. Was that a good use of your time and energy?

Do you really need to follow the “latest” trends in clothing and shoes? Possessing them may make you happy for a short time but, as we all know, fashion changes quickly. Very soon those items will no longer be the “latest” fashion, and you will be yearning to buy something else.

There is no need to dress like everyone else. It is possible to be well dressed on a budget. By learning which styles and colors are flattering for you, you can dress in good taste without over spending.

I encourage you to identify these and any other negative influences in your life and make a plan to deal with them.

Stay healthy

Where I live in the province of Quebec (Canada), during the first few days of the New Year people greet each other with wishes for happiness and success, and they always make sure to add a wish for good health because everyone knows that poor health makes it more difficult to achieve happiness and success.

But we need more than good wishes to ensure that we remain healthy. Let's start with the basics:

- **Make sure you get enough rest**

This sounds simple. Shouldn't we naturally go to sleep when we are tired? Unfortunately, many of us have such busy lives that we don't always make time for adequate rest. Some medical studies have shown that many of us have accumulated a "sleep deficit" and this has a negative effect on physical and mental health.

- **Be physically active, but don't exaggerate**

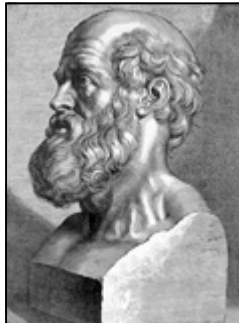
Learn to really feel how your body is reacting and adjust your level of activity accordingly. You participate in Taekwon-Do classes regularly and do personal training as well. You want to improve your physical condition, so you will challenge yourself to do more and to do it better. However, so-called "hard" training often results in injuries and trying to "work through the pain" can aggravate an injury, prolong the time necessary to heal, and delay your return to active training.

- **Eat a sensible diet**

Here again, you want to take a balanced approach. It is important to learn about nutrition and to keep up with the latest research. You can do this by reading books and consulting various Websites. But be careful to avoid fads in diet and

using popular but unproven supplements. Your body is a delicate system and each of us has different needs, so you need to take personal responsibility for keeping your body working properly.

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."



- Hippocrates, a Greek physician who lived from 460 to 370 BC, considered to be the father of modern medicine

- **Don't poison your body by abusing drugs**

We need to be careful about taking drugs, whether they are obtained illegally or prescribed by a doctor. In both cases, there is the danger of developing a physical and/or psychological dependency, which could cause you to lose self-control. I don't need to describe the negative impacts drug addiction has on individuals and societies. They are well documented. Here again, it is better to stop and think about the consequences before you act.

Happiness is relative

How we define happiness evolves as we grow up, but it also changes according to the conditions we are living in, good or bad.

It is essential to realize that happiness is relative. It is not always possible to make big changes in your circumstances – although you should certainly do what you can to make things better – but I know from personal experience that, even in extremely difficult circumstances, it is possible to motivate yourself to keep a positive attitude and to find some degree of happiness.

What happiness really means to you is a good subject for meditation, which will help you define your goals and motivate you to

work to achieve them.

How to achieve happiness

Here is some advice about how to achieve happiness:

- Live according to the universal values expressed by the Do.
- Seek balance and harmony.
 - Whatever you do, do it with passion and dedication.
- Take care of your physical and mental health.
- Cultivate a sense of humor.
- Choose your friends wisely; surround yourself with people who will help you.
- Be an authentic person. Don't rely only on your physical appearance to make a good impression. Become aware of your strengths and your weakness, then work to become the best person you can be.
- Be honest with yourself and with those around you. There is no shame in admitting you have a problem and asking for help. You cannot make the problem go away by ignoring it, and trying to pretend everything is fine will be very stressful.
- Never stop learning. Ask others to recommend books or do a search on the Web about a subject that interests you.

This is all very good advice and these

factors are important, but you are probably thinking, *"It can't be that simple. I won't find balance and harmony just because I know I need it."* And you are right. **You need a plan.**

To be, to behave, to do, and to lead:

I recommend using Confucius's concept of life; the four stages are illustrated below (at the bottom of the page):

The first stage is **TO BE** and it concentrates on the individual, emphasizing the need to be modest and humble.

TO BE starts with an honest self-evaluation and some pertinent questions: Who am I? What are my strengths and weaknesses? What is my goal in life? What can stop me from reaching that goal? What are my limitations? How have my life experiences affected me?

When it comes to making decisions, be aware that you are influenced by four factors:

- your values,
- your conscience,
- your feelings, and
- your experience.

Before you make a decision, ask yourself questions like these:

	TO LEAD	Work with wisdom and devotion to bring peace to the world	4
	TO DO	Use your know-how and hard work to bring order to the society you live in	3
	TO BEHAVE	Develop a harmonious family life through application of moral culture	2
START HERE ►	TO BE	Know yourself and improve yourself by self-evaluation and continuous education (training)	1

- How do my values relate to this decision?
- What is my conscience telling me?
- How do I feel about it?
- Have I made a similar decision in the past?
- What did I learn from that experience?

Considering these factors will help you to make wiser decisions and to make progress in self-improvement.

Next you add Stage two: **TO BEHAVE**. It concentrates on the individual and his relations with those close to him: family, friends, and neighbours. By applying the Do you can create a harmonious family life and a satisfying social life.

A good way to start is by applying what is often called the Golden Rule:

“Do unto others as you would have them do unto you.”

Another way of expressing this concept is, *“Walk a mile in his shoes”*. A similar concept is taught by most religions and philosophies. Thinking about the feelings of those around us and the effect our actions may have on them is called empathy. Cultivating empathy is guaranteed to make us better people.

Stage three is **TO DO**. When you are satisfied that you are making good progress in the first two steps, it is time to expand your sphere of influence further.

Confucius taught that each individual needs to make a contribution to the society he lives in by the work he does. To be prepared to make your contribution, you must seek out the schooling and training needed for the work you have chosen. Use your education and expertise to make improvements in your environment and your community while you earn an income and support your family. The more effort you put into your work, the more

successful you will be.

And the final stage is to add **TO LEAD**:

The following quotation from Confucius reminds us of what should be the ultimate goal for everyone who aspires to be a leader, a goal that is also expressed in the ITF Taekwon-Do Student's Oath:

“Work with wisdom and devotion to bring peace to the world.”

We must not make the mistake of thinking that the only real leaders are the powerful politicians, the business people, and the religious leaders who make decisions affecting millions of people. Each of us can be a leader in our own way. For example:

- Taekwon-Do training is excellent preparation for being a leader. Students are introduced to different levels of leadership as they progress through the color belt levels, starting by helping their instructors to teach other students.
- You will find that participating in Taekwon-Do demonstrations gives you opportunities to learn to control your stress and give a good performance in front of a crowd.
- You can be a leader in your school or in your neighbourhood by organizing a useful activity (such as recycling paper, glass, and plastic), and you can have fun at the same time.
- Non-profit organizations, including Taekwon-Do clubs, often need volunteers to serve on their Boards of Directors or to help to organize events. This can be a rewarding experience, allowing you to gain experience while at the same time making a positive contribution to life in your community.
- An important way to be a leader is to stand up for what you know is right, and you don't have to be famous or powerful to do this. For example, it seems that people everywhere tell

jokes that make fun of the people in another ethnic group. Unfortunately, such jokes can be very hurtful to those people and can cause lasting resentment. We know that it is no longer acceptable to make fun of people who are different, and the ITF Constitution specifically prohibits discrimination on the grounds of sex, race, language, religion, and others. So what should you do when a friend tells such a joke? Will you ignore your conscience and laugh along with the others? What if you tried in a tactful way to make your friends aware of the need to show respect for others? That would be demonstrating leadership.

These are just a few examples. I encourage you to identify opportunities that will allow you to demonstrate leadership in your own life.

Remember: You do not become a leader automatically because of your age or experience. You need to learn to be a leader. It is essential that a leader show respect for others, and their respect is something you must earn. The defining qualities of a true leader are honesty, modesty, humbleness, generosity, and compassion. A leader who is competent but lacking in these human qualities could be more likely to abuse his power and that would be dangerous for those who follow him.

By the way, did you notice that in Confucius's concept of life you don't progress through the four stages one at a time? You do have to start with stage 1 TO BE, then stages 2, 3, and 4. But even when you progress to stage four, you must never stop working on stages one, two, and three.

Benefits of Living the Taekwon-Do Way of Life

Since my wife My and I have raised our

children in the Taekwon-Do way of life, when I was writing this article I asked Joliette and Nicolas about the benefits they have identified.

My daughter Joliette mentioned that practicing Taekwon-Do has encouraged her to develop self-discipline and that has helped her to be successful with her studies and in her career. She first noticed this when she was in secondary school, because some other students who had not acquired self-discipline found it very difficult to do all the work and study properly for exams.

I have noticed that we human beings have a natural tendency to be lazy. This means that a person who has developed the self-discipline to work efficiently and successfully complete a project definitely has an advantage. Joliette has a career in occupational therapy. She is married with a young daughter and another baby due soon. She and her husband François have a plan to open a centre that will offer Taekwon-Do training in combination with occupational and other therapies with the goal of helping adult clients to make improvements to their health and wellbeing.



**Jasmine Beaudin-Trân performs
flying side piercing kick**

I can see how Joliette's education has influenced the way she is raising her daughter. Jasmine is being raised in a

spirit of healthy discipline, and she is a happy child.

My son, Nicolas and I often train together. As a teenager, Nicolas made rapid progress in Taekwon-Do. He participated in Taekwon-Do competitions and went on to teach and coach. His success in Taekwon-Do built up his self-confidence. Nicolas has a very positive attitude and has grown into a mature, responsible adult. He is now 25 years old and runs his own business as well as teaching Taekwon-Do.

As you can probably guess, I am very proud that my children have grown up to be well-balanced adults who know how to work hard but also how to enjoy life.

I am also grateful that Taekwon-Do has provided the way of life that has made this possible.

Conclusion

With the three articles on this subject, I think I have given you a good description of what it means to live the Taekwon-Do way of life.

An essential component is learning to distinguish what is good (right) from

what is bad (wrong), based on the principles of the Do.

Do what is good. Try not to do anything bad. But no one is perfect, so if you do something that is wrong you should feel a sense of shame. This will encourage you to do better in the future.

As you grow in knowledge and experience in Taekwon-Do and in life, you will find it becomes easier to make wise decisions. As the saying goes, *"Practice makes perfect."*

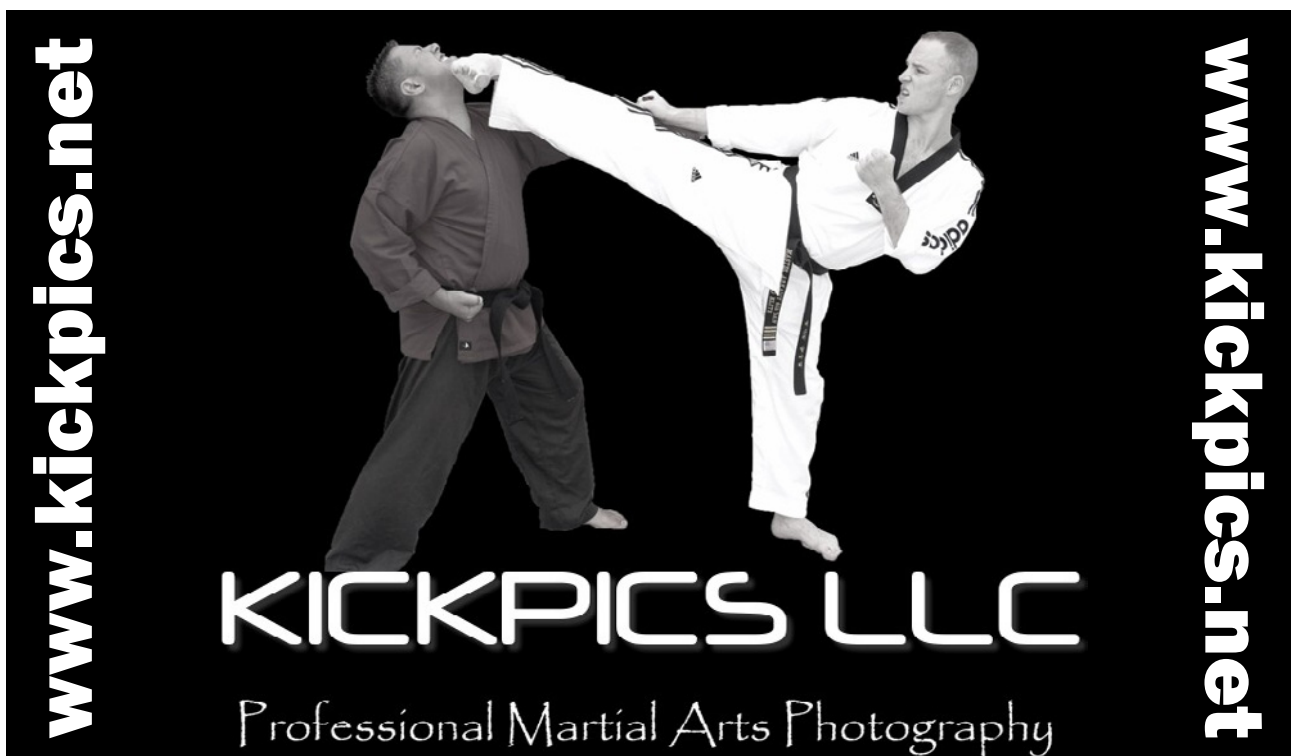
Eventually it will become natural to make wise decisions. Then you will be truly living the Taekwon-Do way of life and you will be setting a good example for others.

Remember: Your goal is to have a happy and satisfying life, and the ITF is here to help you achieve that goal.

All the best to everyone,



Grandmaster Trần Trieu Quân,



Flexibility Training

By Jason Ainley

Flexibility is very often a part of training that is overlooked in class due to time restrictions.

Most classes generally run for around an hour in duration and during this time the lesson will consist of a warm up then the main activity {syllabus, sparring etc} then a cool down at the end of class.

This does not leave an Instructor and student the time necessary for flexibility training which if done properly can take up to 20 – 30 minutes depending on muscles being stretched.

Stretching is an essential part of training and regular stretching can develop muscular strength and stamina and improve athletic performance.

There are different types of flexibility and ways of stretching

- Dynamic stretching
- Active stretching
- Isometric stretching
- Passive stretching
- Static stretching

It is important that different types of stretches are performed a certain times of a training session for a student to get the most benefit from them e.g. Dynamic stretching at the start of class and static stretching at the end.

In this article we will look at static flexibility training that should be performed at the end of a session to increase flexibility and to help promote recovery by removing waste products like lactic acid.

The following stretches are based around

the lower body the hamstrings, glutes, quadriceps, groin, calves, abdomen and lower back muscles.

Before performing any stretching exercises you must be fully warmed up and have no injuries. **Do not stretch if you are injured as this can result in further injury, if unsure that you are physically fit to perform a stretching program consult a physiotherapist.**

When performing stretching exercises always

1. Move into your stretch position slowly
2. Breathe naturally
3. Never bounce to force a stretch beyond your full range of motion.
4. Drink water between stretches.



Stretch 1

Gluteus maximus stretch.

- Sit on the floor and place the left foot over the right leg.
- Place right elbow behind left knee
- Turn head and look over the left shoulder.
- Push left knee outwards with the right

elbow.

- Hold stretch for 30 seconds then repeat on opposite side.

Stretch 2

Gluteus maximus stretch

- Lay on the floor bend right leg so the right foot is flat on the floor.
- Place left foot on the right knee.
- Apply pressure with the left arm on left knee.
- Hold stretch for 30 seconds then repeat on opposite side.



Stretch 3

Hamstring Stretch

- Lie on the floor with legs bent and place a piece of band under one of your feet.
- Extend the leg upwards to your full range of motion.
- Gently pull band towards you to increase intensity of the stretch.
- Hold for 30 seconds then repeat with other leg.



Stretch 4

Groin stretch

- Lie flat on floor, bring your knees toward your chest place bands under each foot.
- Extend legs upwards and then pull downwards and back with bands.
- Hold for 30 seconds.

Stretch 5

Groin Stretch

- Kneel on the floor, place hands in front of you and spread knees as far apart as you can.
- Turn feet outwards with instep on the floor.
- Lower chest to floor and push backwards into your groins.
- Hold stretch for 30 seconds.





Stretch 6

Quadriceps stretch

- Lie on your side with one hand supporting your head.
- Bend your upper leg back and grab your ankle with your other hand.
- Stretch your leg back by pulling your foot toward your buttocks.- Hold the stretch for 30 seconds then repeat with other leg.



Stretch 7

Quadriceps stretch

- Kneel on the floor lean back and sit on your heels put your hands on the floor.
- Slowly lift your buttocks up.

If you can't lift your buttocks up and put your hands on the floor because of tightness, stay only in the sitting on the heels position until flexibility in this area is improved.

Stretch 8

Calf stretch

- From a push-up position, walk feet towards the hands, bending upward at the hips keeping hands planted.
- With legs straight and feet flat on the ground, place one foot on the back of the other foot at the ankle, stretching the calf muscle
- Hold stretch for 30 seconds then repeat with other leg.





Stretch 9

Calf stretch

- Stand on the bottom step or another elevated platform.
- Place the calf to be stretched at the rear with the toes on the edge.
- Drop the heel of the foot downwards and keep leg straight
- Wearing footwear is advisable for this stretch
- Hold for 30 seconds then change legs.

Stretch 10

Abdominal Stretch.

- Lie prone on the floor and position hands on floor to sides of shoulders.
- Push torso up keeping pelvis on floor.
- Hold stretch for 30 seconds



Stretch 11

Lower Back Stretch.

- Lie on back, arms stretched out to the sides.
- bend knees and raise knees up close to your chest.
- Slowly lower knees (keep knees together) to floor to the right or as close to the floor as is comfortable.
- Hold stretch for 15 seconds
- Slowly return your



knees to chest, and slowly lower knees to left side

- Hold stretch for 15 seconds

Stretch 12

Lower back stretch

- Lie on your back on the floor

- Tuck both knees into your chest and hold there with your arms.

- Hold stretch for 30 seconds



Points to remember regarding stretching.

- You should be thoroughly warmed up before performing these exercises
- Stretch to just before the point of discomfort.
- Inhale and exhale naturally when stretching
- Hold each stretch for 30 seconds
- If tightness intensifies or you feel pain stop the stretch
- Shake legs between stretches.
- Stretch each leg 3 times before moving onto the next stretch
- Always pay attention to your posture when stretching.
- Drink water to keep hydrated

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

Disclaimer: Fitness 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 exercises demonstrated in this article.

Book Review: **Effective Taekwon-Do Sparring**

By Master Jim Hogan and James Home

Review by Philip Hawkins

It is said that everyone has one good book in them - well Master Jim Hogan (7th degree ITF) now has at least two.

A few years ago I conducted an interview with Master Hogan that coincided with the publication of his first book entitled "TaeKwon-Do Patterns". His second book "Effective TaeKwon-Do sparring", written together with his student James Home (4th degree ITF) obviously covers a totally different subject matter than the first. However, it is rare to find someone like Master Hogan who can transfer his competition experience together with his DoJang/seminar teaching so comprehensively into a book format. Sparring, many would say, is Master Hogan's fort , something that I can confirm

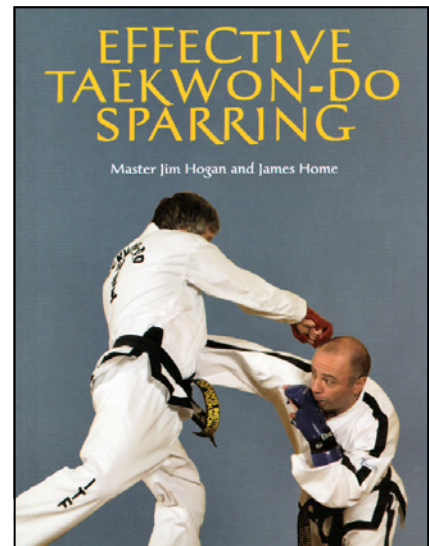
from personnel experience. His expertise, experience and knowledge all come across clearly in this book.

The book itself covers every aspect of free sparring and is broken down into three main areas: fundamentals, core techniques, and strategy - each of these is then broken down into further chapters ie movement, hand techniques, lead leg-kicks and creating openings, to name but a few. Each chapter contains a wealth of knowledge, which is both easy to understand and transfer to the DoJang or competition arena.

The layout of the book is both professional and easy on the eye. The numerous accompanying photographs are another of the books strong points - each one professionally taken is clear, in both picture content and technique.

The beauty of the book is that it can be used as a reference by anyone who wishes to improve their sparring either at club or international level, whether practicing TaeKwon-Do or another art. There are techniques and sparring tips for everyone, from beginner onwards.

Master Hogan has captured the



essence of the numerous seminars he has conducted here in the UK as well as abroad, in countries such as Canada, Hong Kong, Japan and Australia.

I could labour the point about the quality of this book but you would be better off reading it yourself and practicing in the DoJang or the competition arena.

The book is available from Amazon and all good book shops. Master Hogan can be contacted for advice or seminars at jimhogan@hogantkd.co.uk, or by visiting his website at <http://www.hogantkd.com>



Down's Syndrome Association

www.downs-syndrome.org.uk



A Registered Charity
No. 1061474

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

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

Our mission is:

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

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Totally TKD Q & A

I have some questions that I'm struggling to find answers to, I was hoping you could publish them in next month's magazine and see if we can get some ideas.

1. Why do almost all the pattern movements involve stepping, as does step sparring, when in free sparring we actually do a lot more shifting/sliding/dodging and almost no stepping?
2. Why do we do a Twin Vertical Punch to the cheekbones? I find this hard to understand as if I keep my wrists straight as they should be when punching, my 2 forefist punching knuckles miss the cheekbones all together. In order to punch the cheekbones with my forefist knuckles I have to bend my wrists in at quite a big angle.
3. If executing a Forefist Punch in L-stance, should the punching hand be travelling forwards with the direction of the stance, or out to the side, because it is a half-facing stance?
4. What is the use of the opposite hand in pattern Choong-Moo, when executing the High Reverse Knifehand Strike?

Regards,

David Price
3rd Dan, TAGB

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!

Totally TKD Q and A - Answers

Master Earl Weiss

1. The pattern system is not designed for sparring. It certainly has an esthetic component or "Beauty" which cannot be ignored. Instead, the system is more geared toward combat. As many reality based systems now teach, a large base is needed for stability, and as we see in patterns with forward stepping "Blocks" the ability to close with your opponent is important since they lose the leverage

advantage and may even tend to go backward which makes it difficult for them to launch effective attacks.

2. First and foremost IMNSHO "Wrists Straight" as a specification for punching does not mean perfectly straight. Most people while making a good fist will not strike anything with the 2 big knuckles if there wrist is perfectly straight. Excessive bending is to be avoided. This technique as pictured in the text is different than many punches in that the elbows are much

more bent on contact. So the degree of wrist bend needed will vary depending on relative size and position of the attacker, the amount of your elbow bend on contact, and your unique physiology.

3. The question needs to be more specific. For the purpose of this answer I will address a rear hand punch, referred to as an obverse punch since the L stance is named for the rear foot, and also assume it is a "Front" punch. As specified in the text "Front" means the technique reaches your Center / Solar Plexus Line. (Depending on the edition the term Solar plexus Line replaced Center Line) The angle of the arm is the Same +/- the angle of the foot =15 degrees. (Exact angle may vary based on physiology such as width of shoulder and length of arm)

4. Move #13 has no textbook application for the opposite hand (Back hand under the elbow joint. Alternate / hidden / real application aficionados have several answers . A. It could be used to block an incoming attack downward, (Same for do San #6) B. It could set up or be part of A head and arm triangle Choke after parrying an attack. C. It could be part of a hold similar to B for a knee attack (instead of a turning kick at 14), followed by a throw at 15 as part of the turn (instead of the Back Piercing kick. D. Something else.....

Or, it could fall into a larger category of motions where we do something with the opposite hand besides bring it to the hip (Won Hyo #2 etc.) where we use the rear hand in a technique requiring us to be extremely close to our opponent So perhaps it teaches us that we don't always have to bring the opposite hand to the hip, we can move in a variety of ways, and for close combat it might have more utility for block and attack elsewhere. . Exactly what that utility is will be limited only by your ingenuity and practicality.

It appears I was remiss in not addressing Mr. Munyon's question, # 5 (I have been

asked this before.) about "Moving the toes inward before the hooking block in Kwang Gae.. Master Vitale correctly points out we only do this the first time. He states the textbook reason so as to make the body half facing while stepping which is preferred. He notes that for the second time you are already half facing.

I however have discovered the "Real" "Hidden" "Original" reason. It is the goal of martial art techniques to maximize power with efficient motion. This is done by employing as much of the body's musculature as practical in an efficient manner. Power in hand techniques is amplified through body motion. By turning your foot not only does your body become half facing but it now allows your hips, shoulder and torso to turn in the direction of the technique thereby employing more of the musculature of the body. The same effect takes place as a result of "curved line stepping" when moving from Do San #23 to #24, as opposed to straight line stepping.

Master George Vitale

3. Out to the side, in line with the 15 degrees of the rear foot. It is in the 15 volumes specifically.

4. A topic of much debate, perhaps just a reaction hand movement, while others say it was originally a block!

Stuart Anslow

1. Because patterns are related to self defence and free sparring is related to fighting (although free sparring in most clubs now a days are more related to sport fighting) - though connected, self defence and fighting are different things. Fighting is what happens when self defence has gone wrong

2. Or bend your wrists slightly and bend your elbows more!

3. For me, it should be forwards but at an angle. Imagine using your L-Stance to slip

past someone (at their side), so to strike them as you do, your arm needs to be out to the side, but also angled forwards. In the main, from my research most applications take place in the direction you are facing, so punching out at a 45 degree angle as you sometimes see, makes no sense what so ever.

4. As Master Weiss states, this has many applications from a simple parry to part of a triangle choke!

Why Does Juche Head In the Wrong Direction?

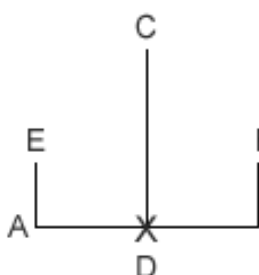
By Grandmaster Mel Steiner

In 1986, the ITF first introduced a new pattern called Juche, meant to replace pattern Kodang. Juche, in part, is defined as *"a philosophical idea that man is the master of everything and decides everything. In other words, it is the idea that man is the master of the world and his destiny. It is said that this idea was rooted in Baekdu Mountain....."*

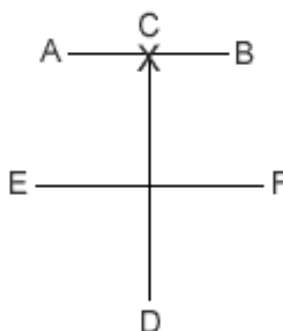
Upon further research in the two volume books containing articles from 1931 through 1966 called: *"Kim Il Sung on Juche In Our Revolution"*, printed in the U.S. by Faculty Press, copyright 1977 by Guardian Associates, Library of Congress catalogue number 77-72756, ISBN 0-917654-07, Preface pg. vii, reads as follows:

"Of all the socialist countries in the world today, it is doubtful any stress the idea of independence and self-reliance in all spheres more emphatically than the Democratic People's Republic of Korea (DPRK). They have a word for it- Juche. As formulated and developed by President Kim Il Sung, the concept of Juche is one of DPRK's major contributions to world revolution. The Juche idea means, in essence, that the masters of the revolution and the work of

construction are the masses of the people and that they are also the motive forces of the revolution and the work of construction.



Diagrams For Juche (above) & Toi-Gye (below)



In other words, one is responsible for shaping one's destiny. President Kim Il Sung has said *"The Juche idea is based on a philosophical theory that man is master of everything and decides everything."*

It is obvious from the above mentioned research as to where the definition of pattern Juche has come.

The question is, why does the pattern start on line A/B towards D and then "retreat" (goes back) to line E/F when all along, line E/F has been and still is, "forward" of line A/B ? Ul-Ji begins on line E/F and "retreats" to line E/F so why doesn't pattern Juche start from there as well?

There are some political rumors as to why General Choi left this glaring mistake out there for us, yet hardly anyone from 3rd dan even notices that the pattern is incorrect as to flow? How many instructors have missed this "small" detail without questioning and yet still teaching it incorrectly?

ITF and WTF Taekwondo

Two Sides of the Same Coin

By Master Doug Cook

Recently, two of my students and I were invited to participate in a special class hosted by ITF practitioner Master George Vitale of Original Taekwon-Do in Brooklyn, New York. Although our styles differed somewhat, we were nevertheless reminded of the similarities both in technique and spirit. Taekwondo, the traditional martial art and world sport of Korea, is a miracle of unification. In the short span of less than sixty years since its creation in the 1950s, the founders and visionaries of this discipline have successfully elevated its status from a provincial defensive system geared towards the armed forces, to a common word in Western households where children and adults alike benefit from its many virtues. Yet, this was not always the case, for just as the Yin/Yang, the cornerstone of Taoist doctrine suggests harmony between two opposing forces, a group of dedicated masters — often at odds with one another — ultimately triumphed in uniting several disparate factions into a single, standardized entity.

As far back as 1946, attempts were made to merge the Korean martial arts while at the same time eliminating foreign influences that were injected during the Japanese Occupation from 1910 to 1945. Perhaps the most visible protagonist in this evolutionary process, however, was General Choi Hong Hi who, in the 1930s, began his training under Hong Il Dong. Hong not only taught his young pupil calligraphy but, due to his frail nature, began teaching him Taekkyon, the indigenous martial discipline unique to the Korean Peninsula. In 1937, the future “Father of Tae Kwon Do” was sent to Kyoto to further his education. Later, after settling

in Tokyo, he continued his training under the direction of Gichen Funakoshi, founder of Shotokan Karate-Do. After being promoted to second-degree black belt, Choi and his associate, Byung In Yoon, began teaching Karate at the Tokyo YMCA.

General Choi is rightly credited with developing much of what we know today as traditional taekwondo along with its unique set of tul, or patterns, known as the Chang-Han series (originally a set of twenty tul with four additional forms being added in the 1970s). This was a direct result of his contempt for the Japanese and his desire to spawn a martial art with a distinctly Korean philosophy. However, his contribution to Tae Kwon Do, coupled with that of other courageous innovators, did not stop there.

If any date can be recognized as the birthday of taekwondo it would be April 11, 1955. It was on this day that a group of men sat in conference with the purpose of proposing a name for the loose confederation of kwans (schools) whose foundations were the Korean disciplines (among them Kong Soo Do, Tang Soo Do, Taekkyon, and Kwon Bop) that would come to be known as Tae Kwon Do. In attendance were General Choi Hong Hi, Yoo Hwa Chung, Son Duk Sung, General Lee Hyung Ku, Cho Kyung Kyu, Chung Dae Chun, Han Chang Won, Chang Kyung Rok, Hong Soon Ho, Ko Kwang Rae, and Hyun Jong Myung. Some were martial artists; others, financiers, politicians and military men. A record of this meeting states: “Choi recommends the name taekwon-do. He explains the name both literally and technically. Mr. Yoo says, “I completely agree with the name taekwon



Master George Vitale (centre left) and Master Doug Cook (centre right) with students at the special class

submitted by Gen. Choi. I think, however, it would be utterly significant that we have the approval from the president, Syngman Rhee, since giving a name to a martial art is so important. "All members unanimously agreed."

During his tenure as president of the Korea Taekwondo Association, Choi traveled throughout Asia and Europe spreading knowledge of Tae Kwon Do. Acting as team leader to Kyo Cha Han, Jong Soo Park, Jae Hwa Kwan, and Joong Keun Kim, he arranged and presented frequent demonstrations depicting the effectiveness of his native discipline. Finally, on March 22, 1966, representatives of many nations met with Choi resulting in the founding of the International Taekwon-do Federation. What began as a group of nine charter members including Korea, Malaysia, Vietnam, Singapore, West Germany, America, Egypt, Italy, and Turkey, quickly grew to a global organization boasting thirty members in two years. Yet, even taekwondo, complete with its honorable and virtuous background is not immune to

internal politics. Choi eventually fell out of grace with the Korean government, in part due to his insistence on demonstrating taekwondo in North Korea, and immigrated to Canada taking the workings of the International Taekwon-do Federation (ITF) along with him. While this organization flourished and continues to maintain a strong global presence, the torch of constant progress, at least in Korea, the homeland of taekwondo, was handed on to yet another of equal foresight and vigor.

If it can be said that General Choi Hong Hi was accountable for the early growth of traditional taekwondo, then it would be equally correct to say that Dr. Un Yong Kim, is responsible for the explosive acceptance of taekwondo as a world sport. Born on March 19, 1931, Un Yong, literally translated as "dragon above the clouds," dreamed of becoming a diplomat in the service of his native land. This ambition was fully realized in 1965 when he was appointed representative to the 20th United Nations General Assembly after receiving his doctorate from Yonsei University two

years earlier. An accomplished concert pianist fluent in five languages, Dr. Kim increasingly began focusing on the sports community while remaining in government service.

Following his election as president of the Korea Taekwondo Association in 1971, Dr. Kim and others felt the need for a centralized training center where practitioners from around the globe could gather collectively to train, test and seek advancement in the art of taekwondo. His efforts resulted in the building of the Kukkiwon, now the Mecca of Tae Kwon Do operations worldwide. Literally translated as "National Gymnasium," the Kukkiwon is located atop a hillside in the Kangnam District of Seoul. Construction began on November 9, 1971, with the facility being inaugurated on November 30, 1972. Mirroring traditional

Korean architecture, its humble exterior is deceptive in that it houses management offices, locker rooms, seminar space and a museum. But perhaps most importantly, aside from the large competition area that allows various national and university teams to test their skills against one another, it was at the time headquarters to the World Taekwondo Federation (WTF) established on June 3, 1973. This organization effectively replaced in South Korea the International Taekwon-Do Federation, the brainchild, as we have seen of General Choi Hong Hi. Its

origination was precipitated following a meeting of the thirty delegate countries that had participated in the First World Taekwondo Championships held at the Kukkiwon in May of 1973. At this meeting Dr. Un Yong Kim was elected president of the new federation.

In 1988, a monumental event took place that solidified taekwondo as a world sport in the eyes of the general public. To the delight of its citizenry, Seoul, South Korea, played host to the 1988 Olympic Games. Since the country chosen to sponsor the

event is traditionally entitled to choose a demonstration sport, the Korean leadership, including Dr. Kim, naturally chose to display Tae Kwon Do with great success. Row upon row of seasoned taekwondo practitioners performed basic techniques and breaking skills on the field of the newly built



Olympic Stadium that was filled to capacity. This honor united the hearts and minds of the Korean people and catapulted their national martial art to world prominence. Dr. Un Yong Kim, who in 1992 became vice president of the International Olympic Committee, continued promoting Tae Kwon Do on an international level through his affiliation with various sports organizations. It is largely due to Dr. Kim's tireless efforts through the WTF that Tae Kwon Do debuted at the 2000 Sydney Olympics as a full-medal Olympic sport.

Presently, with its new headquarters at 4F Joyang Building 113, Samseong Gangnam-gu, Seoul, South Korea, the World Taekwondo Federation acts as a clearinghouse for tens of thousands of applicants throughout the world seeking legitimate black belt certification through their national governing bodies. Unquestionably, through the stewardship of its many officials coupled with its 182 member nations, Taekwondo remains the only martial art in the world today, other than Judo, with official Olympic status. Naturally, there are numerous individuals within our borders and throughout the world who have dedicated their lives to promoting the Korean martial arts both in a traditional and sportive manner. Great masters such as Richard Chun, Sijak Henry Cho, Sung Duk Son, Won Kuk Lee, Sang Kyu Shim, Jhoon Rhee, and Ki Whang Kim, to name a few — names etched forever in the bedrock of taekwondo — will never be truly repaid for the contributions they have made to the art.

It is hard to say if ever the WTF and the ITF will join forces. Yet the advantages of unification are tempting. With the loss of Grandmaster Tran and the splintering of ITF factions following the passing of General Choi, discussions and rumors abound. Subsequently, in a world of constant change, who is to say what the future of taekwondo holds?

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Master Doug Cook, a 5th dan black belt, is head instructor of the Chosun Taekwondo Academy located in Warwick, New York, a senior student of Grandmaster Richard Chun, and author of the best-selling books entitled: *Taekwondo...Ancient Wisdom for the Modern Warrior*, *Traditional Taekwondo - Core Techniques, History and Philosophy*, and his most recent contribution,

Taekwondo—A Path to Excellence, focusing on the rewards and virtues of tae kwon do, all published by YMAA of Boston. He can be reached for lectures, seminars or questions at www.chosuntkd.com or info@chosuntkd.com.

NLP and The Martial Arts

By Roy Bertrand MABNLP, MTLTA, MABH

If there was a way you could learn martial arts faster and be more effective, would you take it? If there were a discovery that didn't involve any artificial additives, yet was able to turn you into a dynamic whirlwind; fast focused and accurate, would you follow it? What if this new discovery promised to eradicate your fear and your anger, leaving you calm under pressure, would you want it?

Is it possible? Absolutely 100% Yes!!! You see the 'Masters of Old' knew something that a lot of us do not.. how to step into the zone at will. What's the Zone you ask? It's that place where everything slows down. The place when you see every attack, every defence. You know what your opponent is going to do before they do it. It's almost as if you can read their mind!! When you're in that place you know you cannot lose. You are all things. It sounds like mystical mumbo jumbo, but if you've experienced it, even fleetingly, you understand what I mean.



that reveal our thinking styles, beliefs, and more.

Programming is borrowed from computer science, to suggest that our thoughts, feelings, and actions are simply habitual programs that can be changed by upgrading our 'mental software.'

It arose from studying high-achievers who consistently attained exceptional results in their personal and professional lives.. What was learned from these exceptional people has been shaped into models that anyone can learn from and apply is the study of what works in thinking, language and behaviour. (Tiger Woods, Roger Federer, Lewis Hamilton all use a form of NLP) The way of coding and reproducing excellence that enables you to consistently achieve the results that you want, in your life. Now the key word is 'consistently', time after time. This means that once you've learned these methods and apply them, you will always achieve excellent results. Still interested?

So how do you get there? What is this magic discovery? It's called Neuro Linguistic Programming (NLP) and if you want to supercharge not only your training but your life, read on.

What is NLP I hear you say? Well

Neuro refers to our nervous system, the mental pathways of our five senses by which we see, hear, feel, taste and smell.

Linguistic refers to our ability to use language and how specific words and phrases mirror our mental worlds. Linguistic also refers to our 'silent language' of postures, gestures, and habits

Try this little experiment...

Have you ever ridden on a roller coaster or some other amusement park ride? Think back to a specific time. Now imagine that you can see this ride from a significant distance away. Now watching from here

can you see yourself over there on the ride? Notice how you feel watching yourself from this distant viewpoint. Next, step into your seat on the ride, so that you can feel your hands on the guard rail in front of you. As you look down the track, see the scenery flashing by, feel the rattling motion of the ride as you are tossed to and fro and hear the screams from those around you. Notice how you feel on as you re-experience the ride. Being on the ride, feeling it move you around, is a very different experience from imagining you are watching yourself on that same ride in the distance.



These two very different perspectives have different mental structures. Being on the ride is engaging and exciting, what NLP calls 'associated'. Watching the ride from a distance is calming and detached, what NLP calls 'disassociated'. Through NLP you can discover how to use these and many other specific experiential structures to supercharge you in training and to supercharge you in life.

Where has this been used and how successful was it?

There are many documented cases of NLP successes great and small. Governments, Businessmen and top class sportsmen use techniques from NLP to enhance their performance. The following success story is how the *United States Army* improved their basic pistol shooting training:

In the 1980's a team including Wyatt Woodsmall, Anthony Robbins and other leading NLP trainers went to the U.S army and promised to "increase their results in half the time"! They were given control of the basic pistol shooting training: a 4-day training with a 70% success rate.

Firstly Robbins, Woodsmall, and their crew modelled the top marksmen to find out how they were so good. With this information they broke this down in to a set of processes.

Knowing that for most people, the most important feeling was the feeling of being a winner, they then coached the basic pistol shooting recruits in steps used by the 'Top Marksmen'. Then they removed any guns that didn't shoot one hundred percent straight - experienced marksmen can adjust for slight discrepancies, but beginners just miss the target. Next, they started with the targets at $\frac{1}{4}$ of the distance they would be for the final exams.

When the trainee soldiers could hit the targets consistently, they were moved back to $\frac{1}{2}$ distance, then $\frac{3}{4}$ distance, and finally full target distance. The *result*? 1½days later, 100% of trainees passed the course - a 30% improvement in less than half the time! The saving to the U.S army was immense and NLP was firmly embedded in their teaching program.

So how can it benefit you?

Most of us naturally model, we've been doing it since we were young. Just watch little children. What NLP does is provide a tried and tested path and structure so that you're not just copying the actions but also



the mind set of someone who is highly successful. They say that the definition of insanity 'is to do what you've always done and expect different results' its just not possible. Like banging your head against a brick wall the result is the same... pain!!

If you want to have more choices about your behaviour and emotions, to enhance your communication and relationships and develop new abilities in your thinking, then NLP can provide you with the knowledge you need to make it happen.

Imagine if you could:

- Stop that negative thinking!! - E.g. 'I'll never be any good'.
- Improve your performance – According to Sports psychologists, the difference between 4th place and 1st place is mental.
- Increase motivation and energy – Understand how to get more from your training, when and how to rest.
- Increase Self Confidence – Believe in yourself.

- Overcome Procrastination – stop putting off what needs to be done.
- Destroy Fears and Phobias – understand why certain things frighten you and how to deal with them easily.
- Create your desired self-image – how to be who you really want to be.
- Communicate to produce the kind of results you want – did you know that most of us tell people what we don't want them to do, but we never say what we actually want.
- Inspire and Engage others – be seen as a role model by others.
- Attain peak performance in your art – crank up your performance to the next level
- Manage your moods – be in control of your 'state of mind'

One of the many things you will discover, is how to use positive emotions when you most need them; to be calm, reassured, confident, focused. After all isn't what defines the 'Top Performers', the ability to find the right solution at the right time?

Are there any tips you can give me?

Okay I hear you say that's all well and good but I don't have time to do all that stuff in the middle of a bout. Ahh, this is why practice is so important. By continuous practice, correctly, you will be able to produce the result you require at will. You will become calm in the blink of an eye. Just like the 'Masters of Old'. You see there are four stages to learning. Let's use kicking and punching as an analogy:

The first stage is called Unconscious Incompetence - When you don't know anything about kicking and punching, you don't know what you don't know!!.

The second stage is called Conscious Incompetence – when you know that kicking and punching exists in the context of Martial Arts, you may believe ‘a kick is a kick and a punch is a punch’.

The third stage is called Conscious Competence – when you start learning how to kick and punch you realise ‘that a kick isn’t a kick and a punch isn’t a punch’. In other words realise how many components there are to correct kicking and punching: breath control, focus, balance, accuracy, mass x acceleration etc.

The fourth stage is called Unconscious Competence – when you know how to kick and punch, you realise ‘a kick is a kick and a punch is a punch’. In other words, you no longer think about the minute detail, all the hours of practice take over and it becomes automatic.

Circle of Excellence ¹

The following exercise will help you transfer positive feelings from the past to a time and place when you really need it:

- Relive Confidence. Stand up and let yourself go back to a time in your mind when you were really, really confident. A time when you knew you couldn’t fail. Now relive that moment, seeing what you saw, hearing what you heard and feeling what you felt.

- Circle of Excellence.

As the confidence begins to build inside of

you, imagine a coloured circle on the floor around your feet. What colour is the circle? How about giving the circle a soft hum, indicating its real power. When that feeling of confidence is at its greatest within you, step out of the circle, leaving those confident feelings inside the circle. I know this seems unusual.. you can do it.

- Selecting Cues.

Now think of a specific time in your future when you want to have that same feeling of confidence . See and hear what will be there just before you want to feel confident. You could be about to step into a competition ring or you could be in class

facing a senior, you could even be standing in front of the class.

- Linking.

As soon as those cues are clear in your mind step back into the circle and feel those confident feelings again. Imagine that situation unfolding around you in the future with these confident feelings fully available to you.

- Check Results.

Now step outside the circle again, leaving those confident feelings there in the circle. Outside the circle, take a moment and think again of that up and coming event. You’ll find you’ll automatically recall those confident feelings. This means you’ve already pre-programmed yourself for that upcoming event. You’re feeling better about it and it hasn’t even happened yet. When it arrives, you’ll find yourself naturally responding more confidently.



To be like the 'Masters of Old', you have to practice physically as well as re-hearse mentally. Imagine yourself practising. Where are your weaknesses? Where are your strengths?

To summarise.....

In Your Mind

Where can you improve? Firstly 'disassociate' yourself and view yourself doing the things you wish to improve on in your mind.

Now 'associate' yourself. Step into your body and experience yourself improving things. Improve that weakness; make it stronger, less noticeable.

Repeat this process over and over in your mind until the area you wish to improve feels better, stronger.

Physically

Now physically practise, you will find you have already improved.

Repeat the process as you did in your mind, your speed of improvement will be at least twice as fast.

The more you perform this process the *better* you will get at it and the *better* will be the results you experience.

Try this experiment

Over the next few weeks when you're next in class: observe the best student in the class. What do they do when they come into the class? How do they behave in the class? How do they warm up? How do they practice? What do they do just before they break, Spar or do their patterns (forms, poomse, patterns etc)? What do they do

when they complete the aforementioned? What do they look like like what are their facial expressions? Observe every detail that you can, make notes if possible. If you have an opportunity, ask them questions about what you've observed. Once you've gathered all the information use it to imitate what they do. If you have problems in certain areas, look at how you can improve that area. Ask them how they would overcome the difficulty you are facing.



Please understand if you want improvement, you must be curious, observe and practise mentally as well as physically. Maybe one day you could be a great Master!!

Roy Bertrand is a 6th Dan and Chief Instructor of Focus Tae Kwon-Do Association and has been involved in Martial Arts for more than 30years. He has trained National, European and World Champions and still actively teaches today.



He is a Master Practitioner of NLP, Hypnosis and Time Line Therapy and a qualified Trainer of NLP and Hypnosis Time Line Therapy
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¹Adapted from 'NLP - The New Technology of Achievement'

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The Lost Art of Tang Soo Do

Part 3- A New Dimension

By John Kedrowski

Suggestions for using Hyung in a Tang Soo Do Curriculum



**Figure 1 - This application comes right out of Rohai Hyung.
What kind of curriculum would allow students to access this information?**

This last section is a roadmap for the evolution of the Tangsoodoin's curriculum as it was shaped by the objectives stated in previous articles. This knowledge represents a change of environment in which the Tangsoodoin can adapt if they choose.

Traditionally, the Tang Soo Do curriculum contains the following elements. Kicho (basics), hyung (forms), Ill Soo Shik (one steps), Ho Sin Shul (self defense), Deh Ryun (sparring), and Kyok Pa (breaking). These elements are arranged differently depending on teacher and organization, but are, for the most part, ubiquitous across the Tang Soo Do spectrum.

As one learns more about hyung, taking into account the material I've written above, and/or finding out even more than what I've written, this will demand changes if one's wish is to incorporate this material. This is because the techniques and combinations used in the forms are far more comprehensive than what the average Tangsoodoin practices.

With that being said, rather than throwing the baby out with the bathwater, I'm going to use the general categories for this thesis in order to continue the common thread that all Tangsoodoin share. It is my opinion that in a hyung based curriculum, the following elements should look like this...

1. Kicho - Basics should be designed so that they introduce a student to the real techniques in a form. These techniques should be functional, as in they should be exactly what you would do in a violent altercation. Techniques should be practiced so that you consistently practice with a partner and that you develop real focus, balance and power. Impact training, whether on pads and/or a makiwara should be the fundamental way striking basics should be practiced. Grappling and throwing techniques should also be practiced with a partner and should include full ukemi and tapping.

Finally, basic techniques should be limited to what is actually found in the forms. This does not mean that should rigidly adhere to the exact techniques found in the particular form being practiced by the student. A variety of techniques that fit the spirit of the application in the form should be explored so that Tangsoodoin becomes better rounded.



As one develops a set of common sense basics and principles, one sees that many of these techniques flow directly into the use of a weapon.

2. Hyung - In most Korean systems, a 10-gup-belt system is used in order to designate a student's skill level. In a hyung-based curriculum, the intense focus and analysis upon each form demands that only one hyung be taught for each rank. This is vital because it gives the student time to really focus on what they are learning and analyze the hyung to its fullest potential.

As far as how a hyung should be taught, this will vary as a student increases in skill

level and understanding of the hyung. The teaching the hyung should correspond to the way that various kicho techniques are introduced. Beginning students should learn predominantly striking techniques with some grappling and throwing techniques thrown in so that they can learn how to fall and tap properly. As a student advances, this continuum will flip to a point where few new striking techniques will be introduced and mostly grappling and throwing techniques are being practiced. All of this will inform how a teacher teaches a hyung. At the beginning stages, the striking elements are emphasized, but as the student progresses, more grappling and throwing will be introduced. At some point, the teacher should make time for students to examine earlier kata for the advanced concepts found in early forms.

The actual teaching the hyung should include a major focus on stance and technique. However, all criticism of stance and technique should somehow be tied to how that technique is actually applied against an opponent. Criticism will vary from student to student depending on their level of understanding of hyung layers.

Finally, a student should learn the entire hyung immediately so that they have time to practice the hyung and make the movements instinctual by the next time they test. This will also provide them with ample time to analyze the hyung's techniques.

Finally, a student should learn the entire hyung immediately so that they have time to practice the hyung and make the movements instinctual by the next time they test. This will also provide them with ample time to analyze the hyung's techniques.

3. Il Soo Shik - One-steps should come

directly from applications in the hyung. The teacher should construct a series of required one-steps that utilize the differing layers of understanding in regards to hyung technique. Beginning student one steps should include mostly strikes. As a student advances, more grappling and throwing should be included. The teacher needs to make a concerted effort to show the various principles each hyung is attempting to teach.

The students should also be encouraged to figure out their own one-steps. I would recommend that the student should be required to produce 2-5 one-steps per form. This is done in order to provide the Tangsoodoin an opportunity to hone their hyung analysis skills.

Finally, one-steps should be drilled continuously so that they are smooth and effortless. The teacher should provide ample opportunity for this to take place. This, however, limits the amount of one-steps a student can practice. A student should learn no more than 40 one-steps before chodan.

4. Ho Sin Shul - Where one-steps provide a student the opportunity to analyze the hyung, ho sin shul should provide a student with the opportunity to test one's skill in a more controlled environment the sparring. The teacher should use ho sin shul to introduce concepts like random attacks and varying degrees of resistance in order to move the practice the hyung's applications beyond the academic one steps and into something that has more basis in reality. Finally, a full range of attacks should be explored with ho sin shul. Pushes, pulls and strikes should be defended against with equal time being split between them.

5. Deh Ryun - Sparring exercises should flow directly from ho sin shul. The instructor should carefully remove rules and regulations until a freer flowing and randomized drill is conceived. The student

as deemed by the instructor should wear various forms of protective equipment. All levels of distance should be explored in sparring. Striking distances, clinching, randori, and wrestling should be explored.

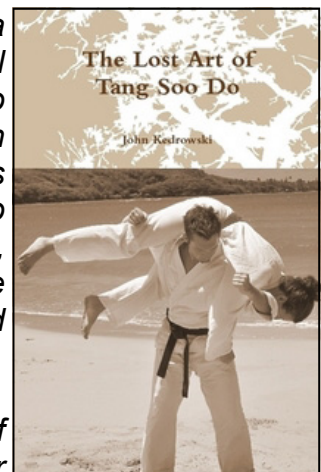
As part of deh ryun, a newaza (wrestling) curriculum should be introduced for students. This aspect need not be comprehensive as the study of wrestling runs counter to the spirit of hyung application. However, as mentioned above, traditionally, the study of karate assumed some knowledge of grappling. This gap needs to be filled in a well-rounded Tang Soo Do curriculum.

Newaza concepts such as balance, position, escapes, pins and submissions should be taught. Striking on the ground should also be taught as many hyung specifically show how to do this. This, however, should be expanded to specifically include all wrestling positions.

6. Kyok Pa. Breaking various materials should be explored in order to test a student's power and conditioning. This aspect of practice should specifically focus on strikes practiced in hyungs.

John Kedrowski is a long time martial artist with two decades of training in multiple martial arts including; Tang Soo Do, Karate, Judo, Jujutsu, Arnis De Mano, Tai Chi, and Kung Fu.

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



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Martial Arts Training Using The College Concept *Honorable Or Disrespectful?*

By Michael Munyon, 5th Dan, US-ITF

Due to Pay per views and the hit TV show, Ultimate Fighter which shows Mixed Martial Artists competing for a contract people all around the world are becoming more open about martial arts training in several different styles. This, historically, has not been the case. Over the many decades of my martial arts career, I've seen old school Masters and Grand Masters enforce the concept of "students must only train in one martial art if they are to become good." When students have secretly trained in another martial art those old school Masters and Grand Masters would instantly reprimand their students and even expel them from the dojo/dojang. Many people have different opinions as to why these senior ranking authorities would expel students from their school or even from an organization. They range from insecurities, loss of business, a sense of dishonor and more.

Let's look at today's view individuals training in multiple martial arts. While training in Jackson, MS, USA, I had the

honor of meeting and training with Han Mu Do founder, Dr. He Young Kimm. During his seminar he stated that martial arts training should be similar to that of a college education. Most education systems require you to have a major and a minor. This was surprising to hear due to many old school Masters and Grand Masters at one point punished such talk

and action. One of the benefits of training in two or more martial arts is that an individual is not limited to one point of view or way of thinking. I once heard something kind of funny but it made a good point. Taekwon-Do people think very straight line. HapKiDo people think very twisted (small circles in techniques). This funny example allowed me to understand different martial

arts concepts and thinking even better. It also gave me a different point of view.

I, currently have a major in ITF Taekwon-Do and a minor in HapKiDo. This is not a reflection on any of the two arts I actively participate other then the fact I was introduced to Taekwon-Do before HapKiDo.

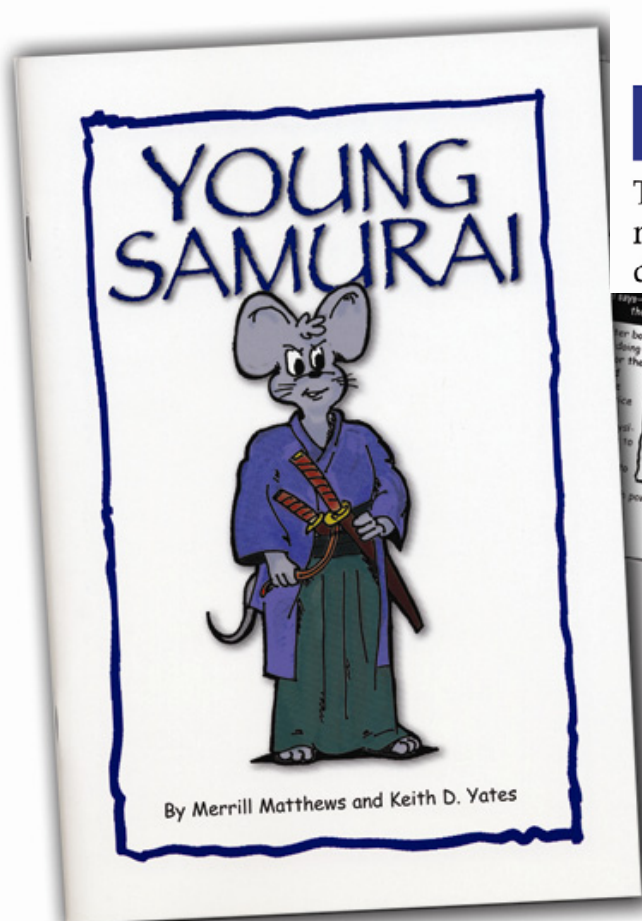


Michael with Dr. Kimm

Training in both arts has opened up many wonderful things. I've attended outstanding seminars by well known Masters and Grand Master in both systems. My skill level has increased beyond the normal limits of one martial art. Some Masters and Grand Masters argue that your primary art might suffer if you train in another art. Others feel that the training of another art can have positive influences in the other. Here's an example. I would like to think that my Taekwon-Do Ho Sin Sul was very good prior to training in HapKiDo. However, upon training in HapKiDo for some number of years now I can say I didn't know or was able to perform as well then as I can now. This is due to the influence of the HapKiDo influence and motions within my techniques.

As we continue our path in the martial arts, instructors should be open to offering another training program for their students. By doing so it could help retain students who wish to quit and join another school because they feel they want to train in another art. This type of thinking and training will benefit both students and instructors. Even from a business stand point offering two programs can bring in extra revenue to the instructor/school owner. So, let's get back into the dojang, train hard, drop the old school way of thinking and let's educate our students in multiple arts.

Note: It is HIGHLY recommended that the student earn at least a 1st degree black belt before training in another art.



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Why I Miss Mr. Miyagi

By Robert Barnes

It was like yesterday (25 yrs ago) when I walked into my first Karate Dojo. I had gotten into what I thought was a NO BACK DOWN confrontation a week before. I knew at that point that I HAD TO TAKE KARATE.

Luckily, I found a wonderful school that gave me what I needed at that time. Good self defense and the Myagi life lessons that could help make me a better man.

The school was so encouraging and helpful. On the first day of training my instructor asked me if I had taken martial arts before and told me that I was a natural. Wow - I fit in somewhere. From that moment on I knew Martial Arts was for me, and I would do this for the rest of my life.

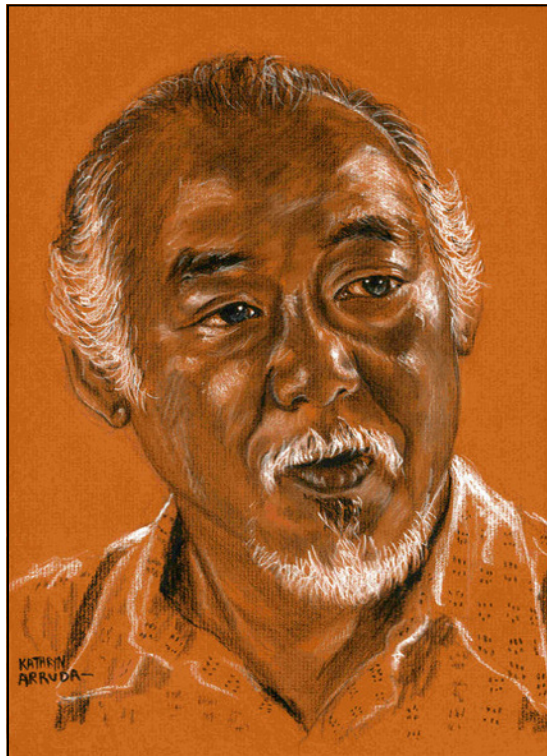
But now in the age of KNOCK DOWN DRAG OUT GROUP and PATCH OF THE MONTH CLUB a lot of us (instructors) have forgotten the impact that we can have without students if we would just MAKE IT PERSONAL again.

First, how did we get this way? It could be Bills that take our minds out of the now. Competition, trying to keep us with other schools and losing your focus on your goals. Or it could be Burn Out - losing out on the good feeling that you had.

Either way all these things pull you away from the most important thing right in front of you – your student. Remember, What

we do is not like any other sport or job out there.

Football, group sport. Coach is judged by the results of the team. Teachers, class room. Teachers are judged by the results of the class grades. Dance Schools, Group dance. Instructors are judged by the effectiveness of the recital show.



We, in the Martial arts field, are judged a different way. We are judged closely by the outcome of each student in our class. Every parent comes to us with a specific problem or need. It's not a one size fits all business. We have to make it Personal. So what was the magic of Mr. Myagi?

Here is what I feel it is:

1. He looked into the need that Daniel had. Just that.

We tend to do what is fun for us. You know I love this or that so that is what I teach everyday, but does that mean that Mrs. Jones wants that for Jimmy? We have to find their needs first. That's the point of the Personal Analysis during the introduction.

2. He lived what he preached. His day to day life reflected his words.

I have to admit that in the past, I let many things that were said to me [in a negative way] get under my skin around the same time that I was teaching in class. You should never let words get to you. It is to vitally necessary to be strong. These things



were brought up to me by a close friend and I realized that I needed to take my own medicine. What a learning experience for me. I had to learn to “Live the Sermon.”

3. The importance of Belts.

Now this one may get me into a little trouble. Remember when Myagi was asked “*what belt do you have?*” And he said JC Penny special! We have always focused so much on rank or we are always asked, “*Are you a Black Belt?*”. Karate is based in your heart –who you become after years of training. Not just the belt. Rather ask – “*Are you living the traits of a Black Belt?*”

And last ...

4. Giving

I will admit one of my favorite parts of the movie is when Mr. Myagi gave Daniel one of his cars. When I saw that, I think I was happier than Daniel. I know that we cannot afford to give away cars like Oprah, but what do we give to our students on

occasion?

Think about this - your school is a “*Family*” not a “*Unit*”. (What I’ve heard multiple school owners call their schools.) And a student is your child – not just an enrolment.

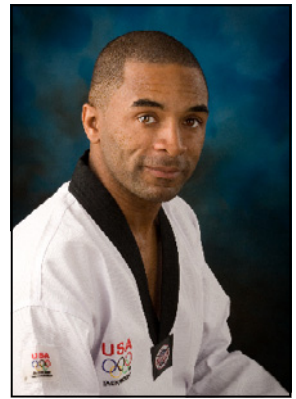
So what would you do for your child? Give! Not just certain times of the year or when they are up for an upgrade. Give! We have so much to offer - so, the bottom line is to see your child when you see your student and do what’s right.

I know there are hundreds of Mr. Myagis out there and instructors that want a close mentoring relationship with each student in their school. Gone are the days of the “one size fits all” martial arts schools. Kids need much more.

So if you want to make it better, then find the Mr. Myagi in you and Make it Personal.

By the way, The karate Kid remake will be out soon, I am looking forward to seeing it!

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



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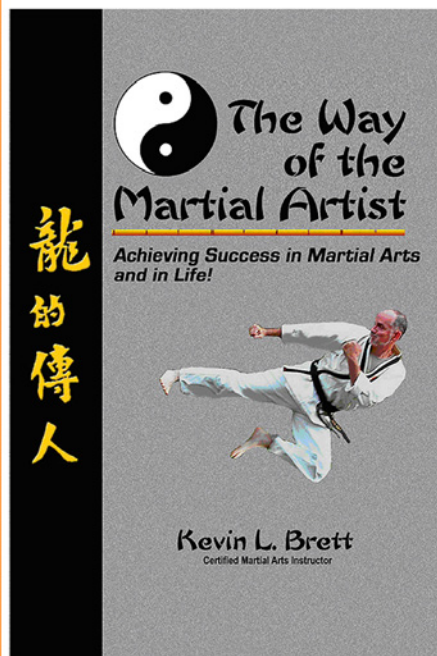
Please send your questions to Glenn via TKDClinic@totallytkd.com ensuring "TKD Clinic" is in the subject line

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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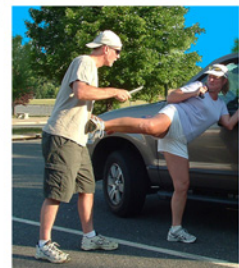
Lawrence Kane

Author of The Way of Kata, The Way to Black Belt

Everything for the Complete Martial Artist

Success in anything begins with a dream, but to achieve that dream you must first adopt a mindset for success. Parents, this book will help you help your child get the most out of their martial arts training. Adults, develop your own black belt determination. Leverage your existing qualities and talents into a toolset for success that can positively change every aspect of your life. With commitment and determination, anything is attainable!

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The "Dodge"

By Earl Weiss

For the benefit of those who may not have caught prior articles where I have mentioned it, I have plans for a "Volume XVI" of General Choi's Encyclopedia. (Said with tongue firmly planted in cheek.)

The purpose of Volume XVI would be to elaborate on certain points, explain others, and emphasize things I feel are often overlooked, as well as adding my own thoughts concerning various items. This would be just such an item.

Number 5 of General Choi's 'The Eight parts of the training secrets of Taekwon-Do' states: *"5. To become familiar with the correct angle and distance for attack and defense."* This article focuses on the defense aspect.

In the Chang Hon pattern system, it is not until the 7th pattern that you have a block that is not performed from either a stationary position or moving toward your opponent. (Toi-Gae #28). The relative advantageous or disadvantageous of remaining stationary or closing the gap with your opponent are topics for another

article. This article will explore certain blocks where the importance of the body movement seems often overlooked.

As noted above, Toi-Gae #28 has the type of block with the most intuitive rationale; you simply move in a direction directly away from where the attack is coming from. "A moving away Block" This is not the type of application often overlooked. Although as noted later it might be misunderstood.

Hwa- Rang #1 is just such a technique. Most know (or should know) that the textbook application of the Palm Pushing

(Craig Wilke attacking George Paweleck.)



Hwa Rang Ready position. Attacker targets the throat with a Knifehand Strike.



Hwa Rang move #1. Defender has moved the intended target from the attack point of focus.

Block is to push on the attacker's shoulder (if they are for example attacking from the side with a knife hand strike) or the hip (if they are attacking from the side with a reverse turning kick) in order to unbalance the opponent and not simply push on the attacking limb.

See Totally Tae Kwon Do Issue #5 May, 2009 ***Is Taekwon-Do offense or Defense? Yes!*** which addresses the issue of Patterns teaching a side facing preparation for attacks.

Often overlooked is the strategy behind the step that accompanies the block.

If the Attacker is to your left side and intended to deliver a Right Knife hand to your throat, the step in move #1 would remove the intended target from the focus point of the attack. It also places your left shoulder in an optimal position to deliver the Palm Pushing Block. (Similar distancing would apply if the intent was to deliver the reverse turning kick.)

The lines on the floor in the photos that follow can be used for reference.

There are other blocks where you step away from the direction of the attack, but Kwang Gae #s 25 & 29 now introduces a shift to put the intended target just out of reach. Below left is Kwang Gae move #24 Showing relative distance if the shift for move #25 as shown at below right had not occurred.



Po Eun #s 2 & 20 had a stated purpose in early texts of “Upward Punch”. Later texts simply indicated that the hands were raised but curiously keep illustrations of the upward punch application. Irrespective of what the hands were doing, curiously the foot is moving to a One-Leg Stance. Other than as a preparation for the next technique, this could certainly be seen as a way of avoiding a kick to the leg. See *next page for photographs*.



The photo on the left shows a kick to the leg if the defender is at move #1 and had not moved. Photo on the right shows relative positions if Defender performs move #2.

When I first learned Gae – Baek #1 I was taught that the arms were crossed and moved in an upward direction. I initially thought this was dangerous since I would be redirecting a punch aimed at my chest toward my face. Some application photos in the text still show catching a punch in the cross of the X (Choong Moo #27), but in my not so humble opinion this was an erroneous application holdover from early texts that described that technique as a middle X Block with the knife hand as opposed to an X Checking Block.



(George Paweleck attacking Otto Precht)



The (better, in my opinion) application as illustrated above, is to be used against a reverse turning kick from an opponent positioned to the side. Often overlooked is that with this application you are once again withdrawing the intended target from the focus point of the attack.

The Photo on the left shows the defender being kicked in the throat having not performed move #1, while the photo on the right shows move #1 being executed while the intended target is moved away from the attack.

The alternate Palm block - #s 29 & 34 of Eui-Am seems to be misunderstood by many. The prior move has you in a Walking Stance toward D, and pulling the lead foot to form a Rear Foot Stance to D effectively moving your body directly away from D. Yet, I often see people doing the block to the angle. (#29 BD or 34 AD). Blocking to the angle while moving straight back makes little sense. ("Correct angle and distance.") Why would you want to be moving directly to the rear if the attack is coming from the angle?



The photo on the left shows the relative distance for the punch, and the photo on the right shows the distance after moving back for the alternate palm block.

It is not my intent to provide an exhaustive list of all techniques from the Chang Hon system where you remove the intended target from the focus of the attack, since I never tell people; what to think. I simply tell people; to think.

I now leave it to you to explore movements which affect "...angle and distance..." and how they affect the utility of the technique.

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 EWeisstkd@aol.com

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



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2010 South East Opens Report

By Robert Mitchell, LTSI

The date of 7/3/2010 had arrived as it was the day of the South-east Opens, and a very competitive day all the way through. Hosted by Mr. Chris Snow, 5th Degree and Chairman of the UK-LTSI, our host started the day off by calling all participating officials for a meeting and to assign them to their rings for the day.

With the competition just about to begin, the UK-LTSI had 40+ students ready to compete. The day kicked off with a bang as the junior events started with patterns. Our juniors gave it their all to come out on top of their division for patterns, and with a bit of competitive spirit, we picked up some well earned victories. Andre Buckley from St.Albans LTSI picked up a silver in the 6th -4th kup patterns, along with Daniel Doran from Hemel LTSI picking up the gold. The UK-LTSI picked up another 2 wins in patterns in the 3rd to 1st kup division. Tobi Adio, also from Hemel LTSI claimed silver position, with Georgia Milner from Lincoln LTSI coming 3rd. Well done to them, as well as to our other juniors whom took part and gave it their best.

However, it was now time for sparring. From the 5's to 7's, 10th to 7th kup sparring, Josh Burgess from St.Albans LTSI secured a bronze. Another bronze headed our way in the 10's to 12's, females 10th - 7th kup

sparring as E. Rodrigues from St.Albans LTSI put up a valiant effort and came 3rd. In the 5's to 7 years, 6th kup to 4th kup sparring took place, Josh Lee and T. Wadud, both from St.Albans LTSI, shared the bronze position. As the 8 to 9 years ended, Daniel Doran picked up a second gold victory. Last but not least for the 6th to 4th kups was the 10 to 12 years males, where K. Shah from St.Albans LTSI claimed split 3rd after a well fought battle.



Following the 6th to 4th kups came the 3rd to 1st kups, ages 8 and 9. Frankie Adio from Hemel LTSI took the gold, with Olivia Carling from St.Albans LTSI claiming second place. D. Britten from Hemel LTSI took 1st place in the 10 to 12 males, as did Tobi Adio in the females, with Georgia Milner taking second place, R. Bailey and Rhiannon Snow taking split 3rd. With destruction next, the juniors had to kick the power pad, with the highest score taking the gold, and Frankie Adio in the 8 and 9's, took 1st place in using Turning Kick. Congratulations to our juniors for taking part and showing team spirit.

Now next up was Team Patterns. With 3 teams taking part, it was a close call between St.Albans LTSI and Hemel LTSI but St.Albans managed to come out on top, with Hemel coming second.

Before the Black Belt events occurred, we showed our respect to the late Grand Master Tran. Everyone sat down and watched a tribute video to the late GM, who sadly became a victim of the incident in Haiti. After the video, we all paid our respects with a minutes silence. As the minute came to a close, a short break occurred before the competition resumed with the Black Belt events.

Afterwards, destruction took place again but this time for the black belts. Andrew Smith took the gold in the 13 to 17's Males category which was won having to perform breaks using multiple kicks.

Following the Black Belt events, came the 13+ colour belts patterns, but giving our best, we came up short there. Oh well, better luck next time.

In the 13's to 17's Males 1st to 3rd dan patterns, Steven Townsend from St. Albans LTSI managed to secure himself 2nd place. Whilst over at the Females side, Amy Smith from Hemel LTSI also came 2nd, with Jade Doran also from Hemel LTSI, taking the bronze. Next was sparring,



with 10 to 12's mixed, Jade Doran picked up silver position. Over in the females 10 to 12's, Lauren Snow from St. Albans LTSI, took silver place, with Amy Smith taking joint 3rd. With the 13 and 14 year old Males sparring, Callum Jordan from St. Albans LTSI took 3rd place. Adam Aliousalah from St. Albans LTSI took 2nd place in the 15 to 17's Males, 58.1 KG to 63KG. At the end of the 63.1 KG+ Males, Andrew Smith from Hemel LTSI took 2nd place, with Steven Townsend and Elliott Moulster from St. Albans LTSI taking joint 3rd.

Following patterns, was sparring like usual. With the 16+ years, Males 6th to 4th kup sparring taking place, Robert Mitchell from St. Albans LTSI managed to secured joint 3rd. As the 13 to 15 years, Males 3rd to 1st kup sparring came to an end, A. Stewart picked up 2nd place, with J. Wood taking

joint 3rd, both who are from Grantham LTSI. And with the 16's and over, females 3rd to 1st kup sparring, K. Trotter from Hemel LTSI took joint 3rd. With the Females Veterans Colour belts coming to a close, remarkably, Tracy Furlong remains top dog of the female Veterans with a 2nd Gold from that category, already having won the same category in the 2009 South-east Invitational's.

It was a great day indeed, and alot of competitive victories being won. Well done to those that took part. And congratulations to those that won, but remember, as Mr.



Snow says, *"Its not about winning, its about taking part"*. Well even if you leave a competition empty handed with no medals or trophies, you can go home proud knowing you gave it your best.



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nkma.us - Northwest Korean Martial Arts

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A young boy with light brown hair is captured in a dynamic pose, performing a high kick. He is wearing a white Taekwondo uniform with a black belt. The uniform features patches on the sleeves, including one with the American flag and another with a circular emblem. His right leg is extended high into the air, while his left leg is planted on the ground. His right arm is bent with a clenched fist, and his left arm is also bent. The background is a dramatic, fiery orange and yellow circular pattern, resembling a stylized sun or a portal. The overall image has a high-contrast, energetic feel.

"He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly."

- James Allen

Issue 15: 1st May, 2010

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