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TOTALLY TAE KWON DO

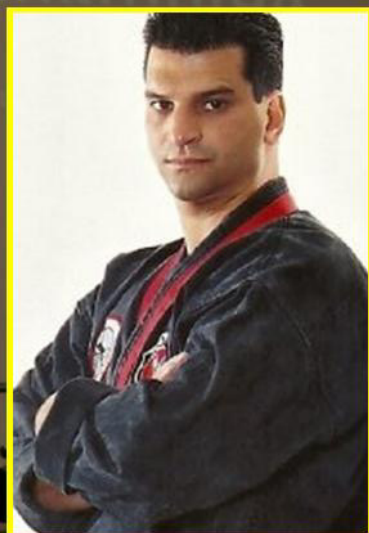
Issue 16

www.totallytkd.com

June 2010

The Free Global Tae Kwon Do Magazine

**Win A Copy Of
The Encyclopedia Of
Taekwon-Do Patterns**



**Master Philip
Ameris Interview**

Plus
ITF Sine Wave As "Sequential Motion" Pt 2
Basics: Laying A Path To Success
The Encyclopedia Of Taekwon-Do Patterns
Recognising Accessible Targets
Grandmaster James Lim: Seminar Report
A Successful & Fulfilling Career In ITF Taekwon-Do
Taekwon-Do Explosion 2010
How To Get The Most From Your Holiday

Plus Much More Inside

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

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Editorial

Issue 16 - June 2010

First the bad news... On behalf of the readership, we have tried to garner information via the various BIG organisations of students who read this magazine, contacting them directly in order that they send us their news and information/articles, that relates to their membership. At first it all seemed "good" but has since been less than forthcoming.



First up was Grandmaster Tr  n (of ITF-V) who not only supported the magazine by way of his own articles but asked that members of his ITF do the same. He sent emails to the relevant departments but still we have heard nothing! Sadly, Grandmaster Tr  n's articles come to a close this month as we publish the last one he authorised before his untimely death this year! I ask Grandmaster Marano and all ITF-V members to push his wishes and follow through with what he wanted!

Next we had direct contact with the ITF under the authority of Prof. Chang Ung and the 'publicity' department. But sadly, after featuring their World Championships we have heard very little.. in fact nothing!

We have also been in contact with the WTF/KKW who promised to supply news and articles directly to the magazine for the benefit of their members, but again.. nothing has materialized so far!

Finally, ITF-C, TAGB, GTI, GTF, BUTF, USTF, UKGT and other big orgs have remained totally quiet - why? I don't know.. Your guess is as good as mine!

Now, you cannot say we have not tried our hardest! It's a shame they have not come through, as it's a loss to not only themselves but also their students !

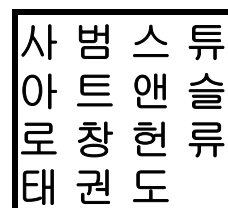
Luckily, we have some fantastic writers, who are willing to share and so we continue on with another great magazine this month, without them!

Okay, now the good news... check out some new books and a great competition for those that follow the Ch'ang Hon/ITF system of Taekwon-Do... I'll say no more ;-)

Enjoy this months offering.

Take care,

Stuart Anslow
Editor



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Grandmaster Trần Triều Quân, Paul O'Leary & Stuart Anslow***

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**Please feel free to visit
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Totally TKD News

Record

Issue 13 has been downloaded over 46,000 times making it the highest download count of any issue so far.

And So It Ends

Prior to his sad, untimely and unfortunate death earlier this year, Grandmaster Trần Triều Quân supported this magazine by submitting his own articles. This month sees the last inclusion as they have come to an end - and to me at least, that's the end of an era of the magazine - unless ITF-V authorise further releases! I'm sure you'll agree that Grandmaster Trần's articles have been a great read, very informative and of great benefit to ALL Taekwondoists - whether part of his ITF or not - other leaders look and learn!



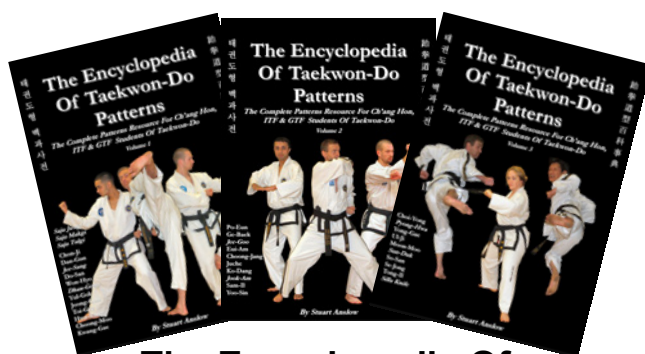
as well as those further devised by Grandmaster Park, Jung Tae (a must for students in the Global Taekwon-Do Federation), as well as the '*Silla Knife Pattern*' first instituted by Grandmaster Kim, Book Man.

These are the first books of their kind to feature all 25 patterns (in photographic detail) including both '*Ko-dang*' and '*Juche*' in the same collection, as well as the first books ever to feature the GTF patterns of Grandmaster Park, Jung Tae.

Between them the books have almost 1,000 pages, over 5,800 photographs and feature 32 patterns of Taekwon-Do, broken down to show not only the main techniques, but the '*in-between*' moves and motions as well and include tips on the performance of each pattern, as well as the differences between major TKD organisations.

They also feature the 3 Saju exercises, a '*true*' and '*complete*' history of Taekwon-Do, a history of the pioneers that actually helped formulate the patterns, in-depth description of the pattern motions used in the ITF, precise points of '*kihaps*' located within the patterns from the various groups (for those that use them), the differences in patterns between Taekwon-Do organisations and Masters and a study of the sine-wave by an ITF master (for those that utilize it).

They are available on Amazon early June 2010 and you can save 20% by ordering the complete set!



The Encyclopedia Of Taekwon-Do Patterns: The Complete Patterns Resource For Ch'ang Hon, ITF & GTF Students Of Taekwon-Do

June 2010 sees the release of three books for Ch'ang Hon, ITF and GTF students of Taekwon-Do. Between them, they form "*The Encyclopedia Of Taekwon-Do Patterns*" and feature every pattern ever devised by General Choi and his pioneers,

Read Online

The issue with volumes being able to be read online, rather than downloaded has, after much work, been rectified and all issues are now available in this manner.

Down's Syndrome Association

www.downs-syndrome.org.uk



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

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

Our mission is:

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

Can you help? As a charity we rely entirely on voluntary donations. To make a donation to the Down's Syndrome Association please click on the link below or call a member of the fundraising team on 0845 230 0372 or visit the web site

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An Interview With AImAA's **Master Philip Ameris**

By Karim Belgacem

Master Ameris is the most senior student of Grandmaster Hee Il Cho. He is AImAA's Technical Director and he will become the first person in AImAA history to test for the rank of eighth degree at the 2010 AImAA Summer Camp.

I recently had the pleasure of talking with him about his training, his relationship with Grandmaster Cho and his upcoming testing in 2010.

Karim Belgacem – *One of your main responsibilities as AImAA Technical Director is to plan and prepare our bi-annual camp. What can the students attending the 2010 Summer Camp expect?*

Master Ameris – The 2010 AImAA summer camp will be by far our best yet! First off it is the 30th anniversary of the AImAA and also Grandmaster Cho's 70th birthday. Next, as always, the classes will be filled with outstanding instructors teaching a wide variety of subjects. Master Darcy, Master Byrne as well as Master Kirkwood and I will be teaching at least two classes each and the highlight of the entire week is that Grandmaster Cho will also be teaching!

As far as the venue goes, Washington DC is one of the nation's most beautiful places. There is so much to do and see



and it is truly a great opportunity for everyone to have a great time in our nation's capital. The University is really nice and will be a great place to train. Camp will run from 8 : 0 0 a m till noon each day and then the rest of the day can be spent sightseeing and having fun.

Karim Belgacem - *You will become the first person in AImAA history to test for the 8th degree at the camp. How are your preparations going?*

Master Ameris – I felt very honoured when Grandmaster Cho told me I was testing at the summer camp and also a little surprised! One of the really important things students of the AImAA should see is that each master who is 6th degree or higher has physically tested for the rank. Everyone sees them test. There is no such thing in the AImAA as just being promoted or self promotion after so many years. This is an extremely important aspect of the AImAA which I think sets us apart from many other martial arts organizations. I

have designed a workout program that is in 3 month increments. Each ninety days I am changing my workout routine to improve a different aspect of my testing requirements. As always running and working out hard is something that has been instilled in each of the current AIMAA masters from Grandmaster Cho's outstanding example.

I will do my very best on the day of testing and in preparation for the test to hopefully inspire younger

students of the AIMAA to keep training hard and keep the standards that Grandmaster Cho has set in place for many years to come.

Karim Belgacem -
What does testing for such a grade mean to you?

Master Ameris - It means so much but the most important thing for me is to honour Grandmaster Cho as his senior student and to never let him down. I have been with Grandmaster Cho the longest out of any student. I have learned so much from him and he is truly like a second father to me. I have been there and seen so

many things that he has done not only on the physical side of Tae Kwon Do but more importantly how he has treated people. His

heart is as big as the sky is wide, and his generosity is unbelievable. A lot of people have criticised myself and Master Darcy for being too loyal but I know I can speak for Master Darcy when I say it is not blind loyalty, it is the utmost respect for honouring our teacher for all he has done for us and given of himself for his students. It is due

to appreciation, respect and love that we hold him in such high esteem.



Karim Belgacem -
What has been the most important thing Tae Kwon Do has taught you?

Master Ameris - I thank God every day for the gift of Taekwondo. It has been the driving force in my life to overcome what life can throw at you. I have been training in the martial arts since I was 8 years old, I am now 47. It is impossible for me to separate Taekwondo from my life because it is my life.

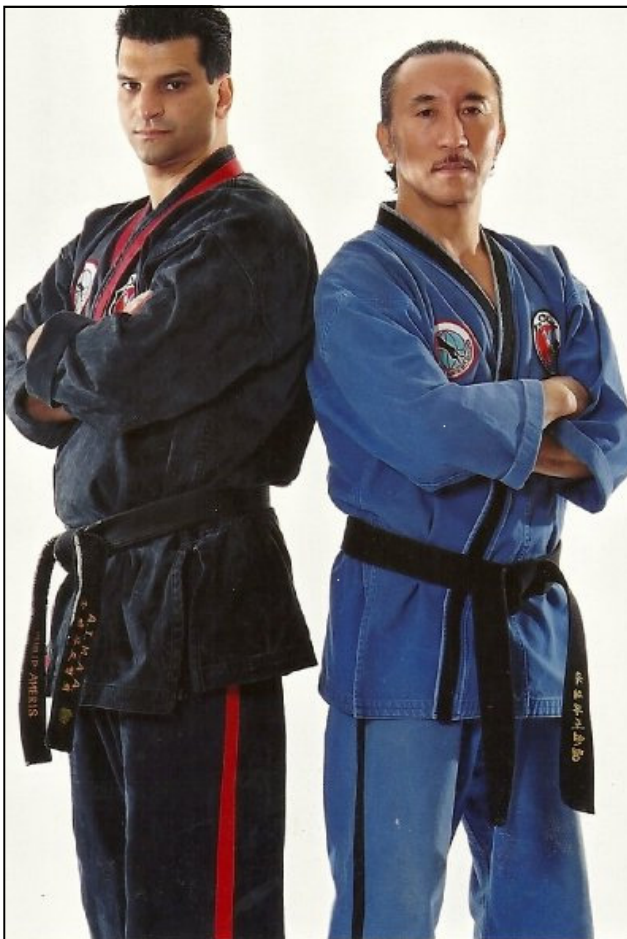
When I hear people saying that they are retiring from Tae Kwon Do it is hard for me to understand that, because that is who you are. As long as there is a breath in my body I will always be doing Taekwondo.

Karim Belgacem - With Grandmaster Cho's European Tour in mind and for those students new to AIMAA who have perhaps never trained or met the Grandmaster - what can they expect to learn from him?

Master Ameris - If you want to see what a TRUE master of the marital arts is do not miss this seminar. This is most likely the last time Grandmaster will be in Europe doing a seminar. His skills, even approaching 70, are unparalleled.

Just the other day I called him and he was training as always in the Do-jang. What can a student expect? The best, to be inspired, to be motivated, to see a l e g e n d !

Karim Belgacem - What is the most important thing you have learnt from Grandmaster over



the years?

Master Ameris - Respect, loyalty, perseverance, indomitable spirit, courtesy, integrity. This should sound familiar to all AIMAA students! It is our aims to achieve. He has lived them so this is what I have learned from him. Also to work hard and never give up. To always, as Grandmaster says each week I talk to him for the past 30 years, "keep pushing"!

Karim Belgacem - What are your ambitions for the future?

Master Ameris - I have said this before and really mean it - to uphold, to the best of my ability, the teaching of my instructor Grandmaster Cho. To be a positive example to my children and my students, to live a life that would make my parents proud. To stand up for what I believe and do my job as a Union President to the best of my ability and always represent my members with dignity. To always appreciate what God has given me.



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- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.



**For Information & Applications:
Master David Lieder (david@allstarma.com)
www.AllStarMA.com
www.Inspiringpossibilities.org
(281)373-KICK (5425)**



ITF Taekwon-Do & Sine Wave as “Sequential Motion”

More Power Than What Meets The Eye

By Manuel E. Adrogué¹

PART 2

In this three-part series the author discusses technical reasons underlying the transformation of Shotokan / Korean Karate technique into Chang Hon (ITF style) Taekwon-Do, and shares his personal story on how an inquisitive attitude, the exposure to certain martial arts icons and diligent training gradually changed his perception of Taekwon-Do technique as it relates to power and speed.

When I was about to enter my third decade of training, two things occurred: (1) I met “biomechanical” Master Kwang Jo Choi and in some very interesting conversations and a seminar, was introduced to his Choi Kwang Do system, and (2) I received a copy of the “Original ITF Masters” footage video, filmed during the sixties and seventies -which coincidentally includes Master K.J.Choi-. I analyzed Choi Kwang Do, saw its videos and had an additional personalized class with its local representative Mr. Giarone. In essence, Choi Kwang Do proposes achieving striking power through sequential motion. Imagine a pitcher about to throw a ball: after he winds up raising his left knee (as a cartoon character in preparatory position before running), he will unwind from his central axis, rotating and stretching his pectoral muscles until his arm behind him bounces forth flexing his chest as a catapult – shoulder, arm, hand-

to throw the ball. Golf also uses this “hips before hands” approach. Similarly, the sequential motion applies this elastic quality to striking technique. Different muscle groups will stretch and contract successively, as a wave of energy runs through the body as a whip.

Choi Kwang Do is a new martial art based on the findings of Master K.J.Choi, aimed at natural, extremely powerful motions and the optimization of its students’ health. Its approach is simple, but incredibly attractive: empower all students (kids, young men and even elderly ladies) to strike with overwhelming, unbearable force. Much of the training is done striking focus mitts. It emphasizes large weight shifts towards the target in all of its punching and kicking techniques by successive displacement of all joints involved in the kinetic chain, each segment achieving peak velocity prior to

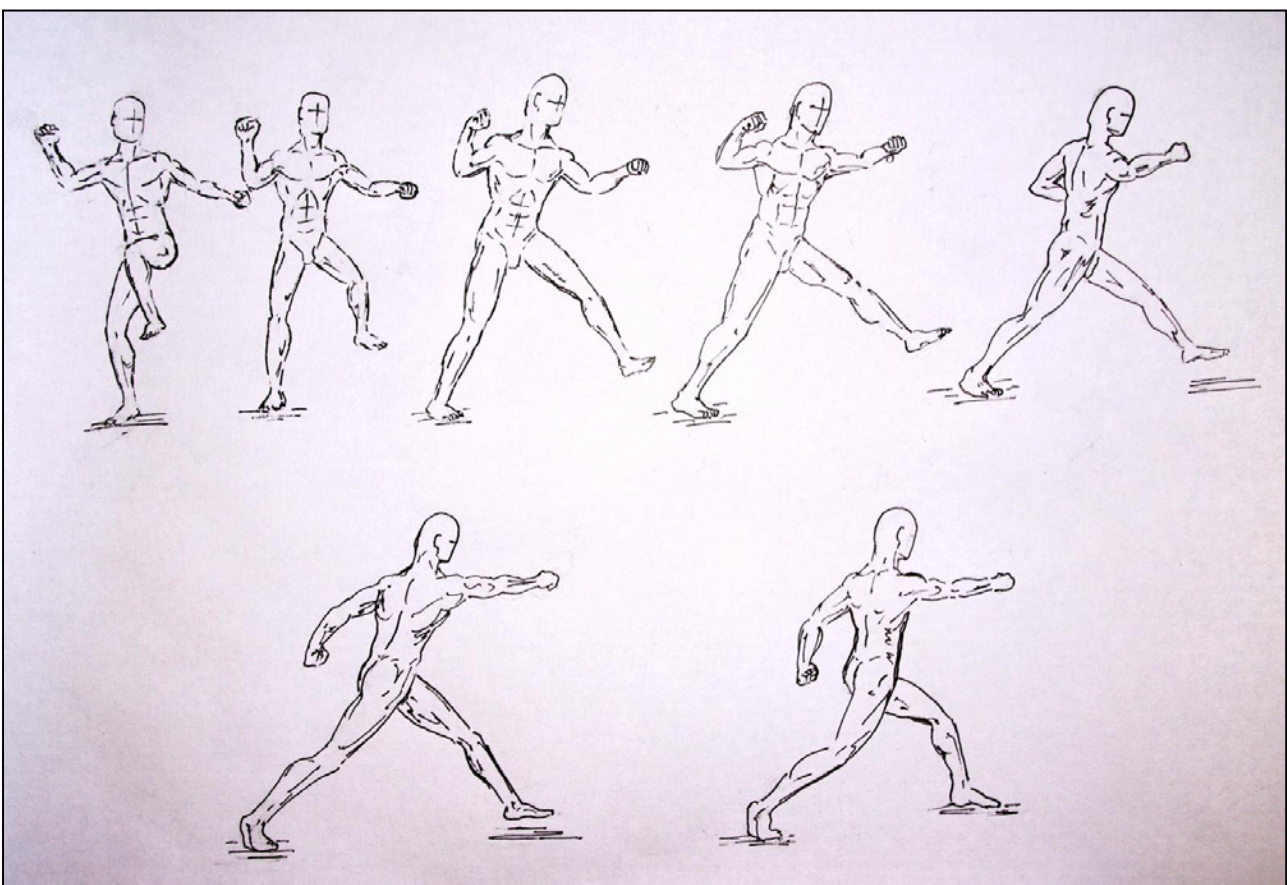


The author with Master Kwang Jo Choi

the following segment. A couple of years after my first exposure to Choi Kwang Do, I accessed its official manual. It describes a study performed in 1992 at the Colorado State University on the biomechanics of a traditional (Karate style) reverse punch compared with the Choi Kwang Do punch. Four first degree black belts with similar training time in their systems (two in CKD and two in “traditional” Taekwondo) were filmed and sensor straps placed in their joints, striking a power plate. They executed their strikes several times. The force exerted by the CKD proponents was in average almost three times the force exerted by the traditionalists –some results were even greater on the CKD side-. Although final hand speed was about 25% superior, the major difference was found in that the total combined displacement of the involved joints was 50% larger in CKD than in traditional style. To put it in other words,

CKD proponents sequentially rushed all their body parts against the target, while traditionalists relatively stayed in place. Another interesting information is that the traditionalists started moving their fists with their initial motion, while those of CKD held theirs until correct time to enter into the sequence to play their part.

When I went back to the “Original” masters video, I found the initial germ of the sequential movement identified and amplified to revolutionary proportions by Master K.J.Choi. Looking at those old videos and reviewing all my mental classifications, I understood that the sine wave was a new and finer package of what Gen. Choi’s Oh Do Kwan members had been doing since long ago. What I had considered “traditional” was just the style proposed by the Moo Duk Kwan, Chang Moo Kwan, Song Moo Kwan and Ji Do



The natural motion for unleashing a “superpunch” shows a wide arc and lagging of the hands (proposed by ITF), the pushing off by the rear leg and hip rotation (proposed by Shotokan), and moving the head and body into the target with the hands covering the distance in a “last minute catch up”. At the end of this forward shift the bodyweight is driven into the target, with impact before the leading foot lands (note that the final drawing is a “frozen position after impact”, not a natural follow-through stage). This concept most probably inspired the ITF sinewave, and is proposed in its most genuine form by Choi Kwang Do.

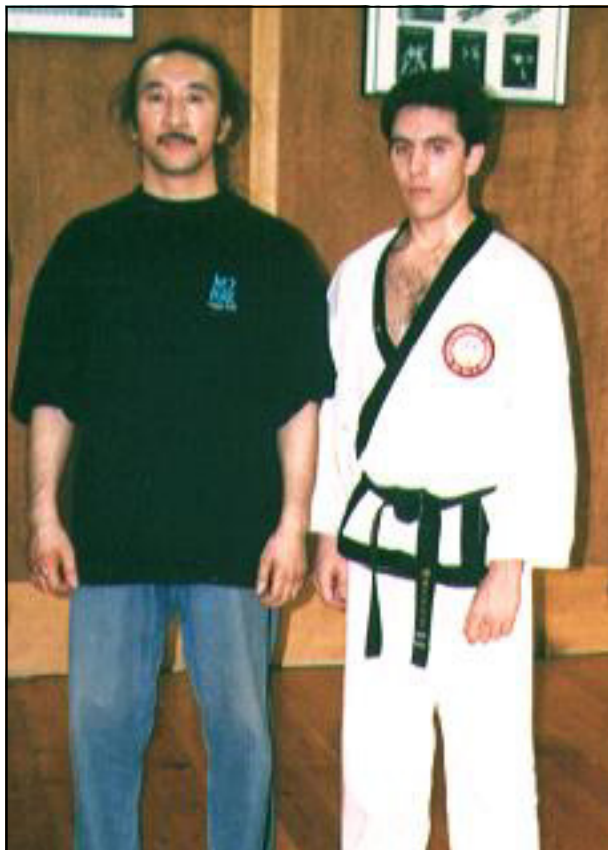
Kwan. But the Oh Do Kwan had elaborated from Chung Do Kwan: looking at the “unpolished” patterns of old, I recognized the seed of ITF’s sine wave, something different than what was known as Korean or Japanese Karate.

Those features matured into what may be better appreciated by contrast:

1. In Choi’s Taekwon-Do basics, each technique aims to express its maximum striking potential, without the “real time” explosive combinations found in Shotokan Karate;
2. In Taekwon-Do hands are not suddenly shot at the target at the very beginning of the technique to avoid “telegraphing” (a feature of Japanese Kendo rarely found in Okinawan Karate styles); Gen. Choi insisted that motions would begin at the trunk (torso / hips), kinetically charging the technique by adding segments seeking maximum power in the confluence of acceleration and mass in a properly aligned structure upon impact (with exhale);
3. That the rhythmic “tai no shinshuku” (expansion and contraction) of Karate would be bold and extreme, to the point of discarding the principle of height maintenance cultivated in Shotokan;
4. That in Taekwon-Do patterns / forms, all movements should be executed following the same guidelines, thereby suppressing any differences in the execution of patterns derived from diverging interpretations of the forms (putting an end to the problem of an individual performing a motion in a pattern interpreting it as an armbar would use different intensity, speed and angle than one doing the same motion considering it a strike since); and
5. Training of jumping abilities and emphasis in relaxation and flexibility – favored by the introduction of complex kicking techniques- gave Taekwon-Do specialists mastery of their motions to the point of being able to strike and kick

powerfully in midair, accelerating hands and feet and using their hips / center of gravity without need of being connected or rooted to the floor, traditionally considered essential by Shotokan specialists.

The concept to bear in mind is that while in its basics Karate is “sudden-fast-powerful”, Taekwon-Do is “sequential-very powerful”.



With Master Hee Il Cho, an exponent of the earlier form of ITF style who is recognized for his extremely powerful technique and realistic approach to Taekwon-Do

The execution principle for an ideal Taekwon-Do technique is that body parts (hips, shoulder and especially the striking hand) must arrive at the moment of impact each at its own maximum speed and with proper structure (direction and alignment). For the purposes of this article, I will exclusively refer to hand strikes, although the same principles apply to all other techniques; including kicks.

Imagine that you are told to make your hip and fist arrive at impact point while each

reaches its maximum speed. Let us say that after some attempts, your best mark is achieved with a sequential type of motion, quite wide and strong punch, that takes 0.40 seconds until completion.

Now consider that you are given a restriction: you are told that for “combat reasons” (surprise element) you are not allowed to delay the starting motion of your fist, which may only move forward, and that you must achieve simultaneous arrival of both in as little time as possible. Now let us assume that after some attempts in which your hands were too fast, you achieve your best mark with a strong punch that was considerably faster (0.30 seconds, 25% less) than the non-time-restricted marks (these estimations are based on actual experience).

At this point –and please indulge this oversimplification for explanation purposes - you must have realized that the basic technique in Taekwon-Do is stronger but relatively slower, while the Shotokan karate type is faster but maybe not as strong (by “fast” I mean a technique that takes little time from start to finish, which is different to the final “speed” of the striking tool). The Karate manner is probably more realistic, since you need a very strong and fast punch, not an immensely strong punch that may take too long to connect and may be easy to anticipate or evade. In combat, the power to break five boards is not necessary. Snake-like, sharp and definitive strikes are most recommended.

Actually, since reflexes (reaction time to a stimulus) have been estimated to take, at best, 2/10 of a second, according to Gen. Choi’s 1993 Encyclopedia of Taekwon-Do (3rd Edition, Vol. 2, pages 40 and 43), a fast strike darting to the target without evidencing major motions will be very difficult to block or avoid, unless it is detected before it starts. Such early detection, according to Gen. Choi’s teachings, should be found in the eyes of the opponent, not in his hands or feet.

Alternatively, Filipino knife fighters teach that for early detection the fighter’s attention should be focused on the chest of the opponent. Note that the referred body parts are located at the centerline of the body, the source of any torque-like motion, so in essence the teaching is similar (although the eyes may convey other additional relevant information). Actually, in martial arts competitive training it is usually understood that once the first one-third of an attacking motion has been covered, it is too late to block or avoid the strike, even if you “see it coming”.

Efficiency wise, the faster, more explosive strikes of Karate are the best; ITF Taekwon-Do strikes rank second, and the most powerful Choi Kwang Do punches, unleashed only at full momentum, come after them, for being the most detectable.

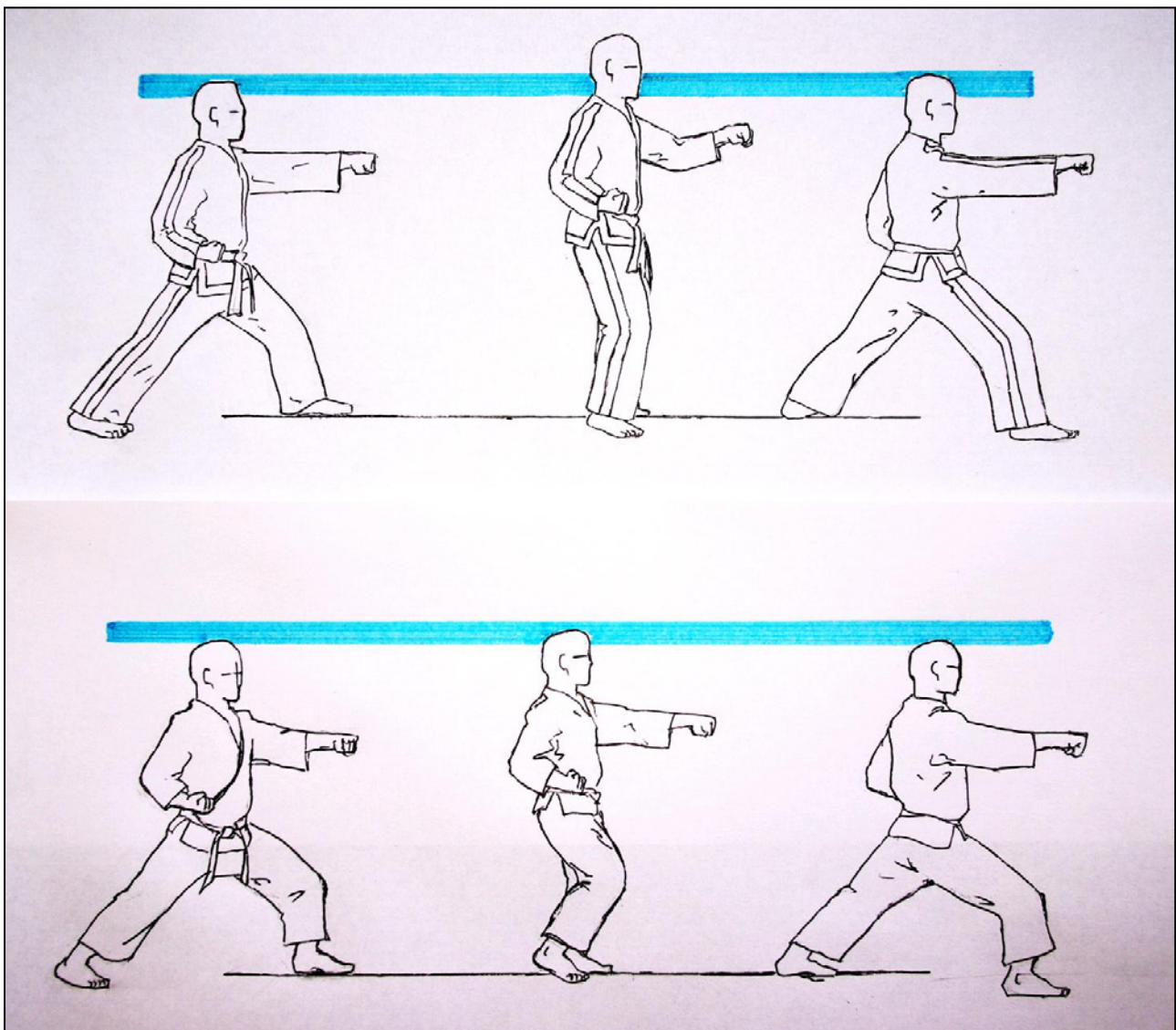
But in Gen. Choi’s view, power “is king” regardless of the time it takes to generate it. He wanted the most powerful and beautiful martial art. The Taekwon-Do standard was built on massive board breaking, not on chronometers or Japanese kendo-inspired tournament rules. And, as I have learnt, Taekwon-Do is an art of extremes. Breathtaking jumping kicks, powerful breaking demonstration, massive student gatherings, and sometimes painfully low standards.

It should be further noted that this conceptual distinction of the different approaches of ITF style and Shotokan is somewhat blurred in real life: Not only because ITF stylists consider their basics simply as a training tool that is much adapted and toned down in actual application –while in contrast Shotokan stylists aim to apply their motions exactly as practiced in their basics-, but also because experts of both schools have shown to be fast (economic in motion) and powerful. The examples that come to my mind are the legendary Shotokan Master Taiji Kase, and ITF Master Son Son Gun (check out their videos on the Internet).

I must also point out that at the time of this article, the relatively ample swinging of the arms to gain momentum, and the focus on power as a central aspect of the golden-age Taekwon-Do have been drastically reduced. Today it is usual to see “sine wave” specialists that mimic certain gestures while ignoring the reasons and purpose that Gen. Choi originally had in

mind for them when first conceiving the sine wave.

Going into more detail: the ITF Taekwon-Do technique has a preparatory stage in which the center of gravity is released from the ground and the hips slightly turn sideways (chest facing 30° to 45° angle) at the point where the Taekwon-doin is



A graphic comparison: Although the length and width of ITF (at top) and Shotokan (below) stances are not particularly different, their “look and feel” sets them completely apart. In the Karate model (JKA Shotokan, 1970s) the stance is pressed downwards, feet firmly rooted. The karateka pushes himself off, in the intermediate stage compressing the hips to the ground and arms tight to the torso. Like a spring of muscles, he dashes forward towards the target placed at the solar plexus, driving a corkscrew action. His back leg propels his hips into the target with forceful abdominal contraction upon contact. In the Taekwon-Do model (ITF 1990s) there is no evidence of effort or “internal friction”. Arms revolve loosely near the side of the body, and feet never get any closer than shoulder width. In the intermediate stage the head is higher than the Karate model, with knees slightly bent before a subtle, gentle drop of the body helps it to bounce up into the “sine wave” motion. The action is felt as if falling with full force against the target using both bodyweight and acceleration of the hands. The target is placed at the horizontal plane, a little off-center. Earlier versions included ostensible hip rotation, which was eliminated by Gen. Choi (arguably for differentiation purposes) during the 1990’s. Even at similar lengths, the Shotokan stance is lower, with a sharper angle in the forward leg. Present day ITF has lost much of its 1970’s aggressive features, although experts can identify and preserve certain key elements in the modern version through subtle but critical details.

starting the new technique (all previous upward motion served to recover the center of gravity that had been lowered in the previous technique). That initial stage is located at the exact midpoint between advancing techniques in Taekwon-Do patterns. The following is mostly conceived as a falling (from natural “parallel” stance to front “walking” stance, to the ground instead of pushing off-the ground), relaxed yet heavy motion, sequentially uncoiling hips, waist, shoulders, arms and forearms while exhaling.

A slow motion view will show that the hands are temporarily held back while the hips turn forward, but the superior speed of the hands allows the catch-up at the very end of the motion.

Sequential motion will affect the path of the limbs causing that in an ITF direct punch the corkscrew expected in Shotokan is altered to timely fit into a sequence. At the same time the torso rotates and the axis moves forth separating from the hand, the half-clenched fist will be kept in an “inertial lag” at chest / shoulder level (which is considered a mistake under the Shotokan perspective). So the ITF front strike is not direct from chamber position at the side of the body to the target, and emphasizes matching the final maximum acceleration of the fist with the sinking of the bodyweight and turning of the hip into the target. That means, the impact is supposed to occur when the advancing foot is planted, but a fraction of a second before the weight is dropped to the ground.

Physical phenomena can be interpreted
16 - Totally Tae Kwon Do

differently. The sequential motion is the reason why in a Choi Kwang Do punch the rear leg knee is bent with the corresponding plantar flexion of the foot. Some have argued that keeping the back leg straight is biomechanically incorrect. I agree. The leg should not be kept straight; the knee should timely bend to channel the wave of energy (part of the “knee spring” concept used in ITF). But if you are familiar with waves, you know that whiplike

motion means that the pieces in a sequence go back to their original place. So once the knee has moved, it does not need to freeze in a bent fashion. Taekwon-Do and Karate stances work for exerting force while stepping forward or backwards (otherwise, there would be a strong case for leaning forward when striking),



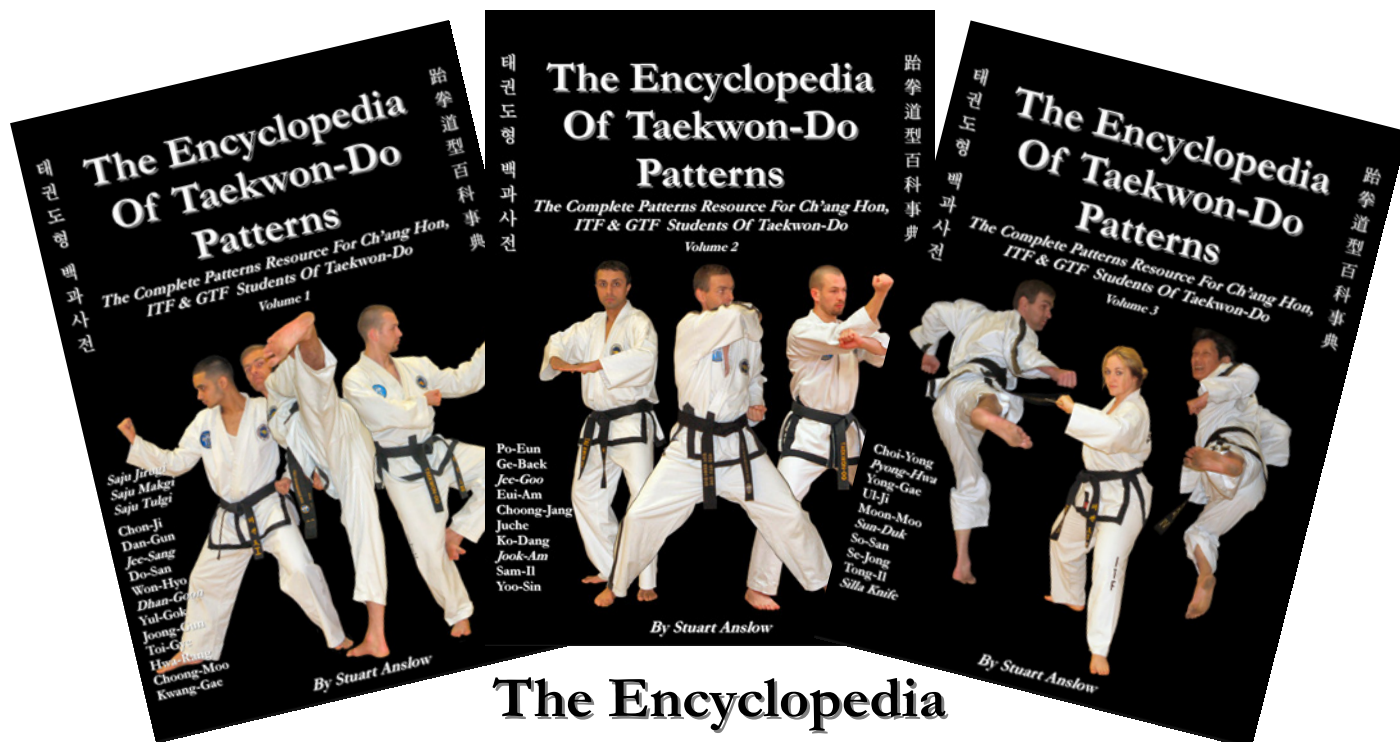
In actual practice, many times stylistic differences are blurred. A Taekwon-Do reverse punch seeking speed and maximum power is not very different from a Shotokan gyaku-tsuki.

through a solid structure, completely compatible with speed but not needing speed in all applications. Gen. Choi's contribution towards an increase in power was an innovation within the Japanese Karate technical tradition (so certain pieces that were not included in Gen. Choi's basic puzzle may be of good use for diligent ITF stylists), whereas Master K.J.Choi's innovations have carried power to an extreme, completely breaking away from the Karate lineage and adopting a different equation on how its martial art is made up in terms of sparring, stances and training methods.

¹ Manuel Adrogué is a Taekwon-Do instructor and author based in Buenos Aires, Argentina. He was promoted to 6th Dan on December 2009. His webpage is www.taekwon.com.ar

Continued Next Month

60 Years In The Making...



The Encyclopedia Of Taekwon-Do Patterns *The Complete Patterns Resource For Ch'ang Hon, ITF & GTF Students Of Taekwon-Do*

The Encyclopedia Of Taekwon-Do Patterns is a unique series of books that feature the complete works of General Choi, Hong Hi; Creator of the Ch'ang Hon system of Taekwon-Do and founder of the International Taekwon-Do Federation; as well as the patterns further devised by some of his most talented and legendary pioneers; Grandmaster Park, Jung Tae and Grandmaster Kim, Bok Man.

This 3 volume set is the only series of books in the world to feature all of the 25 patterns created by General Choi and his Taekwon-Do pioneers (including both Juche and Ko-Dang), as well as all 3 Saju exercises, the 6 Global Taekwon-Do Federation patterns developed by Grandmaster Park, Jung Tae and the Silla Knife Pattern instituted by Grandmaster Kim, Bok Man.

Utilizing over 5,800 photographs the student is shown in precise detail, each and every pattern from beginning to end, including useful tips on their performance and things unique to particular organisations (such as Kihap points etc.).

Displayed in full step by step photographic detail, which displays not just the final move but the 'in-between' motions as well making each book ideal to learn or revise your patterns, no matter which organisation you belong to.

Volume 1 takes the student of Taekwon-Do on his or her journey from 10th Kup White Belt through to 1st Degree Black Belt and also includes the first of the Black Belt patterns, Kwang-Gae.

Volume 2 takes the student of Taekwon-Do from Po-Eun (1st Dan) to Yoo-Sin (3rd Dan) and includes both Ko-Dang and Juche as well as the Dan grade patterns required by the Global Taekwon-Do Federation (GTF).

Volume 3 takes the senior student of Taekwon-Do from Choi-Yong (3rd Dan) to Tong-Il (6th Dan) and includes both Pyong-Hwa and Sun-Duk (required by the GTF), as well as featuring the first weapon form of Taekwon-Do: The Silla Knife Pattern.

No matter which Taekwon-Do organisation you belong to, the Encyclopedia Of Taekwon-Do Patterns covers all you need to know to take you from White Belt to Taekwon-Do Master.

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The Encyclopedia Of Taekwon-Do Patterns

*The Complete Patterns Resource For Ch'ang Hon,
ITF & GTF Students Of Taekwon-Do*

Foreword By Master George Vitale, 8th Degree

It is my pleasure to write this foreword for Mr. Stuart Anslow's latest gem, a book series on Taekwon-Do patterns. Mr. Anslow, a talented and dedicated martial artist and black belt instructor has made a name for himself in the martial art world as a steadfast defender of Taekwon-Do's ability to provide sound self defence skills to its students. The basis for his claim, which I steadfastly agree with, is to return to the roots of Taekwon-Do, when it was developed in the Republic of Korea's Army as an effective military means for self defence. This was during a period when strong defence skills were necessary to survive on the rough streets of Korea and during the protracted periods of war time that Korea was engaged in. The effectiveness of this new Korean martial art, a compilation of the fighting systems available at the time (1950s and 60s) has been well documented on the field of battle as well as reported in the periodicals of the day.

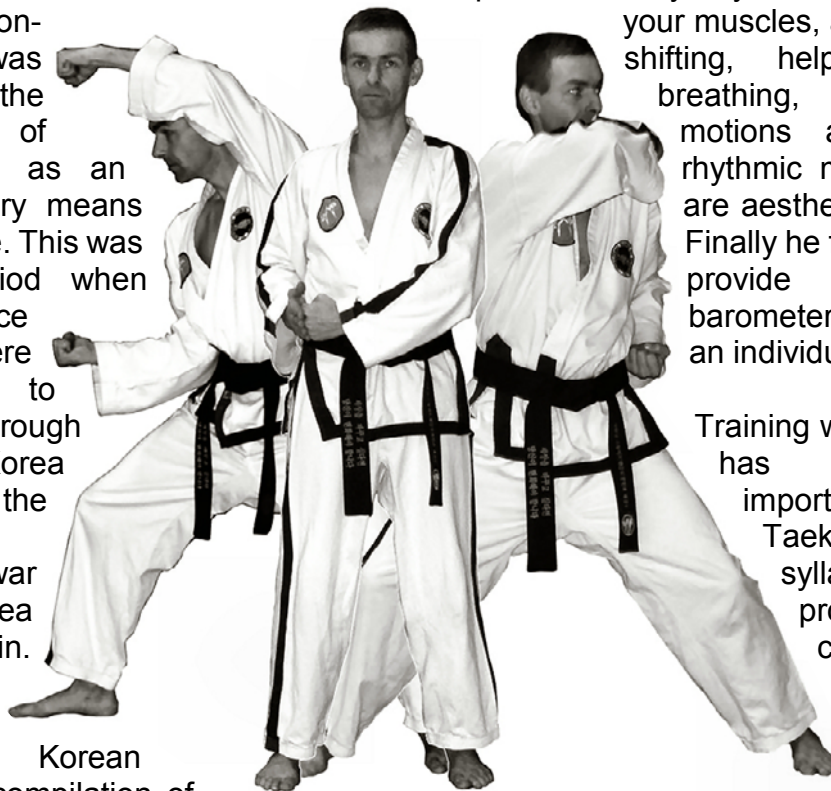
The soldiers who originally developed this Korean martial art were led by a legendary Major-General and Ambassador Choi Hong Hi, one of the founding members of the

ROK Army. Gen. Choi over his lifetime (1918-2002) devised 25 patterns, called Tuls in Korean. These martial art 'forms', as many call them, are comprised as Gen. Choi would say, of "various fundamental movements, most of which represent either attack or defence techniques, set to a fixed and logical sequence". According to Gen. Choi training with these patterns will improve flexibility of your movements, build your muscles, assist with body shifting, help with one's breathing, develop fluid motions and allow for rhythmic movements that are aesthetically pleasing. Finally he felt that patterns provide a "critical barometer in evaluating an individual's technique".

Training with the patterns has become an important part of Taekwon-Do's syllabus for both promotion and competition.

Additionally to not only helping to develop

technical proficiency, diligent study and practice of these patterns is needed to help the student grow their mental or spiritual discipline. Adherence to the strict instruction of one's master instructor or the established criteria of competition allows the student numerous opportunities to enhance character traits necessary to build discipline. Knowledge of the meanings of



the patterns and the great Korean patriots and significant events in Korean history that they are named after, also affords each student with fine examples to mentor and strive towards, which assists in developing their individual character further.

General Choi not only developed the original Taekwon-Do patterns, but he had the foresight to name them after these figures and events so details of Korea's history and culture would not only be spread around the world, but would be safeguarded against eradication, in case Korea ever suffered under the brutality of an occupying force again, as they were disseminated globally through his Taekwon-Do. These patterns became an important part in making his Taekwon-Do a distinctly Korean martial art. They, like other martial art forms, Katas, Poomsae or Hyungs, help to define their art. The Chang Hon patterns are like Gen. Choi's signature. Signatures are unique and much like another patriot, John Hancock, who signed America's Declaration of Independence in a large, bold way, allowing him to stand out during their late 18th century struggle for freedom. This is his fingerprint, his legacy, what he left behind as a gift for mankind for all of eternity. The 24 patterns he left us with reflect 24 hours, one day, or all of his life that he lived in the 20th century and into the next millennium.

These books cover not only the 24 patterns left to us by General Choi, but also Ko-Dang as well. This Tul, at times referred to as the lost pattern is contained within this work. The only other books to do this to my knowledge is the Patterns Handbook published by the United States Taekwon-Do Federation, which contains text instructions only and Hee Il Cho's Volume 3. The 39 moves of this pattern however are captured in this work with both photos and diagrams, in addition to the all important written instructions. Of course the older books written by General Choi contained just four of them in 1959 and only 20 in 1965. His other later books published through the

International Taekwon-Do Federation (ITF) contained just 24, either with Ko-Dang or Juche, with none of them containing the detail that is presented here.

There have been other books on the Chang Hon patterns like the series of 5 books by Jhoon Rhee that only covered 9 color belt Hyungs up to red belt level. Hee Il Choi's series of 3 books still contain only the first 20 patterns developed by Gen. Choi and his soldiers. Never before have all 25 been covered in such detail. Additionally the 3 fundamental exercises required for promotion and advancement 4 direction punch, 4 direction block for 10th gup white belt beginners and 4 direction thrust for 2nd kup red belts are included as well.

These books also contain the Silla Knife pattern created by Grandmaster Kim Bok Man. Grandmaster Kim was a Sgt-Major under the command of Gen. Choi in the ROK Army. He was a member of the historic Taekwon-Do demonstration team that first took Taekwon-Do abroad when they toured Vietnam and Taiwan in 1959. Sgt-Major Kim also went to Malaysia in 1963 where he helped General Choi finalize 16 of the Chang Hon Tuls. He was responsible for helping Taekwon-Do spread through out South East Asia. This pioneer was also a founding member of the ITF in 1966 and now teaches his art of Chun Kuhn Do.

Finally Mr. Anslow's series of books feature the patterns devised by the late Grandmaster Park Jung Tae, often referred to as the People's Master and used by the Global Taekwon-Do Federation (GTF). It is believed that no other book contains these patterns. So this work is a great resource for GTF students, who also do the ITF patterns as well. Grandmaster Park was a key right hand man to General Choi throughout the 1980s, as the former ITF Secretary General and Chairman of the ITF Instruction Committee. He was instrumental in creating Juche, Taekwon-Do's final pattern and the most Korean of all of the original Tuls.

Stuart has included Kihap points as emphasized by various groups or instructors. His true history section helps to sort out the confused and muddled story of Taekwon-Do's development. He takes the time to credit the original pioneers for some of their many contributions, so his books are most inclusive, as should be and as few, if any are. The studies written by Master Paul McPhail, one of the ITF's most technically savvy researchers, will help students understand the ways of motion, that are often confusing and hard to understand.

As an instructor Stuart Anslow teaches and focuses on Chang Hon Taekwon-Do. He does not get bogged down by organizational constraints or the politics that often can be in play. Therefore his work transcends these boundaries. In the words of a Pioneer Grandmaster Rhee Ki Ha, instrumental in assisting with the

development and the spread of Taekwon-Do worldwide and the first person promoted to IX Dan (9th Degree) by the principle founder, Gen. Choi, we are ITF, "International Taekwon-Do Family". These works, along with his previous work are major steps forward in uniting this original Taekwon-Do family. Unity within the Tae Kwon Do community is long overdue. When one studies this recent project and his past contributions, it becomes increasingly clear that we have so much more in common than that which separates us. We are after all one Art and in addition we share aspects with all Martial Arts. Unity among "ITF stylists" should come first, followed by all Tae Kwon Do groups. Then it will be easier to see how we are all "just martial artists". These books, like Mr. Anslow's previous works on the hidden applications of the patterns is a must have for any serious martial artist.

To celebrate the release of
The Encyclopedia Of Taekwon-Do Patterns
The Complete Patterns Resource For Ch'ang Hon,
ITF & GTF Students Of Taekwon-Do

Totally Tae Kwon Do magazine is holding a competition to win a volume of your choice, which will be posted (via Amazon) to any location in the world.

In order to enter, look at the picture and decide which pattern the moves represent,



then send an email to:

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The winner will be contacted via their email for the delivery address and announced via next months issue

Basics

Laying A Path For Success

By Jason Ainley

All beginners start with the basics but for some it does not take long for them to tire of the repetition involved in attempting to perfect these necessary skills and for many the basic drills are pushed aside in order to learn the more advanced techniques that exist in the system.

This is a great shame because perhaps the most important and rewarding time of any students training career is the beginning.

It is the beginning of a students training that lays the foundation for success, the constant drilling of the basic techniques enable a student to perfect the fundamental skills the stances, blocks strikes , kicks, distance and timing that are essential if correct progression is to be made.

Basic training should be hard work, to drill a set of techniques over and over can be physically and mentally testing but will

strengthen the mind and condition the body for the future.

By repetition of the basics we prime the body's neuromuscular system which will eventually make the basic techniques involved in a beginners training become instinctive when needed, aiding in the application of proper technique and resulting in generation of power.

Many techniques learned as a beginner can be effective in self defence situations in both striking and grappling situations.

In this article we can look at basic techniques performed in a Tae kwon do students early stages of training and look at the efficiency of the techniques when applied in combat.

The techniques involve strength, speed and the use of redirecting an opponent's force.



Sitting Stance Front Punch

A basic beginner technique using a pushing and pulling motion to develop focus and strength in the upper body

Walking Stance Front Punch

Gunnun sogi Ap Jirugi



Basic technique performed at 10th kup grade.

Fig 1: From step forward or backwards executing punch with the lead arm while pulling the reaction arm back to the hip.

Basic Application

Moves 18 or 19 Chon Ji Pattern from a grappling situation a basic technique used to off balance an opponent by redirecting their force / momentum.



Fig 1: After an opening exchange of punches both fighters end up in a clinch.



Fig 2: Strength of opponent forces defender backwards, grab hold of clothing or upper arm, step backward using basic pulling and pushing motion to off balance



Fig 3: Pull to the floor or finishing behind opponent to apply either face lock.

Low Section Outer Forearm Block

Gunnun Sogi Najunde Makgi



Fig 1: Right leg walking stance front punch

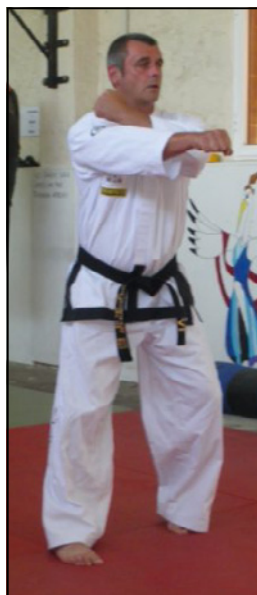


Fig 2: Step with left leg, when feet parallel chamber left arm from right



Fig 3: Step forward with left leg into walking stance and apply low section outer forearm block with left arm.

Low Block Application.

Outer forearm strike, Knee strike, downward elbow strike, takedown.



Fig 1: From clinch apply outer forearm / elbow strike with left arm. While using right arm {reaction arm} to keep a secure hold on opponent.



Fig 2: Bring right leg forward executing roundhouse knee strike to outer thigh.



Fig 3: Step forward applying downward elbow strike into solar plexus.



Fig 4: Extend strike into low block taking down opponent over extended leg.

Saju Jirugi

Basic exercise to teach student how to generate power in the hips.



Fig 1: Step forward with right leg execute walking stance front punch.

Fig 2: Pull right leg back half way

Fig 3: Thrust right leg backwards and execute low section block with left arm.

Saju Jirugi Application

Avoiding swinging punch, forearm strike and takedown.



Fig 1: Aggressor throws right hand punch, defender rolls under it.

Fig 2: Defender rises up performing right arm inner forearm strike to side of neck {e.g. step punch} while simultaneously grabbing clothing or hair with left arm { e.g. chamber position}.

Fig 3: Withdraw right leg and thrust backwards executing low block with left arm pulling opponent over right leg.

Rising Block / Reverse Punch

Chookio Magki Bandae Jirugi

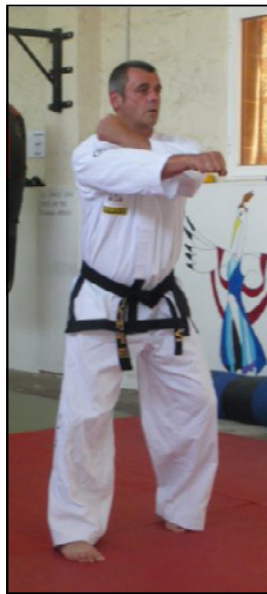


Fig 1: *Right leg walking stance front punch*

Fig 2: *Step with left leg, when feet parallel chamber left arm from right upper arm.*

Fig 3: *Step forward with left leg into walking stance and execute rising block with left arm.*

Fig 4: *(not shown) Using hip twist apply right arm reverse punch.*

Rising Block Application

Outer forearm strike, reverse punch.



Fig 1: *From clinch defender throws rising block into opponents throat or underneath the chin.*

Fig 2: *Followed by reverse punch to throat or solar plexus using hip twist to generate power into the strike, note that fist can be altered to either palm strike or arc hand.*

Low Block Rising Block Combination.

Gunnun Sogi Najundi Makgi , Chookio Makgi ,



Fig 1: *Right leg walking stance front punch*

Fig 2: *Step with left leg, when feet parallel chamber left arm from right upper arm.*

Fig 3: *Step forward with left leg into walking stance and apply low section outer forearm block with left arm.*

Fig 4: *Execute left arm rising block with hip twist.*

Low Block Rising Block Application.

Outer forearm strike, low block, rising block strike.



Fig 1: *From clinch use right arm {reaction arm} to keep a secure hold on opponent.*

Fig 2: *Step forward with left leg and apply low block onto fore arms in an attempt to break opponents grip.*

Fig 3: *Apply rising block into opponent throat or underneath the chin.*

Forearm Guarding Block

Niunja Sogi Palmok Daebi Makgi



Fig 1: Place right leg forward and extend your right arm with fist clenched.

Fig 2: Bring left leg forward, when feet are parallel, place both arms across chest shoulder height palms facing downwards.

Fig 3: Step forward and simultaneously pull both arms inwards bringing front arm over front leg and back arm across mid section fists clenched.

Forearm Guarding Block application

Double palm strike, Knee strike, downward elbow, takedown.



Fig 1: From in a clinch apply double palm strike as you extend arms to the side.

Fig 2: Bring left leg forward and execute knee strike to opponents thigh.

Fig 3: Apply forearm guarding block, striking across opponents body taking them over your left leg.

Ridge Hand.

Sonkal dung.



Fig 1: Extend left arm outwards, hand open fingers closed with thumb paced across palm of the hand.

Fig 2: Throw left shoulder inwards followed by left arm in a circular motion

Fig 3: Throw ridge hand in a flailing motion.

Ridge Hand Application

Inner forearm strike, headlock, takedown.



Fig 1: After opening exchange of punches, fighters are in grappling range.

Fig 2: Throw ridge hand with lead hand striking with inner forearm to side of neck.

Fig 3: Extend ridge hand into headlock forcing opponent to the ground.

Front Rising Kick

Apcha Ollgi



Basic kick performed by all grades to increase flexibility in the hamstring muscles.

Fig 1: *Keeping back straight and hips facing forward, raise leg to the front keeping leg straight*

Front Rising Kick Application.

Fig 1: *During the clinch the attacker's strength forces the defender backwards losing his balance. Defender throws rising kick making contact with the shin bone into the attackers groin*



Real fighting is a brutal affair and is not the same as training in the dojang, and although the techniques look messy in the photos they will certainly be messy when applied in real combat but they point out some techniques that could be used.

Basic training is the core of martial arts training and should never be neglected, from beginner to Black Belt and beyond the fundamental skills never go away and the constant drilling of these techniques will give us control of our muscles together with balance and timing while at the same time developing our mental strength.

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

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

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





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"The TKD Clinic"

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



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

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

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

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

How To Get The Most From Your Holiday Or Business Trip!!

By Elaine Ogden, Taekwondo Practitioner, Canberra, Australia

Many people think of a holiday away from home as an opportunity to relax, unwind and get some well-earned rest. And a business trip away as something that just focuses on the meetings held during the day. But, you could also look upon these trips another way.

You can look upon them as opportunities for doing things you would really love to do, but don't normally get the chance to. Don't get me wrong, I'm not advocating abandoning the rest and relaxation aspect of a holiday or saying you shouldn't take the opportunity to relax after you've completed meetings on a business trip. But, I am asking you to consider combining those things with something quite different – something you really love as a Martial Artist and hate to miss!

Of course, I'm talking about training. That magic thing that helps you to maintain your fitness and keep your sanity when work is getting more and more demanding and driving you to distraction!

It's funny though, the first thing I usually hear from fellow martial artists when I bring this up is: "But you'll have to go through finding somewhere to train and fit it into your schedule. Then you'll be training with people you don't

know!! You must be mad!"

My answer to this is that it is really not that hard and training with a different class or club may take a little courage, but it can be really worthwhile. And, when you think about it, arranging to train at another club is not much harder than setting up a meeting as part of your work schedule. So, let's have a look at some of the benefits of arranging training opportunities whilst you are on a trip and some tips for setting them up.



Elaine training in Canberra under the supervision of 2nd Degree Branch Instructor Catherine McMaster

Some Benefits of training whilst you're on a trip

- Maintain your fitness
- *Energise yourself by training*
- Train with a different instructor, which can assist you to learn new techniques and training methods
- *Get the opportunity to compare and assess your style/ technique/ methods against others*
- Get outside your comfort zone by extending yourself

- *Learn new sparring or self defence strategies*
- Meet other Martial Arts practitioners and forge friendships with them
- *Attend social get-togethers with those you train with*
- Set up an arrangement where you can run classes for each other, which can benefit/ extend both yourselves as instructors and your students

If you are a regular traveller to a particular destination, this is a particularly good investment of your time, as the small amount of time you spend setting this up will yield you many opportunities to train, learn and teach. . And even if it's only a one-off training event, there may be other opportunities which come from it.

Tips for setting up training

1. When you do your research on the internet check out the content and set up of sites to assess the club you are looking to train with, for example:

- Are they affiliated with your martial arts federation?
- Are their instructors accredited?
- How do the instructors describe themselves and their students? (Humble? Respectful? Dedicated?)
- Is that club well-respected? Seek advice and get referrals from good martial artists if you can.
- What training days/ times do they have? Does that fit with your needs?

2. Check with your senior instructor to see if your club is happy for you to do this.

- NOTE: Some, more traditional clubs may encourage training with an affiliated club but frown on training outside your own system.

3. Seek permission from your instructor to train with the chosen club.

4. Check whether conditions for training with another club depend on your grade.

- For example, as a coloured belt training with Rhee Taekwondo I was allowed to train at other affiliated clubs fairly freely. However, once graded to Black Belt, Rhee Taekwondo practitioners are I was required to seek permission to train with other Rhee Taekwondo clubs by corresponding with Master Rhee Chong Chul himself.

5. Once you have chosen a club, contact the instructor by email and/ or by phone to ask permission to train with them and investigate any conditions for that.

- NOTE: Some clubs may be happy to acknowledge your grade and have you train in your usual uniform. Whereas others may prefer that you wear a plain uniform (without logos) and wear a white belt when you train with them. This may be a club policy which is not at the discretion of the instructor, so it should not be taken personally.
- You need to check whether your current martial arts insurance will cover you for training with another club. Be aware that you may need to arrange for alternative insurance to cover training elsewhere.

6. Arrange to arrive early at the class so that you can be walked through class protocols (eg. Position for line up, bow in procedures, ways of addressing instructors/ students, format of class). At that time be sure to advise the instructor of any pre-existing health conditions you may have (eg. Injuries or conditions such as Asthma, Diabetes, etc).

For those of you who are still a bit doubtful, here are some experiences I've had when training away from home.

Training in Fremantle

When I was a Brown Belt student of Taekwondo I found a Rhee Taekwondo club to train with in Fremantle by doing some searches on the Internet. The instructor and his students were very welcoming and proficient, so I ended up trained with that club on several subsequent trips, which was great.

There were some differences in the emphasis placed on certain techniques done in the patterns and the configuration used for the warm ups were quite different to my home club. But, training with the Fremantle club gave me a great opportunity to practice patterns, sparring and self defence and to take a break from work at night or on the weekends. This was particularly useful as it helped me to keep up my training as I was preparing for my 1st Dan grading.

Actually, having a familiar place to train at on my business trips to Perth also made the trips less of a chore and made me look forward to going back!

Training in London

I was fortunate to have the chance to go on an extended holiday to London recently. As part of that holiday I got in contact with a buddy of mine from Goju Ryu (who I met and trained with on previous trips to London!) and we did some research on what Taekwondo clubs I could train with. What we came up with was the following site: www.raynerslanetkd.com

Well, I don't think I could have found a more welcoming and better set up club to train with. Chief Instructor Stuart Anslow (Founder of Rayner's Lane Taekwondo) was extremely organised and communicated to me regularly about various things related to training with his club and taking part in training seminars/competitions. He provided me with an information pack, sent me links to information and events and encouraged me to attend both training seminars and

competitions (something very new to me).

I attended training at Rayner's Lane Taekwondo Club (RLTC) in between trips to visit family and raised my brother's eyebrows because of my seemingly "crazy" dedication to training whilst on holiday. But, he did eventually accept that training is a form of recreation for me not "hard work"!

The experiences I had training with RLTC were very good, but quite different from my club at home. I deliberately chose a school that uses ITF patterns so that I would be able to continue to practice known patterns. But, of course, there were some significant differences in the ways techniques were executed when doing patterns and sparring. However, I took that on as a challenge and an opportunity to take a closer look at my own practice, rather than sticking in my comfort zone!

Training Differences Can Extend You

Whilst it did take some courage to train with a different club and be in the spotlight as an outsider. The biggest challenge for me was that RLTC are geared for competition as well as traditional training. This was something I have never done, despite having trained over an extended period.

Needless to say, sparring with Taekwondo practitioners who are geared for contact competition is quite challenging for a person with no competition experience. I think that, whilst I did cope with sparring on my first night, my initial reaction to the experience must have been quite entertaining, because Chief Instructor Anslow was fairly quick to reassure me to "Keep going!" with a big smile on his face!

Let me explain the difference between Rhee Taekwondo sparring and contact competition sparring. In Rhee Taekwondo, whilst techniques are delivered at full power during sparring, they are pulled short of impacting the opponent. To



Master Maidana Seminar, 2009

enable this type of sparring to work, successful strikes (those which would have got through the guard) are acknowledged by the receiver by backing off and re-engaging. The only contact that normally occurs in this situation is when blocking or stopping techniques connect with the opponent's arms. This makes sparring relatively safe even though, in Rhee Taekwondo, no guards or protection is used. This type of sparring is attractive to many people as it means that there is less risk of injury. In effect, it means that practitioners may actively train until they are much older because they can still spar with partners who are younger, fitter and faster than them without getting hurt.

That aside, when I initially sparred with RLTC members my non-contact method of sparring did not seem to fare that well. However, they were very patient with me. So, gradually, I began to adapt and improve my sparring style.

Training Seminars

I even found myself lucky enough to attend a training session with Lyndsey in Willesden, London. The session was a Master Class run by 8th Dan Master Maidana which related to sparring techniques to cover distance.

Competition

For others who may be considering training with a club that does competition sparring,

I would like to recommend that you do try it for the experience. From my perspective, sparring without any contact may be safer and less intimidating, but it doesn't extend you anywhere near as much as sparring with some contact. Sparring with controlled contact forced me into performing sharper and more focussed techniques and encouraged me to assess my options more carefully, leading me to be more efficient and effective.



Elaine and new club mate Lyndsey at a tournament, 2009

I got the opportunity to test out what I had

learned at a competition held in Leicester, too. This was an interesting and challenging experience that I would recommend to anyone who has not had the chance to compete yet as it is completely different to sparring in your home Dojang with familiar faces.

All in all, I had a great time training with RLTC and really enjoyed the opportunity to train with them. In fact, I loved it so much that I have begun training with them again!

So, as you can see, training with other clubs can be a great thing. But, you'll never know unless you give it a go!!

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“Instructor,” “Master” and “Grandmaster”

: An Explanation of the Titles Used in ITF Taekwon-Do

By Sanko Lewis

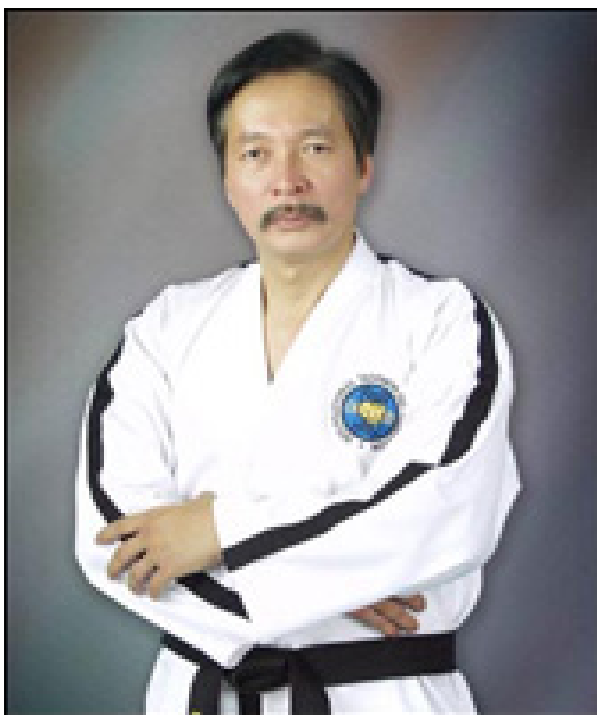
What does it mean to be a master? In truth, it depends on the style one does. Most Korean styles like Tang Soo Do, Hapkido and WTF Taekwon-Do attribute the English title master to a practitioner with a 4th Dan (4th degree black belt) or higher. The Korean term used is *sabeom* or *sabeomnim* (sometimes spelled “sabum” or “sabom”), which basically means coach or respected coach, respectively. The suffix “-nim” is an honorific that is added to denote respect.

Depending on the system a 1st to 3rd Dan is considered an assistant instructor, or junior instructor, and a 4th Dan and higher level practitioner is considered a full instructor or master level instructor. In Korea such differences as instructor, master and grandmaster are not made. In Korea all instructors are called *sabeomnim*, regardless of their Dan. A special term, *kwanjangnim*, is used for instructors that own their own academies.

ITF Taekwon-Do, however, uses different Korean terminology for 1st-3rd Dan instructors, known as *boosabeom*, 4th-6th Dan instructors, known as *sabeom*, 7th-8th Dan masters, known as *sahyeon*, and

lastly 9th Dan grandmasters, known as *saseong*. In all cases the suffix “-nim” can be attached for added respect.

The terms “sahyeon” and “saseon” were created by the founder of ITF Taekwon-Do, General Choi Hong-Hi. To understand these terms better, including the terms “sabeom” and “boosabeom,” it is useful to look at the Korean root words from which they are formed.



Saseong-nim Trân

Sabeom, meaning instructor, is made up of two root words, “sa” and “beom”. The first syllable “sa” comes from the term “kyosa” which means teacher. The second syllable in *sabeom* means “model”. The *sabeom* or coach is therefore a teacher after which the student should model him or herself.

In other words, the student should try to emulate the techniques of the instructor.

The prefix “boo” in *boosabeom* literally means assistant. A *boosabeom* is therefore considered an assistant instructor in ITF Taekwon-Do. This title is used for 1st-3rd Dan practitioners in ITF Taekwon-Do, especially when they teach under a *sabeom*.

At master's level (7th-8th Dan) in ITF Taekwon-Do the term *sahyeon* is used.

Again, "sa-" means teacher. The syllable "hyeon" is related to wisdom, prudence, or good sense. A wise mother, for instance, is called "hyeonmo." The implication is that the Taekwon-Do master is not merely a technical teacher, but also a teacher of morality. *Hyeon* can also mean "the present." Understood philosophically, the Taekwon-Do master is a teacher of the moment. This might suggest a Zen understanding where the master teaches their practitioners to "be in the moment" or to bring the principles taught in Taekwon-Do into their everyday lives. While a *sabeom* could literally mean coach and be restricted to mere physical training, the *sahyeon* is definitely more than a coach. The *sahyeon*—master—nurtures both the body and mind of his or her students.

Lastly, the 9th Dan grandmaster is called "saseong." Once again "sa-" means teacher. "Seong," here, means "sage." A sage is a mentor in spiritual and philosophical topics, with wisdom gained through age and experience. In ITF Taekwon-Do, it is implied that the grandmaster is not merely a technical teacher (body), nor just a moral teacher (mind), but also a teacher of philosophy

(spirit); someone that can guide you on your life's journey and give you insight into the deeper truths in life.



Sahyeon Weiss



Sabeom Munyon

While practically all Korean martial arts use the term "sabeom" to refer to instructors, ITF Taekwon-Do is the only one to use the terms "sahyeon" and "saseong."* Gen. Choi Hong-Hi created these terms and included them into the ITF system to indicate that Taekwon-Do is not merely a combat sport and Taekwon-Do teachers are not merely sport coaches. The terms "sahyeon" (moral-teacher) and "saseong" (sage-teacher) suggest that Taekwon-Do is an ascetic activity; an activity that ought to lead to moral and intellectual improvement. The idea that Taekwon-Do is a means towards character development places a great responsibility on Taekwon-Do teachers. Hopefully instructors, masters, and grandmasters will live up to the implied responsibility imbedded in their titles.

** It is possible that some Taekwon-Do groups that derived from ITF Taekwon-Do may also use these terms.*

...ooOoo...

Sanko Lewis, 4th Dan in ITF Taekwon-Do and black belt holder in Hapkido, is Director of Research-and-Education for South Africa-ITF (SA-ITF) [www.taekwondo.co.za]. He is Kwanjangnim of the Soo Shim

Kwan (a federation affiliated to the SA-ITF) [sooshimkwan.blogspot.com] and is an assistant instructor at the main ITF Taekwon-Do gym in Seoul, Korea. He also teaches subjects in literature, academic literacy, and applied language in the Department of English Studies at a university in Seoul, and has a master's degree in Creative Writing. Mr. Lewis can be contacted at saitf.research.education@gmail.com.

Grandmaster James Lim

Seminar

By Piotr Bernat

Browsing through the different Taekwon-do websites, I once found one about Grandmaster Lim Ching Sing (James Lim) 9th Dan of Canada. This name wasn't new to me, as it appeared in several historical publications. Looking through the pictures on the site, I noticed that he travels regularly to Europe, especially Greece and Norway. I wrote him a short email asking if he would like to come over to Poland. I received a prompt reply. Then, telephone conversations started.

I found out that he is a student of ITF's 1st generation Grandmaster CK Choi, a TKD pioneer whose technique, thanks to Alex Gillis' excellent videos, made a big impression on me. I learned that GM Lim is of Malaysian origin and has been active in TKD since 1967, serving long time as an assistant to General Choi, and being present at the ITF

World Championships starting with the first one in 1974! Among his students on the website, I noticed several big ITF names, and his old pictures with other TKD greats like GM Park Jung Tae, Tran Trieu Quan,

Phap Lu, JC Kim and of course the General himself were impressive. This was more than enough for me to pull some strings and try to organise his trip to Poland.

In early May, the plan became reality. Grandmaster Lim, on his way to Greece, visited us. The first seminar was scheduled in Gdansk, where he was welcomed by Mr Piotr Rybka ITF 4th Dan and his students.

From there, our guest took a plane to Warsaw. I met him on the airport and drove him to Swidnik.

There is never a second chance to make the first impression, and Grandmaster Lim did a very good one. I found out that he is a very approachable person, a good contrast to some people following the "chain of command" closely. We chatted all the way from Warsaw and during a Polish

style meal in a restaurant I felt like knowing him for years, not to mention I was very happy that our guest liked one of our national cuisine specialities, the "zurek" soup served in a bowl made of bread, very



Grandmaster Lim and Piotr Bernat



much. Well, not everywhere in the world one can eat soup AND the bowl afterwards!

The atmosphere was very relaxed until the evening, finished with tasting some fishes in Lublin Plaza shopping center. The next day there was the seminar. The first group were children aged 4 to 11 and I could already see some elements that are typical for Grandmaster Lim's style of teaching - relaxed fighting stance, fluid combinations.

Kids did some padwork, presented their patterns to the guest, there was Q&A time and the certificates - not forgetting, of course, hundreds of pictures made by happy parents. Then, the adults group came into play. We had a rather small group of friends, including people from ITF, WTF and Moo Duk Kwan TKD, plus Tang Soo Do. We started with a short segment on ITF patterns - as this was our first meeting, our guest wanted to see our level on this field.

Then, there were combinations - quite different from what most people consider

traditional ITF TKD. No rigid stances, no stopping, different hand techniques (not only those allowed in competition) coupled with kicks. Then we went to self defence. Having studied Stuart Anslow book on Hae Sul a bit before, I really regretted that we don't have much more time to explore these subtle movements. It looks like Grandmaster Lim has got plenty of interesting ideas on the field, much more than a short seminar can contain.

At the end, there was some time for additional suggestions and observations from the guest. He gave us some tips on techniques, patterns, and most important - on life. It was nice to be around a 9th Dan who is constantly smiling and seems to enjoy the seminar the same way as the participants. I was also very glad finding out that our guest opposes the attempts of some people claiming to be the sole original, the only recognised and even copyrighted ITF. His attitude is simple - he is willing to teach those who want it, no matter what affiliation (not to mention that he was already a 6th Dan when the first



North Korean instructors started to learn TKD!).

The day finished with a sightseeing walk through the Old Town in Lublin and a dinner in another Polish style restaurant, together with Mr Mikolaj Kotowicz 4th Dan who was the host of the 3rd Polish seminar in Cracow. If somebody wants to invite Grandmaster Lim, one of his habits is eating local food wherever he goes! As the discussions were interesting, we finished it

late at night at my home, viewing some vintage TKD videos from my collection. Finally I could surprise my guest with some 25+ yrs footage he didn't know!

We said goodbye to Grandmaster Lim as he went with Mr. Kotowicz to Cracow for his last seminar on the series. From there, he was going to fly to Greece before returning to Canada. Those who know me know also that I'm an independent TKD practitioner at heart, but I was glad that we



had an opportunity to train with a true Grandmaster on a day, when TKD was more important than a patch that you have on your Dobok and the certificate in your wallet. We were there just training together, enjoying TKD without politics, and

hopefully it was not the last visit of GM Lim to our country. Anyway, when he asked the kids if they want him to come over again, they responded with a loud "YES!" and smiles on their faces...



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Recognise Accessible Targets

By Earl Weiss

It has come to my attention that my article ***"S.W.A.T. Is The Best Self Defense": Totally Tae Kwon Do Issue #9, Nov. 2009***, may have been somewhat misunderstood in its message.

Since the acronym S.W.A.T. stands for "Select Weapon Attack Target", readers may have been given the impression that selection of weapon is the first part of the process. Such an impression was not my intent.

I came to this realization after ***reading "Man of Principle" by Robert W. Young in the June 2010 issue of Black Belt Magazine***. I highly recommend this article to anyone learning or teaching self defense.

Regular readers of my articles will note that I often focus on "Concepts" rather than on techniques. The ***Black Belt Magazine*** article discusses self defense "principles" (hence the title) with Richard "Mack" Machowicz, known to many from his stint on the "Future Weapons" TV show.

Mack's theory is similar to mine. He simply uses the term "Principle" whereas I use the term "Concept".

Among Mack's pearls of wisdom:

"...people tend to get stuck on technique."

"Techniques are limited. Principles are more universal."

"From nukes to hand to hand combat, everything in life is movement, a weapon or a target".

"...target dictates weapon, and weapon dictates movement."

So, the potential for misunderstanding the

message of my article needs to be explained. Although the acronym would make it appear as though selection of weapon might precede choice of target, I was remiss in perhaps not pointing out the obvious as Mack did so artfully.

BEFORE you can select a weapon you first need to Recognize Accessible Targets. (Those with a penchant for acronyms may call this **R.A.T.**)

The 2 Photos below present very different sets of targets.



Craig Wilke on the left and Chris Imigon the right.

Using Mack's principle, the accessible targets will dictate the weapon. A simple example would be that an accessible target on the thigh would likely dictate a leg weapon, and at close range (with a nod to an exception by Billy Jack) a target on the head would likely dictate a hand or arm weapon.

Leg targets are more accessible than head targets in the photo shown over the page, these would dictate a leg/foot weapon.

The head is more accessible in the photo below right than in the photo to the left. However, in both instances consider the relative merits of moving to either side in order to not only use your weapon most efficiently, but also how to minimize the attacker's ability to access targets on your



body.

While we are at it, kudos again to Mack for the idea of "Causing Chaos". He reminds us in the article that this is a **principle**, not a technique, and it is basically the same concept found in "**Don't Do it. D.U.E.. it!**" **In Totally Tae Kwon Do issue 8, October 2009**. Techniques for causing chaos in my article are represented by the **Distraction** and **Unbalance** elements of **D.U.E.**

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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Taekwon-Do Explosion 2010

By Stuart Anslow

On possibly one of the nicest days of the year so far (sods law when it comes to Taekwon-Do events), "*Taekwon-Do Explosion 2010*" took place after having not been ran since 2007 due to various reasons.

Instructors Stuart Anslow and Hay Harris, both competition host veterans, joined forces and delivered a great day for all involved.

Taekwon-Do Explosion events are 'invitation only' and the reason for that is simply that they are meant to be fun for the competitors. This way it allows us to monitor which clubs attend in order to weed out those clubs that have an OTT '*must win no matter the cost*' attitude or instructors that moan about everything when things don't go their or their students way or simply cause problems or issues that they don't need to!

So, Taekwon-Do Explosion saw a mixture of great clubs, with nice instructors and good skills all merge in Leicester for an explosive day of Taekwon-Do and fun.

As usual for the Explosion events we try to make them different than others, so apart from the standard sparring and patterns divisions, we also had a Sumo Sparring event which is mainly aimed at younger students, but this year older kids and adults had their own 'Sumo' divisions as



well (for fun), which has a nice twist to it. There was also Flying Side Kick divisions and a Team Sparring event.

The day started on time with the Kids Sumo events, all battling it out with vigour to try to take the first trophies of the day. Three rings with kids of various heights sumo'd their way to victory. Next up was the Junior patterns, with many students showing good technical expertise that belied their young ages.

Sparring followed next, with some good skills and good control shown from the youngsters. This was followed by the Flying Side Kick divisions, which saw a few tumbles but also some outstanding height gained from some.

On to the Black belt divisions, running (with the exception of Sumo) in the same order as before. With the hall deathly quiet, the black belts showed their skills in the junior, adult male and adult female patterns divisions, with some very close calls indeed.

The sparring was no different, with some great bouts and exceptional kicks flying out, but again, in the theme of the tournament, good control was shown throughout and the 'continuous sparring' stayed mostly continuous as the contact was of the correct level and not overly heavy as seems to be the norm at many competitions these days - those that won, did so with skill rather than brute force.

The black belts concluded with the flying side kick divisions, with



some great distances covered and it was time for the adult Kup divisions.

Taekwon-Do Explosions events differ from other events as it allows 15 years olds to compete along side the adults and while this may be daunting for some, it is a much better challenge than squaring off against an opponent usually 2 foot shorter than you and with control kept tight by both the judges and competitors it proved no problem what so ever, with many 15 to 16 year olds picking up medals in all divisions and thus, acquitting themselves well.

Once the Kup grade patterns, sparring and Flying Side Kick events were concluded, the competition drew to a close with a fun sumo event for older students - similar to the youngsters event earlier, but taking place on 'one leg'. It was good fun and everyone had a good laugh, raising the spirits up and preparing everyone for the final event of the day - the team sparring.

The Team Sparring event finished the day with an electric atmosphere with female and male teams, each fighting in a 'tag-team' format over 3 or 5 minute rounds respectively.

Great trophies for all the winners, fair judging (with 5 judges from 5 different schools judging patterns), excellent referees and ring officials, few (and minor) injuries made 'Taekwon-Do Explosion 2010' a great day out.

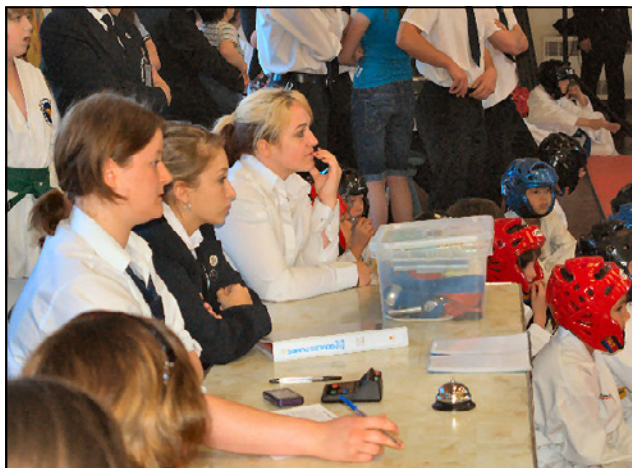
We would like to thank all the instructors and black belts that helped officiate on the day,



especially those that helped run the rings - Mr Snow, Mr Smith, Mr Tizick, Mr Walker and Mr Mawdsley, as well as Paul and Corrina Hickman for manning the doors, Tracy Bate for running the café, Kate Barry and Dave Holloway for being our official photographers, Anup Isvalal for running the video screen and sound system, Becki Caulton for providing first aid and KickSport.com for sponsoring the event and running a stall there.

Maybe we'll see you next year!

More photos can be found at www.raynerslanetkd.com



RESULTS

SUMO SPARRING

10 Years & Under - Low

- 1st - Georgia Keen - Harris TKD
- 2nd - Lewis Moore - White Tigers TKD
- 3rd - Lindsey Leigh-Scott - Harris TKD
- 3rd - Jonathan Gardener - Harris TKD

10 Years & Under - Mid

- 1st - Ryan Minney - White Tigers TKD
- 2nd - Nathaniel Allibone - Northants GTUK
- 3rd - Waphaa Simab - Rayners Lane TKD
- 3rd - Caelan Jackson - Northants GTUK

10 Years & Under - High

- 1st - Jamie Lockyer - Rayners Lane TKD
- 2nd - Andrew Lawton - Harris TKD
- 3rd - Alex Evans - Harris TKD
- 3rd - Enzo Fernando - Elite TKD

11 to 14 Years - Girls

- 1st - Jameela Raheem - Rayners Lane TKD

11 to 14 Years - Boys - Low

- 1st - Jack Perchard - Harris TKD

11 to 14 Years - Boys - High

- 1st - Liam Berry - Rayners Lane TKD

Adult (15+) Female

- 1st - Hayley Stevenson - Northants GTUK



Adult (15+) Male

1st - Brendan McCormack - Learn TKD

PATTERNS

10th to 7th Kup - 9's & Under

1st - Arju Radia - Northwood TKD

2nd - Elias Boston - Rayners Lane TKD

3rd - Christophe Vazeille - Rayners Lane TKD

10th to 7th Kup - 14's & Under

1st - Jameela Raheem - Rayners Lane TKD

2nd - Jamie Lockyer - Rayners Lane TKD

3rd - James Andresen - Learn TKD

10th to 7th Kup - Adult (15+)

1st - Larry Wienszczak - Learn TKD

2nd - Gareth Bryan - Longeaton TKD

3rd - Byron Caulton - Harris TKD

6th to 4th Kup - 9's & Under

1st - Daniel Doran - Hemel LTSI

2nd - Alex Evans - Harris TKD

3rd - Katherine Tamsett - Harris TKD

6th to 4th Kup - 10 to 14 Years

1st - Bradley Cosshall - Learn TKD

2nd - Kristopher Roscoe - Coventry APTI

3rd - Killian Govinden - Dartford TKD

6th to 4th Kup - Adult (15+)

1st - Hoa Phan - Longeaton TKD

2nd - Saeed Akbari-Kamrani - Dartford TKD

3rd - Abdi Yassin - Rayners Lane TKD

3rd to 1st Kup - 10 & 11's Years

1st - Ajay Matharu - Elite TKD

2nd - Tobi Adio - Hemel LTSI

3rd - Frankie Adio - Hemel LTSI

3rd to 1st Kup - 12 to 14 Years

1st - Alex Wong - Elite TKD

2nd - Saphwat Simab - Rayners Lane TKD

3rd - Bradley Reason - Elite TKD

3rd to 1st Kup - Adult (15+)

1st - Chris Mutton - Coventry APTI

2nd - Dzung Hoang - Longeaton TKD

3rd - Anya Millican - Harris TKD



Junior Black Belts

1st - Jade Doran - Hemel LTSI
2nd - Joseph Lee - Northants GTUK
3rd - Lauran Snow - St. Albans LTSI

15+ Female Black Belts

1st - Harpreet Chhokar - Learn TKD
2nd - Lyndsey Reynolds - Rayners Lane
3rd - Hayley Stevenson - Northants GTUK

15+ Male Black Belts

1st - Jon Tizick - Coventry APTI
2nd - Taro Koka - Coventry APTI
3rd - Vikram Gautam - Rayners Lane TKD

SPARRING

10th to 7th Kup - PeeWee's

1st - Lewis Moore - White Tigers TKD
2nd - Owen Anslow - White Tigers TKD
3rd - Georgia Keen - Harris TKD
3rd - Benjamin Keen - White Tigers TKD

10th to 7th Kup - Junior Low

1st - Christophe Vazeille - Rayners Lane
2nd - Enzo Fernando - Elite TKD
3rd - Craig Payne - Harris TKD
3rd - Waphaa Simab - Rayners Lane TKD

10th to 7th Kup - Junior High

1st - Josh Wilkes - Elite TKD
2nd - James Andresen - Learn TKD
3rd - Toni Kim Hunt - Harris TKD
3rd - Jameela Raheem - Rayners Lane TKD

10th to 7th Kup - Adult (15+) Female

1st - Nicola Seyton - Northants GTUK
2nd - Jenni Lockyer - Rayners Lane TKD
3rd - Rebekah Bailey - White Tigers TKD

10th to 7th Kup - Adult (15+) Male -75KG

1st - Bradley Frost - Coventry APTI
2nd - Ariel Kowalczyk - Northants GTUK
3rd - Tom Goodwin - Dartford TKD
3rd - Reza Hekmat - Rayners Lane TKD

10th to 7th Kup- Adult (15+) Male +76KG

1st - Byron Caulton - Harris TKD
2nd - Larry Wienszczak - Learn TKD
3rd - Simon Owens - Harris TKD
3rd - Gareth Bryon - Longeaton TKD



6th to 4th Kup - PeeWee's

1st - Ryan Minney - White Tigers TKD
2nd - Oliver Dean - Northants GTUK
3rd - Georgia Gibson - Harris TKD
3rd - Lindsey Leigh-Scott - Harris TKD

6th to 4th Kup - Junior Low

1st - Bradley Cosshall - Learn TKD
2nd - Killian Govinden - Dartford TKD
3rd - Catlin Reason - Elite TKD
3rd - Maiya Radia - Northwood TKD

6th to 4th Kup - Junior High

1st - Liam Berry - Rayners Lane TKD
2nd - Liviu Nafornta - Rayners Lane TKD
3rd - Avinash Bakshi - Rayners Lane TKD
3rd - Masoud Hamed - Rayners Lane TKD

6th to 4th Kup - Adult (15+) Male -75KG

1st - Julius Busauskas - Dartford TKD
2nd - Abdi Yassin - Rayners Lane TKD
3rd - Saeed Akbari-Kamrani - Dartford TKD
3rd - David Harris - Rayners Lane TKD

6th to 4th Kup - Adult (15+) Male +76KG

1st - Richard Bee - Harris TKD
2nd - Josh Carew - Dartford TKD
3rd - Steve Kennedy - Harris TKD
3rd - Luke Taylor - Northants GTUK

3rd to 1st Kup - Junior Low

1st - Frankie Adio - Hemel LTSI
2nd - Jacob Leach - White Tigers TKD
3rd - Ben Conboy - White Tigers TKD
3rd - Issac Leach - White Tigers TKD

3rd to 1st Kup - Junior Mid

1st - Jude Emmett - Harris TKD
2nd - Benjamin Benson - Harris TKD
3rd - Alex Wong - Elite TKD
3rd - Joseph Benson - Harris TKD

3rd to 1st Kup - Junior High

1st - Wesley Maunders - Rayners Lane TKD
2nd - Saphwat Simab - Rayners Lane TKD
3rd - Abigail Maunders - Rayners Lane TKD
3rd - Ajay Matharu - Elite TKD

3rd to 1st Kup - Adult (15+) Male -75KG

1st - Richard Baker - Rayners Lane TKD
2nd - Jonathan Choi - Rayners Lane TKD



3rd - Josh Bayne - White Tigers TKD
3rd - Luke Redgewell - White Tigers TKD

Male Kup Grades - Veterans

1st - Brendan McCormack - Learn TKD
2nd - Chris Mutton - Coventry APTI
3rd - Kelvin Bailey - White Tigers
3rd - Chris Robbins - Coventry APTI

Junior Black Belts - Junior Low

1st - Jade Doran - Hemel LTSI
2nd - Georgia Milner - Lincoln LTSI
3rd - Bethany Anslow - White Tigers TKD
3rd - Daniel Peckett - Coventry APTI

Junior Black Belts - Junior High

1st - Callum Jordan - St. Albans LTSI
2nd - Lauren Snow - St. Albans LTSI
3rd - Thomas Williams - White Tigers TKD
3rd - Amy Marsh - White Tigers TKD

Female Black Belts - 15+ -60KG

1st - Elaine Ogden - Rayners Lane TKD
2nd - Steph McGarth - Harris TKD
3rd - Hannah Chamberlain - Northants GTUK
3rd - Harpreet Chhokar - Learn TKD

Female Red & Black Belts - 15+ +61KG

1st - Hayley Stevenson - Northants GTUK
2nd - Lyndsey Reynolds - Rayners Lane TKD
3rd - Anya Millican - Harris TKD

Male Black Belts - 15+ -76KG

1st - Taro Koka - Coventry APTI
2nd - Antonio Graziano - White Tigers TKD
3rd - Gerry Shepard - Harris TKD
3rd - Adam Marsh - White Tigers TKD

Male Black Belts - 15+ +77KG

1st - Vikram Gautam - Rayners Lane TKD
2nd - Colin Avis - Rayners Lane TKD
3rd - Joe Archer - Northants GTUK

Male Black Belts - Veterans

1st - Brendan Conboy - White Tigers TKD
2nd - Neil Hyett - White Tigers TKD

FLYING SIDE KICK

Mixed - All Grades - 8 Yrs & under

1st - Waphaa Simab - Rayners Lane



Girls - All Grades - 9 to 11 years

1st - Tobi Adio - Hemel LTSI

Boys - All Grades - 9 to 11 years

1st - Ross Gibson - Harris TKD

Girls - All Grades - 12 to 14 years

1st - Jameela Raheem - Rayners Lane

Boys - All Grades - 12 to 14 years

1st - Masoud Hamed - Rayners Lane

Adult (15+) Kup Grades - Male

1st - David Harris - Rayners Lane TKD

Adult (15+) Kup Grades - Female

1st - No Winner

Female Black Belts - 15+

1st - Hayley Stevenson - Northants GTUK

Male Black Belts - 15+

1st - Vikram Gautam - Rayners Lane

TEAM SPARRING

Open Grade Female Team Event

1st - The Rayners Lane Midgets

- Lyndsey Reynolds - Rayners Lane
- Elaine Ogden - Rayners lane
- Jenni Lockyer - Rayners Lane

2nd - Northants Amazons

- Rebekah Bailey - White Tigers
- Hayley Stevenson - Northants GTUK
- Lily Smith - Northants GTUK

Junior Grade Male Team Event

1st - The Side Kicks

- David Harris - Rayners Lane
- Reza Hekmat - Rayners lane
- Abdi Yassin - Rayners Lane
- Josh Carew - Dartford TKD
- Ariel Kowalczyk - Northants GTUK

2nd - Northants With A Twist

- Kelvin Bailey - White Tigers
- Kerren Albun - White Tigers
- Brendan McCormack - Learn TKD
- Thomas Clutton - Learn TKD
- Julius Busauskas - Dartford TKD



Senior Grade Male Team Event

1st - The Rayners Lane Untouchables

- Vikram Gautam - Rayners Lane
- Colin Avis - Rayners Lane
- Richard Baker - Rayners Lane
- Jonathan Choi - Dartford TKD
- Ian Kelly - Learn TKD

2nd - White Tigers

- Brendan Conboy - White Tigers
- Adam Marsh - White Tigers
- Antonio Graziano - White Tigers
- Josh Bayne - White Tigers
- Jake Bayne - White Tigers

3rd - Team G'TT'i

- Joe Archer - Northants GTUK
- Luke Taylor - Northants GTUK
- Josh Carew - Dartford TKD
- Julius Busauskas - Dartford TKD
- Saeed Akbari-Kamrani - Dartford TKD





**A Big Thumbs Up for
Taekwon-Do Explosion 2010**



56 - Totally Tae Kwon Do



Photographs by Kate Barry and Dave Holloway

A Successful And Fulfilling Career In ITF Taekwon-Do

By Grandmaster Trần Triều Quân,

This message is addressed to our ITF Taekwon-Do teachers – and to those who hope to become teachers:

I am sure that you are passionate about Taekwon-Do. Like me, you believe that practicing Taekwon-Do and living according to its philosophy leads to a happier life. Because we can see how Taekwon-Do has changed our lives and those of others, we want to share our passion for Taekwon-Do by teaching it to others.

However, I have observed that teaching Taekwon-Do is not generally considered a career. Many of our teachers and potential teachers do not have the goal of making Taekwon-Do their full-time job. This is unfortunate because teaching Taekwon-Do can be a rewarding and well-paid career.

We need to replace this way of thinking with a new positive concept that will encourage our current and future teachers to view teaching Taekwon-Do as their career of choice.

This issue is very important for the ITF and it is a major preoccupation for me.

Promoting ITF Taekwon-Do

When talking with ITF members around the world, I have noticed that they often speak of the ITF as if it is just the organization that takes care of administration, delivering Black Belt degrees and instructor plaque certificates (teaching licenses). But the ITF is also all the people who teach and train Taekwon-Do.

The mission of the ITF is to promote Taekwon-Do, and our teaching members are ambassadors of the ITF and of Taekwon-Do. The ITF puts a lot of effort into providing services and supporting our teachers, our core members. We want to encourage full-time teachers and help them be successful.

We can be very proud to offer ITF Taekwon-Do to the public. It is an excellent product that will enhance their health and safety. It responds to a very real need that will continue to grow in the coming years.

Now that the organizational structure of the ITF is in place and working well, we will be working to increase the visibility of the ITF and of ITF Taekwon-Do. So our schools must be well-organized and our teachers prepared to welcome new students.

A Taekwon-Do school is a business

Taekwon-Do school owners have to wear two hats: They are, first and foremost, teachers. But they also have to be business people.

The philosophy of Taekwon-Do, as developed by General Choi Hong Hi, teaches us to strive to live our lives based on principles such as integrity and respect for others. So an ITF teacher would certainly not try to take advantage of his students in any way. On the other hand, ITF teachers are offering a quality product, a product that is not available elsewhere, and that product has a certain value. Our students recognize that value and are willing to pay a fair price for it.

Ideally, an ITF teacher should make teaching Taekwon-Do his career. If he can make a decent living from teaching, he will have fewer financial worries and will be able to devote himself full-time to Taekwon-Do. As a result, he will be better able to serve his students and his community.

So, although teaching Taekwon-Do is a means to the realization of our vision of a better world, this does not mean that Taekwon-Do schools should not make a profit. In fact, it is essential that schools make a profit if they want to continue to operate!

Thus, school owners should charge fees that are in line with the quality of the courses they offer. It is important to differentiate our ITF Taekwon-Do schools from the competition by offering the best value for the money.

Resist the temptation to participate in a price war with your competitors. Instead, concentrate on improving quality.

It is important that the working conditions for school owners and for their employees be interesting, and the salaries for teaching should also cover preparation time. Remember, if you want to keep up to date and make your courses interesting for your students, two hours should be devoted to preparation for each hour of teaching.

I believe that the salary for an ITF teacher with a 4th degree Black Belt should be the equivalent of the salary of a physical education teacher with a Bachelor's degree. Similarly, a teacher with a 7th degree Black Belt should be in the same salary range as

a professor with a Ph.D. This comparison should be kept in mind when you do your planning.

In order for a school to be profitable, the school owner must be an entrepreneur. You need to use business development principles and methods, planning and setting goals and defining action plans to reach your goals. It is particularly important to handle your finances properly. Courses on these subjects are often included in adult education programs.

It can be very interesting to be your own

boss and make your own business decisions and the potential is great but to be successful you have to be well prepared. It is certainly not a 9 to 5 job. However, you do set your own hours, which means more time for your family.

Very often family members are also involved, so everyone works together and shares in the success of the family business.



Three success stories

It is possible to have a very successful career teaching ITF Taekwon-Do, and there are many success stories. Here are three:

- In Argentina, Master Hector Marano and Master Pablo Trajtenberg are partners who have been very successful in their Taekwon-Do careers. In fact, there are now an estimated 10,000 students in their schools. Master Marano had a

successful career as a dentist, but he decided to give up his practice and make teaching Taekwon-Do his career because he is much happier working full-time in Taekwon-Do.

- Here in Quebec (Canada), about twenty years ago we were able to obtain government funding for a program of intensive Taekwon-Do training for unemployed young people. As a result, the number of ITF Taekwon-Do teachers tripled, and many of those who were once unemployed are now successful teachers.
- Master Ruben Suarez has a Taekwon-Do school in the borough of Queen's in New York City (U.S.A.). When Master Suarez arrived in the U.S. as an immigrant from Colombia, he did not even speak English. Now his Taekwon-Do club is a success, and he makes a good living. Master Suarez is very happy with his career, especially because his family members work with him. He is particularly proud of a program that provides the funds to send students to participate in competitions.

Why are some Taekwon-Do schools more successful?

There are many reasons why a school will be successful; here are three:

A Taekwon-Do school is a business, and it must be run like a business. Strategic planning and marketing are essential for any successful business. Sometimes Taekwon-Do school owners do not have the business experience and the expertise necessary to market their product. However, the skills required can be acquired.

Sufficient financial resources and an understanding of financial management are essential for any successful business.

Here again, it is important to get the training you need to manage your business successfully.

Taekwon-Do teachers must move with the times. If you keep teaching the same contents using the same methods you used 10 or 20 or more years ago, your students will become discouraged or bored and stop practicing Taekwon-Do.

If, on the other hand, you carefully plan your lessons and continually work to improve your teaching methods, your courses will always be interesting. When your students are involved and motivated, they will continue to train and progress. If you want to expand your business, you must make the effort to keep your current students i.e. having high rate of retention and attract new students.

The ITF is here to supply the tools you need and offer advice on how to become more successful.

How does the ITF help?

The ITF helps in many ways. Here are just a few examples:

- The ITF is working to have teaching Taekwon-Do recognized and valued as a career. In the past, the ITF granted the right to teach ITF Taekwon-Do by issuing a plaque to a school. Now each teacher must be registered with the ITF by obtaining an instructor plaque certificate (teaching license). Why did we make this change? Because it will enable us to identify and communicate with each of our teachers so that we can help and support them. Very soon ITF teachers will be able to access practical teaching materials and useful information in a section of the ITF Web site available only to holders of ITF instructor plaque certificates. Information about developing your Taekwon-Do school as a business

will also be provided.

- The first ITF Leadership Camp was held in Tegucigalpa (Honduras) in July; twenty-one participants from nine countries attended. The purpose of our Leadership Camps is to provide information to current and future leaders in Taekwon-Do and to help them succeed. The information provided is tailored to local needs and there is no cost for registration.
- The second Leadership Camp is scheduled for Benidorm (Spain) in October in conjunction with the 2nd World Cup.
- The first International Workshop on Teaching the Do will take place at the end of October in Benidorm (Spain). In fact, the workshop will be offered two times (all day on October 25th or two half days on the afternoons of the 26th and 28th), with a maximum of forty participants at each session. We developed this workshop because our teachers had expressed their need for more information and training about teaching the Do. The goal is to help our teachers in their personal development; teaching the Do will certainly have a positive effect on business development as well. Participants will learn to apply the ITF philosophy in their own lives and how to share what they learn with their students and other teachers in their home countries.
- All teachers are encouraged to attend International Instructor Courses to improve their skills. Since 2002, the ITF has held twenty-two International Instructor Courses in various locations. The purpose of these courses is to ensure that the same high quality instruction is available from ITF instructors everywhere. Feedback from participants in these courses has always been very

positive. The next course will take place in December of this year in Halifax (Canada). The 2007 schedule of International Instructor Courses will be announced in the coming weeks. Watch this Web site for more information.

- Promotional materials and marketing tools such as posters and information documents will be produced for use by schools.
- The ITF believes ITF Taekwon-Do courses should be recognized by colleges and universities, and we have started to work on this. In the meantime, those who want to make a career of teaching Taekwon-Do can choose courses that will provide useful skills: education, psychology, marketing, administration, etc. offered by colleges, universities or in local adult education classes.
- Looking to the future, the ITF is considering starting a program to provide coaching and mentoring for our future leaders.

As President of the ITF, I have visited quite a few countries around the world. These trips are very important because they allow me to observe local conditions and, especially, to take the time to listen to you, our teachers and future teachers. This is how I learn about your successes and your concerns. This is how I see what the ITF can do to help you be more successful.

What do you need to do to make progress toward a successful career in Taekwon-Do?

Start by assessing your current situation: Where can you make improvements in your teaching and your school? What do you need to do to be more successful? How can you make the necessary improvements? We have produced a form to help you analyze your potential.

If you are just starting out, don't be afraid to start small. Concentrate on offering quality services, and your Taekwon-Do business will grow. But don't be afraid to "think big". By building your business on a strong foundation and working to expand it one step at a time, you can be successful.

Find the information you need and get additional training. You can read and study on your own, but you should also try to travel to attend courses such as the International Instructors Course, the Teaching the Do workshop, and the Leadership Camp. This will give you the opportunity to exchange information and experiences with other ITF Taekwon-Do school owners and teachers. Your skills will improve, and you will be motivated to

continue your efforts. Never stop learning!

Be proud to be part of the ITF. The ITF name and the value of your product are recognized around the world. This is a valuable asset.

Have a positive attitude but don't be afraid to ask for help. The ITF is pleased to offer you helpful information and support.



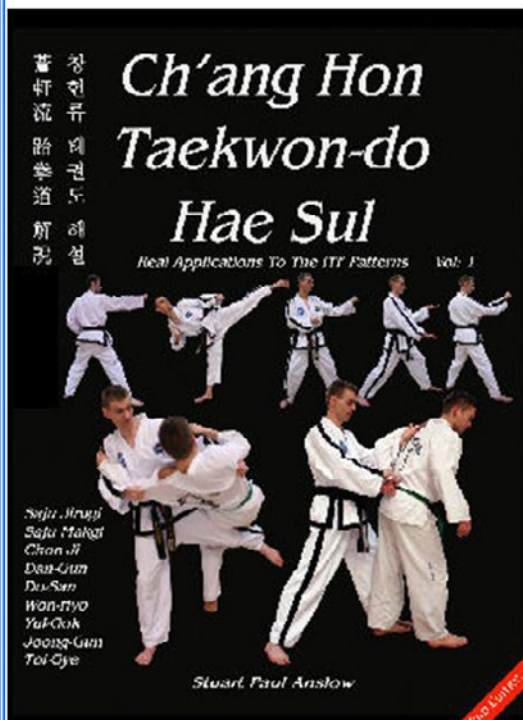
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Reading through the pages of this book makes it abundantly clear just how much thought, time and effort Stuart Anslow has put into examining the ITF patterns.

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

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

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

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



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



ITF - WTF - OTHER

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

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Issue Deadlines are the 20th of each month

Submission Guidelines

1. All articles must be submitted in word, RTF or plain text format only with minimal formatting
2. All articles must have photos and pictures to accompany them
3. Photos and pictures do not have to be high resolution. If we want one for the cover picture we will contact you for a high resolution picture.
4. 100-200dpi resolution is fine for photographs. Higher resolution photographs will be scaled down to save bandwidth and magazine size
5. Items such as *Black Belt Essays* must have a picture of the author accompanying them, though with regular articles this is optional in addition to other photos
6. Please ensure you spell check your work before sending
7. Please send words in hangul or hanja/Kanji as Jpeg files
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northwoodtkd.com - Web Site of Northwood School Of Taekwon-do

combat-tkd.com - Web Site of Simon O'Neill and "The Taegeuk Cipher"

taekwondoitf.it - Web Site of Taekwondo ITF Calabria

houseofdiscipline.com - Web Site of Grand Master McMurray

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

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

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

nkma.us - Northwest Korean Martial Arts

moss-tkd.no - Moss Taekwondo Klubb

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

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– Theodore Roosevelt



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